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Demeter Burns, a senior at Lake George Junior/Senior High School, positively impacts her community through her attitude and actions.

"Deme is one of the most eager, sincere and well-equipped student leaders I've known in my 25 years working at Lake George High School," said her school counselor Stephen Preuss.

Demeter has served in numerous positions of leadership, including two years as Student

DEMETER BURNS, 17, Lake George Jr.-Sr. High School

Council president. She has participated in HOBY and Rotary's RYLA program. She also serves as a leader in the school's Rock Solid Program, a peer-to-peer leadership and mentoring program.

She also has a full slate of athletic, club, and Honor Society involvements.

Demeter has led initiatives to address the use of plastics in the school, and she serves in a lead role on a student panel that aims to educate students about mental health and destigmatize mental illness.

Through her own life challenges, Deme has developed a strong sense of empathy for others experiencing hardship of any sort. She has experienced some significant struggles and emerged with greater insight into herself that she has applied to her numerous efforts to positively impact the world around her.

"Deme is a leader and role model in so many ways," Preuss said. "She strives to improve the human experience of others and has a strong sense of self-efficacy. She tries to lead by example and is earnest in her desire to add value

to our world."

Parents/Guardians Names: John and Joanne Burns

Siblings: Sam and Owen Burns

Grade Level: 12

Personal Inspiration: My personal inspiration is

Biggest Accomplishment: Getting early acceptance into LECOM (Lake Erie College of Osteopathic Medicine) medical school as a high school senior.

Community Service: Rock Solid 2 hours per week, STEM (science, technology, engineering, and math) volunteered 72 hours of service, Sacred Heart Church Soup Kitchen, Community Clean-up, Fall Festival, Drum-line for various events including South High Marathon which raised over \$800,000 for 40 beneficiaries bringing the 42 year total to more than 8.1 million for 530 beneficiaries, B.O.O.K.S - Books Offer Opportunity for Kids to Succeed, School courtyard cleanup, Fall festival volunteer, 5k volunteer, Crandall Library Teach Kids Speak Spanish, Spanish tutoring.

Person you look up to and why: I look up to both of my parents. They are supportive, crazy, and ambitious. Thank you for teaching me humility, how to use my imagination, to love learning, for showing me a world of opportunities, for teaching me that failure is success in progress, to laugh at mistakes and move on.

Name a teacher who has positively impacted your life inside and outside the classroom and how: I find it difficult to name one teacher because there have been so many that have shaped me as a person. To name a few, my mentor Dr. Mary Ann Foley, Mrs. Darby and Mr. Spath who inspired me to pursue science in higher education, Mrs. Wilson for giving me the courage to be a leader and advocate for others, Mrs. VanVlack, my guideroom teacher, for providing a listening ear when it was needed.

Goals, dreams & aspirations: Becoming an Adirondack 46er. Becoming a doctor in medicine at LECOM medical school. Traveling abroad. Learning new languages