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**Truro student in race for Canada's top teen award  
Francis Castein heading to Vancouver to compete in national competition**

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TRURO — Francis Castein believes she has what it takes to be Canada's top teen. The 15-year-old from Truro is competing along with 49 other teenagers from all over the country to be named Top Teen of Canada 2008.

Sponsored by the Canadian Cancer Society, the competition rewards young Canadians for being positive role models in the community.

Fifty young people will travel to Vancouver and Langley, B.C. from Aug. 17 to 23 to participate in workshops as well as publicly and privately judged events. A grand prize winner will take home a \$3,000 scholarship after being chosen from 16 finalists.

"I think I have a good shot ... but if I don't win that's OK because I'm going to learn and improve my skills for the future. I'll also meet other people with the same interests as me," said Castein. "If I did win, I definitely wouldn't brag about it or wear it on my sleeve but it would be a big accomplishment."

Castein and her father recently submitted her name for the competition and within two days she was accepted as a candidate. The busy teenager believes she was chosen because of her community involvement.

"I think I was chosen because I'm in cadets, can fundraise, do speeches and participate in many community events. I'm very busy and it's not easy but I can balance it all," said the teen. Castein has learned those skills from numerous volunteer positions, including lending a helping hand at the Colchester Food Bank and Salvation Army, carolling at the Colchester Regional Hospital and, in the past, offering her assistance to residents at The Mira, to name only a few.

Castein also thinks the high standards she sets for herself had a role in her nabbing a spot in the contest.

"I know how to have fun but I take things seriously, too. I want to go to the Royal Military College in Ontario and be a military lawyer," said Castein. "I like setting goals for myself, keeping busy, staying out of trouble and helping others."