

Franklin County RELAY FOR LIFE

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THE FRANKLIN TIMES



THURSDAY, MAY 5, 2022



SECTION B

FRANKLIN COUNTY RELAY FOR LIFE

BUNN HIGH SCHOOL, FRIDAY, MAY 6 • 6 p.m. to 10 p.m.

Friends. Family. Fighters.



Above, Sharon and Mackenzie Person proudly carry a banner signed by cancer survivors during the 2021 Relay for Life. At right, Cancer survivor Carolyn Francis, shows off her prize during the Franklin County Relay for Life Cancer Survivor drive-thru dinner.



SCHEDULE OF EVENTS

Friday, May 6, 2022, BHS

6 p.m.

Opening Ceremonies/Welcome
Invocation, National Anthem

6:15 p.m.

Survivor Lap &
Caregiver Lap
Sponsor & Team Lap

7:15 p.m.

Kids Parade Lap

8:30 p.m.

Luminary Service
& Memorial Walk

(Please remain quiet during this time)

9:30 p.m. Closing Ceremony



TOGETHER FOR A CURE. Volunteers pose before the Franklin County Relay Cancer Survivor Dinner Saturday. Front row, from left, holding sign: Cassandra Castillo, Delphenia Livingston, Cornette Cheatham, Mildred Cheatham, Hope Benton and Mackenzie Person; Second

row, from left: Mary Fogg, Gwen Russell, Susie Davis, Barbara Terrell, Nick Cunard, Janice Cheatham, Barbara Alston, Debra Brodie, Cornelius Cheatham, Dave Benton, Danette Cheatham. Back far left and far right: Franklin County Deputies Lt. Bill Garrett and Sgt. Andy Barrett.

Marie Kidd



Danette Cheatham and Cornelius Cheatham



A message from Franklin Co. Relay for Life

Dear Citizens of Franklin County,

We would like to thank the residents of Franklin County for your donations and support on Relay for Life event in Bunn, North Carolina. Together we can beat cancer!

We are very appreciative of the many prayers, participation, and dedication of all who were involved in the Franklin County Relay Event. A majority of the teams are still doing their part in raising donations along with the caregivers and everyone continued to show their support and love in remembrance of those who have gained their wings.

We've worked hard to get to this point throughout the year long to make this event happen. We do it because we have all been touched by cancer.

These are certainly challenging times, and a time when the American Cancer Society's mission matters more than ever. During the COVID-19 pandemic,

cancer patients still need us. We remain committed to funding the most innovative cancer research and training in the country to benefit cancer patients and their families. Because cancer hasn't stopped. So, neither have we.

Without you, cancer wins. With you, we save lives!

And a special thank you goes to the committee. The success of this event is in so many ways a reflection of your dedication, spirit, and passionate commitment to your fight against cancer. Thank you!

We wanted to take a moment to reflect again on what brought us here...

Relay For Life gives us the opportunity to celebrate. We celebrate the cancer survivors in our lives and support them in their fight against this disease. We celebrate caregivers and thank them for everything they do. We celebrate taking one more step toward a cancer free future.

Relay For Life also gives us time to remember those

we have lost. They are never far from our hearts, and it's at Relay that we can come together and remember their lives. We re-

person still is to us. Remembering them helps us remember what brings us here. Thank you for joining in this fight. We fought



Mildred M. Cheatham, Hope Benton and Danette Cheatham

member them with every step as we walk around our communities, and they motivate us to keep going. We gaze at their luminaries and remember the father, mother, sister, brother, son, daughter, husband, wife, neighbor or friend that

back harder than ever tonight. The ceremony represents the HOPE that we all share that the day will come when cancer is completely eliminated.

We are so grateful and thankful for the survivors are of all ages, they are

the reason we continue to fight. Their participation inspires HOPE in those currently battling cancer. The theme for 2022 is "Once Upon a Cure" Disney theme. We are celebrating, remembering, and fighting back by participating. We honor cancer survivors, pay tribute to those we have gained their wings to this disease, and raise money to help fight cancer in our communities and show our caregivers that we appreciate all that they do.

A special thanks to the many Relay for Life volunteers who have worked to make this event a great success, celebrating the lives of those who have battled cancer, remembering loved ones lost, and pledging to fight back against the disease.

We certainly appreciate the generosity of this year's corporate sponsors. Relay for Life would not be possible without them and you.

We would also like to give a special thanks to

Donna Cunard and staff of The Franklin Times who has been our official reporter for life for several years. We greatly appreciate her continual support in donating her time and services for our events. We love you dearly.

Thank you all again to citizens of Franklin County, the volunteers, Sheriff's Department, the corporate sponsors, Maria Parham Franklin, Bunn High School Facility, Franklin County School District, Inc (Central Office), Down East Tent Rentals, LLC, Forks Cafeteria and Catering of Wake Forest, NC, and to our survivors for giving us hope. With your continued support, we can win the fight against cancer in our lifetime.

Thank you! God Bless!

Danette Cheatham,
Volunteer Event Relay for
Life Chair;

Hope Benton, Volunteer
Luminaria Chair;

Mildred M. Cheatham,
Volunteer Survivor Chair

2022 Relay for Life Teams

Team Name, Team Captain

- Concord Missionary Baptist Church - Danette Cheatham
- FUMC "Chip and Dale"...In Honor of Dale Byrns - Linda Frederickson
- Bunn Elementary School - Lisa Barham
- Centerville Baptist Church - Ning Auton
- Walnut Grove Missionary Baptist Church - Jackie Rogers
- Youngsville Elementary School - Toni Bowden
- Perry's Missionary Baptist Church- Barbara Alston
- Concerned Women for Justice of Franklin County - Evelyn Blackwell
- Shady Grove Baptist Church - Delphenia Livingston
- New Hope Freedom & Deliverance Carthedral - Veronica McEachin-Davis
- Pilot Missionary Baptist Church - Sherry Newell
- Allen Chapel Baptist Church - Dorothy Waddell
- Franklin County ELT - Hope Benton
- Franklinton High School Kicking Cancer Team - LuAnn Corsale
- Mitchiner's Grove Baptist Church - Milltrene Newell
- Gethsemane Missionary Baptist Church - Jessica Bland
- Family and Friends - Debra Brodie
- Team Blackwell - Marcus Durham
- TEAM Franklinton Elementary - Pamela Diez
- Long Mill Elementary School - Julie Southerland
- Nelson Chapel Baptist Church - Cora Campbell
- The Jesus House of Prayer - Durand Miles
- Team FHS Relay for Life - Brooklyn Britt
- Nu Epsilon - Georgia Young
- New Life Total Fitness - Sheldon Brady
- Franklinton High School - Maggie Halford
- First Baptist Church of Louisburg - Gay Thomas Jones

Relay Committee-2022

- Danette Cheatham- Event Chair/Accounting
- Mildred M. Cheatham- Survivor Chair
- Hope Benton- Luminaria Chair
- Cornelius Cheatham- Logistics Chair/ Survivor Committee
- Dot Waddell- Survivor Committee
- Delphenia Livingston- Survivor Committee
- Dave Benton- Logistics/Survivor Committee
- Danielle Benton- Luminaria Committee
- Ben Benton- /Survivor Committee
- Cornette Cheatham- Survivor Committee
- Mary Fogg- Survivor Committee
- Janice Cheatham- Survivor Committee
- Julie Southerland- Publicity
- Veronica McEachin-Davis- Survivor & Luminaria Committee
- Mackenzie Person- Survivor Committee/ Tech Support
- Armenta Eaton- Historian
- Barbara Alston- Gators for the event
- Sharon Person- Kids activities
- Jane Goswick- Mission

Volunteers making a difference



HELPING FOR A CAUSE. Susie Davis, Barbara Terrell, Gwen Russell and Delphenia Livingston volunteer during the Franklin County Relay for Life Cancer Survivor Dinner Saturday.



2022 Sponsors:

Data Control Systems, Pam and Chet Gurganus; Perry's Missionary Baptist Church; Allen Chapel Baptist Church; Seasonal Event Planning & Design LLC; Shady Grove Baptist Church; Dwight Grill's on Wheels Henderson; Concord Missionary Baptist Church; Youngsville Rescue and EMS; Loria Pulley

Thank You from Franklin County Relay for Life

CHEERING FOR SURVIVORS. Abbey Lockhart, Mackenzie Person, Cassandra Castillo, Nick Cunard and Sharon Person pose for a photo in between greeting survivors during the Franklin County Relay for Life Cancer Survivor Dinner, Saturday. At right: Long-time volunteers Dave Benton and Danette Cheatham take a selfie during the Cancer Survivor dinner.



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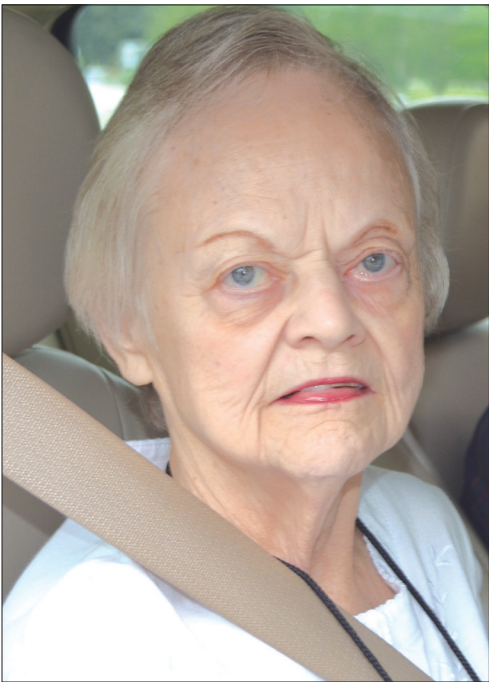
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Cancer survivors and caregivers honored during FC Relay Survivor Dinner



Janice Bernice Kingsberry and her son David Kingsberry



Betty Wood, cancer survivor



Cancer survivor Robert Egerton



Dionne Green, cancer survivor



Beth Denton, cancer survivor

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Relay cancer survivor spotlight

By Linda P. Frederickson

Hearing the word “cancer” brings about many thoughts and emotions, but hearing the words, “you have cancer,” is a whole different story. Some people respond with shock while others realize their worst fears have been confirmed. Some are even relieved because they have finally found out what has been causing them pain and discomfort. Some just don’t understand because they “feel fine.”

Speaking personally and from conversations with hundreds of cancer survivors, the biggest concern is often for family. “How will my spouse handle this, how will my children handle this, how will my parents handle this, and on and on?”

Recently, I had the privilege of sitting down

with our Cancer Survivor Spotlight for the 2022 Relay For Life, Dale Byrns.

Dale Byrns has been a familiar face around Franklin County. His career with Franklin County Schools began prior to the merger of Franklinton City Schools and Franklin County Schools. He led the Community Schools Program, became a school administrator, and school system administrator all while giving fully to the community through many volunteer service programs. He served at the helm of the United Way, Emergency Management System Board, Relay For Life, various Recreation Programs, and programs with Franklinton United Methodist Church just to name a few. He has coached tennis and golf and continues to support others as he goes through



chemo treatments. As we talked his energy level rose as he spoke of his 38 year career with students, teachers, and the Franklin County Community. I felt uplifted as we talked about his optimism, his faith in God, and his deep love of family and friends. I certainly give Dale gratitude for hiring me in my first administrative job as Assistant Principal of Cedar Creek

Middle School.

Dale Byrns had his first bout with cancer over fifteen years ago when he went to the doctor for a spot on his skin. After a series of skin scans, biopsies, and monitoring, he had surgery and chemotherapy for melanoma. He continued to work and volunteer during the diagnosis and treatment. Recently, after a routine colonoscopy a suspicious mass was found, and Dale is currently undergoing chemotherapy for colon cancer. Chemotherapy drains the body of energy, but Dale pushes forward. His message to others is to “get your yearly physicals.” He also wants others to know that there have been many advances in diagnosing and treating cancer. “Cancer is not an automatic death sentence, try to stay positive, and live each day to the fullest.” Dale went on to say, “I’m not sure there will ever be a cure for cancer, but there are advances that are helping patients live a longer quality of life even if they have cancer.” He closed our conversation with “don’t forget the caregivers” as he looked over at his wife Kathy.

Dale and I encourage everyone to come out to Bunn High School Friday, May 6 from 6 p.m. to 10 p.m. Survivors and caregivers will be honored within the first hour. As darkness approaches a Luminaria Service will be held to honor survivors and remember those who died from cancer or cancer-related effects. Come out for fun, fellowship, food, and fundraising. Let’s fight this fight together!




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A survivor's own words

As a cancer survivor, I utilized my spiritual gifts of faith, hope, love, prayers, and continuous support of family and friends in that season.

The changes in my diet, exercise and lifestyle assisted me greatly in my recovery. Upon reflection, of that season of my life, my strength came from walking with and listening to the Holy Spirit that embraced me during that time. To God be the Glory!!!

-Carolyn W. Francis



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It takes a village to support our residents as they fight against cancer, and we're proud to be counted amongst that village.



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“Let’s all remember people lost to the disease, and honor people who have fought or are fighting cancer.”

Sheriff Kent Winstead & Staff



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ACS guidelines for the early detection of cancer

Screening tests are used to find cancer before a person has any symptoms. Here are the American Cancer Society's recommendations to help guide you when you talk to your doctor about screening for certain cancers.



Health care facilities are providing cancer screening during the COVID-19 pandemic with many safety precautions in place. The American Cancer Society "Get Screened" campaign encourages people to start or restart their recommended cancer screenings. Regular screenings can help find and treat pre-cancers and cancers early, before they have a chance to spread. Visit "Get Screened" at cancer.org to learn about screening tests and what you can do to get on track with a cancer screening schedule that's right for you.

Breast cancer
Women ages 40 to 44 should have the choice to start annual breast cancer screening with mammograms (x-rays of the breast) if they wish to do so.
Women age 45 to 54 should get mammograms every year.
Women 55 and older should switch to mammograms every 2 years, or can continue yearly screening.
Screening should continue as long as a woman is in good health and is expected to live 10 more years or longer.

All women should be familiar with the known benefits, limitations, and potential harms linked to breast cancer screening.
Women should also know how their breasts normally look and feel and report any breast changes to a health care provider right away.
Some women – because of their family history, a genetic tendency, or certain other factors – should be screened with MRIs along with mammograms. (The number of women who fall into this category is very small.) Talk with a health care provider about your risk for breast cancer and the best screening plan for you.

Colon and rectal cancer and polyps
For people at average risk for colorectal cancer,

the American Cancer Society recommends starting regular screening at age 45. This can be done either with a sensitive test that looks for signs of cancer in a person's stool (a stool-based test), or with an exam that looks at the colon and rectum (a visual exam). Talk to your health care provider about which tests might be good options for you, and to your insurance provider about your coverage. No matter which test you choose, the most important thing is to get screened.

If you're in good health, you should continue regular screening through age 75.
For people ages 76 through 85, talk with your health care provider about whether continuing to get screened is right for you. When deciding, take into account your own preferences, overall health, and past screening history.
People over 85 should no longer get colorectal cancer screening.

If you choose to be screened with a test other than colonoscopy, any abnormal test result needs to be followed up with a colonoscopy.

Cervical cancer
Cervical cancer screening should start at age 25. People under age 25 should not be tested because cervical cancer is rare in this age group.
People between the ages of 25 and 65 should get a primary HPV (human papillomavirus) test* done every 5 years. If a primary HPV test is not available, a co-test (an HPV test with a Pap test) every 5 years or a Pap test every 3 years are still good options.
(*A primary HPV test is an HPV test that is done by itself for screening. The US Food and Drug Administration has approved certain tests to be primary HPV tests.)
The most important thing to remember is to get screened regularly, no matter which test you get.
People over age 65 who have had regular cervical cancer testing in the past 10 years with normal results

should not be tested for cervical cancer. Once testing is stopped, it should not be started again. Those with a history of a serious cervical pre-cancer should continue to be tested for at least 25 years after that diagnosis, even if testing goes past age 65.

People whose cervix has been removed by surgery for reasons not related to cervical cancer or serious pre-cancer should not be tested.

People who have been vaccinated against HPV should still follow the screening recommendations for their age groups.
Some individuals – because of their health history (HIV infection, organ transplant, DES exposure, etc.) – may need a different screening schedule for cervical cancer. Talk to a health care provider about your history.

Endometrial cancer
The American Cancer Society recommends that at the time of menopause, all women should be told about the risks and symptoms of endometrial cancer.

Women should report any unexpected vaginal bleeding or spotting to their doctors.

Some women – because of their history – may need to consider having a yearly endometrial biopsy. Please talk with a health care provider about your history.

Lung cancer
The American Cancer Society recommends yearly lung cancer screening with a low-dose CT scan (LDCT) for certain people at higher risk for lung cancer who meet the following conditions:
Are aged 55 to 74 years and in fairly good health and
Currently smoke or have quit smoking in the past 15 years and
Have at least a 30 pack-year smoking history. (A pack-year is 1 pack of cigarettes per day per year. One pack per day for 30 years or 2 packs per day for 15 years would both be 30 pack-years.)
Before getting screened, you should talk to your

health care provider about:
Your risk for lung cancer
How you can quit smoking, if you still smoke
The possible benefits, limits, and harms of lung cancer screening
Where you can get screened
You should also talk with your insurance provider about your coverage.

Prostate cancer
The American Cancer Society recommends that men make an informed decision with a health care provider about whether to be tested for prostate cancer. Research has not yet proven that the potential benefits of testing outweigh the harms of testing and treatment. We believe that men should not be tested without first learning about what we know and don't know about the risks and possible benefits of testing and treatment.
Starting at age 50, men should talk to a health care provider about the pros and cons of testing so they can decide if testing is the right choice for them.
If you are African Ameri-

can or have a father or brother who had prostate cancer before age 65, you should have this talk with a health care provider starting at age 45.

If you decide to be tested, you should get a PSA blood test with or without a rectal exam. How often you're tested will depend on your PSA level.

Take control of your health, and help reduce your cancer risk.
Stay away from all forms of tobacco.
Get to and stay at a healthy weight.
Get moving with regular physical activity.
Eat healthy with plenty of fruits and vegetables.
It's best not to drink alcohol. If you do drink, have no more than 1 drink per day for women or 2 per day for men.
Protect your skin.
Know yourself, your family history, and your risks. Get regular check-ups and cancer screening tests.

Article courtesy of American Cancer Society

The role of exercise in cancer prevention

The effects of cancer on the body are profound, which is why so many people want to implement as many measures as they can to reduce their risk of developing the disease. One of the vital steps to take is to increase physical activity.
A recent study from researchers at the American Cancer Society and the National Cancer Institute links exercise to a lower risk of specific types of cancer. People understand that exercise is important to health, but they may not know just how integral physical activity can be to cancer prevention and even recovery.

Physical activity includes walking, dancing, running, biking, swimming, engaging in sports activities, and performing household chores. The National Cancer Institute says higher levels of physical activity lower cancer risk in these types of cancer.

- Bladder cancer
- Breast cancer
- Colon cancer
- Endometrial cancer
- Esophageal cancer
- Kidney cancer
- Gastric (stomach) cancer

There also is some evidence that suggests physical activity is associated with a reduced risk of lung cancer.
Exercise affects various biological factors, which is why it may help prevent cancer. For example, exercise can prevent high blood levels of insulin, which have been linked to breast and colon cancer progression. Furthermore, exercise can lower sex hormones like estrogen, which has been associated with cancer development and progression. Since overweight and obesity are major risk factors for cancer development, exercising can

reduce overall weight and belly fat, which improves the odds of cancer avoidance. Chronic inflammation is associated with the development of cancer, and exercise helps lower this harmful type of inflammation, too, says Partner MD. In addition, physical activity helps boost the immune system, which may help prevent cancer or assist in recovery.
The ACS says adults should get at least 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity physical activity each week, preferably spread throughout the week. For

those who haven't exercised in a while, it is best to start exercising slowly and build up gradually. Examples of moderate-intensity exercise include brisk walking, dancing, softball, and doubles tennis. Vigorous activities include swimming, aerobic dance, running, or jogging.
Exercise also is great for cancer survivors, as it can improve sleep quality and energy levels. It also helps the body repair itself, and may improve bone strength.
In addition to healthy eating, exercise is one of the key steps people can take to reduce cancer risk.



The National Cancer Institute says higher levels of physical activity lower cancer risk.

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The relationship between stress and cancer

Stress is a complicated subject that can leave many people scratching their heads. Many professionals insist they work best under pressure, and that impression is not without merit. A 2013 study from researchers at the University of California, Berkeley found that significant but brief stressful events led to the proliferation of new nerve cells in the brains of rats that ultimately improved their mental performance. But one of the key takeaways from that finding is that the stress experienced by the rats was acute. Numerous other studies have found that prolonged stress adversely affects the body by weakening the immune system, straining the heart and damaging memory cells in the brain.

Another variable that can cause confusion is that no two people are the same. So stress that's acute, and potentially beneficial, to some might be overwhelming and harmful to others.

The complicated dynamic between human beings and stress becomes even more complex when considering the potential relationship between stress and cancer, one of the leading causes of death across the globe. Because stress is so often linked to negative health outcomes like heart disease and stroke, it seems natural to assume it's also connected to cancer. However, it's not that simple.

Does stress cause cancer?

The National Cancer Institute reports that the evidence that stress can cause cancer is weak. In addition, the results of various studies into the potential relationship between stress and cancer have differed, making it unlikely that medical professionals will definitively declare that stress causes cancer any time soon. The NCI notes that some studies have linked various psychological factors with an increased risk for cancer, while other studies have denied that link.

So are stress and cancer unrelated?

When examining the relationship between stress and cancer, perhaps it's best to avoid absolutes. For instance, the NCI notes that stress can lead some people to engage in unhealthy behaviors, such as excessive alcohol consumption, that have long been identified as increasing a person's risk for cancer. This doesn't mean stress causes cancer, but rather that an individual's response to stress could very likely lead to cancer. In such instances, avoiding unhealthy responses to stress, such as drinking, smoking or overeating, could help people avoid cancer. That's especially likely if they replace these unhealthy responses to stress with more beneficial alternatives, such as exercise, a healthy diet and activities that allow people to escape the source of their stress.

What about stress and current cancer patients?

The NCI notes that individuals who respond to a cancer diagnosis and subsequent treatment by engaging in risky behaviors such as smoking and drinking alcohol may have a poorer quality of life after treatment. In addition, the NCI reports that experimental studies have found that mice bearing human tumors that were exposed to stressful situations, such as confinement and isolation, were more likely to have those tumors metastasize than mice that were not exposed to such stressors. This highlights not only the link between stress and cancer, but also the importance of a strong support network for cancer patients.

Stress is a complex condition, so it's no surprise that the relationship between stress and cancer is complex as well. Individuals concerned about their stress levels can consult with their physicians about healthy ways to manage and reduce stress.

Seven lifestyle choices to reduce cancer risk

To date there is no definitive cure for cancer, nor any one preventative treatment. But individuals should not resign themselves to the fact that cancer is inevitable. There are plenty of lifestyle modifications that can go a long way toward reducing cancer risk. Here's a deeper look at some of the more effective.

Avoid tobacco

Not only does smoking cause between 80 and 90 percent of lung cancer deaths, according to the Centers for Disease Control and Prevention, it also contributes to many other forms of the disease, including cancers of the pancreas, liver, bladder, and cervix. Quitting smoking and avoiding second-hand smoke can reduce cancer risk.

Exercise regularly

Physical activity can lower estrogen levels, reduce levels of insulin in the blood, help a person lose weight, and reduce inflammation — all factors that contribute to the formation of cancer. Experts recommend 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity exercise a week.

Eat healthy foods

The American Institute for Cancer Research indicates certain minerals, vitamins and phytochemicals can produce anti-cancer effects. Many foods, namely fruits, vegetables, whole grains, and legumes, can boost health and contribute to lower cancer risk.

Avoid excessive alcohol consumption

Drinking alcohol regularly increases the risk of cancers to the mouth, voice box and throat, according to the CDC. Furthermore, alcohol consumption is a primary risk factor for liver cancer. By limiting alcohol consumption, individuals can reduce their cancer risk.

Be cautious of hepatitis C

Individuals should avoid behaviors that put them at risk of contracting hepatitis C, which causes inflammation of the liver. Hepatitis C can be contracted by receiving a piercing or tattoo in an unsanitary environment, through injecting or inhaling illicit drugs, through unsafe sex, or if you are a healthcare worker exposed to infected blood through an accidental needle prick.

Apply sunscreen

Protect the skin from exposure to ultraviolet rays from the sun and tanning beds, as skin cancer is the most common form of the disease in the United States. Simply reducing exposure can help prevent skin cancers and other damage. This includes wearing wide-brimmed hats, applying sunscreen with an SPF of at least 30, avoiding the sun between 10 a.m. and 4 p.m., and wearing sun-protective clothing. Tanning beds are not safer for the skin than being out in the sun, so they should be avoided.

Get enough sleep

The importance of sleep to overall health is easily overlooked. Lancaster General Health says, while there is no specific data for sleep on cancer prevention, sleep deprivation can lead to harmful behaviors, such as overeating, drinking too much alcohol or being too tired to exercise, each of which increases cancer risk.

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