

RELAY NASH COUNTY



APRIL 30, 2022 ~ Red Oak Middle School

**It's about being a community
that takes up the fight...**

**TO
W
F
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M**

Relay for Life of Nash County is BACK!

We are ready to CELEBRATE!!!!

Due to the worldwide Pandemic, we had to cancel our 2020 and 2021 events, but you know IF we CAN Relay, we will be ready with bells on, and nothing can hold us back from continuing our fight.

Eliminating Cancer isn't going to be easy, nothing worthwhile ever is. It takes power, courage, time, money, and sacrifice – Just like it does to Survive Cancer. BUT.... IT IS POSSIBLE!!!

Nash County is typically one of the largest Relay events in NC –we usually Relay 18+ hours and raise over \$200,000+ each year to aid in the research to find a Cure for Cancer, and we owe our huge success to each of you.

2022 is our rebuilding or “come back” year... We are easing back in, and our event venue and our Relay time will be different from what we are all used to this year.

RELAY FOR LIFE of
NASH COUNTY
SATURDAY, APRIL 30, 2022
10AM – 10PM
RED OAK MIDDLE SCHOOL

We will gather on Saturday 4/30/22 to CELEBRATE our Survivors, REMEMBER all of those that have lost their battle to this terrible disease, and FIGHT BACK by raising money to provide research to find a cure and to renew our “HOPE” that one day soon, we will have a CURE.

We want to express our deepest gratitude to our Corporate Sponsors, as without them, our wonderful fun filled Saturday would not be possible. Our entire country is going through some very trying times and we thank you for realizing that Cancer doesn't stop during these

times.

We can't say Thank You enough to all of you; It definitely “takes a village” and we salute your dedication and tireless efforts that you have given us year after year. The continued success of our Relay is a direct reflection of each one of you and your “Purple Passion”.

Our event, whether one day or two, gives us the opportunity to “Show Our Hope”,

so, we say.... Thank You for support, and come on out to the

28th Annual Relay for Life of Nash County

WALK some laps, EAT some good food and ENJOY yourself.

Sincerely,
Your 2022 Relay Event Committee



2022 Relay Event Committee

Valerie Cooper
Liz Craft
Sherry Harris
Crystal Johnson
Crissy Moore
Alan Moore
Retha Pappas

CELEBRATE. REMEMBER. FIGHT BACK.

IN MEMORY

FRANK W. HEDGEPEETH



OCTOBER 28, 1953
APRIL 4, 2007

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Brian & Jennifer (Hedgepeth) Hutson, Peyton & Wells
Travis Frank, Beth, Hayes and Huck Hedgepeth
Kay Hedgepeth & Kirby Raley
Frances Griffin Hedgepeth

IN MEMORY

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DECEMBER 31, 2013

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ARE YOU READY TO JOIN OUR FIGHT AGAINST CANCER?

In 2021, nearly 1.9 million people in the United States got a new cancer diagnosis. That's 1.9 million reasons why your Relay for Life participation this year truly matters. The Relay for Life movement is one of the world's largest fundraising events to help save lives from cancer, and when you join, you're helping fund the future.

Why will you choose to fight this year?

- In memory of someone you love
- To honor a cancer survivor in your life
- So, everyone has a fair and just opportunity to prevent, find,

treat, and survive cancer

- To stand with people in your community living with cancer

If you're ready to fight, call 1-800-227-2345 and sign up for the 2022 season. Together, let's take meaningful steps toward our goal of reducing cancer mortality by 40% by 2035.



2022 NASH RELAY FOR LIFE

Relay for Life of Nash County

Presented by

Braswell Family Farms

Saturday, April 30 • 10am - 10 p.m.

Red Oak Middle School
3170 Red Oak Battbleboro Rd.

Register today – www.relayforlife.org/nashnc

10 a.m.

6 p.m.

7 p.m.

9 p.m.

9:45 p.m.

Opening Ceremony

Survivors Lap

Caregivers lap

Luminaria Ceremony

Closing Ceremony

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LUMINARY PURCHASED "IN MEMORY" OF:

Alcantara, Sylvia
Allen, James H.
Allen, Sherry Lynette
Arrington, Anne
Bailey, Denise
Baker, Lewis
Barnes, Eddie Lee
Batts, Robert
Black, Nana Janet
Blum, Jacqueline
Brother Bob
Brother Carl
Campbell, Nancy
Coley, Arthur
Collie, Michelle
Dale, Shawlene Byrum
Davis, Libby
Denton Sr, John Vanderbilt
Dickens, Selma B.
Dunn, Sylvia
Ellis, Alma
Foster, George
Foster, Joshua
Gunther, Betty
Gunther, Betty
Gunther, Betty
Gunther, Ray
Gunther, Ray
Gunther, Ray

Gunther, Ray
Hales, James
Harps, Mary
Hendricks, Sara
Jackson, Rebecca
Johnston, Bob
Johnston, Bob
Jones, Sylvia Wardrick
Lewis, Meryln
Lynch, Milton Ray
Lynch, Norman
Lynch, Norman
Lynch, Norman
Lynch, Norman
Lynch, Norman
Miller, Beth Konsler
Miller, Beth Konsler
Moody, Chester
Moody, Loretta
My Momma
Neal, Harold
Neal, Wiley
Pappas, Bro Larry
Pappas, Mary
Sattlewhite, Gloria
Sattlewhite, Gloria
Sawyer, Dennis
Scott, Roxie D.
Seals, Daniel

Seals, Jeffery
Sister Betty
Taybron, Edgar "Pete"
Taybron, Henry J.
Taylor, Harvey
Taylor, Sherry
Thomas, Minerva
Turpin, Rev CL
Wardrick, Clyde
Wardrick, Clyde E.
Wardrick, Fred
Wardrick, James
Wardrick, James
Wardrick, Keith
Wardrick, Michael
Wardrick, Michael
Wardrick, Paul
Wardrick, Ronnie
Watson, Rodney
Webb, Elois
Whitaker, Doris
Young, Anglea
Zanders, Mae Joyce

LUMINARY PURCHASED "IN HONOR" OF:

Allen, Chris
Allen, Chris
Broddie, Charles
Brown, Perry
Caldwell, Brenda
Chassereau, Cindy
Coley, Brian
Dew, Debbie
Dickens, Rosa
Edge, Jorris
Ellis, Sister Peggy
Evans, Trevor
Evans, Trevor
Evans, Trevor
Freeman, Adolf
Grimmer, Joseph
Gunther, Donald
Gunther, Gary
Gunther, Mike
Harris, Sherry

Hill, Marcus
Johnson, Crystal
Joyner, Dale
Kania, Claudia
Lamm, Mark
Lowe, Betty
Lowe, Betty T.
Lowe, Betty T.
Lowe, Betty T.
Lowe, Betty T.
Lowe, Betty T.
Lucas, Mitzi D.
Lucas, Mitzi D.
Lucas, Mitzi D.
Martin, Judy
Martin, Judy
Martin, Randy
Martin, Randy
Moore, Allan
Pappas, Jerry

Perry, Julia
Reaves, Louella
Richardson, Joyce
Robbins, Libba "Bibbi"
Sexsmith, Robert
Sexsmith, Robert
Sexsmith, Robert
Sexsmith, Robert
Taylor, James
Wardrick, Carlton
Wardrick, Carlton
Wardrick, George
Watson, Esther
Whitley, Kelli Lewis
Whitley, Kelli Lewis
Whitley, Kelli Lewis

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Moore, Crissy

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WHY I RELAY



Patricia Neville

I relay for my Aunt Linda and my Aunt Lola, who gained their angel wings because of cancer. I relay for my Aunt Cathy, who beat cancer twice. I relay for my Uncle Jerry, who is currently in remission. I relay for my family and friends who have battled cancer and those currently in the fight.

I relay for myself. Six years ago, I was diagnosed with Metastatic Thyroid Carcinoma Stage II. Before my diagnosis, I participated in cancer awareness events and walks because of the presence of cancer in my family. After my own cancer diagnosis, I became more driven and determined to support others who were affected by cancer. Would I have chosen cancer? Absolutely not! But cancer chose me and although I have experienced many ups and downs, I am truly blessed and grateful.

I have been participating in Relay for Life for almost 5 years now and I am so happy I joined! I have made connections with brave warriors and champion survivors! I have become part of a purpose and part of the hope that we will have victory over cancer! I am unquestionably thankful for the opportunity to relay!

WHY I RELAY

I became involved with Relay for Life of Nash County after someone very close to me died from cancer. Since then I have met many people impacted from cancer. Some have passed while others are still surviving and beating this dreadful disease. Regardless of the status of the cancer patient standing with them is their families and friends!! I am always in awe of the caregivers as they selflessly care for their love one that has been diagnosed with cancer by coordinating services, care or giving spiritual and emotional support.

This year marks my 24th year with Relay for Life of Nash County. I started out as a team member for our Relay team at work then team captain of that team. Since then I have worked with several Relay committees and currently I am one of the co-leads. It takes months of planning, preparation and a lot of volunteers to put on an event of our size in Nash County.

I continued to join Relay for Life in their efforts because the more we fund raising and bring awareness through community programs, education and advocacy the closer we are to finding a cure for cancer!

The American Cancer Society has made great strides through the years with research, education, and advocacy in helping survivors live longer than they would have 5, 10 or 20 years ago. Our survivors are at the heart in everything we do! Please come out and join us as we Honor, Celebrate and Fight Back against this dreadful disease! We MUST find a cure for cancer, so no one else will have to hear those horrible gut-wrenching words....You have Cancer!

Elizabeth Craft
Relay for Life of Nash County
2022 Co-Lead



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WHY I RELAY

My name is Griffin Sauls. I am 14 years old. I Relay for my grandma, who is a breast cancer survivor and now my great uncle who has liver cancer. My mom took me to my first kid's walk and paid the minimum amount each year until I was 8. That is when I found out my grandma was a survivor. Since then I have been raising my own money for kids walk. I want to help to put an end to cancer.

Griffin Sauls



WHY I RELAY

My name is Teri Gibson. I am a 19 year breast cancer survivor. I Relay for my daughter, daughter-in-law and three granddaughters, in the hope that none of them with have to face breast cancer in their lifetime. I also Relay for my dad and two of his brothers who survived prostate cancer. I am now working hard because my brother, Donnie, was diagnosed with interherpetic biliary adenocarcinoma in September of 2020. I also work as a nurse practitioner and have diagnosed, as well as helped with the care for lots of patients with cancer. I Relay for the ones we have lost, the ones that are still fighting an in honor of those that are survivors. We need to put an end to this dreaded disease and as long as I am able, I will do my part.

Teri Gibson

WHY I RELAY

I was first introduced to the Nash County Relay for Life 24 years ago. Way back in 1998, my best friend, Sherry Harris asked me to participate with her on her company (Sprint) team.

My husband Wayne, my children Amy and Heather and I joined Sherry's team that first year and remained loyal team members for 12 years, we sold hot dogs, slushies, popcorn, cotton candy and at the 25th Anniversary of Relay, we started selling Funnel Cakes. My whole family became dedicated to finding a cure for cancer.

In 2008; we started our own family team "Huntin' for a Cure". We are now known as the "Funnel Cake" team, selling over 300+ Funnel Cakes in one night at the Relay. My children and grandchil-

dren have grown up participating in Relay, so starting a family team seemed like the logical thing to do.

Little did we know that in 2022, I would be celebrating 12 years as a survivor.

In July of 2010, I, myself was diagnosed with Non-Hodgkin's Lymphoma B-Cell in my stomach. I went thru 3 years of chemotherapy and today I remain cancer free... That has been 12 years ago, and I can honestly say that I don't think I could have made it thru that chapter of my life without the support of my family, friends, and my Relay family.

Crystal Johnson
2022 RFL committee lead

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RONALD SYKES



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A letter to my twin brother – together forever!

Dear Larry,

Twins, that's you and me. May 22, 1939, we came into the world "together." What an amazing life and I would not want to do it with anyone else.

Everything we did, it was the two of us together, fun times, happy times, family times and everything between. We had a special bond that all twins have, but our twin bond was very special. We were the Greek Twins and we stuck together through it all. Remember learning how to ride a bike, turning old enough to drive and getting our license, double dating, drinking our first beer, going to the beach and dancing at the pavilion? Going to parties and you were always the "life of the party". The Pappas Twins, always together. Times I will always cherish.

You were a few minutes older and always thought you were the boss. Whenever we were punished and Mama got the wooden spoon, you always were disciplined first because you were the oldest. I just had to watch, knowing I was next. It was not funny then, but wish we could talk about all those times again.

Our secrets were many that no one ever

knew about. They will always be between us. Promise, I'll never tell.

In 2009 you were diagnosed with Prostate cancer and started your battle, going through surgery and oral chemo for 13 years. It was something I never thought my twin would have and the struggles you would go through.

After your surgery and visiting with you I went to see my doctor and hear the same news that you had heard, "You have Prostate cancer." I received 45 treatments of radiation and remain cancer free! That's the Pappas Twin thing; again.

I looked forward to our daily phone calls. Sometimes it was to talk about family or how the family was doing, what plans we were making, or just to check on each other. That was just how special our twin time was to us.

We celebrated our 80th birthday in 2019 together with family in Wilson. I did not know it would be the last time our Pappas family would be together. We were the "Big Greek Family" with lots of laughter, food and fun.

Not long after that you had a secret that you did not tell me. You had been to see



your doctor and received news that your cancer had spread and was not treatable. You made the decision to stop meds and to live life peacefully with your daughters, family, and friends.

Sister Peggy, Sister Catherine, Brother Jimmy and I spent a few days with you, laughing, eating, resting, and reminiscing life as brothers and sisters. I knew during this time we had a special twin connection, but didn't think you were telling me



good bye in your own way.

On November 6, 2021 you joined Mama and Daddy in a glorious heavenly celebration. One day I will see you again and then my heart will be in one piece.

**THAT'S OUR TWIN THING!
TOGETHER FOREVER!!**

Brother Jerry

Daughters share the journey: *The Three Musketeers*

*By Gina Pappas
and Christina Arbelaez*

It's always hard to move forward when someone dies of cancer. So how do you do it? And can you do it? Is it easier to lose someone suddenly or when you know their days are numbered?

Our father, Larry Pappas or best known as "The Greek," was consistent, dedicated, had a great laugh, and never met a stranger. We were the three musketeers, Chrissy, Gina, and Dad, at least that's what dad called us because together we could conquer anything, and now we would conquer his cancer.

Cancer does not discriminate, as we learned when our father was diagnosed with Prostate cancer with Mets to the bones in 2009. How can this be? Our father was religious about going to the doctors for his bi-annual check-ups. It didn't make sense to us; he had no family history of cancer except his mother, who passed in her latter years of uterine cancer: but what we thought would be a routine visit turned into a day of disbelief. As our father took a deep breath,

the doctor proceeded to tell him, "Mr. Pappas, you have Prostate cancer with involvement in your bones." How does one stomach this diagnosis? Is this a life sentence? Am I going to die? Our father did not ask any of those questions; he did not waiver. Instead, our father asked the right questions and followed the rules because he wanted to live. So his journey began. The first treatment was surgery; he had an orchiectomy (removing his testicles) to help slow down the cancer process and hormonal treatment to maintain the cancer he had taken for 13 years. After that, dad never really spoke of cancer except to inform his family of his diagnosis. My father is an identical twin, and he also has a younger brother. Luckily, because of our father, both were diagnosed with Prostate cancer and are both in remission today.

In the last years of his life, our father moved to the beach and was able to see the sunrises, watch the ocean waves break, and see the dolphins jump. Unfortunately, our father's cancer began to spread, and he exhausted all hormone therapy available to help keep cancer at



bay. Dad decided early on that quality over quantity was far more critical than spending his last day's sick due to Chemotherapy and radiation. There were bouts of hospital stays, and when the doctor told dad there was nothing else he could do, dad thanked him for all he did and the time he gave him. Then, dad looked at the two of us and said, "What do you do?"

In the last few weeks of our father's life, he would dance with us at Gina's wedding, see his siblings once last time, and engage with his friends and grand-

children. Our father was resilient; he did not show fear because he knew God had him; he just hated that he was leaving us. As his last grandson visited, he asked, "Can I go home after that? Our father took his last breath two days later as we witnessed his beautiful transition.

Our father completed the three musketeers, and now that he is gone, there is a missing void, but when we close our eyes, the three musketeers still stand together and strong. It is hard to accept that he is gone; we still feel his presence around us. We miss his laugh, smile, and most of all, his calls.

If we could give any advice, stay on top of your health. Because of our father's consistency, we had 13 years more years with him. So don't take life too seriously; Live, Love and Laugh. But most of all, answers those call because you never know when it could be the last. In the end, dad did it his way. We are grateful for our time with him, and we are better because of him.

"We love you, Dad; your girls."

Survivor shares her breast cancer story

"I'm sorry, but you have cancer." My whole life flashed before me and my first thought was that I wouldn't have enough time with my son.

It was 1999 on Thanksgiving Eve, and I was performing my monthly boobie inspection for bumps and lumps. As I pressed my fingers around I thought, "No, it can't be..." Until it was, and so my journey began.

I called Dr. Lovett, my favorite gyno, and he took me in right away, and he patted my head before easing the needle into my left breast. When he pulled it out, I remember thinking it was the most disgusting blob I had ever seen, turning even the good doctor green. I knew it was cancer at that moment, and as his eyes filled with tears, he tried to reason with me while I pretended to be brave. He suggested we get a surgeon on board and sent the devil's blob to the lab for a quick look, smiling reassuringly.

When I visited the surgeon Dr. Lovett recommended to me, he assured me, "We'll have to do a mastectomy, followed up with chemo and maybe some radiation," explaining that the lump looked to be about the size of a Granny Smith apple, but that he wouldn't know for sure until closer inspection. "We'll remove the lymph nodes from under your arms and go from there. If we discover that the cancer is in your lymph nodes, that is when we will do the mastectomy."

I promptly informed him that I wanted a second opinion, not liking how the situation was handled with such stoic bedside manner. I received a second opinion from another surgeon that Dr. Lovett recommended because he was upset over how the situation was handled as well.

"With your ta-tas being pretty large, I think I can do a lumpectomy," the second surgeon said after looking at all of my info and tests. "I'm going to give you a tunnel test, including an MRI," which showed the lump was indeed large. "We'll check your lymph nodes and when they come back,



you'll either wake up with a lumpectomy or a mastectomy."

"Well, I do have a choice," I thought to myself, "I'll be one tata less or just a few nodes less."

On January 16th, 2000 I went into surgery, not knowing what the results would be when I woke up, and when I did regain consciousness, my surgeon asked me if I wanted the good news or bad news first.

"Well, not being a risk taker in general," I responded "give me the good first."

He told me that not only were they able to do the lumpectomy, but they also saved my breast, and the 7 lymph nodes they tested were clear. The bad news? The cancer was growing inside of the lump; no tentacles trying to escape. The surgeon informed me that I could go home soon, but they wanted to keep me there under observation until I was completely awake. After I was cleared, my best friend Beverly and I got up and started home, but we quickly had to pull into the Rite-Aid parking lot so I could throw up. So dramatic.

Following a couple weeks of recovery and everything sinking in, I went back for my checkup and saw the surgeon again. He

had had a conference with Dr. Lovett and the doctors from Jenkins Cancer Center in Greenville. They all recommended that I would need chemo and radiation to completely clear the spot, because the cancer could metastasize, so I started chemo at the end of February.

They administered Adriamycin (notoriously referred to as The Red Devil) and Cytoxan, going in with high doses to eliminate any trace of the cancer that might have survived.

True to his name, Mr. Red Devil went in hot, steamy and nasty, taking three hours to administer. The next potion, the Cytoxan, went in as a cool respite from Hell's fury. Another hour and I was able to go home.

The doctors told me it would probably be after the 2nd treatment when my hair would begin to fall out. My hair came out 2 weeks later, a devilish thing indeed, and devastatingly, I would spend the next year without it.

Beverly took me to a wigster to get fitted, and I hated it. It didn't fit, and honestly felt like Br'er Rabbit sitting on my head. For the beach, my friends got me a huge wide brim hat, but since I still had to wear sun block because my skin was so sensitive, it wouldn't stay on my head, and kept sliding around and blowing off. Laughter is great in times like these.

The chemo treatments were sickening me and giving me torturous nightmares for 3.5 months. That was followed up by 38 weeks of radiation, during which I got thrush in my mouth and thought I would have to discontinue the treatments, but I fought on. I was able to work during it all, thankfully, but that damn wig had to go, and

so it did, right into the trash.

By the end of January, my hair started to come back and my eyelashes and eyebrows seemed to make their appearance overnight, symbolizing that it had all finally come to an end.

My journey has still continued and I'm thankful for this year because I'm 22 years cancer free. Although that journey consisted of sickness, hair loss, burning from chemo, and the toll radiation can have on a woman's body, I was left with really cute curly hair, and became my Mama's curly headed baby. No more arguing with that curling iron!

I soon after became an advocate for Relay for Life and The American Cancer Society, telling my story to other women for many years. Retha Pappas and I attended the March on Washington and held court with representatives, telling our stories and pleading for more research for women with breast cancer.

Many of you have had this same journey, or perhaps yours is just beginning. Some of your friends, like mine, may have passed away, and some are just beginning their journeys. As I tell women, the most important thing to remember is to remain positive, always. The drugs used now are much better and easier to administer to help women get through this.

If you're on a journey now, please advocate for more research to end the misery of not only breast cancer, but all cancers. Tell your story to anyone who will listen and know that your journey has you still here.

Always have hope.

~Joy Acree-Caldwell

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FLAMES OF HOPE

Luminaria and Torch Order Form 2022

Flames of HOPE are lit at nightfall to honor cancer survivors and caregivers or in remembrance of those whom we have lost to cancer. These flames burn throughout the night, serving as a reminder of the purpose of Relay For Life. You can help light the way to a cure for cancer and honor a loved one by purchasing your choice of a standard white Luminaria (\$5 each), a Gold Star Luminaria (\$25 each), or a Torch of HOPE (\$100 donation).

To order your Luminaria online please visit www.RelayForLife.org/nashnc or complete and mail this form to the address below.

Relay For Life of
Nash County

April 30, 2022

TBA

www.RelayForLife.org/nashnc





| NAME to be displayed | Standard White \$5 | Gold Stars \$25 each | Torch of HOPE \$100 | In Honor | In Memory |
|----------------------|-------------------------------------|-------------------------|------------------------|-------------------------------------|--------------|
| | IMPORTANT Please mark one | | | | |
| EX. Julie Wilkins | <input checked="" type="checkbox"/> | | | <input checked="" type="checkbox"/> | |
| | <input type="checkbox"/> | | | <input type="checkbox"/> | |
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| TOTAL AMOUNT | | | | | \$ |

Your Name: _____
Address: _____
Phone: _____ Email: _____

Relay For Life team or participant to receive credit:

Please make checks payable to the American Cancer Society.
Please see below to return this form by mail or if you have any questions.

American Cancer Society, Relay For Life of Nash County - #THDUG2, P.O. Box 11796, Charlotte, NC 28220



800.ACS.2345
www.Cancer.org

AWARENESS COUNTS

Cancer awareness colors

| | |
|---------------------|-------------------|
| All cancers | Lavender |
| Bladder cancer | Yellow |
| Brain cancer | Grey |
| Breast cancer | Pink |
| Cervical Cancer | Teal & White |
| Childhood cancer | gold |
| Colon cancer | Dark blue |
| Esophageal cancer | Periwinkle |
| Eye cancer | Green |
| Head & Neck cancer | Burgundy & White |
| Kidney cancer | Orange |
| Leiomyosarcoma | Purple |
| Leukemia | Orange |
| Liver cancer | Emerald |
| Lung cancers | White |
| Lymphoma | Lime |
| Melanoma | Black |
| Mesothelioma | Royal blue |
| Multiple Myeloma | Burgundy |
| Ovarian cancer | Teal |
| Pancreatic cancer | Purple |
| Prostate cancer | Light blue |
| Sarcoma/Bone cancer | Yellow |
| Stomach cancer | Periwinkle |
| Testicular cancer | Orchid |
| Thyroid cancer | Teal, Blue & Pink |
| Uterine cancer | Peach |
| Honors caregivers | Plum |



Sherry Harris
Event Lead
Relay for Life of Nash County, NC

You know the old saying, "Time Flies when you are having Fun"?

Well that is exactly how I feel about my Nash County Relay for Life...

2022 is 28 years that I have been Relaying.

I've made friends that are now my family and I don't know what I would do without my Relay Family.

After watching my Daddy and Granddaddy, suffer and loose their battle with Cancer, I knew that I wanted to do whatever I could to help raise money to find a Cure.

I have HOPE and FAITH that one day soon, we will find a Cure and eradicate Cancer.

WHY I RELAY

Relay for life has been near and dear to my heart for over 20 years. I started my journey relaying for my cancer patients I cared for as a chemotherapy nurse. It wasn't until 2005 that it became truly real when my dad was diagnosed with lung cancer and lost his battle within 6 months. Since then I have lost multiple family members to cancer, but my world was turned completely upside down when I lost my mom to lung cancer in 2017. Cancer is a devastating disease that affects everyone. As a caregiver, I have seen way too much suffering and would love to see cancer gone. I also relay for ones that have survived cancer. My best friend in the whole world, Claudia, is a breast cancer survivor. My aunt Judy is a Leukemia survivor. I have 3 brothers who have survived cancer; Donald, Mike, and Gary. SO THERE IS ALWAYS HOPE!

Crissy Moore
MSN, RN
Home Health of Wilson



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| Sunday • #1 SIRLOIN <small>Reg \$10.49</small> | \$9⁴⁹ | Wednesday • #14 CHOPPED SIRLOIN <small>Regular \$8.99</small> | \$7⁴⁹ |
| Monday • #1 SIRLOIN <small>Regular \$10.49</small> | \$9⁴⁹ | Thursday • #3 SIRLOIN TIPS <small>Regular \$8.49</small> | \$7⁴⁹ |
| Tuesday • #3 SIRLOIN TIPS <small>Regular \$8.49</small> | \$7⁴⁹ | Friday • #5 SUPER TOP SIRLOIN <small>Regular \$11.99</small> | \$10⁹⁹ |
| Saturday • #9 SUPER TOP SIRLOIN <small>Regular \$13.99</small> | \$12⁵⁹ | | |

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