

RELAY NASH COUNTY

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Cancer doesn't stop...
NEITHER WILL WE!



September 11, 2021 ~ Sunset Park, Rocky Mount

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

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

The above headline couldn't be more true of Nash County – its citizens and local businesses.

The Nashville Graphic has for many years published this edition to promote the annual Nash County Relay for Life. The publication is funded by local businesses and we in return donate proceeds back to Nash County Relay for Life.

Due to COVID-19, the event was canceled in 2020 because of gathering restrictions and also safety is important to coordinators.

But cancer never stops.

Our staff, our advertisers and Relay for Life coordinators decided to move forward with this edition last year to build awareness so that we never forget how important our work is in the fight against cancer.

Relay for Life is back for 2021 – in a bit different setting, at a different

location – but it's back!

Organizers and participants are charging forward in the continued fight against cancer by raising awareness and money to fund cancer research.

I don't know of many families who have not been affected by cancer.

Looking back at the many changes in research and treatment – we've come a long way. Many cancers are now treatable and some even curable.

But the fight remains because some types of cancer are not treatable. Some never present symptoms until it's too late.

Just think of how far we've come – all because of research and modern medicine. We should never give up the fight to find cures for all types of cancer.

Relay for Life goes well beyond raising money once a year. Members and organizers host events year-round to build awareness and promote the need for more research, better treatments and most importantly – a cure.

The Nashville Graphic again this year proudly publishes this edition to help raise that awareness and to support our local Relay for Life continue its job in our community.

We encourage our community to continue the fight by honoring those who have lost their battle and celebrating those who have won.

We can never do too much when it comes to pushing for a cure!

Jo Anne Cooper
Nashville Graphic Publisher



**Nash County
Relay For Life
Saturday
September 11, 2021
Sunset Park ~ Rocky Mount**

**10 AM - Opening Ceremony
Survivor Lap follows
Luminaria Ceremony - after dark**

***To learn more, register as
a Survivor, form a team, or
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What to expect at 2021 Relay for Life

The 2021 Relay For Life of Nash County will be held Saturday, September 11th at Sunset Park in Rocky Mount, NC. The American Cancer Society Relay For Life movement is one of the world's largest peer-to-peer fundraising events to save lives from cancer. Relay For Life is driven by a community of like-minded survivors, caregivers, volunteers, and participants who believe in a world without cancer. All donations raised through Relay For Life support Research, Education, Advocacy, and Service.

The COVID-19 pandemic has had a significant impact on people with cancer, their families, and caregivers. Cancer hasn't stopped for the pandemic, so neither has the American Cancer Society. We continue to invest in life-saving research, provide 24/7 information and support, and work to ensure that individuals in every community

have access to cancer prevention, detection, treatment, and supportive care. Our lifesaving work continues – because the fight against cancer can't stop.

While we are excited to be planning a safe in-person event this year, we will be following all CDC guidelines.

The event will begin at 10:00 AM with our Opening Ceremony and the Survivor Lap following immediately after. The Survivor Lap is an inspirational time when Survivors are invited to walk the track together and help everyone celebrate the victories they've achieved over cancer.

After dark, we honor those who have been touched by cancer and remember loved ones lost to the disease through our Luminaria Ceremony.

This year, we will follow that tradition, but during daylight. Luminaria bags surround the track, each one bearing the name of a person touched by

cancer.

Join us as we fundraise to eradicate cancer and celebrate our survivors.

To learn more, register as a Survivor, form a team, or purchase a Luminaria bag, please visit www.relayforlife.org/nashnc.

The American Cancer Society's mission is to save lives, celebrate lives, and lead the fight for a world without cancer.

For questions, please contact Bennita Dunham at bennita.dunham@cancer.org.

Bennita Dunham
Senior Development Manager
American Cancer Society, Inc.
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Relay For Life is Sept. 11th Sunset Park, Rocky Mount

When you think of a relay the first thing that comes to minds is running to beat a time or an opponent. Well, we as relay participants think of it a running or walking to beat cancer. Yes, that "C" word we have all heard about.

Cancer is still here in Nash County and all over the world. It does not matter that we are dealing with the COVID pandemic. It's all the more reason we continue to fight this disease.

Relay participants are dedicated to providing continued support to families that are going through cancer. It may be someone in relay, a family member, or a friend. It does not matter. We want the best care for the individual so they can return to a long-lasting life. Or it may be someone that lost their battle and the family is grieving that individual. We want to know that we have helped through our time, our running or walking, and collecting donations through family, friends and sponsors. All lives are important and matter to us.

Lace up your sneakers on Saturday, September 11th as a family or individual and join this year's Relay for Life of Nash County. The event will be at Sunset Park from 10:00am until 4:00pm. It's a family event, non-alcoholic and smoke free event. Food and fun for the whole family.

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Dr. Howard Weeks and his staff are excited to welcome Dr. Drew Gorham to their practice as an associate dentist beginning late June, 2021.

Dr. Gorham is a Nash County native who grew up in Nashville and Rocky Mount; attended Hampden-Sydney College where he was inducted into Phi Beta Kappa and graduated Summa Cum Laude; and has recently graduated from the UNC Adams School of Dentistry.

Drew has been a patient in Dr. Weeks' practice and has spent many hours "shadowing" Dr. Weeks. He will work in Dr. Weeks' office on Mondays and Tuesdays and in the office of Drs. Amy and Richard Hunt in Rocky Mount on Wednesday through Friday.

Drew enjoys the out of doors as a hunter and a fisherman, playing golf and helping with his family on their farm outside Nashville. He is an accomplished guitarist and singer as well. Drs. Weeks and Hunts are looking forward to working with Dr. Gorham and introducing him to their patients. They are confident in his abilities and know he will be an asset to their practices and to Nash County.



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Why I Relay: For others to hear the word “cured”

Why I Relay....

I was asked to pen a short article on the subject of “why I relay” for this year’s insert for the paper leading up to the Nash County Relay for Life event.

I have shared my story many times and enjoy the opportunity to share each time someone asks.

In November of 2015, following months of mysterious symptoms and unexplained sickness, my wife and I walked into the local Emergency Department at the hospital.

The doctors tried for hours to figure out what was wrong with me but couldn’t come up with anything other than it must be some kind of cancer. I was quickly transported to Vidant Hospital in Greenville and admitted to the hematology/oncology floor where I spent the next 11 days being tested and poked and prodded (you all know the drill in a hospital). Well, I finally had a diagnosis of Hodgekin’s Lymphoma later staged at stage 4b.

Needless to say, I never expected that I would receive a diagnosis of the “c” word. Sure, I had family and friends in the past who had been told they had

cancer but never imagined it would happen to me. Thankfully, though I was in shock that night that the doctor told me what I had, my case worker/social worker had tons of pamphlets and booklets with information for me followed by even more over the next several weeks as treatments began.

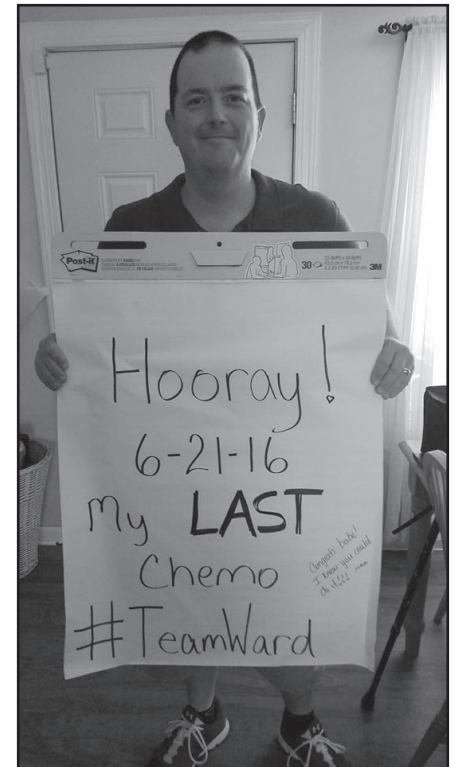
Fast forward 6 years since diagnosis and 5 years since my last treatment and I have finally received the diagnosis of another “c” word from my oncologist. I am told that I am cured of my Stage 4b H.L.

I tell you all that to say this.... Cancer can happen to anyone of any age, sex, ethnicity, health or whatever else you can think of. Thousands of people are diagnosed everyday and if you were to think about it, each and everyone of you reading this article have been touched by cancer in some form or fashion during your lives.

I am grateful for the healthcare team I have (yes, still include them as I see them once a year for aftercare), the science and technology that made my life-saving treatments possible and available to me, the helpful information found in

the doctor’s offices and hospital as well as online and at the cancer centers I went to and the most importantly the support of my faith, my family, my friends and the extended Relay family that I am privileged to be a part of. Relay for life, through it’s fundraising efforts and educational and outreach programs, help make all of this possible. So to answer the question, “Why do I relay?”, I relay because I owe my very life to the past, present and future results of the work it supports AND I relay so that many more cancer survivors can one day hear that sweet, sweet word that I heard this past December, “cured”.

I want to encourage all cancer survivors and their caregivers and families and friends as well as the entire community to come out and be a part of this year’s Nash County Relay for Life Event. Come and enjoy some time with our Relay family and help us raise funds and awareness of this awful disease and celebrate our hope that one day there will be a cure for all cancers. Hope to see you all there!



Brandon L. Ward



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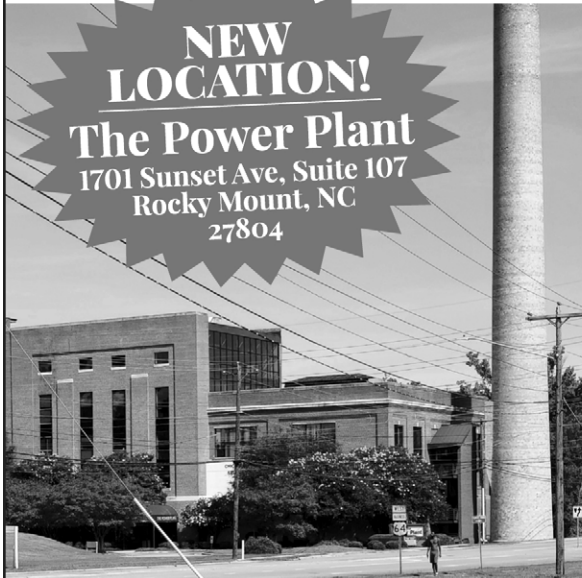
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Food's important role in overall health

Nutrition is a popular topic of conversation, particularly among those embarking on a weight loss or maintenance plan. Individuals carefully study food macros and pore over various diets to get the most out of the foods they eat. When the end goal is simply looking good, it may be easy to forget about the other benefits of nutritious diets, including their link to overall health.

A close relationship exists between nutritional status and health. Experts at Tufts Health Plan recognize that good nutrition can help reduce the risk of developing many diseases, including heart disease, stroke, diabetes, and some cancers. The notion of "you are what you eat" still rings true.

The World Health Organization indicates better nutrition means stronger immune systems, fewer illnesses and better overall health. However, according to the National Resource Center on Nutrition, Physical Activity, and Aging, one in four older Americans suffers from poor nutrition. And this situation is not exclusive to the elderly. A report examining the global burden of chronic disease published in The Lancet found poor diet contributed to

11 million deaths worldwide — roughly 22 percent of deaths among adults — and poor quality of life. Low intake of fruits and whole grains and high intake of sodium are the leading risk factors for illness in many countries. Common nutrition problems can arise when one favors convenience and routine over balanced meals that truly fuel the body.

Improving nutrition

Guidelines regarding how many servings of each food group a person should have each day may vary slightly by country, but they share many similarities. The U.S. Department of Agriculture once followed a "food pyramid" guide, but has since switched to the MyPlate resource, which emphasizes how much of each food group should cover a standard nine-inch dinner plate. Food groups include fruits, vegetables, grains, proteins, and dairy. The USDA dietary guidelines were updated for its for 2020-2025 guide.

Recommendations vary based on age and activity levels, but a person eating 2,000 calories a day should eat 2 cups of whole fruits; 2 1/2 cups of colorful vegetables; 6 ounces of grains, with half of them



being whole grains; 5 1/2 ounces of protein, with a focus on lean proteins; and 3 cups of low-fat dairy. People should limit their intake of sodium, added sugars and saturated fats. As a person ages he or she generally needs fewer calories because of less activity. Children may need more calories because they are still growing

and tend to be very active.

Those who are interested in preventing illness and significantly reducing premature mortality from leading diseases should carefully evaluate the foods they eat, choosing well-balanced, low-fat, nutritionally dense options that keep saturated fat and sodium intake to a minimum.

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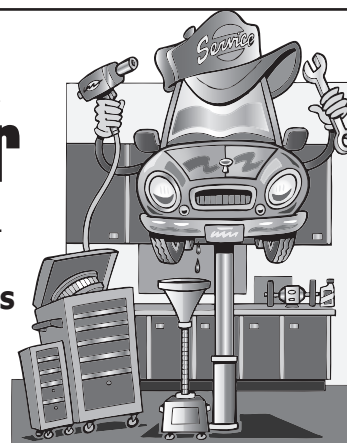
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“Cancer does not define me!”

Passionate advocate takes the bull by the horns in her fight against cancer

*Courtesy of
American Cancer Society*

A passionate advocate for the fight against cancer, Dale Joyner has been involved with the American Cancer Society and Relay For Life for decades. Although she herself had survived what she considers “a small journey with cervical cancer” in 1985, she initially got involved with the Relay For Life of Nash County in the 1990s because cancer was prevalent in her mother’s side of the family. She wanted to fight back.

She has walked laps, raised money, made phone calls, encouraged survivors, educated healthcare providers and advocated for support from the local, state and federal governments. Through her roles as team captain, event lead, tri-chair, advocacy chair and more, Dale has fought back indeed.

She loves meeting survivors and encouraging others, and has developed a passion for advocacy. That passion started more than 15 years ago, when she spent time as the advocacy chair for the Relay For Life of Nash County and as an ambassador, advocating for different bills on behalf of the American Cancer Society. In 2004, 2005 and 2006, she was among a group of advocates asking the government to support stem cell research.

“From us lobbying to get that bill passed, it brings us to current day,” she said.

Current day finds Dale as a multiple myeloma survivor – or as she proudly displays on the Relay shirts she has customized, someone who is “Surviving Cancer.” In late 2016, Dale was diagnosed with renal failure and multiple myeloma.

“I had stage 3b,” she recalled, “which is the most aggressive form. They did not give me a lot of hope.”

While doctors immediately started treatment and discussed options, Dale relied on her faith and positivity. She went through numerous tests and learned she was a candidate for a stem cell transplant – a procedure she notes was made possible by her efforts and those of her fellow advocates. Her doctors and nurses told her she would likely not be strong enough for the procedure until June or July of 2017.

“Well guess what?! By the end of December, my numbers were down!” Dale exclaimed. “They were down enough that I could start doing the preparation work for

the stem cell transplant. The doctors told me I was one in a million. Nobody ever has their tumor markers drop that quickly.”

On Feb. 27, 2017, Dale had her stem cell transplant at the UNC Lineberger Comprehensive Cancer Center.

“Another beauty of this is I was able to have my own stem cell,” she shared. “I was able to receive my own stem cell because it was healthy enough for me to receive. They even harvested enough for two treatments. In doing the first treatment they reminded me at the end of the treatment that I would be back within two years because the cancer would come back quickly. I talk to you today to tell you I have not had a second stem cell transplant.”

While Dale continues taking daily chemotherapy pills and monitoring her numbers, she also remains a passionate advocate for the American Cancer Society and the fight against cancer. She writes weekly letters to her state representative – sharing her journey with cancer and the need for support of cancer research and access to care. And she passionately supports fellow survivors and caregivers, helping co-lead a support group for women that meets monthly when not on pause for the coronavirus pandemic.

Dale proudly wears her purple Relay For Life t-shirts every time she goes to a doctor’s appointment, and encourages healthcare providers, fellow patients and caregivers to get involved with their local Relays. She freely passes out smiles, information, encouragement and purple ribbons.

“My favorite part of Relay is meeting new survivors and encouraging them,” Dale said. “Of course I love the 24-hour event, also. My most favorite part is seeing new survivors and seeing the ones come back year after year after year. I look at Relay entirely different now. It saved my life. Because of Relay and the lobbying, I am alive today and able to share that story with others that I hope will carry this legacy on.”

COVID-19 has forced Relay For Life events to go virtual this year. But cancer hasn’t stopped, so neither can the American Cancer Society. For the first time in our history, our mission is at risk because of this pandemic. Please donate through your local Relay For Life at relayforlife.org or at cancer.org. The fight against cancer won’t be postponed.

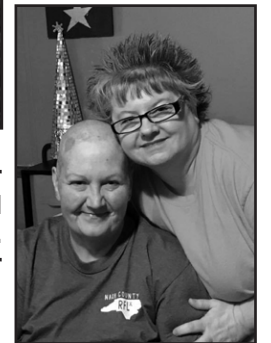


The Relay For Life is a family affair for Dale, who is pictured here walking the survivor lap with her son and husband.



“Cancer does not define me!” says Dale, who is taking the bull by his horns

In February 2017, Dale invited friends over for Girls Night and invited them to cut her hair and shave her head in preparation for her treatment. She said it was a moving and powerful time for them all.



Dale enjoyed passing out purple Relay For Life bows for all Nash County EMS and Sheriff’s vehicles with her fellow event leads, Yvonne Jones and Liz Craft.

ACS guidelines for the early detection of cancer

Article courtesy of
American Cancer Society

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 American 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.

CELEBRATE. REMEMBER. FIGHT BACK

Cancer doesn't stop... NEITHER WILL WE!

RELAY CHAIRS FROM 1994 – 2021

1994 - 1995	Bob Manning
1995 - 1996	Chris Miller
1996 - 1997	Trudi Waters & Pam Bass
1997 - 1998	Trudi Waters & Pam Bass
1998 - 1999	Felicia Hunter & Leigh Whitley
1999 - 2000	Felicia Hunter & Leigh Whitley
2000 - 2001	Pat Doughtie
2001 - 2002	Pat Doughtie
2002 - 2003	Pat Doughtie
2003 - 2004	Retha Pappas & Dale Whitley
2004 - 2005	Lori Joyner & Rhonda Massey
2005 - 2006	Lori Joyner & Rhonda Masses
2006 - 2007	Gloria Joyner, Peggy Winstead, Nikki Hanson
2007 - 2008	Gloria Joyner, Peggy Winstead, Nikki Hanson
2008 - 2009	Sherry Harris, Amanda Bell, Shannon Lashley
2009 - 2010	Amanda Bell, Shannon Lashley, Steve Brumfield
2010 - 2011	Shannon Lashley, Crissy Moore, Steve Brumfield
2011 - 2012	Crissy Moore & Leslie Pittman
2012 - 2013	Lelise Pittman, Nikki Hanson, Barbara Nagle
2013 - 2014	Nikki Hanson & Barbara Nagle
2014 - 2015	Sherry Harris & Crystal Johnson
2015 - 2016	Sherry Harris, Crystal Johnson, Dale Joyner
2016 - 2017	Dale Joyner, Yvonne Jones, Liz Craft
2017 - 2018	Dale Joyner & Liz Craft
2018 - 2019	Ron Jackson & Bradley Leonard
2019 - 2020	COVID 19 PANDEMIC
2020 - 2021	KIM FARMER & RELAY LEADERSHIP TEAM

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



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