

# Franklin County RELAY FOR LIFE

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

## Join the Fight!



THE FRANKLIN TIMES ★★★ THURSDAY, APRIL 24, 2025 ★★★ SECTION B

## 40 Years of Impact



**WALK INSIDE LAST YEAR, OUTSIDE THIS YEAR.** Walkers during last year's Relay. This year's event will be held at the Bunn High School football field. If it rains, the event will be moved inside to the gym.



Volunteer Susie Davis



Survivor Charles Jones



**VOLUNTEERS.** Franklin County Relay for Life volunteers stepped up for the annual Cancer Survivor Dinner. Front row: Armenta Eaton and Gloria Foster; standing, left to right: Mildred Cheatham, Cornelius Cheatham, Delphenia Livingston, Barbara Terrell, Danielle Benton, Susie Davis, Marilyn Keith, Clara Alston, Danette Cheatham, and Hope Benton.

### SCHEDULE OF EVENTS

**Friday, April 25, 2025**

**BUNN HIGH SCHOOL**

**6 p.m.**

Opening Ceremonies/Welcome  
Invocation, National Anthem

**6:15 p.m.**

Survivor Lap & Caregiver Lap  
Sponsor & Team Lap

**8:30 p.m.**

Honoring a Caregiver/Survivor Family

**8:45 p.m.**

Luminary Service & Memorial Walk

\*Please remain quiet during this time.

\* Please DO NOT take down your tent decoration until after the Closing Ceremony\*

**9:45 p.m. – Closing Ceremony**

Present Certificates for the  
best campsite.

**10 p.m. – Clean-Up**

## A message from Franklin Co. Relay for Life

Dear Citizens of Franklin County,

We extend our heartfelt thanks to all the residents of Franklin County for your generous donations and unwavering support during the Relay for Life event in Bunn, North Carolina. As we step into 2025, we are thrilled to celebrate the 40th Anniversary of Relay for Life—40 years of hope, remembrance, and action!

We appreciate the time, effort, and passion that each of you brings to our community. Success is only possible because of your dedication, knowledge, and enthusiasm. We are deeply grateful for the prayers, participation, and commitment of everyone who contributed to the success of the Franklin County Relay Event. Many teams continue to raise funds, and we are inspired by the caregivers and volunteers who remain steadfast in their support,

honoring the memories of those we've lost.

This event would not be possible without the collective efforts we put forth throughout the year, all of us united by a common cause—because we've all been touched by cancer. From research and education to prevention, diagnosis, treatment, and recovery, the American Cancer Society offers crucial support to individuals affected by all types of cancer, at every stage. Your donations make a real impact.

In these challenging times, the mission of the American Cancer Society has never been more important. We remain dedicated to funding groundbreaking cancer research and training that benefits patients and their families. Cancer has not stopped, and neither have we.

Without your continued support, cancer wins. But together, we save lives.

A special thank you to

the committee whose tireless work reflects the heart and soul of this event. Your dedication and spirit fuel the fight against cancer. We also want to express our deepest gratitude to the caregivers—without you, many cancer patients would struggle to maintain appointments, enjoy a nutritious meal, or have a comforting hand to hold during treatment. We thank you for everything you do to ease the cancer journey for so many.

As we reflect on what brought us together, Relay for Life offers us a time to celebrate. We celebrate cancer survivors and the strength they continue to show.

We celebrate the caregivers who selflessly give their time and energy. We celebrate every step we take toward a cancer-free future.

Relay for Life also gives us an opportunity to remember those we've lost.

Their memories live on in our hearts, and at Relay, we come together to honor them. With every lap we walk, we are reminded of those who've touched our lives—our parents, siblings, friends, and loved ones. Their stories fuel our determination to fight on.

This event is about HOPE—the hope that, one day, cancer will no longer



Danette Cheatham,  
Event Chair Volunteer

exist. We are inspired by the survivors, whose participation brings hope to those still in the fight.

This year's theme is "Rings of HOPE," inspired by the Olympic spirit. We celebrate, we remember, and we fight back. We honor cancer survivors, pay tribute to those we've lost, and raise funds to continue the fight against cancer. We also express our gratitude to the caregivers who provide invaluable support.

We are grateful to all the Relay for Life volunteers who worked tirelessly to make this event a success. Together, we celebrate the lives of those affected by cancer, honor their memories, and pledge to continue the fight against this disease.

We would also like to thank our corporate sponsors—without their generosity, this event wouldn't be possible.

Special thanks go to

Donna Cunard and the staff of *The Franklin Times* for their years of dedicated support as our official event reporter.

Thank you again to the citizens of Franklin County, our volunteers, Sheriff Kevin White and the Sheriff's Department, corporate sponsors, Maria Parham Franklin, Bunn High School Facility, Franklin County School District, Down East Tent Rentals, Holley Durham (Senior Development Manager II), Lena's Catering, and most importantly, our survivors who continue to inspire us all.

Your continued support brings us one step closer to winning the fight against cancer in our lifetime.

We look forward to seeing you all at the Relay for Life event!

With gratitude,

Danette Cheatham  
Volunteer Event Relay for  
Life Chair

# Cancer hasn't stopped Pearley Long Yelverton from living

Pearley Long Yelverton was born and raised in Kirtrell, NC as the middle to oldest daughter of Joe and Sallie Long. Her foundation of faith, service and hard work was formed at an early age. She and her siblings worked on their farm, participated in 4-H Club, attended Sunday School, and they were athletic.

A long-time resident of Durham, North Carolina, "The Bull City," Pearley is an advocate and supporter for women living with chronic illnesses.

She has been a breast cancer survivor for more than 49 years. Her awards included the "MORE THAN PINK



Pearley Long Yelverton

AWARD" given at the Triangle Race for Cure in 2019. Pearley was honored with the North Carolina Ruth Bowen Founder's Award,

the Epilepsy Foundation of North Carolina Distinguished Service Award, and Who's Who Among Cambridge VIP.

Her work experience in Duke Medicine's Financial Management spanned 34 years before she retired. Pearley is a board member of the Durham Mayor's Committee for Persons with Disabilities, and her proudest moment was being selected as Honorary Principal for Vance County Elementary School. Pearley has been a member of the historic Union Baptist Church, in Durham, for many years. Her involvement in Disciple Intake, Caregivers, Breast

Cancer Support, and Epilepsy Support Ministries is her service to God. She and her late husband, Clarence, were married for over 40 years before he passed. She and her "Boo" bore four

children, Clarence Jr., Gear, Bernard, and Nikki. Pearley is the proud grandmother of Jordyn Pennie Yelverton. A writer since childhood, Pearley's works include: A Prep Course for New Par-

ents, Who's That's Lady?, Is There Any Hope?, and The Blood. Pearley's Pearls is her first publication.

Pearley didn't let a cancer diagnosis, almost 50 years ago, slow her down.

## 2025 Relay Committee

- |  |   |
|--|---|
| Danette Cheatham, Chair of Event, Accounting, Advocacy       | Clara Alston, Survivor Committee                        |
| William Perry Sr., Logistics                                 | David Benton, Logistics                                 |
| Mildred M. Cheatham, Survivor Chair                          | Hope Benton, Luminaria Chair                            |
| Cornelius Cheatham, Logistics Chair                          | Susette McConnell, Activities for the Kidz Committee    |
| Clark Frederickson, Logistics                                | Albertina Alston, Activities for the Kidz Committee     |
| Linda Frederickson, Schools, Sponsorship                     | Marylin Keith, Activities for the Kidz Committee        |
| Delphenia Livingston, Survivor Committee                     | Evelyn Blackwell, Luminaria                             |
| Barbara Alston, Sheriff's Dept & Gators for Event, Luminaria | Ericka Alston, Sponsorship                              |
| Alice Richardson, Survivor Committee, Luminaria              | Danielle Benton, Luminaria                              |
| Debra Brodie, Survivor Committee, Marketing                  | Veronica McEachin-Davis, Survivor & Luminaria Committee |
| Susie Davis, Survivor Committee                              | Armenta Eaton, Historian & Survivor Committee           |
| Activities for the Kidz Committee                            | Mary Fogg, Survivor Committee                           |
| Barbara Terrell, Survivor Committee                          | Cornette Cheatham, Survivor Committee                   |

## 2025 Relay for Life Teams

- |  |   |
|--|---|
| South Main Street Relayers, Marylin Keith                        | Mitchell Missionary Baptist Church, Gloria Foster                 |
| Concord Missionary Baptist Church, Danette Cheatham              | FUMC "Staying Alive," Linda Fredrickson                           |
| Haywood Missionary Baptist Church, Erica Alston                  | New Hope Freedom & Deliverance Cathedral, Veronica McEachin-Davis |
| Walnut Grove Missionary Baptist Church, Jackie Rogers            | Pilot Missionary Baptist Church, Sherry Newell                    |
| Centerville Baptist Church, Ning Auton                           | Gethsemane Missionary Baptist Church, Jessica Bland               |
| Bunn Middle School, Demetria Moore                               | Mitchiner's Grove Baptist Church, Rosemary Cooper                 |
| Jones Chapel MBC, Grady Neal                                     | Nu Epsilon, Georgia Young   |
| Shady Grove Baptist Church, Delphenia Livingston                 | Team Diane, Teresa Edwards  |
| Concerned Women for Justice Of Franklin County, Evelyn Blacknall | Franklinton High School (FHS), Julie Southerland                  |
| Mt. Moriah Family and Friends, Debra Brodie                      | CCC Steppers, Karen Miller  |
| Perry's Missionary Baptist Church, Barbara Alston                | Long Mill Elementary, Pachtette Dunn                              |
| Free Union FWB, Debi Batchelor                                   | Sisters for a Cure, Erin Langevin                                 |
| Bunn Elementary School, Whitney Lowery                           | Youngsville Elementary School, Toni Bowden                        |
| Terrell Lane Middle School, Susette McConnell                    | Franklinton County ELT, Hope Benton                               |
| Nelson Chapel Baptist Church, Cora Campbell                      | FES Falcon SOAR, Jamie Wilkerson                                  |
| Union Grove Missionary Baptist Church, Rickey Kearney            | Crushing Cancer, Laura Brown                                      |
|  | Allen Chapel Baptist Church, Kristi Gill                          |

### Sponsors

- |                                      |                            |
|--------------------------------------|----------------------------|
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| Mt. Moriah                           | Union Grove                |
| Bunn Middle School                   | Dwight Meals on Wheels     |
| Concord Missionary Baptist Church    | Digital Repair             |
| Zmiewsky Family                      | What a Blessing Child Care |
| Free Union                           | Unknown Name from          |
| Strickland Brothers                  | Perry's Missionary Baptist |
| Seasonal Event Planning & Design LLC | Youngsville Rescue and EMS |

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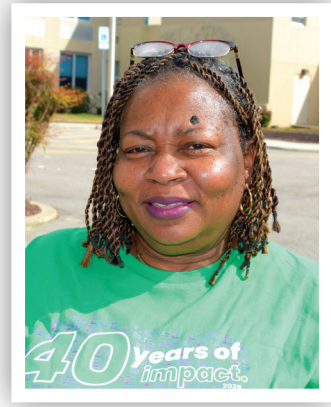
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# Cancer survivor dinner



**LAST DRIVE THROUGH DINNER?** This year's cancer survivor dinner was a drive-through event once again. According to Relay officials, next year's dinner will return to a sit-down event. Above left, volunteer Marylin Keith waits for survivors and caregivers to pick up food; above right, Katrina Harris and Florese Sutton stop by for the take-out dinner. At right, Relay kitchen volunteers take a quick break to pose for a picture, left to right, Mary Fogg, Janice Cheatham, Cornette Cheatham, David Benton, Audrey Lee, and Mildred Cheatham.



Volunteer Barbara Terrell



**VOLUNTEER GREETERS.** These volunteers were all smiles during the Relay for Life survivor dinner. Pictured left to right are Mildred Cheatham, Barbara Alston, Danette Cheatham, Armenta Eaton, and Susette Spivey McConnell.



Survivor Betsy Winborne



Survivor Marie Kidd and grandson Jamerson Kidd



Volunteer Delphenia Livingston

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# Over 50 years of fighting

## Mrs. Bailey Heads Cancer Crusade

Mrs. Gladys B. Bailey, who for the past five years has been chairman of the Louisburg Township for the Cancer Crusade, has agreed to serve as County Chairman for the 1974 Crusade. She replaces Mrs. E. F. Thomas who served in this capacity for the years 1972 and 1973.

Key township chairmen are now being enlisted and will be announced in the next few days, Mrs. Bailey said.

April is Cancer Control Month. It is estimated that cancer will strike in approximately two of three families. Consequently, the conquest of cancer becomes everyone's responsibility.

Protect yourself and your family with an annual health checkup and help others with a generous check to the American Cancer Society for the dollars you give to the American Cancer Society will help wipe out cancer in your lifetime.

Mrs. Bailey is a retired teacher and at the present, is a substitute house counselor for women students at

Louisburg College.



Mrs. Bailey

February 1974

## The Franklin Times

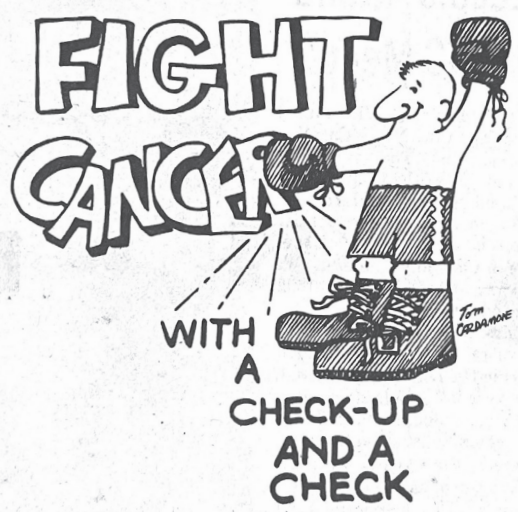
Published Every Tuesday & Thursday Serving All Of Franklin County  
Louisburg, N. C., Thursday, February 27, 1975 Section B-Page 1 106 Years-Number 3



### Franklin County Unit Of Cancer Society Attends Conference

Pictured above are the members of the Franklin County Unit of the American Cancer Society who attended the State Division Mid-Winter Conference last week in Raleigh. Seen with them are principals at the Conference. Left to right they are: Miss Adelaide Johnson, local publicity chairman; Mrs. Genevieve Perry, volunteer; Homer Rice, Area III vice-chairman; Mrs. R. G. Bailey, Franklin County crusade chairman; Louis L. Holtz, N. C. State Division crusade chairman; and Marvin Miller, Hollywood Movie and TV star, guest speaker.

February 1975



March 1977



The late Rosanell Eaton, historian for Relay for Life



1999 Co-Chairs, the late Gale Maske, above and Duane Dickerson, below



Linda Frederickson, survivor and volunteer, 2009



Armenta Eaton, Relay volunteer and current historian for Relay, and other walkers in 2009



2011 survivor walk

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# A community that gives back, year after year



In the earlier days of Relay, including this event in 1999, the Relay went all night



A beautiful evening in 2012 at the Relay for Life event



Relay for Life 2003



Franklinton Elementary School team from 2012



Luminaries lined the drive at Joyner Park back in 2020, in honor and memory of those that have or had cancer. During the time of COVID, the event had to change to a drive-through luminary event.



Tonya Clayton and friend from 2012 womanless beauty pageant



Former Sheriff Jerry Jones during the Jail-a-thon Relay fundraiser in 2003

**Edward Jones**

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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 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 most recent version of the American Cancer Society (ACS) lung cancer screening guideline [from 2018] is being taken down while we review new scientific evidence to be included in the next update. While this important update is being completed, the ACS advises that health care providers, and people at increased risk for lung cancer, follow the recently updated recommendations for annual lung cancer screening from the US Preventive Services Task Force (USPSTF), the American Academy of Family Physicians (AAFP), or the American College of Chest Physicians.

These organizations recommend yearly lung cancer screening with LDCT scans for people who are between the ages of 50 to 80, are in fairly good health, and currently smoke or have quit in the past 15 years, and have at least a 20 pack-year smoking history.

This is the number of packs of cigarettes per day multiplied by the number of years smoked.

For example, someone who smoked 2 packs a day for 10 years [2 x 10 = 20] has 20 pack-years of smoking, as

does a person who smoked 1 pack a day for 20 years [1 x 20 = 20].)

In addition, it's important that people who are going to be screened:

Receive counseling to quit smoking if they currently smoke, and

Have been told by their doctor about the possible benefits, limits, and harms of screening with LDCT scans, and

Can go to a center that has experience in lung cancer screening and treatment.

## 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.

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.

## Can certain foods lower cancer risk?

Cancer is a prolific group of diseases that can affect any area of the body. Although many cancers can be successfully treated, cancer avoidance is undeniably preferable. There is no way to completely prevent a cancer diagnosis, but certain foods may help to reduce your risk for the disease.

According to MD Anderson Cancer Center, cancer-fighting foods are plant-based items that are rich in phytochemicals, which also are called phytonutrients. UC Davis Nutrition Department says phytochemicals are bioactive compounds found in vegetables, cereal grains and plant-based beverages like tea. Researchers have found phytochemicals can protect humans from environmental toxins and

metabolic processes that can lead to chronic diseases, such as cancer and heart disease. Polyphenols are good examples of phytochemicals.

Health experts recommend packing every meal with healthy and nutritious foods that include plenty of vegetables, whole grains, fruits, and beans. MDACC recommends filling at least two-thirds of a plate with these healthy options. The remaining one-third of the meal should come from lean meat, fish or plant-based proteins and nuts/seeds. It also is important to limit foods that may increase cancer risk, including sugar-sweetened drinks and foods, processed meats, red meat, and alcohol.

When revamping diets to help reduce cancer risk,

these heavy hitters should be included:

- Berries
- Broccoli
- Brussels sprouts
- Cauliflower
- Edamame
- Eggs or egg substitute
- Fish
- Green or white tea
- Grapes
- Leafy greens
- Lean chicken
- Lentils and other legumes/beans
- Oatmeal
- Oranges
- Quinoa
- Sweet potatoes
- Tomatoes
- Whole grains, including brown rice

Making smart food choices can keep a person healthy and may reduce the risk of cancer.



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He has tried many criminal, civil, and domestic cases both to juries as well as judges. He also represents the Franklin County Board of Education. He was named a Super Lawyer Rising Star; Elite Lawyer by the North Carolina Business Magazine in 2024; and is AV rated Martindale-Hubbell, which represents the highest level of professional excellence and ethical standards.

Boyd is also on the Board of Directors for the Tar River Land Conservancy and a Trustee for Louisburg College.



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