

# The Long Journey

Students, employee deal with emotions of cancer



**Camille Herren**  
Business Editor

“I have something bad to tell you.”

At the end of her son's ninth grade year, Barbara Arnold brought senior Nick Arnold and his sister into the family room. Arnold's mom had breast cancer.

“You could see the sadness on her face and how much she didn't want it to be true and how much she didn't want to hurt us,” Arnold said.

Arnold's mother told her children about the cancer at the last minute. It was only weeks before her mastectomy.

“It was something you don't think can normally happen to your family, but the realization that it could just opened your eyes to how much worse it could've been,” Arnold said.

Arnold's mother elected to have a mastectomy, which he vividly remembers the IVs that the doctors had given her. Next came chemotherapy.

“The removal wasn't the hardest part for my

mom, it was the chemotherapy that came afterwards because it makes you lose a sense of

yourself,” Arnold said. “I remember one time she was sitting in her bed and she couldn't really move. She could sit up, but she didn't have the energy to walk around the house.”

When senior Hayley Jarnagin's mom told the family she had breast cancer, they were left with many unanswered questions. Jarnagin's mom had treatments for the cancer but fortunately for their family, it would not be as many as she thought.

“My mom had to go through some pretty serious surgeries and thankfully those worked and she didn't have to have chemotherapy

radiation ... the cancer hadn't spread anywhere else,” Jarnagin said. “My mom was incredibly strong and positive through the whole thing, even though my sister and I feared the worst.”

Being a female and having a mother or another relative with breast cancer increases Jarnagin's

risk of developing the disease. Jarnagin learned important lessons and

“They found it in a regular mammogram. The good news was I would not have to take any treatment and it stays only in the breast. I was relieved to know that, but still very shocked because I had no idea,” Garner said.

“Seeing what my mom went through definitely put into

perspective how important it is to go to doctor's appointments and go to check ups so that, if you do have cancer and you do what you're supposed to, they'll be able to catch it early like they did in my

mom's,” Jarnagin said.

Attendance clerk Penny Garner experienced breast cancer firsthand. She was diagnosed with

“intraductal carcinoma,” a small and slow-growing cancer. She felt fortunate that it was only in the breast and it had not spread anywhere else.

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Garner found the process of ridding the cancer from her body to be more difficult than she thought. She felt that she was incapable of doing regular tasks during the day.

“I had to have surgery and have everything removed and it was just a shock to my system. It took eight weeks before I was able to do anything,” Garner said.



## Love for family urges students, others to participate in 5K

**Tessa Jackson**  
Reporter

Since 1999, every year on Oct. 17, over 6,000 breast cancer survivors and supporters participate in the Liz Hurley 5K Ribbon Run. This fundraiser was created to help raise money with donations and has successfully done so by raising over \$3 million in donations over the years.

The entire Huntsville community, along with small businesses, churches and individuals like coach Jamie Coggins participate in the race. This is the fourth time Coggins has participated.

“I try to run every year in memory of my mother, Suzy,” Coggins said. “She was a positive and uplifting lady who lost her battle with breast cancer at age 54. She



**TEN YEARS IN RUNNING.** Liz Hurley and participants raise hands in celebration of the ten year anniversary of the run. Hurley is a breast cancer survivor and created the 5K to raise funds for her non-profit organization that funds research. Photo courtesy of Tessa Jackson

would have loved the race and the electricity of it all.”

This year, Coggins will run with the Hakuna Ma Tatas team. The team has set a goal of \$250.

“I was invited to join this team by Barbara Hughes,

coach Hughes' wife. She puts together a team every year. This year she has seven members and with a low goal I'm hoping we can easily surpass it and raise more for this great cause,” Coggins said.

Local dance studio owner, Heidi Knight has participated in the run for years. Knight runs to support her mother who was diagnosed with breast cancer.

“I don't like to run alone,” Knight said. “I get my stu-

dents to run and support their family members, their friends and the cause.”

Sophomore I'dasha Woods has run the race four times. Woods' grandmother is a breast cancer survivor and she runs in

honor of her. Her grandmother has been cancer free for five years.

“She is the strongest person I know. She sees the best in everything and didn't let cancer get her down. She fought,” Woods said.

The main color at the event is pink, the color of the breast cancer awareness ribbon. It is not uncommon to see pink faces and tutus. Like the team Coggins' has joined, many participants have catchy and often comical names.

“The names are fun. The names sometimes bring out the personality in the person. It shows support. You know all these people are willing to fight breast cancer,” Woods said.

## FCCLA has set annual breast cancer awareness walk date

**Mya Harrell**  
Reporter

FCCLA began sponsoring a breast cancer walk five years ago to honor family consumer science teacher Karoline Webster's sister Kris and other victims of breast cancer.

Kris was diagnosed with breast cancer in 2000. It had been two years since she had gotten a mammogram. The estrogen-fed breast

cancer was fairly advanced. After a few days, Kris went through surgery to have left breast removed. She was announced cancer-free.

The cancer did not come back for the next four years. Kris's doctor put her on preventive medicine called Tamoxifen and said that if she could make it for five years without the cancer returning, then her survival rates are really high. Sadly in four and a half years, Kris's cancer came back in her bones in the legs.

“During the next four

years, she held on strong. By time the cancer was in her lungs, it had gone to the base of her neck and throughout the rest of the bones in her body,” Karoline said.

After being on and off chemo and going through experimental treatment, Kris's body just gave out. The doctors took her off of chemo to give her body a rest on October of 2010. The day after Christmas, she departed.

“I was really close to Kris. She lived in Huntsville

and when she passed away, I was devastated. I still miss her terribly but as time goes on, I realize she is in a much better place. She is

no longer suffering in pain,” Karoline said.

The walk will take place Oct. 21 during third block on the football field track. The money raised will be donated to Clearview

Cancer Institute. This purpose of this walk is to

get students active and have them understand that they are helping find a cure and saving lives of women with breast cancer. Games will be present that will cost a dollar. Students will get 20 minutes of walking time.

“I feel really great about doing this because my family has been affected by breast cancer so by having everyone involved in giving back it feels amazing,” FCCLA president Payton Williams said.

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