

# DO SOMETHING BIGGER

## Cy-Fair Student Gives Voice to Cancer Awareness

*Written by Lorrie Crow and Photography by Marisa Hugonnett*

*When Armon Owens lost his aunt, Lilly Holman, to cancer in 2007, he vowed to promote cancer awareness and find a cure for the disease. “After she died, I was really sad,” he says. “I thought everyone should live a long and healthy life and no one should die from cancer.” As a junior at Cy-Falls High School, he is continuing his fight for health with the Do Something Bigger Foundation, which seeks to either raise \$1 billion for cancer research or to find a cure for cancer, whichever comes first. “Doing something bigger means just that – doing something bigger than yourself to help society as a whole,” he explains.*

### Setting the Foundation

Together with his brother, Ken Banks, a former Langham Creek and Jersey Village high school student, Owens has worked to form a network of volunteers, sponsors, and others working to make a difference. The foundation’s website, [dosomethingbigger.org](http://dosomethingbigger.org), features informational articles about cancer and a timeline of progress made in cancer prevention. Supported by local sponsors, the foundation reaches out to the community with Facebook and Twitter pages, too. Owens notes that 100 percent of donations made will go directly to the M. D. Anderson Cancer Research Center.

### Catching the Cure

With the success of the Do Something Bigger foundation, Owens wanted to find a way to better promote cancer awareness among youth. To reach out to other kids, last summer he began Catch the Cure, a non-profit organization that encourages businesses and individuals to pledge a monetary donation every time the high school football team of their choice scores a touchdown or makes an interception during a local game.

“In Texas, the most watched thing is football, the second is college football, and the third is high school football, so I thought people would enjoy the idea of raising funds for cancer while involving the sport,” Owens said. This year, Cy-Falls and Jersey Village high schools participated in the program, catching for the cure. “We hope in the future that we can involve other schools and sports,”

says Owens. Already, the organization is hearing feedback from the community, with parents posting most of the comments. “One mother I met at the Cy-Lakes game has a son who is fighting leukemia and she was so happy [about the organization] that she started crying,” Owens said.

### Advocating Early Detection

Through Do Something Bigger and Catch the Cure, Owens and Banks also want to spread the word about receiving regular cancer screenings, as well as to dispel any myths that might keep people away from doctors’ offices for exams. “My hope is we become very successful and are able to help save peoples’ lives,” says Owens. “Our next step is to keep working hard and grow our message of detecting cancer early.” He will continue to focus on the football fundraiser, he says, while Banks is planning a fundraising bachelor auction in March.

Owens encourages anyone who feels they are at risk of cancer to go to the doctor for an exam. “If you can’t afford it, please contact us at [dosomethingbigger.org](http://dosomethingbigger.org) and we will try our best to help,” he adds. If you know of a Cy-Fair person or organization working for a better community, email [editor@cyfairmagazine.com](mailto:editor@cyfairmagazine.com). CFM

*LORRIE CROW is currently an M. D. Anderson breast cancer patient and is grateful for Owens and Banks’ efforts in fundraising and promoting cancer awareness.*

Brothers Armon Owens and Ken Banks  
are determined to raise \$1 billion for  
cancer research or find a cure

“Doing something  
bigger means  
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– *Armon Owens*



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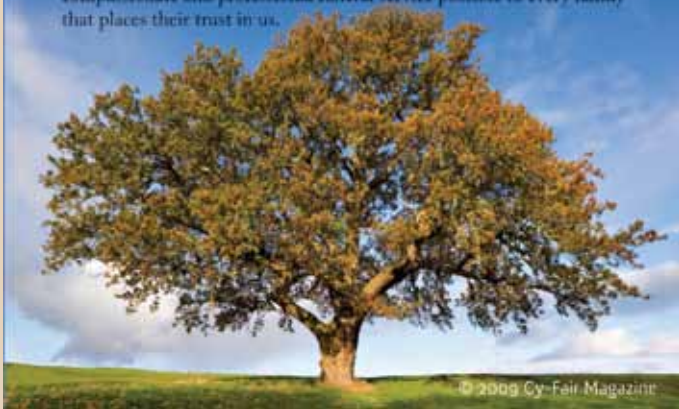
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# 7 TIPS

## to help Prevent Cancer

- Adopt a physically active lifestyle
- Don't use products containing tobacco
- Eat a healthy diet, rich in fruits and vegetables
- Get regular screenings for cancer
- Limit consumption of alcoholic beverages
- Maintain a healthy weight throughout life
- Protect yourself from the sun

*\* From the American Cancer Society*



If you know an

## INSPIRATIONAL

Cy-Fair teen or resident that's doing great things in the community, please email [editor@cyfairmagazine.com](mailto:editor@cyfairmagazine.com)