



“There is always some positive in everyone’s life even if you feel like you are at rock bottom.”

A Piece Of Vitality

Clayton Abila, senior at Delta High School, broke through his fight and finished strong. Last year on May 1, 2018, Abila was diagnosed with primary mediastinal B-cell lymphoma. “I fought long and hard for six months, the doctors at Children’s Hospital in Denver, Colorado made me feel as comfortable as possible,” said Abila.

His tumor was as big as a football inside his chest and within only six months, the doctors were able to shrink it down to the size of a golf ball. “That was very impressive considering how massive the tumor was,” said Abila. Not only did his friends support him through this struggle, but Abila’s baseball teammates, family, and his girlfriend were there for him the whole way through the long process. Through the feeling of empathy, Abila’s mother had felt a different bond with Clayton as she too went through cancer in the past when he was in grade school.

Abila grew personally as he had to learn to adapt to slowing down and becoming less outgoing because of his situation. He continued to follow in the footsteps of his parents, the people who inspire him the most as they are, the most caring and humble people that Abila knows. With a positive effect, sports have also impacted Abila’s life in different ways.

“Football has taught me to work hard through pain and to be tougher than the rest. Baseball has taught me how to be mentally strong, never give up through tough situations, and to be humble when you’re on top of your game,” said Abila. Abila continues with confidence and said, “My most favorite thing that I like about myself is that I am a fighter and I never give up.”

Abila appreciates the fact that people will be able to read his story and understand what he has been going through for the past year.

Abila always remembers to break through the difficult times in life by saying, “I honestly believe that cancer has made me stronger as a whole, and I have become a better person because I have a positive perspective on everything, even the negative things in life. I now look for the positives more instead of focusing on the negatives.”

