



KICKING-CANCER CHRONICLE

EDITOR: BARON ROBISON

SUPPORTING THOSE WHO HAVE FOUGHT, OR ARE FIGHTING,
THE GOOD FIGHT AGAINST CANCER.

EDUCATING PEOPLE ON HOW TO LIVE AN ANTI-CANCER
LIFESTYLE BY EATING REAL FOOD AND DOING SOME MOVEMENT.

MEET MAMA'S WORLD

SUBMITTED BY SALLY AGUILAR, FAMILY FRIEND

He's daddy's side-kick and mama's world. If it has wheels he'll take it for a whirl. Fire trucks, bulldozers, skateboards, and cars are scattered around the living room floor. Everyday he is climbing the furniture, scaling the stairs, or balancing up on the open dishwasher door. They said it was just a cold that came on that distorted his vision and disrupted his play. They said it would all just go away, but mom and dad knew better. They could feel it in their gut. They were done with the doctors.

On March 4, 2022, a brain scan revealed that Ozzy Brown, at just 2 years of age, had a brain tumor located at his brain stem. His family was rushed to Doernbecher Children's Hospital in Portland, Oregon where their family of five awaited the news of what would come next. By March 5th, an explorative brain surgery was conducted and the Brown's were given a new set of vocabulary that they now use everyday - Inoperable Diffuse Intrinsic Pontine Glioma (DIPG) abrain tumor, radiation, chemotherapy, CAR-T Immunotherapy, clinical trials, brain surgery, and childhood cancer.



Ozzy is being treated for a DIPG brain tumor by a team of specialists at Doernbecher Children's Hospital and is hoping to participate in clinical trials. He has undergone several brain surgeries in a short period of time to manage the pressure in his brain from the tumor's size and growth. DIPG brain tumors almost exclusively affect children and are rarely operable. They can affect a child's ability to see, eat, walk, talk, and even breathe. Every week JJ and Chyla Brown see their oldest off to high school before driving from Albany to Salem, where they drop off their youngest at her grandparents, and then head up to Portland with Ozzy for his treatments. The schedule is strenuous. The treatments are intense. The financial costs feel insurmountable. The Browns have the audacity to fight for their Ozzy boy against any odds stacked against him.

Editors note (KickinCancer has selected Ozzy Brown as the GoTeam...recipient for Q. 3 2022. There will be a baseball game on July 21 at Goss Stadium called "Strike Out Cancer" where a 50/50 raffle will be held to help raise funds along with a disc golf tournament on Oct. 1 at Oak Knoll GC called "KickinCancer4Kids" where Ozzy and family will be honored guests. Additionally, September is Childhood Cancer Awareness month and we will HONOR Ozzy's fight that month.)

QUARTERLY THOUGHT

NO COMFORT IN A GROWTH ZONE AND NO GROWTH IN A COMFORT ZONE – THE 6 “C”s

BY BRENDA FARRIS

The 6 “C”s:

Commitment – People who are **INTERESTED** will do whatever is easy; people who are **COMMITTED** will do whatever it takes. In order to have a level of commitment, you need to know your **WHY**?

Consistency – Being **consistent** means doing this for the long-haul. It's what you do every day, in the long run that adds up to your success. I always say, “Don't give up before the miracle happens.”

Compliance – The greater degree of **compliance**, the greater the likelihood of success. Positive attitude is very important. Often a little slip up can lead to feelings of “I'm bad”. The word ‘compliance’ can remove this negative self-talk and can be less judgmental than “I did something **BAD**”, which easy translated into “I AM bad.” So give yourself some grace.

Community – Here at Kickin'Cancer, we know that **community** is so important to healing. Support of a buddy to help through lifestyle changes is huge. In fact, that lack of support can completely decimate the best of work and intentions. Research shows that community, in the form of personal support system to change of lifestyle is more powerful than anti-addiction medicine for the same condition. (Dr. Michael Roizen, Cleveland Clinic). Connection with supportive, like-minded friends and families can be achieved in many ways in our new age of technology.

Cooking – “Food is medicine!” This is the core of a well-nourished body and the beginning to a healthy day and a healing body. Being prepared in the kitchen and pantry with **REAL WHOLE foods** is fundamental to making healthy choices an easy reality. “Take care of your body, because it's the only place you have to live.”

Change – **Change** is difficult, but in order to see massive benefits, you must at least be **WILLING** to entertain the idea of embracing change. The degree to which you are **WILLING** to change, the more you put yourself in a place of success. You might even have to change your friends. People don't change until the pain associated with change is less than the pain of staying the same.

So, I ask again, what is your **WHY**? Is it big enough to implement these six “Cs” to continued growth? Living with Metastatic Breast Cancer every day, I know I must be diligent and willing, and I am truly honored and thank you for always being my heroes and helping me stay on this path to continued growth and abundant health.

LIFE 2 YEARS LATE

SUBMITTED BY REBECCA SMITH (Q.3 2020 GOTEAM...)

2 years ago I started my journey with Kickin' Cancer. I was reserved at first to do it as I was a very private person. My husband told me I needed to tell my story to help others so with him by my side I decided to do it. As we got started with my GoTeam... campaign, we lost my husband to a major heart attack in the midst of COVID, and found out after he passed that he also had colon cancer. BUT I went on with my story like he asked me to and told his for him as well.

I was at a point in life I didn't know what to do or how to move forward. All my family lives far away from me, except my 2 daughters here locally. That's where an amazing team came to me, rallied beside us, and picked me up off my feet when I didn't know where to turn. They gathered together, organized a huge fundraiser for my late husband and myself that raised just over \$10,000. It couldn't have come at a better time as COVID had things a mess for me, plus losing my husband, and dealing with my health issues.



I call this team my ángel team. I cant say it enough. They raised enough for me to pay off my home so I didn't have to move myself and my minor daughter. Since then I have gotten stronger and got my health back in order. For the first time ever I just had a negative blood count for any cancers! I am now cancer free. Without KickinCancer I don't know what I would have done. To this day they still rally with me and check on me. We meet for lunches and dinners. They invite my family and I to all the events they have! Thank you so much, but mostly to Baron Robison, the man behind all of it! From the bottom of my heart thank you.

SUNSCREEN AND A HAT

SUBMITTED BY BECKY ROBISON

Growing up on a farm in Eastern Oregon during the 70's and 80's, I frequently rewarded myself after a morning full of feeding animals, driving a tractor, and moving hand-lines by meeting my friends on the shores of the Columbia River. At this location the teenage ritual of applying baby oil to our exposed skin, spritzing Sun-In into our hair, then laying down on a beach towel in the 100+ degree sunshine was performed. We basted ourselves, turning every 30 minutes or so, and then on the hour; jump up and run into the river to water ski, swim or jump off a nearby cliff to cool down. This occurred from approximately noon to 4pm daily, when we would all return to our homes, change hand lines again, feed and water animals again to be gloriously free to spend the evening with our friends and families. My memories are frequent and fond of this idyllic, pastoral scene. What I didn't realize as a freckle faced strawberry blonde, was the damage I was imposing upon myself. I spent years cultivating my healthy glow! During the 90's I couldn't always get that outside sun time. As a full-time mom of 3 young kids I had to compress my sun time, thus going to tanning salons thinking that the UV lights in those locations was safer (and it sure was faster)!



Enter the 2000's. I was shocked when I was diagnosed with Basal Cell Carcinoma. Looking back, I shouldn't have been shocked at all, in fact, it was almost as if I had cultivated it (I certainly paid good money for it).

Part of our emotional protection is denial, and that was where I was living. I say all of that to say this, "skin cancer is the most common of all cancer types". More than 5 million skin cancers are diagnosed each year in the United States. The American Cancer Society and the National Council on Skin Cancer Prevention designated the Friday before Memorial Day as "Don't Fry Day," and yes, the pun is intended. The motto for National Don't Fry Day is "Slip, Slop, Slap and Wrap". Slip on a shirt, slop on some sunscreen, slap on a hat, wrap on some sunglasses. Although skin cancer risk factors are present every single day, the dangers are greater during the long days of summer when we spend more time in the sun

CANCER SURVIVOR DAY

BY JACI SMITH, CO-OWNER AND GENERAL MANAGER OF KSLM IN SALEM OR

The National Cancer Survivors Day Foundation defines a cancer survivor as anyone living with a history of cancer, from diagnosis to remainder of life. Although cancer is the second leading cause of death, there are more than 16.9 million cancer survivors currently in the United States. With an estimated 1.9 million new cancer cases diagnosed, and over 600,000 cancer deaths projected in 2022, millions more Americans will have to stare this devastating disease intimately in the face.

To celebrate the incredible courage of cancer survivors, and their supportive communities, National Cancer Survivor Day is an annual event held the first Sunday of every June. This year falling on June 5, 2022, hundreds of communities worldwide will participate in this cherished event. It is a day to celebrate cancer survivors, provide support for families and friends, and encouragement for those still fighting the good fight. National Cancer Survivors Day is also an opportunity for community outreach; It is for folks around the world to participate in rallying with those who've been impacted by cancer, either through their own diagnosis, or a diagnosis of a friend or family member.



Not only is National Cancer Survivor Day a day to celebrate cancer survivors, but it is a wonderful opportunity to raise awareness for them as well. It is used to promote research, resources and draw more attention around the ongoing challenges cancer survivors face. In celebration of National Cancer Survivor Day, KSLM would like to highlight a local organization that is making waves in our Salem community, Kickin' Cancer is a local nonprofit that offers financial and emotional support to individuals and families in their fight against cancer. This incredible organization uses education to empower individuals to take control of their bodies by encouraging healthy lifestyle choices. They participate in events and work tirelessly in their awareness efforts to uplift those affected by this devastating disease.

Kickin' Cancer's vision is a 50% reduction new cases of cancer, by educating people about living an anti-cancer lifestyle; while reaching into local communities throughout the United States, supporting families both emotionally and financially that are currently in the fight with cancer. If you're looking to get involved, Kickin' Cancer visit their website at www.kicking-cancer.org, Kickin' Cancer Cares is being broadcast every Saturday at 9:00AM on KSLM Radio 104.3FM, AM1220 or KSLM.news.