



# 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.**

## RUSS HEDGE UPDATE - "POWER OF PERSPECTIVE"

(Q. 1 2025 GOTEAM...)

No matter what you are going through in your life, whether it is cancer, another disease, or life struggle, your life perspective will determine your life journey. The "Power of Perspective" is so strong. It can give you hope and life, or move you in a negative direction. Part of my "Positive Perspective" has involved Kickin' Cancer and Baron Robison. They have been such a blessing to me.



My initial cancer diagnosis was Stage 2A Metastatic Melanoma in the summer of 2022 on the bottom of my foot. It progressively moved from my foot to my groin and was upgraded to Stage 3C. Baron and Kickin' Cancer supported me during early 2023. After my surgery in July of 2023, I had a follow-up PET scan in the fall of 2023. At that time, they found no sign of disease and gave me a clean bill of health. I continued on with my quarterly check-up but no more treatment until the summer of 2024 when, during my normal quarterly PET scan, they found something they didn't.

I was given a needle biopsy in my groin and they discovered more cancer. It had reappeared in both my groin and lungs. They rushed me in for an MRI to make sure it had not gone to my brain. I thought, "In the 3 months since my last scan, it couldn't have traveled that far" Unfortunately they found a tumor in the left hemisphere of my brain. So now I was at Stage 4. Not what I was hoping for. Even during this challenging time, I remained strong with my faith in God and my Positive Perspective. As I remind others, when I speak about the "Power of Perspective", a positive perspective does not mean you are happy all the time or that everything goes your way. It just means you don't live there and realize there is hope and light at the end of the tunnel.

I began a new round of Immunotherapy infusions every four weeks as well as a one time radiation on my brain. After about 3 months, I began having side effects again and this time it landed me in the hospital over the New Year for a few days. Now my adrenal glands were shutting down as well as problems with my sodium level, my thyroid, and my blood pressure. I came home with new medications and a new life rhythm for caring for myself. Self care is so important through this whole process, which I am still right in the middle of. Rest is so important, as I am extremely fatigued most of the time.

Finally, in January my hearing was going fast, so I visited my ENT at OHSU. I found out, It looked like the radiation on the left side of my brain had damaged my hearing. What was my best ear, of two bad ears, was now my worst ear. I am currently getting fitted for new hearing aids, as the Cochlear Implant they had planned before the brain tumor appeared is currently not a good option. It makes it impossible to see certain areas on my brain in an MRI and they are worried about tumor recurrence.

With my current circumstances and my complicated body, I am taking one day at a time. I am blessed to have such an awesome God going through it with me. My Beautiful Wife and family are with me every step of the way, and so is my amazing community. I am thankful! Each day I wake up and give God thanks for a new day. I lean into the "Power of Perspective" moving in a positive way in my life. I choose to live a life that inspires and encourages others, make a significant impact on my community and all those around me. I will keep moving forward because I truly believe that....God's not done with me yet!

## "ROB MALLICOAT UPDATE – "PRETTY AMAZING LIFE"

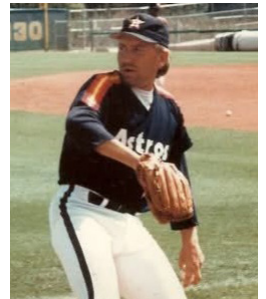
(JUNE 2024 HONOREE)

February 4 2025 I should have been excited to hear that my health insurance approved a procedure called Y-90, then the lead oncologist mentioned they might not approve it due to the fact I have stage 4 cancer in 4 organs now; liver, colon, lungs and now lymphatic system. Good news, they did approve it.

I have attacking this cancer like I approached my baseball career. Focused on beating it and staying positive during the process. The Y-90 procedure was two visits. The first Y-90 happened Feb. 11, 2025 and was a low-dose to map the blood flow in and out of my liver. The second full-dose was on Feb. 28, 2025. I feel pretty good and like something is nibbling at my liver, which it is, but also like someone kicked me in the right side of my gut. It's going to give me, hopefully 2-3 more months on this spinning rock...

It is not a wonder cure but it can help improve my quality of life somewhat. I truly think the most destructive organ in my body is whatever has cancer in it AND my brain. So much energy is taken to weave through the emotions and thoughts over the last 5 years since the colonoscopy. To ALL men out there. GET YOUR COLONOSCOPY DONE and DO NOT DELAY THIS!

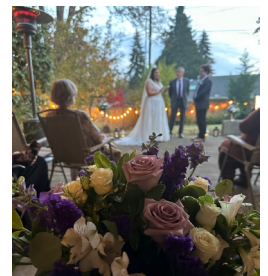
Thanks to Baron Robison and the Kickin' Cancer team I found some support and care that I had no idea even existed. Thank you for everything you did Baron for inviting me down to Salem last year to participate in an event in the Cancer Awareness Weekend baseball game at Volcanoes Stadium. This is the town I spent the first 11 years of my life in. I plan on giving all efforts to extending my life on this spinning rock, but quality of life is also something I also want. I have been given a pretty amazing life when I look back at some of my accomplishments.



## "MARIANNE McNALLY – EVERYTHING WE NEEDED"

TRIBUTE TO GOTEAMMARIANNE (FROM ERIN McNALLY, HER DAUGHTER)

My mom has battled cancer since I was in middle school and when it spreading to her liver, it made the last couple years very hard. On November 7 2024, my mom's oncologist told me "I know you've talked about wanting your mom to be able to attend your wedding. If that's the case, I'd do it this weekend". My family immediately jumped into action and we had the most intimate, beautiful wedding ceremony 24 hours later! My mom was able to take me dress shopping and cake shopping. Health wise it was her best day in months and one of her last good days. My mother in law handled the flowers, my husband's god-mom is a caterer and cooked a scrumptious dinner, and my dad is an ordained minister, so he officiated the wedding. This picture perfectly captures what that day means to me. I can't say it was how we would have planned it but by some miracle, it turned out to be everything we needed it to be.



My mom took her last breath on November 20 2024, with her hand in mine. We held a lovely family funeral a few weeks later where I cried through the entire eulogy that I promised her I would give.

## ERIN HURLEY – “APPRECIATION FOR LIFE”

(JAN HONOREE)

My introduction to breast cancer began when my older sister, Courtney, found a lump in her breast. I was in my pediatric residency training at the time. Six months later, she saw a surgeon who suggested a watch and wait approach. My sister credits having her younger sister as a doctor as something that may have saved her life. She knew that if I could make mistakes, her doctors could too.



She told the surgeon to take the lump out, and he did. My sister's intuition was correct, she had cancer. Courtney was only 33, and was a single mother to a toddler. She would have aggressive chemo, then radiation, and would lose her beautiful waist long hair. Just two years later, my sister was diagnosed with a second cancer.

With my sister's second breast cancer diagnosis, genetic testing was recommended for the BRCA gene mutation that was just discovered. Her positive test meant that I had a 50/50 chance of inheriting the same. I flew to UCLA and at age 31, tested positive for BRCA 2 which also increased my risk for melanoma, ovarian and pancreatic cancer. My risk for cancer took a back seat for the next 8 years while I got married, had three children, and built a busy pediatric practice.

Courtney created sold pink ribbon apparel, and was constantly around those affected by cancer. She had seen too many who lost the battle and she did not want that outcome for me. My sister connected me with a national organization for families affected by genetic cancers (FORCE- Facing Our Risk of Cancer Empowered). Through FORCE, I found a surgeon in New York that performed a unique mastectomy/reconstruction surgery at the same time. I was a busy pediatrician with three children under the age of 5. I didn't have time for multiple surgeries, and appointments for expanders. I flew to New York with my husband, took in a Rangers Hockey game, visited Rockefeller Center, and had a cancer-reducing bilateral mastectomy. The next year, at age 41, I had my ovaries out to decrease my risk of ovarian cancer and further reduce my breast cancer risk.

Life continued at a busy pace for another nine years, then I found a lump in my breast. Despite my risk reducing attempts cancer had my number. Though my cancer journey was not a walk in the park, I feel like I just dipped my toe in the cancer waters. My cancer was Stage I which meant just lumpectomy, radiation, and 5-years of antiestrogen therapy, but no chemo.

I don't look at my cancer diagnosis as a “why me?” Instead I see it as a why not me? I am grateful that three months prior to my diagnosis I hired a Life Coach- Kelley who helped me take ownership over what I could control, and let go of the rest. I visualized myself as a courageous lion as I went through surgery and radiation while working full time and trying to keep life as normal as possible for my children. Kelley was such an inspiration that I became a coach and now provide that same support for other physicians and women in medicine. My commitment to “decreasing toxic stress while improving my health and overall well-being” have never been stronger. I hope to be a role model for women physicians to find healthier, more sustainable strategies to practice medicine and share my insights on my podcast, Create Meaning in Medicine. I encourage women to save enough time and energy for their partner, kids, and life away from work, and to prioritize their own selfcare. I am so thankful for the appreciation for life that cancer has given me and am happy that I am now “living life with no regrets.”

## GREG HUGHES – “DOING EVERYTHING IN OUR POWER”

(FEB HONOREE)

After having severe headaches for a couple of weeks, and the amazing crew at Emery & Son's noticing something was wrong. I finally went to the doctors on October 22, 2024 at Silverton ER. I was told I had a brain tumor. I was rushed to Legacy Emanuel in Portland to be evaluated by a neurosurgeon, who later confirmed I had a glioblastoma tumor and told I had 12 - 18 months to live. At that moment I realized I had the fight for my life on my hands.

The tumor was the size of a golf ball and needed surgery right away to remove it. On October 24, 2024 I underwent a 6.5-hour surgery to remove the mass. The MRI after surgery determined that they were not able to get it all, so I would need another surgery. The second surgery was on November 18, 2024, however this time the surgery was an awake brain surgery that last 8 hours. During these surgeries the doctors were able to remove 70% of the tumor without doing any damage to my mobility, eye sight and other brain functions. After waiting and waiting for referrals we finally got chemo and radiation scheduled and have started week 3 of 6.

Doctors say they would like me to continue the chemo medication Temodar for 1 year after radiation. We are doing everything in our power to fight this, from alternative treatment, eating clean and exercise. I fight for my family; my wife, my kids, my 7 grandbabies, my parents, my sister & my brother, and so many extended family members and friends. If you will, please pray for a miracle and strength for me and the family that surrounds me. Our hearts ache, and our minds spiral.



### QUARTERLY THOUGHT - “HOPE IS NOT A PLAN”

BY RIKI MARIE BEDNAR, KICKIN' CANCER BOARD MEMBER

When facing cancer, no one should have to go through it alone. That belief is at the heart of Kickin' Cancer, an organization dedicated to supporting individuals through their journey. Since I joined in October 2018, during the launch of their second GoTeam, I've seen firsthand the impact of a strong, united community. Now, in February 2025, as we celebrate our 32nd GoTeam, the power of support has never been more evident.

Cancer is more than a medical battle—it's an emotional, mental, and physical fight. Having a network of people who understand, encourage, and walk alongside you makes all the difference. That's what GoTeams do. They provide a foundation of strength, reminding every fighter that they are never alone. Whether it's offering a listening ear, providing meals, raising funds, or simply showing up, every act of kindness creates ripples of hope.

Over the years, I've watched friendships form, survivors inspire, and communities rally together. The journey may be tough, but together, we kick cancer with love, resilience, and unwavering support. If you or someone you love is facing this battle, know that there's a team ready to stand with you. Because no one fights alone.