

OPINION

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Mental health matters

The Ontario Hockey League is feeling pressure to step up its mental health support for players following the recent suicide death of a player.

But OHL Commissioner Dave Branch says the league will review reports related to the death of Saginaw Spirit forward Terry Trafford before leaping to action.

Branch is right when he says this isn't a time for the league to jump to conclusions. There are so many questions yet to be answered.

By all accounts, Trafford gave little indication he was suffering from mental illness. Friends, teammates and members of the Spirit staff describe him as a fun and happy person.

Trafford took his own life after he violated team rules and was dropped by the Spirit.

Shortly after Trafford's death, hockey icon Don Cherry urged young players in similar circumstances to remember they have family and friends who love them, are proud of them and will help them live through, and beyond, such daunting chapters in their lives.

That was excellent counsel.

We should also listen to former Canadian Olympian Clara Hughes, who says athletes need to talk more openly about mental health issues.

Young men playing OHL hockey are often far removed from their most stable support systems. It's very likely they will not tell someone they are suffering because to reveal such personal information might hurt their chances of achieving a successful and lucrative professional sports career.

Hockey is, when all is said and done, just a game.

WEB POLL RESULTS

(Go to www.theifp.ca)

The countdown is on for filing your income taxes. Have you filed yours yet?

No (61)

Yes (39)

The Independent & Free Press

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OPC Ontario Press Council
Defending principles to inspire public trust



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Letters to the editor

Where's my insurance cut?

Last week I had a telephone conversation with my MPP's office in Fergus.

I informed the lady at that time that I had just received my auto insurance renewal which did not reflect a 15 per cent, or anywhere close to that, decrease in my policy.

She told me that she knew nothing about an auto decrease discussed in the Legislature.

Kathleen Wynne introduced a 15 per cent decrease at the urging of the NDP in her 2013 budget.

My MPP Ted Arnott can't assist.

He's not aware, according to his office of auto insurance reductions. Lost in paradise.

Apparently, neither does the auto insurance company.

Does anyone know who is accountable?

J. Quinn,
Georgetown

Dog owner is very thankful

Like many people, the little things sometimes take a back seat to the pressing issues of the day. I've been trying to find the right words and the right way to express my gratitude to three contractors (from R&R - The Door & Window Company) who by chance were working at my home one early winter day. It's on this day that my nine-year-old Weimaraner decided to venture off chasing deer during our morning walk and fell through the ice at our neighbour's pond.

Ed, his son, and his son-in-law heard my pleading cries from the distance as I tried desperately to save my best friend. After almost 30 minutes of trying to rescue him myself, they were like an answer to my prayers — having searched our woods to find us. They helped rescue him and quickly drove us to the local vet.

To Ed and family, all I can really say is a long overdue thank you.

Steve Miller,
Halton Hills

Blame the driver

Re: Thoughtless driver killed cat, March 27 letters.

It's not the driver who is responsible for the death of the cat.

The owner Penny Parker should blame herself.

Who let the cat out to run onto the road?

People who let their cat run loose are the problem.

I can't let my dog run loose.

To avoid the cat the driver might have hit a tree or a person on the sidewalk.

To the owner of the cat; God has a way to pay back.

Mike Leigh,
Georgetown

Letters policy

Letters must include the author's name, address and daytime phone number. Anonymous letters will not be published. Letters should not exceed 150 words and may be edited for content and/or length. Publication is not guaranteed.

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