

## Silence can be deadly

Colon cancer is the second-leading cause of cancer-related deaths in Canada, and yet it remains an often hushed topic for many people, particularly men.

That's precisely why nearly half of everyone diagnosed with colon cancer—about 22,200 Canadians during 2011—die from the disease. This despite the fact it's one of the most preventable forms of cancer and, if caught early enough, more than 90 per cent of cases could, and should, result in a full recovery.

“One of the issues surrounding colon cancer and the reason so many people don't get the help they need is the fear of talking about it,” Amy Elmaleh, co-founder of Colon Cancer Canada, said in a news release.

“For some reason, there is a stigma attached to the disease that we need to dispel, and do so quickly.”

Risk factors include a family history of colon cancer, age (risk increases from the age of 50), a diet high in fat, an inactive lifestyle, obesity and inflammatory bowel disease.

Among the signs you may have colon cancer, and should be checked out by your doctor, are changes in bowel movements, blood in your stool, abdominal discomfort, weight loss for no apparent reason, feeling your bowel is not emptying completely, narrower than usual stools, and a feeling of weakness or feeling more tired than usual.

While stool isn't a pretty topic of conversation, it's an important discussion to have with your doctor, and it may just save your life. There's no reason to be shy about it.

### WEB POLL RESULTS

(Go to [www.independentfreepress.com](http://www.independentfreepress.com))

Consumer Reports has released a survey of top grievances among U.S. drivers. Which one of these top five driving gripes peevs you the most?

Tailgating (38%)

Texting while driving (25%)

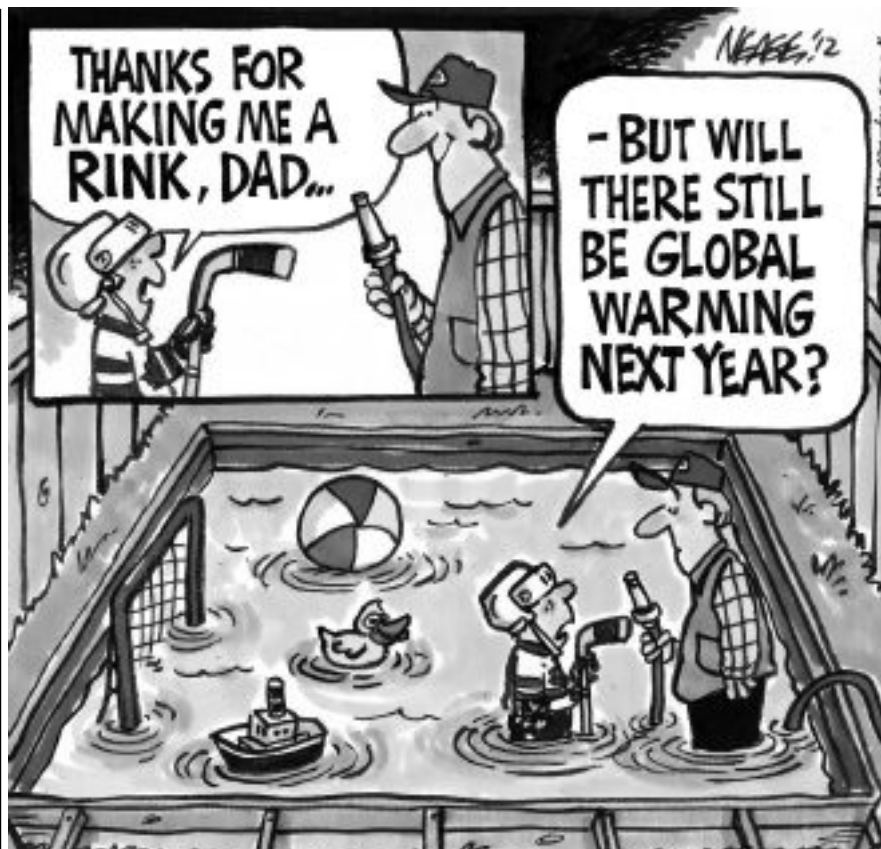
Speeding and swerving in and out of traffic (19%)

Drivers who cut you off (11%)

Illegally parking in a handicap space (7%)

### The Independent & Free Press

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**Publication is not guaranteed.**

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## Letters to the editor

### Perhaps business glass is 'half-full'

Dear editor,

In two recent letters to the editor authored by Paul Madonia, the last one published in the February 21 edition of *The Independent & Free Press*, one would get the impression that Halton Hills is a vast waste-land of vacant industrial buildings.

Currently two manufacturers are in the process in applying for permits to add floor place and offices which will result in more than 100 new jobs in our community.

In addition, a building permit has been issued for a new outlet mall and another site plan application has been applied for in the 401-407 Gateway Business Park which will add almost 700,000 sq. ft. of commercial/industrial space in that area.

I would hope that Mr. Madonia can also recognize and celebrate the successful businesses in our community, perhaps the attitude that the “glass is half-full instead of half-empty” is something he should try.

### Supporters thanked

*Doug Penrice,  
Economic Development Officer*

Dear editor,

The Salvation Army Georgetown Community Church would like to thank the people of Georgetown.

With your help and support, we not only met, but surpassed our Kettle fund raising goal. We were also overwhelmed with the generous donations of new toys that were received. Your generosity not only went a long way in brightening the lives of many local families, but will continue to help throughout the year.

We also want to say a big thank you to all the individuals, organizations, churches and businesses who supported us over the Christmas season and throughout the year. Once again, we say thank you and God bless.

*Darrell Jackson,  
Major, Corps Officer  
Georgetown Community Church  
Ontario Great Lakes Division*

### Remember Hill Climb?

Dear editor,

I am researching the history of the Rockwood Hill Climb and I wonder if your readers can help?

I am looking for pictures, programs, result sheets, yarns and anecdotes to tell the story of this colourful episode in Rockwood history.

Rockwood Hill Climb was a motor sport hillclimbing event that ran from 1959 to 1967. The historic course is situated in the Rockwood Conservation Area.

It started on Valley Road, by the Eramosa River, and finished on Fall Street.

The 1961 event was won by Dan Shaw driving the Sadler Special, a Chevrolet-engined beast constructed by Bill Sadler of St. Catharines. I feel that these pioneers of Canadian motor sport should not be forgotten. I can be reached at [rupertlt@sympatico.ca](mailto:rupertlt@sympatico.ca) or by phone at 1-416-769-7860.

*Rupert Lloyd Thomas, Toronto*

### Harper's contempt

Dear editor,

Mr. Harper's sidestepping of the robo-call issue reflects his contempt for democracy and he is not doing Canada any good.

The government should be the first to take aggressive action.

*Edward Cachia,  
Georgetown*