

EDITORIAL

with Frances Niblock

Get screened now

Because of embarrassment over butts, colon cancer, one of the most preventable forms of the scourge, is the second leading cause of male and female cancer-related deaths in Canada. If caught early, the survival rate is 90 per cent, but nearly half of those diagnosed find out too late.

March is Colon Cancer Awareness Month and a slew of famous Canadians with personal stories of colon cancer – survivor Pamala Wallin, entertainer Anne Murray and hockey great Daryl Sittler – are part of a PR campaign stressing screening and detection.

Last year, over 22,200 Canadians were diagnosed with colon cancer, but because it was too late, over half died, underscoring the need for screening for anyone over 50, regardless of family history, and earlier if you are at higher risk because polyps present in the colon or rectum, a high fat diet, inactive lifestyle, obesity, or experience inflammatory bowel disease.

Symptoms include a change in bowel movements, blood in stools, abdominal discomfort, weight loss for no apparent reason, feeling the bowel is not emptying completely, and weakness or tiredness. Pay attention to your bowels, digestion and bowel movements, and don't automatically blame blood in the stool on hemorrhoids.

So, you can live with the embarrassment of talking about bowel movements, bodily wastes and tests that involve sticking tubes into the rectum and intestines, or potentially die of colorectal cancer. Simple, if squeamish, choice.



LET'S GET GROWING: Acton Community members with green thumbs want to plant another community garden. The group, from left: Allison Jones, Mayor Rick Bonnette, BIA rep Josey Bonnette, Holly Goldie, Town rep Jennifer Spence and James Wegenast discussed the proposal last Thursday at the Roxy. – Ted Tyler photo

Letters

Neighbour is barking mad

Dear Editor,
I suspect that many reading will agree with my note, at least if they're within a block or so of a certain household on Norman Avenue. From over a block away, in my closed house, even with blankets over my head once I've gone to bed, I can hear "the dog" barking

non-stop for hours every evening. It just never stops barking. I can't imagine how the next door neighbours have managed to keep sane. I don't know if the dog is in distress, I certainly hope not. If the owners of "the dog" read this, let's hope they recognize the situation for what it is, and gain an appreciation

for the daily incredible irritation that the barking is causing for probably hundreds of people. I beg of you, please take your dog inside after it has done its business, and keep the barking to yourself and the pleasure of those in your household only.

Al Brown
Acton, ON

Volunteers coming for CASHh

To the Editor,
Give Where You Live
Think about the hundreds of families, friends and neighbours who need help while battling cancer. Cancer Assistance Services of Halton Hills annual Residential Campaign runs April 1 through the 30. Our countless, dedicated volunteer canvassers will be knocking on your door. Please, think of others who are suffering with

cancer by reaching deeply into your pockets. Your donation is key to improving the everyday lives of our clients. Please give, the rewards are twofold.
Our Campaign Goal for 2012 is \$110,000.
You, the community of Halton Hills have the choice of deciding who should be the recipient of charitable monies, but, we hope your generosity includes Cancer Assistance Services.

Please, give generously for a very worthy cause.
Remember, we live in a truly great community – together we CAN do this.
For more information please visit our website www.cancerassistance.org or call our office at 905-702-8886.
Betty Fendley
Campaign Manager
Cancer Assistance Services
of Halton

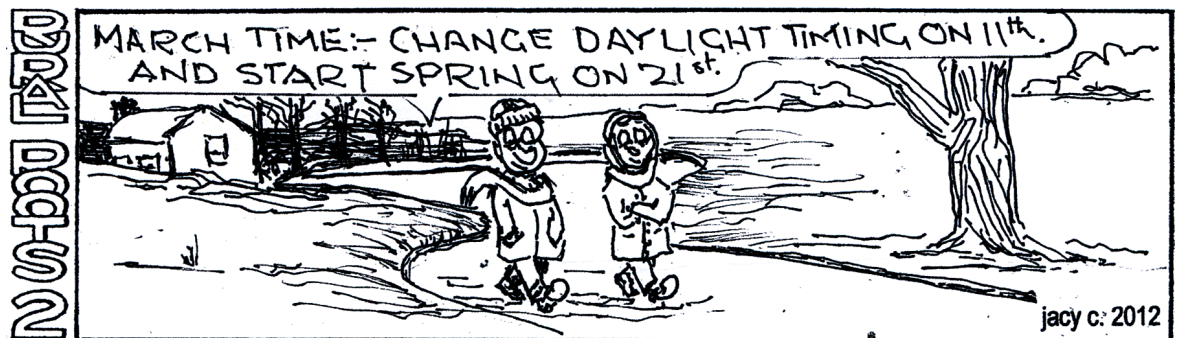
Looking Back


Ten Years Ago

- The Town endorses a policy of "prudent avoidance" as it begins to eliminate pesticide use on Town-owned land.
- Seconds after Canada's Olympic Gold medal win over Team USA in men's hockey, the streets of Acton were filled with the sounds of jubilant fans, honking, hooting and cheering.

Five years Ago

- The Acton Branch of the Canadian Cancer Society searched for a new volunteer coordinator to run the annual fundraising campaign.
- The new Spectrum Committee of the Halton District School Board supported students and staff who want to learn about diverse sexual orientations and gender identities.





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