



Hi Everyone,

I'm writing about something totally unrelated to finance because it's so important. When I was in Alaska fishing with my brother this summer he asked me if I got my colonoscopy done. When I said no he said I needed to get it done because I have a wife and daughter who want me to be around for awhile. No one has ever said I love you to me in a more powerful way. I was hesitant to schedule it because I was scared of the process. But my brother was right and I scheduled the thing.

This week was the actual colonoscopy and it was no big deal. Many people say the prep work is difficult. It's not. It's really an all you can eat buffet with only three items on the menu; chicken broth, yellow and green jello and clear juice. You have

to purge yourself because the goal is to have your colon clean and dry for the procedure. Once I knew that was the program it made it a lot easier. The day of the colonoscopy they wheeled me into the procedure room. The anesthesiologist fluffed my pillow and told me to roll over on my side. Then he said he was going to take the edge off for me. I said great. The next conversation I had was with a med tech who told me we were all done. I looked at him incredulously, not believing it. The doctor came by and said I was clean and good for another 100,000 miles. That's all there was to it.

Why am I writing about such a topic? It's simple. Among the various types of cancer, colon cancer is the second biggest killer.

According to the American Cancer Society 50,000 people died of colon cancer in 2014. And the most ironic part of it is that colon cancer is one of the most preventable types of cancer. It all starts with screening and that means a colonoscopy. Believe me when I tell you it's no big deal.

Now it's time for a question. If you are a man or woman over 50 years old have you had a colonoscopy done? If not, please stop being so fearful and selfish and get your colonoscopy done for the people who love you. They want you to be around for awhile.

Till Next Time,
Evan Clark
PRESIDENT AND CEO

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