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TMNT No Passes (PG) Fri. 5:30,7:45,9:55 P.M.
 Sat. & Sun. 12:50,3:15,5:30,7:45,9:55
 Mon. - Thu. 7:45,9:55

SHOOTER (14A) Fri. 4:30,7:10,10:15 P.M.
 Sat. & Sun. 1:10,4:30,7:10,10:15
 Mon. - Thu. 7:10,10:15

THE LAST MIMZY (G) Fri. 3:45,7:20,9:45 P.M.
 Sat. & Sun. 1:20,3:45,7:20,9:45
 Mon. - Thu. 7:20,9:45

WILD HOGS (PG) Fri. 4:10,7:10,9:40 P.M.
 Sat. & Sun. 1:30,4:10,7:10,9:40
 Mon. - Thu. 7:10,9:40

PREMONITION (PG) Also in Limited RWC®
 and DVS® Fri. 4:7:25,10:10 P.M.
 Sat. & Sun. 1:40,4:7:25,10:10
 Mon. - Thu. 7:25,10:10

300 (18A) Fri. 3:50,7:15,10 P.M.
 Sat. & Sun. 1:30,7:15,10
 Mon. - Thu. 7:15,10

DEAD SILENCE (14A) Fri. 4:20,7:35,9:35 P.M.
 Sat. & Sun. 1:50,4:20,7:35,9:35
 Mon. - Thu. 7:35,9:35

BRIDGE TO TERABITHIA (PG) Fri. 4:15, 7:30,9:50 P.M.
 Sat. & Sun. 1:45,4:15,7:30,9:50
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Showtimes Valid Friday, 3/23 thru Thursday, 3/29

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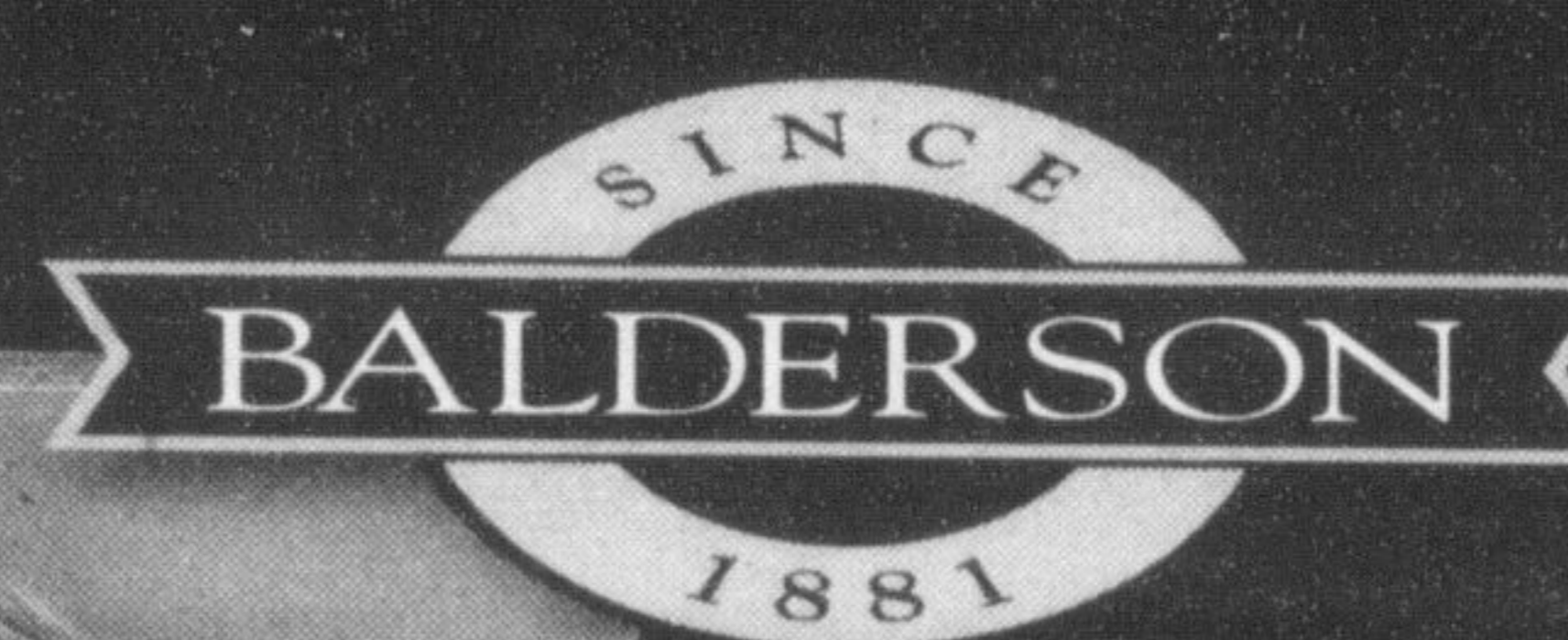
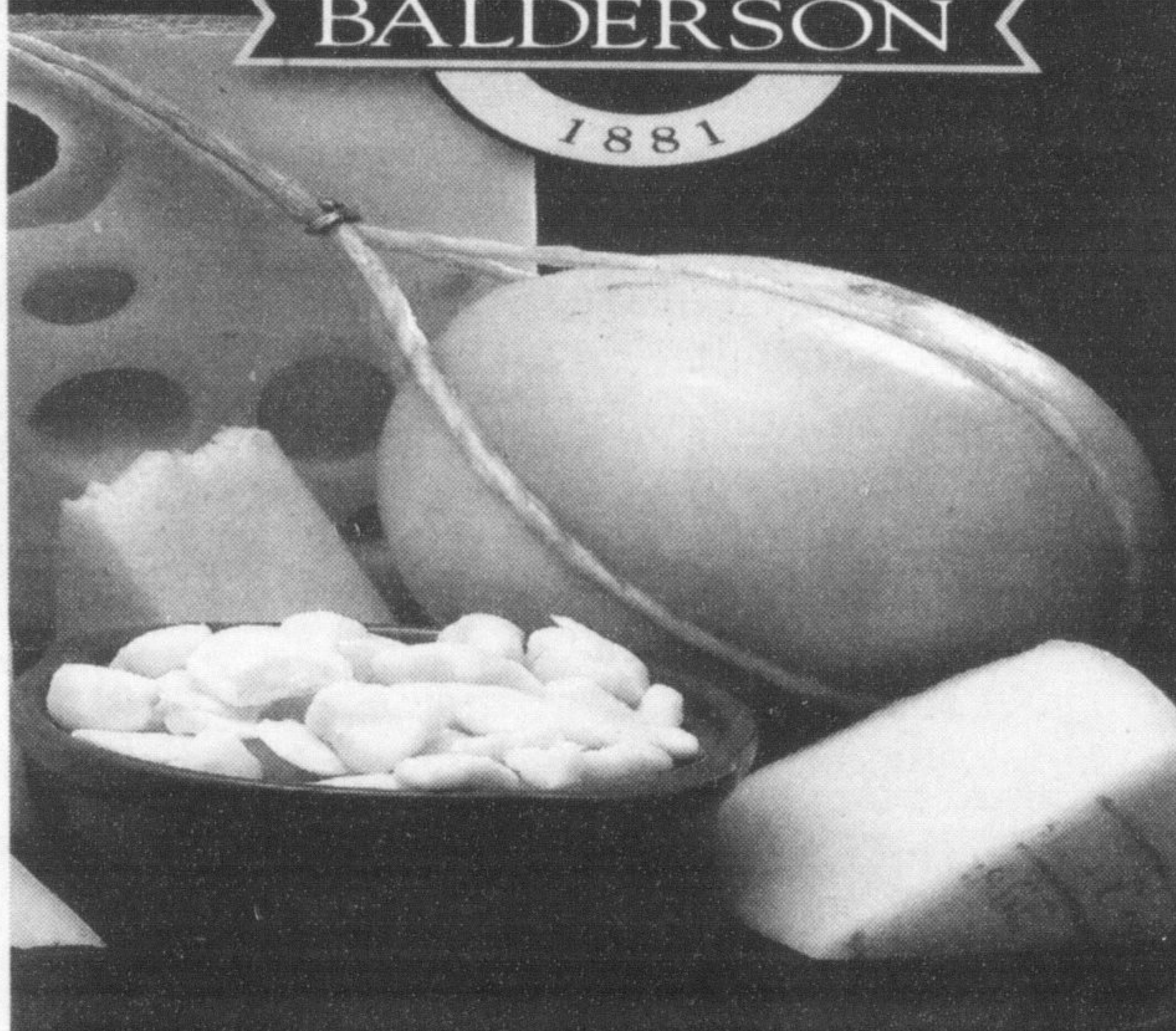


www.heartandstroke.ca

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I knew it was wrong, but I did it anyway... again

I knew it was wrong as soon as I did it.

In downtown Milton on Main Street they have crossing areas for pedestrians that aren't official crosswalks. Sometimes cars stop for you, but they don't have to, and I can count on one hand the number of cars that have stopped for me.

Anyway, I don't usually stop either, but I was coming up to one of those crossing areas and saw a pretty woman waiting. So, I stopped. It was just instinct, but as soon as I did it, I knew it was wrong. I mean, either you stop to be nice for people or you don't.

We do things we know we shouldn't do all the time. But, we can't help ourselves. I can't, anyway.

For example, I tend to eat long after I'm full. A pizza box or a candy sitting out in the open has my name all over it. Last slice of pizza? You don't have to talk me into taking it. You know those candy love hearts with the little sayings on them, such as, "Be Mine." They were on sale after Valentine's Day at Shopper's Drug Mart in a bin for about 60 cents. I ended up getting five bags of them and eating them all. Then I say to myself, I probably shouldn't have done that.

Other times we do something wrong involuntarily. My granddaughter was getting a lecture about something recently and after a bit said to her mom, "Oh shush." I knew it was wrong, but there was no way I was going to stop from laughing.

There are things we do in the heat of the moment that are wrong, but like I said it's in the heat of the moment. A good example of that is yelling at referees and umpires at kids' games. I'm so against that type of thing; I hate when other people do it, and rarely would I ever do it myself. Yet once in a while I've gotten carried away with the emotion of the moment and yelled out things that weren't complimentary.



On the loose

with MURRAY TOWNSEND

Of course, we do things wrong that we don't know are wrong when we do them. Nothing we can do about that, except make sure we don't do it again. That doesn't apply to me, however, when I'm trying to do something with computer connections or trying to build something that comes in a kit. I get those wrong every time. You'd think the law of averages would allow me to get them right just once, but not so far.

Finally, we can do things wrong and know they're wrong, but, we don't care, we just go ahead and do them anyway. For example, you may have something that absolutely has to get done, but instead decide to lie down on the couch and watch football all day. You're happy about it at the time, but end up paying for it later.

We all do things that are wrong. For some of us it doesn't matter, it's over and done. For others, like myself, it preys on our minds. Why did I do that? I'm so stupid, why don't I learn? I'm never doing that again.

Then of course, the next day, I might just do the same thing again.

As far as those crossing areas, I'm going to teach myself a lesson. As long as there's no cars right behind me and I can safely stop, I'm going to do so, no matter who's waiting to cross.

Mind you, if I see Meg Ryan waiting there, I'm slamming on the brakes, getting out and helping her across.

That may not be the right thing to do, but it wouldn't be the first... or last time I did something wrong.



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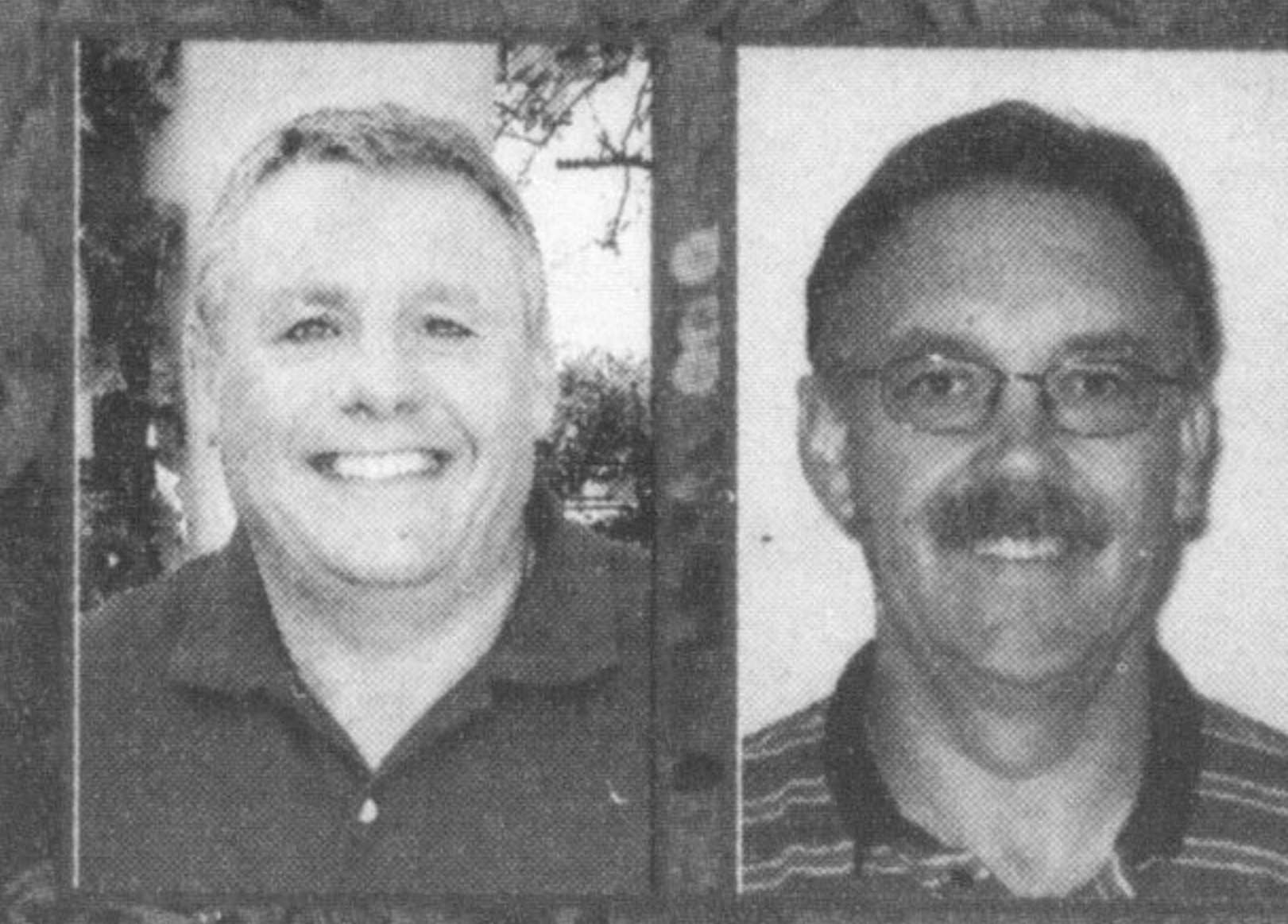
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Attention Homeowners!

Two hours packed full of Earth-friendly tips on **Healthy Lawns, Healthy Gardens**

Wednesday, March 28th
 Halton Regional Headquarters, 7:00 p.m.
 Dining Room
 1151 Bronte Road, Oakville (just north of Q.E.W.)

Special appearances by
Denis Flanagan & Ken Pavely
 from HGTV's One Garden, Two Looks and Landscape Ontario
 Bring your lawn & garden problems!






School's in. Please drive safely.