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Volunteers sought for tree planting

Miltonians can help make the town a little greener this weekend.

Tomorrow, the Town is kicking off the Urban Forest Education Project with a tree-planting event at 9 a.m. at Sprucedale Park, and local residents are invited to participate. In the first phase of the project, areas in and around Sprucedale Park — at 1050 Sprucedale Lane — will be planted with trees and shrubs beneficial to wildlife.

The Credit River Anglers Association is donating silver maple, eastern white pine, white spruce and red oak trees. Terra Greenhouses is contributing shade trees.

Evergreen is assisting in fundraising efforts to cover the cost of an educational sign, while Conservation Halton is supplying planting materials, funding and logistical support.

Sophie's Run: The Journey

In memory of her mother Sophie, Nicole Chuchmach — together with friends Jill Harper and Natalie Atkinson — is running nearly 800 km from Milton to New York City from September 1 to October 24 to raise awareness of colorectal cancer.

The following is an excerpt from Nicole's blog (www.sophiesrun.ca) See Friday papers for regular updates on her memorable journey.



Nicole Chuchmach

The best way to describe our day (Wednesday) was hills, hills and more hills. It seemed as though we were running up and down hills all day. We are definitely developing some tight butts for Laverne and Shirley to look at in the RV!! Put your sunglasses on boys!!

At lunch today, Jill spoke about her mom's cancer. Jill lost her mom to breast cancer. Near the end of her mom's cancer, Jill moved home to take care of her. Our conversation made me think a lot about when I was caring for my mom. I would research on the Internet and constantly ask questions looking for a cure that would save my mom.

As a little girl, I dreamed about getting married and having children. I looked forward to sharing these memories with my mom. When my mom became sick, I felt that time was running out and I felt guilty for not getting married and giving her grand-

children before she left this earth.

The guilt that I feel has caused me to close the book to these parts of my life. Maybe one day I will change my mind, but only time will tell. Maybe my life was not meant for children or a marriage. If not, I will not live with the regret but rather live a life that would make my mom happy.

Today's song is *In This Life* by Delta Goodrem:

*I was nurtured, I was sheltered
I was curious and young
I was searching for that something
Trying to find it on the run
Oh and just when I stopped looking
I saw just how far I'd come
In this life
In this life
You give me love
You give me light
Show me everything that's been hap-
pening
I've opened up my eyes.
Love, the Sophie's Run Team.*



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Sat. & Sun. 1:45, 7:30, 10:10
Tue. 1

NICK AND NORAH'S INFINITE PLAYLIST (PG) Fri. & Mon. - Thu. 7:30, 10:10
Sat. & Sun. 1:45, 4:45, 7:30, 10:10
Tue. 1

NIGHTS IN RODANTHE (PG) Fri. & Mon. - Thu. 7:15, 9:50
Sat. & Sun. 1:40, 4:20, 7:15, 9:50

EAGLE EYE (14A) Also in Limited RWC® and DVS® Fri. & Mon. - Thu. 7:10, 10:10
Sat. & Sun. 1:10, 4:10, 7:10, 10:10

IGOR (PG) Fri. & Mon. - Thu. 7:20
Sat. & Sun. 1:30, 4:30, 7:20

LAKEVIEW TERRACE (14A) Fri. - Thu. 9:40

MY BEST FRIEND'S GIRL (18A) Fri. & Mon. - Thu. 6:45, 9:45
Sat. & Sun. 1:20, 4:15, 6:45, 9:45

BURN AFTER READING (14A) Fri. & Mon. - Thu. 6:30, 9:20
Sat. & Sun. 1:15, 3:45, 6:30, 9:20

RIGHTEOUS KILL (14A) Fri. & Mon. - Thu. 7:25, 9:55
Sat. & Sun. 1:35, 4:35, 7:25, 9:55

Showtimes Valid Friday, 10/3 thru Thursday, 10/9

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