

Give generously  
to The Champion's  
Christmas  
Bureau Fund

**Just For You**  
DAY SPA

UNISEX AESTHETIC SERVICES  
MOBILE TREATMENTS AVAILABLE

**Pamper Yourself**  
with an in-home treatment.

• Gift certificates available

**Services:**  
Facials  
Relaxation Massage  
Manicure  
Pedicure  
Waxing

**Body Treatments:**  
Sea Salt Scrub  
Mud Wrap

**20% Off**  
any service with this coupon.

Refer a friend and receive an additional 10% off the next treatment.

**Kim Johnson**  
872 Governors Court  
Tel: 905-467-3906

Milton, Ontario  
By Appointment Only

1 in 10 women will develop  
**BREAST  
CANCER**

The risk increases with age. The Ontario Breast Screening Program provides breast examination and a mammogram at no cost to women who are 50 years of age or over. Make your appointment today!

After all...  
*It's your life*  
For the centre nearest you call:  
**1-800-668-9304**

The Ontario Breast Screening Program is a program of The Ontario Cancer Treatment and Research Foundation

# Arts & Entertainment

## Band sends a message of hope, not 'killing and selling drugs'

By **FANNIE SUNSHINE**  
*The Champion*

The members of Infulltrate have only been together for six months, but already they're committed to making it together in the music industry.

The band, made up of Milton District High School students Andrew Dempster, Shawn Lovering and Steve Miller and E.C. Drury High School students Eric Helliwell and Joel Lazarski said they're serious about pursuing careers in one of the toughest businesses in the world today.

But if last Friday's show at Southside Community Church is any indication of how the band will fare in front of an audience, the teens have nothing to fear.

"It was our first major show," said Shawn, Infulltrate's vocalist. "Before that we just played for friends. We had amazing feedback."

Infulltrate performed 12 original songs during their one-hour-and-15-minute set and have also recorded a live CD, which they hope to have ready for distribution



Photo by GRAHAM PAINE

**Infulltrate is made up of local high school students. From left are Joel Lazarski, Shawn Lovering and Eric Helliwell. Missing are Andrew Dempster and Steve Miller.**

next month.

"After the first song I just fed off the crowd," Shawn said, adding the band's sound is a combination of rap, metal and hard rock.

The band agreed they were feeling the sting of performing their first "real" show.

"I was nervous the first two minutes on stage, but we had a lot of support from our friends," added drummer Eric.

"The only bad comment we had was that

we had to stop playing. People were coming up to us asking when our next show was."

The guys knew each other prior to forming the band, Shawn said, which made the decision to form a unit that much easier.

"We knew we were all talented and could put together a band."

Next week, Infulltrate will launch their own Web site, [www.infulltrate.com](http://www.infulltrate.com), which will feature pictures, a biography of the band, contact information and show dates.

"We're playing in March at E.C. Drury and we might be playing in the Ukraine in April for a festival," Shawn said.

"Because we've had a show and people have heard our sound, we want to spend more time getting out there. We want to connect with our fans and spread around our music. We're serious about this and the Web site will help promote the band."

The band members, who say their musical influences are Rage Against the Machine, POD and Creed, said they plan to release a studio album sometime in the near future.

"We want to spread a message of hope instead of killing and selling drugs," Eric added.

**NO SALT  
WATER CONDITIONERS  
NEVER BUY SALT AGAIN**

**CALL 905-693-9313**

**WWW.NO-SALT.COM**

**THE SALVATION ARMY**

**Watch for the Fire Fighters**

they will be coming around your neighbourhood  
**Saturday, December 7th**  
PLEASE HAVE YOUR DONATIONS ON YOUR FRONT STEP FOR COLLECTION BY 8AM.  
Note: Collections are in-town only. (Not rural routes).

**Thank you for your support**

## Sacred circle dancing group reuniting later this month

The spiritual practice of sacred circle dancing allows women to come together to celebrate nature in a relaxed, comfortable setting, says a local group.

December 19 will mark the first time in two years that the Milton sacred circle dancing group will come together.

"We will be dancing in memory of two dancers who have died —

Neptune Croll and Barbara Kernick," said Elizabeth Kiddle, a founder of the local sacred circle dancing group.

All Milton women are invited to come out to the dance, which will be held at Hugh Foster Hall at 7:30 p.m.

Former group leader Valerie Griffin will resume her role for the event.

"If there wasn't the spiritual content of the dance, it would be like folk dancing," Ms Kiddle continued. "We are trying to get in touch with the spirit and nature."

The group was formed in 1997 as part of celebrating International Women's Day in March.

For more information, call Elizabeth Kiddle at (905) 878-4952.

## Hitherfield presents 'The Lion, The Witch and The Wardrobe'

C.S. Lewis' 'The Lion, The Witch and The Wardrobe' will roar into the Hitherfield School Theatre tonight.

The play, performed by Brookstone Performing Arts, is sponsored by St. John's Anglican Church and features Juno award-winning composer Douglas

Romanow as well as director Tom Carson, set and costume designer Jennifer Triemstra and lighting designer Geoffrey Bouckley.

"Make believe is simple — but it's not easy," Mr. Carson said.

"The show is visually and musically rich, but it is only with

the audience's imagination that the magic is completed."

The play will begin at 7 p.m. Tickets cost \$9 and can be reserved by calling (416) 922-1238.

The school is located at 2439 No. 10 Sideroad in Campbellville.

## Chorus to put on show at mall

To celebrate the end of their Christmas Sing Program, A Cappella Showcase will perform at Milton Mall Tuesday at 7:30 p.m.

The Milton chorus recently placed second at the International Contest and Convention in Indianapolis. A Cappella Showcase is always looking for new

members to join its four-part harmony group. Individuals interested in joining the chorus are asked to come out Tuesdays to Milton Baptist Church, 900 Nipissing Rd., at 7:30 p.m.

For more information regarding A Cappella Showcase, call Cathy at (905) 278-1222.