

This Week in Mt. Vernon

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### Made in Mt. Vernon



Shop Made in Mt. Vernon for unique gifts made by local artists.

Featured items include jewelry, candles, purses, hand-painted silk, jewelry bags, books, pottery, paintings, basketry, hand-painted porcelain, logo merchandise, and much more.

Shown above is Tate's Iron Works by Mike Tate.

Stop by and see what else Mike has available at 200 Potomac Blvd. inside the visitors center.

### Fitness Centers

#### Curves

301 North 27th Street, 246-1287  
Hours: M-F 7:30 a.m. - 6:30 p.m.; Saturday 7:30 - 10 a.m.

#### Mt. Vernon Fitness Center

1318 Salem Road, 244-5061  
Hours: Open 24 hours

#### Rend Lake College Fitness Center

605 North 12th Street, 242-0027  
Hours: M-F 6 a.m. - 9 p.m.; Saturday 7 a.m. - 3 p.m.; Sunday 1-6 p.m.

#### White Lotus Yoga Studio

4225 Lincolnshire, Suite C, 787-2929  
Hours: Monday & Wednesday yoga classes at 8:30 a.m., 10:30 a.m., 2 p.m., 4:15 p.m., and 5:30 p.m. Friday yoga classes at 8:30 a.m. Reiki also available.

#### YMCA

1304 Broadway, 242-7500  
Hours: Monday-Thursday 5:30 a.m. - 9:30 p.m.; Friday 5:30 a.m. - 9 p.m.; Saturday 8 a.m. - 6 p.m.; Sunday 1-6 p.m.

### Featured This Week



**Alex & Katherine in the City, 1928**  
by Nina Peacock

#### Unbroken Thread, an Independent Artists' Exhibit

Independently unique, individually creative, however collectively bound by their artisan skills, the group known as Independent Artists formed in 2003. The original founding members, all former students of local artist Sarah Capps, felt individual artists working among peers encourages creativity and broadens their artistic boundaries. Being in an artist community also helps the group of regional artists find exhibit opportunities for their work more frequently.

Unbroken Thread, the newest exhibit by the Independent Artists' group opened at Shrode Art Center at Cedarhurst Center for the Arts in Mt. Vernon on January 17.

SAC Director Carrie Schott describes the title of the Unbroken Thread exhibit by explaining that in each exhibit, the pieces entered, follow a specific criteria established by the Independent Artist's Studio. The participating members use an individual style and interpretation to create a work of art using the same subject matter - in Unbroken Thread the artists share, through their art, reoccurring themes that tie a lifetime together.

The exhibit, which will remain open to the public through February 15, is cosponsored by Byrd-Watson Drug Company. Admission is Free.

An activity of the John R. and Eleanor R. Mitchell Foundation. This program is partially supported by a grant from the Illinois Arts Council, a state agency.

### January 19-25, 2009

#### This Week at Cedarhurst Center for the Arts

##### November 1-February 15

Designing Dreams: A Partnership with McLane Design

##### January 17 - February 15

The Scholastic Art Awards

##### January 17 - February 15

The Scholastic Judges

##### January 17 - February 15

Spotlight Exhibition - Independent Artists Studio: Unbroken Thread

##### January 21

Cedarhurst School of Performing Arts presents Chris Vallio: Abraham Lincoln in Song

##### Hours:

Tuesday-Saturday, 10:00 a.m. - 5:00 p.m.  
Sunday, 1:00 - 5:00 p.m.  
Richview Road, Mt. Vernon  
(618) 242-1236  
www.cedarhurst.org

### This Week at Showplace 8

#### Bedtime Stories, PG

3:40, 6:40

#### Bride Wars, PG

4:10, 7:00

#### Gran Torino, R

4:20, 7:10

#### Hotel for Dogs, PG

3:30, 6:20

#### Marley & Me, PG

4:00, 6:30

#### My Bloody Valentine, R

4:40, 7:30

#### Paul Blart Mall Cop, PG

3:50, 6:50

#### Unborn, PG13

4:30, 7:20

www.kerasotes.com

1-800-FANDANGO

All times listed are p.m.

\*\*Please double check movie times as they are subject to change.

*First Impressions Matter*

### Mt. Vernon Convention & Visitors Bureau

200 Potomac Blvd.  
618-242-3151 tourism@mvn.net

Open M-F, 8-5 & Sat. 12-5  
www.mtvernon.com