

This Week in Mt. Vernon

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**This Week in Mt. Vernon
& Just Up the Road**

February 6

Blues, Bar-B-Q and More at

Kaskaskia College, 27210 College Road, Centralia, 6 p.m. Admission is \$15. Special BBQ ribs and Chicago Style Hot Dog Station topped off with delicious side dishes and dessert. For more information call (618) 545-3223.

February 6 (See Feature)

Siegel-Schwall Blues Band at

Kaskaskia College, 27210 College Road, Centralia, 7:30 p.m. Admission is \$20 adults and \$14 kids 12 and under. A night of blues music. For more information call (618) 545-3223.

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



Siegel-Schwall Blues Band

Along with the first-wave British Invasion bands like The Rolling Stones, John Mayall's Bluesbreakers, and stateside groups like The Paul Butterfield Blues Band, The Siegel-Schwall Band were instrumental in The Great Blues Revival of the 1960's. Like Paul Butterfield, Siegel-Schwall were Chicago-based, serving as the house band at the famed Pepper's Lounge. They earned their spurs backing greats like Muddy Waters, Howlin' Wolf, Little Walter and Willie Dixon.

From 1966 until they disbanded in 1974, they ranked among the most important forces in reaching the baby boomer audience that sustains the blues to this day. The Siegel-Schwall Band also pioneered the cross-fertilization of the blues with other forms, performing Bill Russo's "Three Pieces For Blues Band and Symphony Orchestra" in 1968 with the San Francisco Symphony and The Boston Pops. Corky Siegel has continued this expansion of the blues with his project, Chamber Blues.

The current band includes two other genuine notables, bassist Rollo Radford and drummer Sam Lay. Radford's resume stretches from Martha & The Vandellas to Sun Ra, giving him the artistic range to follow wherever Siegel and Schwall want to take the blues. Lay's credentials are awesome. His stellar work with Muddy Waters, Little Walter and The Paul Butterfield earned him entry in both The Blues and The Rock And Roll Hall Of Fame.



February 2-8, 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

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

Curious Case of Benjamin Button, PG 13

4:10, 7:40

Gran Torino, R

4:20, 7:10

Hotel for Dogs, PG

3:30, 6:30

Inkheart, PG

3:40, 6:40

Paul Blart Mall Cop, PG

3:50, 6:50

Taken, PG 13

4:30, 7:20

Underworld: Rise of the Lycans, R

4:40, 7:30

Uninvited, PG 13

4:00, 7:00

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