

This Week In Mt. Vernon

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May 1-31

The Iris Farm, 2 miles west of Wayne City of Route 15. Open from 10 a.m. - 5 p.m., closed Sundays. For more information call (618) 895-2022 or visit www.theirisfarm.com.

May 4

Crossroads Community Hospital Healthy Woman Program at the Holiday Inn. Dinner will be at 6:15 with a presentation by Ali Vincent, season 5 winner of NBC's "The Biggest Loser" to follow. There will be numerous door prizes, giveaways, and entertainment throughout the evening. Tickets are \$25 for members and \$30 for non-members. This is not a female exclusive event. Men are welcome to attend. The evening will finish with a private book signing of Ali's new book, "Believe It. Be It." Books will be available for purchase at a reduced rate. Reservations are required and tickets are on sale now at Crossroads, Mt. Vernon Curves, or by calling (618) 241-8764.

May 6

Composting and Recycling at C.E. Brehm Memorial Library, 6:30 p.m. Learn the basics of worm composting and recycling. Presentation by the Master Gardeners of the U of I Extension Service. For more information call (618) 242-6322.

May 6

A Day in the Life of a Prairie Child at C.E. Brehm Memorial Library, 10:00 a.m. Sharon Nichols and Sharon Fracois of the Jefferson County Historical Society will present this program. Share the old school day activities of a child growing up on the prairie. Artifacts from the time period will be shared. For grades 2-6. For more information call (618) 242-6322.

May 7

Whistle Pigs in concert at Tavern on 10th, 224 S. 10th, 9 p.m. Whistle Pigs is a bluegrass band from Carbondale. For more information call (618) 244-7821.

May 8

Cat in the Hat at the Granada Center for the Performing Arts, 108 North 9th Street, 2 p.m. Door open at 1. For more information call (618) 740-0707.

May 8-9

Jefferson County Historical Village and Museum, 1411 North 27th Street. Saturday 10 a.m. - 4 p.m. and Sunday 1-4 p.m. Authentic log cabins and museum containing Jefferson County memorabilia. Free admission. For more information call (618) 246-0033 or visit www.jchs.mvn.net.

Featured This Week

HEALTHY WOMAN
A CROSSROADS COMMUNITY HOSPITAL RESOURCE

"Believe it. Be it."

Join us for our
Four Year Healthy Woman Anniversary & Partner Expo

Tuesday, May 4th
at Mt. Vernon Holiday Inn

- FREE Partner Expo 5-6 p.m.
- Entertainment
- Door Prizes
- Attendance prizes to first 250 attendees
- Dinner with Guest Speaker, Alison "Ali" Vincent, America's first female "Biggest Loser" (Season 5 winner) 6-8:00 p.m. Cost: \$25 for members, \$30 for non-members (includes dinner and presentation). Reservations required.

Call 618-241-8764 for dinner reservations.
*Healthy Woman features a regular series of free seminars, health fairs, interactive events and classes - all designed for women by women.
Membership is free. Register online at www.crossroadscommunityhospital.com

CROSSROADS COMMUNITY HOSPITAL
Caring People. Caring for People

Guest speaker
Alison "Ali" Vincent
"The Biggest Loser"
Season 5

**Crossroads Healthy Woman Program
Tuesday, May 4, 2010
Holiday Inn**

Check out a presentation by the winner of NBC's season 5 "Biggest Loser" winner, Ali Vincent! Dinner will be at 6:15 with the presentation to be held after. For more information call (618) 241-8764.

This Week at Showplace 8

- Back-Up Plan**
4:50, 7:30
- Clash of the Titans, PG13**
4:20, 7:10
- Date Night, PG13**
4:00, 6:50
- Furry Vengeance, PG**
3:50, 6:40
- How To Train Your Dragon, PG**
3:40, 6:30
- Last Song, PG**
4:30, 7:20
- The Losers, PG**
4:10, 7:00
- A Nightmare on Elm Street, R**
4:40, 7:40

www.kerasotes.com
1-800-FANDANGO

All times listed are p.m.

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

May 3-9, 2010

This Week at Cedarhurst Center for the Arts

February 27 - May 9

Shrode Fine Art & Craft Competition Exhibition

February 27 - May 9

New Work by the Students, Faculty and Staff, Department of Cinema and Photography, Southern Illinois University-Carbondale

February 27 - May 9

Homily: Qualis Vita, Finis Ita, Paintings by Jed Jackson

April 24 - May 2

Reading Rainbow Young Writers & Illustrators Contest

May 5

Cedarhurst Book Club will discuss The Maltese Falcon by Dashiell Hammett

May 7

Cedarhurst School of Performing Arts presents Sounds of Brazil

Hours:

Tues.-Sat., 10 a.m. - 5 p.m.; Sun. 1-5 p.m.
2600 Richview Road
Mt. Vernon, IL 62864
(618) 242-1236
www.cedarhurst.org

See Southern Illinois Stay Here & Go Everywhere



As you plan your outdoor activities this summer, see Southern Illinois from the **Shawnee Queen River Taxi**. The 2010 Shawnee Queen season runs from Tuesday, May 11 through Saturday, October 30 and operates Tuesday through Saturday of each week. You may board the Shawnee Queen in Golconda, Rosiclare, Elizabethtown or Cave In Rock.

To find out more about the Shawnee Queen, including schedule and rates, visit www.ridesmtd.com or call (618) 253-8761.

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

First Impressions Matter