

The Southern Scene



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We cover southernmost Illinois
from Glendale to Hillerman

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A complimentary publication from your friends at the Metropolis Planet

Maiden Alley to show *Between Two Rivers* Southern Seven is hosting Heart Smart for Women

Between Two Rivers, a new documentary film about Cairo, will be featured at 6:30 p.m. on Tuesday, Feb. 28 at Maiden Alley Cinema located on Broadway in Downtown Paducah.

Filmmaker Jacob Cartwright will be in attendance to discuss the film.

"Cairo a historic town with a dark and troubled past, located at the confluence of the Ohio and Mississippi Rivers, where the North meets the South in the heartland of America," stated Cartwright.

Filmed, edited and directed by artists Cartwright and Nick Jordan, *Between Two Rivers* offers an insight into a community struggling with severe economic, social and environmental pressures.

With lyrical and striking contrasts between the past and present, the film explores the multiple factors that have led to city's rise and fall, from booming river-trade and juke-joints to mob-lynchings and race riots which tore apart the community.

Once renowned for its wealth and fine architecture, Cairo today has countless derelict homes, abandoned businesses and empty lots, which nature is steadily encroaching upon and reclaiming.

Researched and filmed over a four-year period, the film

combines original cinematography and candid interviews with archive footage, unseen for over 40 years, capturing the town at the height of explosive racial tensions in the late 1960s.

In 1969, Cairo witnessed the last pitched battles of the American civil-rights movement, at a defining moment in the nation's history.

"*Between Two Rivers* illustrates the long-term impact of the violent civil unrest, economic boycotts, curfews and martial law that divided the community," added Cartwright. "From the vivid childhood recollections of a car salesman to the emotive music of a local soul guitarist, a broad range of individuals share their feelings, insights and experiences of life in Cairo. The residents' hope and resolve to keep their city alive is belied by a mix of nostalgia and fatalism, as Cairo's once-thriving downtown district is gradually demolished and the population steadily declines."

The city's past against the backdrop of the latest crisis to afflict the community: the record-breaking floods of spring 2011, when the rising Ohio and Mississippi rivers threatened to engulf the town, forcing an emergency evacuation and bringing its plight briefly to the attention of the world's press.

Filmed on the surrounding levees, rivers, lakes and woodlands the documentary explores Cairo's relationship to the unique environ-

ment that encircles the town.

For more information, contact Landee W. Bryant, executive director at Maiden Alley Cinema at 270-442-7723 or by email at landee@maidenalleycinema.org.

Southern Seven Health Department supports health initiatives across the seven counties toward healthier and fit communities.

One popular program is Heart Smart For Women, which began in the area in 2007.

Classes took place in Cairo, Anna, Jonesboro, Mounds, Ullin, Dongola, Olmsted, Goreville, Lake of Egypt, Golconda, Vienna, Rosiclare and Metropolis.

Last year, several focus groups were conducted of community women in Metropolis, Cairo, Anna, Vienna and Rosiclare. These focus groups asked women about health issues in the region.

And now, Heart Smart for Women is coming back to the area. For the next five years,

Heart Smart for Women programming will be facilitated by Southern Seven Health Department in 12 churches across the seven counties.

The first two churches are Salem Lutheran in Jonesboro on Thursdays from 5-6 p.m. starting March 8, and St John Praise and Worship in Pulaski on Wednesdays from 5:30-6:30 p.m. starting Feb. 22.

This free class offers lots of incentives, health-related prizes and free lipid panels.

Heart Smart for Women is a 12-week — one hour per week — program to help women reduce barriers to better nutrition and increasing physical activity.

For more information on classes in the area, call 618-833-8561 or visit www.southern7.org under the Latest News and Events section.

SCC offers basic website design

Individuals can learn about the basics of establishing a web presence at a workshop in the Business and Industry Training Center at Shawnee Community College in Ullin on Wednesday, Feb. 29 from 8:30 a.m. until 3:30 p.m.

The fee for this workshop is \$55, which includes materials and lunch.

Participants are encour-

aged to register by Wednesday, since space is limited.

Attendees will receive 0.5 credit hour and may qualify for 6.5 Continuing Education/Professional Development Units.

For more information and to register, call Gabriele Farmer at 618-634-3254 or email gabrielef@shawneecc.edu.

Billing/invoicing is available for companies.

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