

FREE Covington Weekly

August 14 - 20, 2013

www.covingtonweekly.com



Support Local!
Covington Weekly is on

Yappy Hour At Columbia Street Tap Room

Wednesday, August 14th
6:30 pm - 8:30 pm

Pup-Rally & Yappy Hour on the Patio

434 North Columbia St.
Covington, LA

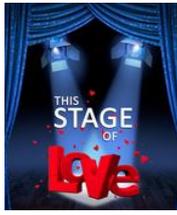
Get ready for Football Season - Dress in Your Favorite Team Colors
50/50 Raffle benefiting the St. Tammany Humane Society
Adoptable Dog Mutt Strut
Fun for Dogs & Dog People

stHUMANE.org

Get ready for some dog-tastic fun tonight at the Tap Room! Join the St. Tammany Humane Society with your furry canine friend (dressed in your favorite team's colors, of course). With the Yappy Hour's signature "Adoptable Mutt Strut" (showcasing their adorable doggies) and a 50/50 raffle, it's "fun for dogs, and dog people."

COPA Presents: A Play About Love

The Fuhrmann Performing Arts Society and Center Of Performing Arts (COPA) present an original musical production by Robert Sturcken called "This Stage of LOVE". The play follows its cast through the experiences of taking part in a play inside of a play. When a once famous director wants to get back into the spotlight his cast learns more than they expected about theater and about themselves as well.



From the auditions to curtain call we see the excitement, trauma, drama and most of all the LOVE that being in the theater provides. This is the inaugural cast and run, and promises to be a fun ride.

Open auditions will take place Saturday, August 24 at 1 p.m. Those interested in auditioning should be 16 years of age or older and should come prepared to recite a brief monologue and two songs. The monologue should be light and comedic; the songs, one ballad and one up tempo, should be performed a cappella. Auditions will be held at Center Of Performing Arts, 201 N. Columbia St. in Covington.

The show runs November 1 - 3 and 8 - 10 at the Fuhrmann Auditorium in Downtown Covington. The cast of 25 will be directed by Robert Sturcken and co-directed by New Orleans theatre notables, Kellan Sigl and Ed Morvant. Ticket information will be released in the upcoming months. For more information, contact COPA at 985-727-4638.

At the Center Of Performing Arts, the goal is to provide an environment in which individuals can explore their artistic expression wherever their musical dreams may lead. Robert Sturcken, with 39 years as a professional musician and a deep love and respect for the art of music, has created Center Of Performing Arts to assure that anyone with a musical interest is afforded boundless opportunity.

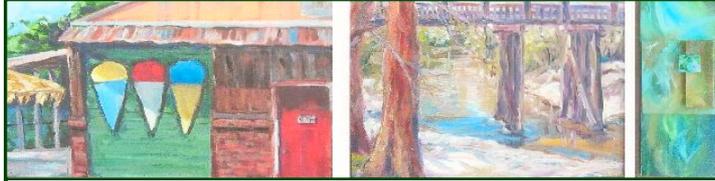
Center Of Performing Arts
201 N. Columbia St.

Meet The Artist At St. Tammany Homestead



Artist/Designer Peg Usner Featured Thursday August 15th

A native of Gentilly (New Orleans, LA), Peg has been painting and drawing from an early age. She received her BFA in Interior Design from Louisiana Tech University, and an MA in History from the University of New Orleans. Peg will display in the atrium for an open house meet and greet. She will show an assortment of her original paintings and photographs. Please visit the Homestead and chill out with "COOL ART in the ATRIUM." Peg's acrylic paintings and colored pencil drawings depict Louisiana wetlands and urban scenes. Her mixed media collages offer both abstract and familiar local images. Meet Peg Usner at St. Tammany Homestead on Thursday from 1 pm - 5 pm. 205 N. Columbia Street



Works by Peg Usner on display in the Atrium at St. Tammany Homestead.

3rd Annual Exchange Club Tailgate Party

The Exchange Club of West St. Tammany will host their third annual "Ultimate Tailgate Party" on Saturday, August 17, 2013 at the Tchoufoune Country Club in Covington. The event will once again feature an LSU-Saints theme and provide some of the finest BBQ in the area. The BBQ competition will include winners in beef, chicken, ribs and pork as well as Grand Champion. Music will be provided by "Four Unplugged", and the event will also include live and silent auctions.

Ticket prices are \$75.00 each, which includes drinks, beer, cocktails and all the BBQ you can handle. Sponsorships are also available for as little as \$350. The Exchange Club's mission is the prevention of child abuse. The Danielle Inn will be this year's primary beneficiary, the Hope House, and S.T.O.P.S. (St. Tammany Outreach for the Prevention of Suicide) will also benefit. Auction items are shown here: biddingforgood.com/UTP. Find more information and order tickets online at www.sttammanyexchange.org.



Quote of the Week

"In a time of universal deceit - telling the truth becomes a revolutionary act."
- George Orwell

Wednesday

August 14th
First Quarter

Introduction To Digital Photography: Learn From The Professionals

Employees of Lakeside Camera will teach the basics of digital photography from 5:30 to 7:30 p.m. on Tuesday, August 20, at the Covington Branch Library, 310 W. 21st Ave., Covington. Participants are invited to bring their digital cameras to the class. The event is free and open to the public, and registration is recommended. Seating space is limited to 40 adults. Located at the Covington Branch Library.



The instructors will include: holding the camera, parts of the camera, camera settings, definition of jpg, explanation of output resolution options, explanation of red-eye functions, transferring, deleting and copying photo files, uploading e-mail attachments, and a question and answer session. Presented by Employees of Lakeside Camera. For more information, contact M. Nothacker at 985-892-6280.

"Herbs For Health Series - Respiratory System"

Presented By Sharon Murphy, Resource For Life

We are not only what we eat, but also what we breathe. The lungs are one of the organs of elimination. Over the centuries, herbs have been used effectively to help those who suffer from upper and lower respiratory imbalances. With industrialization, many pollutants have been introduced into the air we breathe. Any problems with breathing will not only affect other organs and systems, but may also cause disease in these systems. Herbs are beneficial for the respiratory system because of their regulatory properties. Expectorants, astringents, demulcents, anti-inflammatories are just a few of these properties. Once the symptoms are identified, the correct remedy can be taken. Children and the elderly benefit enormously in this area.

This class will be held Saturday August 17th from 10 am - 11:30 am, cost is \$15. For more information, contact Karen Boudreaux with Holistic Life Approach at 985-276-8119. Holistic Life Approach is located at 107 N. Theard Street.

Holistic Life Approach
Therapeutic Massage • Health & Wellness

American Cancer Society 5k Run/Walk

"Gleaux Run For The Cure" takes place Friday, August 23rd on the Mandeville Lakefront, consisting of a 5k run/walk to benefit the American Cancer Society. There will also be a One Mile Family Fun Walk/Run to encourage family participation and provide an option for those who do not want to walk or run the full 5K. In keeping with the "Gleaux" theme, participants are encouraged to incorporate glowing lights and other glow objects in their outfit. A prize will go to the most creative and brightest runners. Visit their Facebook page for more details.



August Is National Peach Month

Peaches are a great source of beta carotene and vitamin C, supporting eye and skin health. The high amount of fiber and potassium in peaches help kidney functions, and they are a rich source of antioxidants. The lycopene and lutein in peaches may help to prevent macular degeneration and cancer, as well as decreasing the risk of heart disease. Eat a peach!

Farmer's Market Recipes

Fresh recipes inspired by ingredients found at the Covington Farmer's Market

Patty Pan Pasta

Ingredients:

- 1 large or 2 small patty pan squash, cubed
- 2 medium tomatoes, cubed
- 1/2 medium onion, diced
- about 4-6 toes of garlic, minced
- a handful or two of spinach, shredded
- 1/4 cup of crumbled feta cheese
- a bit of chopped sweet pepper
- fresh basil, 2 tablespoons chopped
- fresh parsley, 2 tablespoons chopped
- 2 tablespoons fresh or dried oregano & thyme
- a tablespoon of extra virgin olive oil
- sea salt & cayenne



Directions:

Start by warming the oil in a stainless steel skillet at medium heat. Saute the garlic and onions with a dash of salt for a few minutes. As these cook and begin to become translucent, add the herbs; basil, oregano and thyme, and the cayenne to taste. Let this cook for a minute or two longer, then add the sweet pepper and tomato. Cover and cook on medium low for a few more minutes. Add the cubed patty pan squash, mix and cover again. Stir occasionally, until the squash is tender. Mix in the shredded spinach and covered until spinach is wilted. Remove from heat and mix in the crumbled feta. Serve over pasta topped with fresh parsley.

Okra Creole

Ingredients:

- 2 cups of chopped okra
- 2 large creole tomatoes, diced
- 1/2 medium onion, diced
- a few toes of garlic, minced
- 3 tablespoons fresh lemon juice
- 2 tablespoons fresh or dried basil
- sea salt



Directions:

In a medium sized pot heat a 1/2 cup of water with a dash of salt. Add the onion, garlic and basil, cover and cook for a few minutes. Stir in the okra and tomato, let this cook for a minute. Tomatoes cut down the "slime" produced by cooking the okra, but fresh squeezed lemon juice helps too. Add this to your liking, along with any additional salt.

This Week at The Farmers Market



Okra from GROW Farm. Music by The Abita Stumps. Chefs Kevin and Nealy Frenzt will drive their food truck, Lola Deux to the market. 8 am - 12 pm, 600 Columbia St.



The Abita Stumps

Sunset At The Landing This Friday

Friday,
August 16,
2013
6-9pm



Keenan Knight

Feufollet

BRING YOUR LAWN CHAIRS AND PICNIC DINNERS / FREE ADMISSION / INFO: 985.892.1873



Free and open to the public, bring your chairs, blankets and picnics!

Keenan Knight (left), a musician from Bogalusa, kicks off the concert at 6 pm.



Feufollet (right) merges cajun blue-grass with indie rock seamlessly, and will close out the night beginning at 7 pm.

CYSA Fall Registration Is Now Open

CYSA
Covington Youth Soccer Association
www.covingtonsoccer.com

Sign Up For Our Free E-Newsletter:

www.covingtonweekly.com

Exploring The British Empire



Next Port: India (August 22nd @ 7 pm)

The expedition continues in August with a port of call in India. Join the English Tea Room as you experience the authentic cuisine and teas of the country along with a look at their history and a taste of their culture. Get your passport ready and reserve your spot today!

Onyx: An August Birthstone



The name Onyx is from the Greek word for claw or fingernail, and the Latin word is spelled the same. Onyx is a banded variety of chalcedony, a cryptocrystalline form of silica minerals. The bands may alternate colors, and they run parallel to one another, different from agates. Black Onyx is one of the most famous varieties, and artificial treatments have been used since ancient times to produce the color. Much of the black onyx on the market is artificially colored, and some is actually stained agate.

Perseids Meteor Shower Peaks This Week

The Perseids are a meteor shower associated with the comet Swift-Tuttle. The radiant lies in the constellation Perseus, and is observed in the north east sky, peaking around mid August.



Gulf Coast Bank's Annual Auctions In August

In the past 5 years, Gulf Coast Bank has raised over \$400,000 for more than 350 local, state-wide and national charities and schools. Gulf Coast Bank has always been active in their community, so they devote an entire month to extend these charitable efforts by involving the community through



"Auctions In August", a silent auction that runs the entire month of August. Items are available for bidding at each of their 16 branches, as well as online. The auction is open to everyone, bank employees, customers and the general public. Gulf Coast Bank received donations from local businesses and individuals alike, donors were able to choose which charity they would like the proceeds from the sale of their items to benefit. Please check out the website for more information on the auction, and to see the items available.

www.AuctionsInAugust.com



Covington Weekly

Covington, LA August 14 - 20, 2013

Covington Farmer's Market - Every Wednesday, 10 am - 2 pm @ the Covington Trailhead Stop by for lunch! Rain or shine, live "front porch jam", fresh local produce and delicious prepared foods. - 419 N. New Hampshire St.

"Cool Art in the Atrium" - Thursday August 15, 1 pm - 5 pm @ St. Tammany Homestead Visit with New Orleans native Peg Usner in St. Tammany Homestead's continuing "Meet the Artist" series. Original paintings and photographs of abstract and familiar local scenes are displayed in the Atrium of St. Tammany Homestead. - 205 N. Columbia

Covington Farmer's Market - Saturday August 17, 8 am - 12 pm @ the 600 block of Columbia St. Fresh local produce, raw and prepared foods, plants and vegetables. Live music by The Abita Stumps at 9:30, the Chefs Frenz will drive Lola Deux to the market. Always a good time! - 600 block of Columbia St.

Covington Brewhouse Brewery Tours - Every Saturday, 10 am - 2 pm @ Covington Brewhouse Free tours of the brewhouse - covingtonbrewhouse.com for info.

Music with the Maestro - Tuesdays, 6 pm @ The Lake 94.7 Local music program featuring Robert Sturcken of Center Of Performing Arts - 94.7 FM on the radio dial

Covington Yoga in Bogue Falaya Park - every Tuesday and Thursday, 8 am - 9 am @ Bogue Falaya Park Experience the outdoors and feel good in mind, body and spirit. Bring water and a mat, if you have one. All levels welcome, donation based. Contact Paige Schneider for more info, (719) 963-5366. - 213 Park Drive

fine teas from around the world...
gifts parties
brunches / lunches
high tea all day!
Monday - Saturday
9 am - 6 pm
 (985) 898-3988
 734 E. Rutland St.
 Covington, LA
www.englishitearoom.com
ZAGAT rated!

Covington Business Association
 Next General Meeting is **September 4th**
6:00 pm at:
Mattina Bella
www.covingtonbusinessassociation.org

Teacher Training
 A Registered Yoga Alliance Program
 200 & 500 Hour Levels
 Mon. 5pm Wed. 5:30pm
 Thurs. 6:30 pm (1 1/2 hrs.)
 \$10 drop in, or 6 for \$48
 985-893-8834
 603 S. Tyler Street
 COVINGTON, LOUISIANA
yogaschoolcovingtonla.com

THE GREEN ROOM
 521 E. BOSTON ST. • COVINGTON, LA
 (985) 892-2225
WWW.GREENROOMCOVLA.COM

The Covington Brewhouse presents a special tapping of Farmhouse Ale at Columbia Street Rock N Blues this Wednesday, August 14th @ 7 pm. Made with local honey, orange, coriander and ginger. Stop in for a taste of something local!

Live Music Around Town

English Tea Room 734 E. Rutland St. - Tues. - Acoustic High Tea Featuring Live Music by singer/songwriter Timothy A. G. 11 am - 1 pm

Green Room 521 E. Boston St. - Wed. - Open Mic Night @ 9 pm Thurs. - TBT w/ DJ Dizzi @ 9 pm Fri. - Soul Fiya @ 10 pm Sat. - DJ DeviAnt @ 10 pm Sun. - Karaoke w/ DJ Bobby Blaze Mon. - Live Music + Happy Hour 2-9 pm Tues. - Service Industry Night

Green Room Open Mic every Sunday!!!
 DJ BOBBY BLAZE
 Karaoke
 Wednesday 9:30
 Saturday
 DJ DeviAnt

OLD-SCHOOL HIP-HOP
 EVERY THURSDAY NIGHT
 18+ 9pm-2am Ladies get in FREE
 DJ DIZZI

Columbia St. Rock 'N Blues Cafe Columbia St. - Wed. - Karaoke @ 9 pm Thurs. - Comedy Night w/ Corey Mack @ 9 pm Fri. - Tyler Kinchen & The Right Pieces @ 10 pm Sat. - The Molly Ringwalds @ 10 pm Sun. - Beer Pong Tournament

THE MOLLY RINGWALDS Saturday
 Every Thursday Night
 Corey Mack
 Rock N Blues Cafe

Winos and Tacos 321 N. Columbia St. - Wed. Free Wine Tasting featuring Phil & Jeremy of Soul Project 6 pm Thurs. - 9 pm Fri. - Dave Jordan 9 pm Sat. - Brass-a-Holics 9 pm
 Late Night Dinner and Drink Specials!

WINE WEDNESDAY
 Free Tastings
 Phil & Jeremy

Brass-a-Holics
 Dave Jordan

For the full music calendar, visit: www.covingtonweekly.com

Covington Weekly Distribution Locations:
 2nd & Charles, Acquistapace's Covington Supermarket, Bayou Barber, Beck-N-Call Cafe, Behrens & Associates Real Estate / Elizabeth Pale Piner CPA, Blue Willow Bed & Breakfast, Brooks' Bike Shop, Camellia House Bed & Breakfast, Campbell's Coffee & Tea, Candy & Tobacco Discounts, Chimes Covington, China City, Coffee Ran, Columbia Street Natural Foods Market, Columbia Street Rock-N-Blues Cafe, Columbia Street Tap Room, Country Inn & Suites, Covington Massage & Wellness Centre, Covington Trailhead Museum & Visitors Center, Downtown Deli, The English Tea Room, Garden Inn, Gilbar Inc., Good Dog Naturally, Gulf Coast Bank & Trust, Hampton Inn, Hebert's Cleaners, Hi-Ho BBQ, History Antiques & Interiors, Homewood Inn & Suites, Jewel's Cigar & Briar, Lola's Restaurant, Mac's on Boston, Marsolan's Feed & Seed, Matina Bella, Mellow Mushroom Covington, Mo's Art Supply, Motif / Stephanie Story Interiors, New Orleans Food & Spirits, Nonna Randazzo's Italian Bakery, O'Keefe Feed & Seed, Opalescence Day Spa, Our Place Studio, PJ's Hwy 190, PJ's Hwy 21, PJ's Hwy 25, PJ's in St. Tammany Parish Hospital, Roy's Knife & Archery Shop, St. John's Coffeehouse, St. Tammany Art Association, St. Tammany Homestead, St. Tammany Humane Society, St. Tammany Parish Library, Studio 311 Salon, Sunshine Garden Health Food Store, Toad Hollow, Winos and Tacos, Vazquez Restaurant, Yoga School

Printed with recycled content. Please Recycle.
 Download this and other issues at www.covingtonweekly.com and sign up for our weekly e-newsletter!

HISTORY ANTIQUES & INTERIORS
 where every piece has a story...
 Tuesday - Saturday
 10 am - 4:30 pm
 (985) 892-0010
HistoryAntiquesAndInteriors.com
 317 N. COLUMBIA ST.
 COVINGTON, LA

this stage of
LOVE
 an original musical
AUDITIONS
 Saturday, August 24 @ 1 p.m.
 For more information call (985)727-4638

OPAL ESCENSE for healthy skin
 Day Spa
Closing Sale!
All Items Marked Down 50% off
 also... Office Equipment for Sale
 Portable Tanning System for Sale
 123 Terra Bella Blvd.
 Covington, LA
 (985) 612-7245
www.opalskin.com
 Facebook: 'Opal Escense Skin by Sandy Thornhill'

Holistic Life Approach
 Karen Boudreaux
 LMT#5214 AADP
 Holistic Health Coach
 (985) 276-8119
 107 N. Theard St.
 Covington, LA
 Therapeutic Massage
 Health & Wellness
 Coaching & Classes
www.HolisticLifeApproach.com
 karen@HolisticLifeApproach.com

COLUMBIA STREET ROCK-N-BLUES Cafe
 Lunch Served 11am til
Karaoke Night Every Wednesday
Comedy Night Every Thursday
LSU & Saints Games
 (985) 892-9949
 407 N. Columbia Street
www.RockNBluesCafe.com

GOODBEE PLUMBING
 • Repairs
 • Drain Cleaning
 • Video Inspection
 • Water Heater
 • Backflow Specialist
 • Gas Inspections
 Licensed & Insured
 LMP 4583
 12251 Arc Rd.
 Covington, LA
893-1883
 Fax: 893-5252
 "WE CLEAN YOUR DRAIN, NOT YOUR WALLET!"
www.goodbeep plumbinginc.com

Rosemary's Closet, LLC
VINTAGE CLOTHING FOR MEN AND WOMEN
Records • 45s • LPs
 410 N. New Hampshire
 ON THE COVINGTON TRACE (GIBSON ST. CURVE)
 OPEN TUESDAYS & THURSDAYS
 10 AM TO 4 PM
 And by Appointment at **985-264-5085**
 Elizabeth Pfeffer Williams
 OWNER
 Like US ON f

KEEP COVINGTON BEAUTIFUL
HAVE FUN DOING IT
 Become a KCB Member or Volunteer
 KCB is a non-profit 501 C3 Organization
LEARN MORE:
www.keepcovingtonbeautiful.org
www.facebook.com/Keep-Covington-Beautiful
kcb@covla.com Like US ON f 985-867-3652

ST. TAMMANY HUMANE SOCIETY
 20384 Harrison Ave.
 Covington, LA 70433
 (985) 892-PETS
www.sthumane.org

Our Place & run hard live easy
 PERSONAL FITNESS & BODYWORK STUDIO
 varsity sports
a perfect pair
 We have teamed-up with Varsity Sports and now have Vibram shoes in stock. Come on in and get 'em while the cool styles, colors & men, women and kid sizes last!
985.875.1182
 338 N. VERMONT
OPCOVINGTON.COM
Back-to-School Special
\$10 OFF
 any Vibram Shoe in stock
 Good only at Our Place Studio • Offer expires 9/30/13

Live Music Every Weekend!
Winos & Tacos
 Tequila, Taqueria AND Wine Bar
 321 N. Columbia St.
 985-809-3029
 Wed.-Thurs. 4 pm - 10 pm
 Fri. 11 am - 12 am
 Sat. 4 pm - 12 am

840 N. Columbia Street
 Covington, LA
FOOD BANK covington
 Food - Health - Hope

Advertising with *Support Local!*
Covington Weekly
 is simple and effective.
 print, e-newsletter, social media, web archive
 phone: **985-288-9609**
 e-mail: covweekly@media9productions.com
 Covington Weekly / Media 9 Productions LLC, 2013