



New Business Ribbon Cuttings

Thursday February 28th, 9 - 11 am

Business Ribbon Cutting Ceremonies with Mayor Cooper and City Administration will be held on Friday at the following locations:

- Studio 311 Salon** - 311 E. Gibson St. @ 9:00 am
- Here We Grow Child Care Center** - 706 W. 13th Ave. @ 9:20 am
- Rattlin' Bones Gallery** - 203 N. New Hampshire St. @ 9:40 am
- Winos and Tacos** - 321 N. Columbia St. @ 9:55 am
- Covington Massage & Wellness** - 503 N. Columbia St. @ 10:10 am
- The Cottage Garden** - 827B Walker Alley @ 10:25 am
- Hi-Ho BBQ** - 336 E. Boston St. @ 10:40 am

Times are subject to change, +/- 15 minutes

Small Business And Our Local Economy

Family owned local businesses are the backbone of our economy. For every \$100 spent with a locally owned business, \$68 returns to the community. Keep your money local by shopping locally.

Support Your Local Businesses



Where are Covington's Oldest & Biggest Trees?
KCB Historic Tree Hunt: Now Through April



Entry forms to submit a tree are available from Keep Covington Beautiful on their website, www.keepcovingtonbeautiful.org. Entries must be received by April 5th, and the results will be announced on National Arbor Day, April 28th.

Do you think you might recognize this tree? If you have an idea where it is, e-mail us with your response at covweekly@media9productions.com.

SAVE THE DATE

MEET the ARTIST

FEATURING STEVE SAVOYE

THURSDAY

February 28, 2013

205 n. columbia street downtown covington **5:00 - 7:00**



Meet the Artist Featuring Local Steve Savoye

Owner of Savoye Originals Gallery In Downtown Covington

St. Tammany Homestead (presenting sponsor of Three Rivers Art Festival) and the Center of Performing Arts host this free event promoting local artists in the festival. The first of the "Meet the Artist" series this year will feature the work of Steve Savoye, owner of Savoye Originals Gallery on Columbia Street. Savoye's work is inspired by the craftsmanship of his father, from whom he first developed an appreciation for details and materials. His pieces show his passion for woodworking with a funky New Orleans flair while displaying his quirky sense of humor. All of Savoye's work is created from salvaged and reclaimed materials, and each piece has its own unique and refreshingly different style.

This event will be held at the St. Tammany Homestead and Center of Performing Arts building, and will feature fine wines and other refreshments from Acquistapace's Covington Supermarket. Savoye Originals Gallery is located at 405 N. Columbia St.



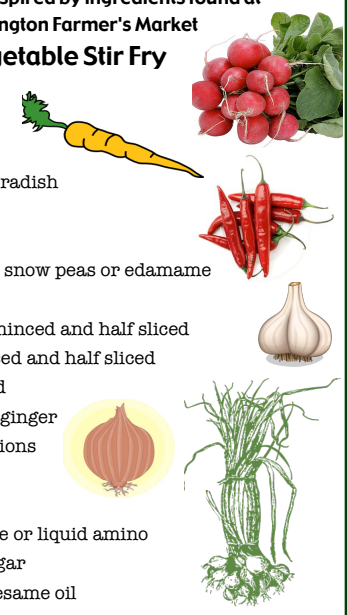
Farmer's Market Recipes

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

Vegetable Stir Fry

Ingredients:

- 1 cup brown rice
- 1 cup vegetable broth
- 1 large daikon or other radish
- a couple of carrots
- 1 large tomato
- a cup of trimmed whole snow peas or edamame
- a cup of sliced broccoli
- 1 red bell pepper, half minced and half sliced
- 1 large onion, half minced and half sliced
- 1 clove of garlic, minced
- 1 tablespoon of minced ginger
- some chopped green onions
- 2 tablespoons of butter
- 2 eggs
- 4 teaspoons of soy sauce or liquid amino
- 2 tablespoons rice vinegar
- 1 teaspoon of toasted sesame oil
- cayenne pepper and salt to taste, hot red pepper sauce to taste, crushed peanuts



Cooking Instructions:

Start by mincing and slicing the vegetables. Slice the radish and carrots into medallions, saving a little of the ends for grating. Clean and trim the ends of the whole peas, cut into one inch pieces. You can cook the rice while you prep and set aside to cool. Saute the minced onion, bell pepper, garlic and ginger in 1 tablespoon of butter with a little salt and cayenne. In another pan cook the slightly scrambled eggs in the other tablespoon of butter, stirring them often to keep them fluffy. Add the sliced radish, carrots, tomato, peas, broccoli, bell pepper and onion to the sauteed veggies and stir. Add the rice, broth, soy or amino, vinegar and oil, and stir some more, cooking on medium high. The eggs should be well cooked at this time, add this too. Do a little more stirring. Add a little more salt, cayenne and hot red pepper sauce to taste. Stir a bit more until all is well mixed (you can see where this dish got its name!)
Serve topped with grated radish and carrots, chopped green onion and some crushed peanuts.

Egg Painting

And other workshops at the St. Tammany Art Association



This Saturday, the St. Tammany Art Association presents a workshop on the ancient technique of Ukrainian Pysanky--the original art of Easter Egg decorating. This ancient craft uses a wax-resist and dye process akin to batik to transform real eggs into beautiful, symbolic works of art. Artist Jane Hill guides participants in the history and techniques of this venerable craft, and in the design and completion of their very own 'pysanka.' A wonderful way to welcome spring and Easter, the workshop for this meditative and contemplative art form is 1-4 pm on Saturday, March 2nd and is open to adults and mature teens. At just \$25, registration is required. All materials provided, but bring an apron or smock to protect clothing from dyes.

"Memories in a Tin" 1 Day Workshop with Becky Burt

Create a one-of-a-kind memento from an Altoids container and found objects. Bring in at least 10 small items to use in the project--5 for your project and 5 to swap with others--such as magazine pages, photos, shells, sticks, buttons, pottery shards, thimbles, feathers, costume jewelry, stones, lace... the possibilities and combinations are endless! You'll learn techniques and attaching methods such as rivet, tab and wire, and all basic supplies will be provided, including Altoids tins and metal working tools (hammers, saws, pinbacks, glue, wire, etc.). You should also bring other preferred metal tools, tin snips, etc., along with writing materials and scissors. The workshop is Saturday, March 2nd, 10 am to noon and 1 - 5 pm. Admission is \$85 + \$10 materials.

Weekend Painting Workshop with Alan Flattman

Flattmann will discuss challenges of working from photos and painting on location. He will demonstrate how he creates bold pastel paintings and oil demos will cover both brush & palette knife painting. Watercolor demos will include sketching on tinted papers. Emphasis will be on ways to improve drawing and compositional skills as well as completing paintings more quickly. These workshops will be March 1 - 3 and 15 - 17 from 9 am - 4 pm.

Find Out More About Classes & Events at The STAA:

www.sttammanyartassociation.org

Quote of the Week

"Wherever you go, no matter what the weather, always bring your own sunshine."

- Anthony J. D'Angelo

Monday

March 4



Last Quarter

Bringing Up Father: Jiggs & Maggie at History Antiques & Interiors

Jiggs and Maggie are the two main characters in the American comic strip "Bringing Up Father", created by cartoonist George McManus. The strip ran for 87 years, from January 1913, to May 2000. The humor in the strip centers around working class Irish immigrant Jiggs, a former hod-carrier, who wins a million dollars in the lottery. Despite his new found wealth, Jiggs simply wants to continue his former habits and lifestyle, to the frustration of his social-climbing wife, Maggie. The title refers to Maggie's efforts to elevate Jiggs to upperclass standards.



Jiggs and Maggie at History Antiques

The popular comic strip presented multiple perceptions of Irish Catholic immigrants during the early 20th century, and Jiggs gave a voice to the issues that were faced by this group. Over time, the emphasis on his ethnicity faded, and Jiggs was recognized as the rich guy that liked to hang out with a regular crowd. A surreal aspect of "Bringing Up Father" was a running gag involving subjects of hanging wall paintings to change positions or break the confines of the picture frames throughout the strip, unnoticed by the characters. Jiggs and Maggie have been immortalized in short films, animations, feature films, Broadway productions, comic books and radio, and you can see them as featured above at History Antiques and Interiors.

French 'Dough Box' a lesson on early baking methods



Historically, baking was an important task in households across Europe and America. A household of 10 in the 1800's used "3 pecks" of flour on average, or 7 gallons. The dough was placed in boxes that could be moved close to the fire, helping the dough to rise for baking into nice light loaves. This functional French 'Dough Box' is a new addition at History Antiques. It has beautiful detailed carvings of musical instruments on the door and stand, giving it a more decorative look than less elaborate American pieces.

317 N. Columbia Street
Downtown Covington

Antiques with a story!

Get Sugared - Not Waxed!

By Sandy Thornhill FNP-C, Owner of Opalescence Day Spa

Sugaring is a method of hair removal which dates back to ancient Egyptian times. Sugar is a natural substance and a natural exfoliator thereby making the skin smoother and softer. The skin is prepped prior to and following the treatment. The sugar is warm when it is applied to the skin unlike wax which is hot; so the risk of burning is almost non-existent. The sugar appears as a very thick molasses like texture. It is smoothed onto the skin so it is able to penetrate deeply into the hair follicle. Short, rapid movements are utilized to remove the hair. The skin is very smooth and the procedure is painless. Since the hair follicles are removed, the growth of new hair will take longer to appear. Hair as short as 2mm or 1/16 inch can be removed. Estheticians must be certified in the sugaring process; so you should ask and be certain that the person performing this procedure is certified. Sugaring is also used in body scrubs; but this type of sugar is similar to the texture of wet sand. The ultimate result yields smoother and softer skin. Many of the facial treatments and peels are derived from ancient practices and substances such as the bark of trees, plants or fermented wine. Ancient women are often portrayed nude and hairless. They believed that having hair on the body defined them as members of the lower class. So do as the ancient women did... sugar the hair away!

Visit Opalescence Day Spa and get sugared by their certified sugaring specialist today! Opalescence is located in the Terra Bella Village, off of Hwy 1085 in Covington.

Smart Health Tips

A Few Simple Tips For Healthy Skin

1. Protection from the sun is important. It is a good idea to wear protective clothing during prolonged sun exposure.
2. Stop smoking. Smoking narrows tiny blood vessels in the outer layer of skin. This decreases the blood flow, in turn depleting important oxygen and nutrients.
3. Be gentle to your skin. Limit bath and shower time, and use warm water as opposed to hot. Avoid strong soaps, and find a moisturizer right for you if your skin becomes dry.
4. A healthy diet is key. Eating plenty of fruits, vegetables, leafy greens, whole grains and lean proteins will support healthy skin. Avoid high fats and processed/refined foods.
5. It is important to manage stress, which can be a contributing factor in common skin problems.

Consult your dermatologist for any specific issues or concerns you may have regarding your personal skin care.



www.covla.com

FREE Covington Weekly

Covington, LA Feb. 27 - Mar. 5, 2013

Covington Farmer's Market - Wednesday February 27, 10am - 2pm @ the Covington Trailhead Rain or shine, live "front porch jam", fresh local produce and prepared food. - 419 N. New Hampshire St.

New Business Ribbon Cuttings - Thursday February 28, 9 - 11 am @ Covington The City of Covington welcomes six new businesses: Studio 311 Salon, Here We Grow Child Care Center, Rattlin' Bones Gallery, Winos and Tacos, Covington Massage & Wellness Centre, The Cottage Garden and Hi Ho BBQ. - City of Covington

Meet the Artist Steve Savoye - Thursday February 28, 5 - 7 pm @ COPA Free event promoting local artists participating in the Three Rivers Art Festival. Complimentary wine and cheese. -205 N. Columbia St.

Covington Farmer's Market - Saturday March 2, 8 am - 12 pm @ the 600 block of Columbia St. Fresh local produce, raw and prepared foods, plants and vegetables. Live music by Linnizi Zaorski, beginning at 9:30. - 600 block of Columbia St.

Covington Brewery Tours - Saturday March 2, 10 am - 2 pm @ Covington Brewhouse Free tours at the brewhouse on Saturdays.

For music and gallery listings Feb. 27 - Mar. 5, visit:

www.CovingtonWeekly.com

Live Music At The English Tea Room

Enjoy live music at the English Tea Room on Tuesdays and Wednesdays! Jessica Meltz plays harp on Wednesdays from 12:00 to 2:00, and Timothy A.G. plays acoustic guitar during brunch on Tuesdays, 10:30 to 12:30.



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Covington Business Association
 Next Meeting
 Mar. 6th
 5:30 pm
 at: **Seiler Bar**
 CBA
www.covingtonbusinessassociation.org

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Poster layout by Philomusia Studios, Artwork by John Carambat
 Ken Ludwig's "Lend Me a Tenor" is a fast-paced farce of mixed identities leading to general chaos. A story of young love, and a very drunk tenor who's wife is a very jealous woman. Directed by Kay Files.
 Runs March 8 - 24, Fridays and Saturdays at 8 pm and Sunday matinees at 2 pm (except for March 10th). Lend Me a Tenor will not perform Friday March 22, as Playmakers presents a very special event to celebrate the life of the late Russell Krogsgard. There will be a performance that Thursday, March 21, instead.

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Dan Spitz' Anarchy for Autism Tour
 Anthrax guitarist and three time Grammy nominated multiple platinum recording artist, autism advocate and thrash metal's first intergalactic recording artist Dan Spitz' new band is on tour to raise awareness of autism. Red Lamb has been described by critics as a variety of genres, most commonly explosive hard rock, pop punk, alternative rock, with a taste of thrash. Red Lamb is co-produced by Dave Mustaine from Megadeth, another pioneer of the thrash genre.