



Spring Is Here Again

That Means Art, Music And Fun In Downtown Covington

Celebrate Art, Culture, Music and Community in the streets of Historic Downtown Covington this Saturday at Spring for Art. This event is presented by the St. Tammany Art Association and the title sponsor is Corks 'n Canvas. Featuring live music, children's events and contests, art and food, there is plenty of entertainment for the whole family, all happening between 6 and 9 pm.

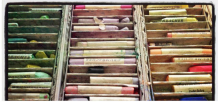
With nearly fifty participating businesses in the downtown area, Spring for Art spans from Lee Lane to North Vermont. You can find brochures around town and at the Art Association that contain a full list of events for the evening, but here is a quick listing: Corks 'n Canvas sponsors "Musical Masterpieces", a complimentary painting session open to all ages that is an artsy version of musical chairs. A "Children's Interactive Theatre" will take place in Haik Park, open to all ages and sponsored by Playmakers Theatre and Frank Levy. Get ready for "Dancing in the Street", sponsored by Ballet Apetrei, which will feature impromptu performance on both Lee Lane and Columbia Street. Covington Massage & Wellness Centre will host a "Youth Art Contest" for artists ages 5 and up.

Culinary Kids presents "Children's Art of Food", open to ages 5 - 12. A chance for kids to play with their food while making an edible work of art to take home! "Singsations" is sponsored by Gail Adams Voice Studio. Vocal soloists from the studio sing a variety of pop, Broadway and opera selections. Both of these events will take place at the 400 Block of Columbia Street.

There will also be plenty of music around town with the Fuzzy Dice, Big Bottom Bog Stompers and En Passant Jazz Duo along Columbia Street, Umph on Lee Lane and Timothy Gates on Boston Street near downtown's most recent addition, Shop Soul. Bring out the family and enjoy Downtown Covington's Spring for Art 2013. For more information, call the Art Association at 985-892-8650 or send e-mail to: info@sttammanyartassociation.org. You may also visit the website at www.sttammanyartassociation.org.

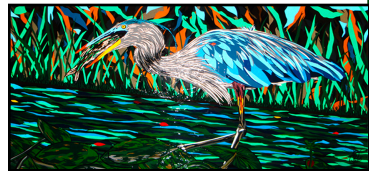
Exciting Happenings During Spring For Art

Studio Cicero Grand Opening



Studio Cicero hosts their Grand Opening during Downtown Covington's Spring for Art this Saturday, April 20th. Displaying the works of Anne Cicero in her cozy new studio on 420 N. Vermont Street, upstairs from Armbruster Artworks Studio.

Anne will also be showing a new series of paintings at Mo's Art Supply and Framing on Columbia Street. Music by Roy Blaum of Roy's Knife and Archery.



TJ Owens Art at Northshore Vineyard

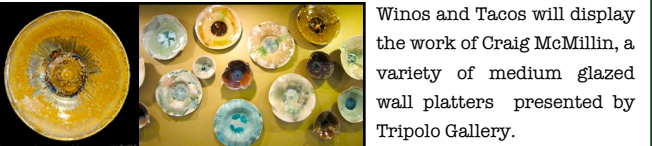
TJ "Jamie" Owens displays prints of his original Vinyl Film Art at 525 Boston Street.

Gail Hood & Dale Newkirk Opening at Henry Hood Gallery



Exhibition opening featuring paintings and drawings by Gail Hood and Dale Newkirk during Spring for Art from 6 - 9 pm @ Henry Hood.

Craig McMillin at Winos & Tacos, Presented By Tripolo Gallery



Winos and Tacos will display the work of Craig McMillin, a variety of medium glazed wall platters presented by Tripolo Gallery.

Jodie Flowers at Dependable Glass

A variety of original ceramic designs by Jodie Flowers.



Shop Soul Boutique Grand Opening

A new downtown addition featuring works by Yvonne Saux and Corey Ryan. Live music right outside by Timothy A.G. from 6 - 9 pm. Stop in and visit Shop Soul!



529 E. Boston Street
Covington, LA 70433

Farmer's Market Recipes

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

Squash & Zucchini Pilaf Cakes With Tzatziki

Pilaf Cakes

1 yellow squash
1 zucchini
small bunch parsley
2-3 cloves garlic
1 tomato, chopped
1/2 medium onion, chopped
1/2 bell pepper, chopped
1/2 cup water
1/2 cup whole wheat flour
seasoning to taste
1 cup cooked rice

Tzatziki Sauce

1 cup Greek yogurt
1/2 large cucumber
2-3 cloves garlic
small bunch parsley
1/2 tsp tumeric
1/2 tsp paprika
1/4 tsp cayenne
salt to taste
juice and pulp from 1 lemon
juice and pulp from 1 lime
broccoli flowers (garnish)
feta cheese (garnish)

Directions:

Make the Tzatziki first. Chop all of your elements that need to be chopped fine and throw them into the mixing bowl with the cup of yogurt. Add your herbs, spices and citrus juice, whip vigorously, and chill. You may add fresh mint if you like.

Now for the cakes. Chop all of the vegetables finely and throw them into a mixing bowl. Add any herbs and spices at this time. Some excellent choices are basil, oregano, paprika, cayenne, salt and tumeric. Mix in the rice, 1/4 cup of the flour and stir. As the mixture begins to thicken, add water as necessary, and/or more flour. Once the mixture can be formed into patties, saute them up and serve topped with the chilled tzatziki sauce and garnish.

Green Tea Month At The English Tea Room

Now that everything is blooming and returning to a lush green, the English Tea Room has declared April Green Tea Month. Green tea is perfect hot or iced, so it fits the cool mornings as well as the warm afternoons. The Tea Room is hosting a Green Tea Tasting April 20th at 5 pm. Reserve your spot by calling the number below. You may want to go ahead and reserve your spot for Mother's Day High Tea as well, set for May 12th! (985) 898-3988 www.english-tea-room.com



Rockin' the Rails Free Concert Series

Steve Riley & the Mamou Playboys This Thursday



Steve Riley and the Mamou Playboys began over twenty years ago with a reputation for excellence. Their clean and cohesive performance of Cajun French music from the backwaters of South Louisiana propelled them into the world music limelight early on, and by their third release, Trace of Time, had garnered them a Grammy nomination in the worldwide field of traditional folk music. To date they have produced 13 recordings with 4 Grammy nominations. From a hot two-step to an a capella ballad to scorching cajun blues, see Steve Riley and the Mamou Playboys this Thursday evening for Rockin' the Rails at the Covington Trailhead. Concert begins at 5:00, sponsored by the City of Covington and Champagne Beverage. Concertgoers have a chance to win door prizes and gift certificates to local restaurants and retail shops.

Quote of the Week

"To force a man to pay for the violation of his own liberty is indeed an addition of insult to injury."

- Benjamin Tucker

Thursday
April 18



First Quarter

Never Say Diet Just Eat Real Food

To stay healthy, we need to move and exercise, but that's only one piece of the puzzle. How we handle stress, our sleeping habits, and our relationships, for example, also play a huge role in our health and how good we feel on a day-to-day basis. Perhaps one of the most important pieces of the health puzzle (and the one that many of us struggle with), is what we eat.

What you put in your body either helps nourish, fuel, and repair it - or not, so eating whole, nutrient-rich foods is a healthy living essential. Time to toss out the processed, packaged industrialized "food substitutes" and their fast food counterparts - they don't nourish the body and contain little real food. Our mantra at Our Place Nutrition when it comes to nutrition choices? Just Eat Real Food. It's that simple.

Here is a list of nutrition points for you to think about:

- 1) Remove items from your pantry that are high in refined sugars and/or are processed: eat whole foods. Shop the outer perimeter of the supermarket, where you'll find the best choices. Items in the middle tend to be processed (canned or boxed). Some of the best fresh, whole food can be found at your local Farmer's Market.**
- 2) Eat for fuel: three small meals a day with healthy snacks in-between. This helps you burn calories more efficiently.**
- 3) Choose lean proteins, fresh vegetables and fruits. When it comes to grains, eat less and choose sprouted breads, rice, or quinoa over processed fare (bread, pasta, baked goods). Don't forget to add healthy fats to your meals, such as the ones found in olive and coconut oils, fish, avocados, and some nuts.**
- 4) Avoid sugar-laden juices, sport drinks, sodas, diet soda, and flavored "waters" - they are sources of refined sugars and, in the case of diet soda, unhealthy chemical cocktails. Enjoy alcohol in moderation - it converts to sugar.**
- 5) Drink water. There is no substitute. Anxious? Having trouble concentrating? Thirsty? Yep, you need water.**
- 6) Sleep is your friend, the time when your body goes into repair mode. Lack of sleep causes elevated blood sugar and cortisol levels, which cause the midsection to hold onto fat.**
- 7) Get your hormone levels checked. When the hormones are out of balance, so are the body's processes, and weight loss will be an uphill battle.**

For an expanded version of these tips, visit the Lifestyle page of our website: www.opcovington.com. You can also contact our resident Natural Nutritionist, Laura Warner, for a consultation: 985.875.1182

Authors: Liz Bragdon, Yoga Instructor/Movement Educator & Laura Warner, CPT / Certified Nutritionist

Paper Shredding Day

KCB's Earth Day Celebration April 20th at the Trailhead
Too many paper files? Wondering what to do with it all? Celebrate Earth Day with Keep Covington Beautiful's Paper Shredding Day, a great American Clean-up Event!

From 9 am - 1 pm this Saturday at the Trailhead, secure document shredding at no charge for up to 3 letter sized boxes of paper documents per person. The shredded paper will be recycled. The following will be accepted: all types of office paper, sticky notes, index cards, computer binders, entire files (with clasps), and carbon/NCR forms. There is no need to remove paper clips, staples, clasps in folders or rubber bands. No phone books, magazines, hardback books, plastics, cassettes or video tapes will be accepted. It is a good idea to consult your financial advisor before destroying any documents. This service is provided by iShred, and is an initiative of Keep Covington Beautiful, Keep America Beautiful and Great American Cleanup Louisiana.

Causes of Clogged Drains

A Plumbing Tip from Goodbee Plumbing

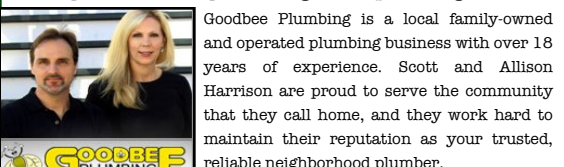
Sometimes things get poured into sinks that can cause severe plumbing problems. Avoid pouring insecticides, household paint, gasoline, acids, kerosene or any toxic chemicals down the drain. They are hard on your drains and pipes, make the treatment of sewage more difficult. Harsh chemicals may also damage your water treatment system, which will increase operating costs.

Stay away from liquid drain cleaners (Liquid Plumber, Drano, etc.). The acidic ingredients are trapped in your pipes, and it can cause severe damage to them. The best method to relieve a clogged drain is with a plumbing snake. If you can't snake the drain yourself, be sure to call a licensed plumber. Goodbee Plumbing: 985-893-1883

Other clog causes include: kitchen grease, rags, paper towels and sanitary napkins. Excess hair clogs drains and pipes. Use a strainer in the tub, shower and bathroom sink to keep hair out of your drains and pipes. Large clumps of tissue paper dissolve too slowly, causing clogs.

Motor and lubricating oil can clog drains by catching and holding unwanted debris in your pipes. Most full-service gas stations will accept used oil for recycling.

Here are a few things that should be kept out of your garbage disposal: coffee grounds, tea bags, egg shells, fruit peels & pits, fish scales and candle wax. Most of that material can be composted. More tips: www.goodbeep plumbinginc.com



Goodbee Plumbing is a local family-owned and operated plumbing business with over 18 years of experience. Scott and Allison Harrison are proud to serve the community that they call home, and they work hard to maintain their reputation as your trusted, reliable neighborhood plumber.

Double Date

Friday,
April 19,
2013
6-9pm





Covington Weekly

Covington, LA April 17 - 23, 2013

Covington Farmer's Market - Every Wednesday, 10am - 2pm @ 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.**

Wine Wednesday - Every Wednesday, 6 - 8 pm @ Winos and Tacos Free wine tasting every Wednesday! Featuring music by pianist Craig Adams! - **321 N. Columbia St.**

Rockin' the Rails Free Concert Series - Every Thursday in April, 5 - 7 :30 pm @ the Covington Trailhead This week features the musical stylings of Steve Riley & the Mamou Playboys! Find out more on the front. - **419 N. New Hampshire St.**

Sunset at the Landing - Free Concert Series - Friday April 19, 6 - 9 pm @ Columbia Street Landing This is a free concert series every third Friday from March - October. This month features Double Date and Sonic Migration. - **End of Columbia St.**

Covington Farmer's Market - Saturday April 20, 8 am - 12 pm @ the 600 block of Columbia St. Fresh local produce, raw and prepared foods, plants and vegetables. Live music by Rose Anne Bivens beginning at 9:30. Linda Franco, owner of the Passionate Platter, will present tomatoes, herbs and olive trees. - **600 block of Columbia St.**

Paper Shredding Day - Saturday April 20, 9 am - 1 pm @ the Covington Trailhead Keep Covington Beautiful celebrates Earth Day with free secure document shredding provided by iShred. www.keepcovingtonbeautiful.org - **419 N. New Hampshire St.**

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

Old Feed Store Music Series - Saturday April 20, 12 pm - 2 pm @ Marsolan's Feed and Seed Live music after the Farmer's Market! - **314 E. Gibson St.**

Spring for Art! - Saturday April 20, 6 - 9 pm @ Downtown Covington Featuring live music, children's events and contests, art and food, there is plenty of entertainment for the whole family. More info at sttammanyartassociation.org.

Gail Hood and Dale Newkirk Opening - Saturday April 20, 6 - 9 pm @ Henry Hood Gallery Paintings and Drawings by Gail Hood and Dale Newkirk Opening Reception for Spring for Art. This exhibit runs through May 11th. - **325 E. Lockwood St.**

Studio Cicero Grand Opening! - Saturday April 20, 6 - 9 pm @ Studio Cicero Covington's newest studio will have their grand opening during Spring for Art! Stop by to see the work of Anne Cicero and her students. - **420 N. Vermont St. Upstairs!**

The Green Room 521 E. Boston St. - Wed. - Open Mic Night + \$3 Guinness Thurs. - DJ Dizzi Dance Party Fri. - The Bloomin' Onions 8 pm Sat. - Debauche Russian Hooligan Band Sun. - Karaoke w/ DJ Bobby Blaze Mon. - Live Music, No Cover Tues. - Service Industry Night / Happy Hour 2-9pm every day

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Winos and Tacos 321 N. Columbia St. - Wed. - Craig Adams 6 pm, during the free wine tasting! Thurs. - Christian Serpas 6 pm Fri. - Soul Project 9 pm Sat. - Glen David Andrews Band 9 pm No Cover Charge all shows



English Tea Room 734 E. Rutland St. - Tues. - Acoustic High Tea 11 am - 1 pm

Thai Kitchen 1005 Collins Blvd. - Karaoke by Request! Fri. - Acoustic Guitar

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

Syllable Seven

Columbia Street Rock 'n Blues
Friday 4/19 music@9:30

For all of the Syllable Seven fans, this Friday marks the first of their last 3 shows. On 4/19, they will open for the Groundfault reunion show at Columbia Street Rock 'n Blues. Music starts at 9:30, be sure to catch their last Covington show!

Soul Project @ Winos&Tacos

Soul Project brings New Orleans soul with them wherever they go. Mixing elements of jazz, soul, blues and gospel with a real Crescent City feel, they've earned a reputation for being one of the most consistently tight ensembles to emerge from New Orleans' competitive Frenchmen Street scene in years. See Soul Project Friday night at Winos and Tacos. No Cover Charge!

Debauche @ The Green Room

Debauche formed around 2008 at the Kahve Coffeeshop on Royal Street in New Orleans. Yegor Romanstov sang at this coffeeshop every Friday from 10 pm until 12 am, drinking home made honey pepper vodka and performing his "Russian hooligan songs". Debauche performs at the Green Room on Saturday night after Spring for Art.

Covington Weekly Distribution Locations:

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 Rani, 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, Cupcake Concept, The English Tea Room, Garden Inn, Gisbar Inc., Good Dog Naturally, Gulf Coast Bank & Trust, Hampton Inn, Hebert's Cleaners, 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, Roy's Knife & Archery Shop, St. John's Coffeeshop, St. Tammany Art Association, St. Tammany Homestead, St. Tammany Humane Society, St. Tammany Parish Library, Studio 311 Salon, Sunshine Garden Health Food Store, Thai Kitchen, Toad Hollow, Winos and Tacos, Vazquez Restaurant, Yoga School ... and more added frequently!

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