



**Columbia Street Block Party**  
Friday April 26th 6:30 - 9:30 pm Downtown Covington

**The Last Friday of the Month March - October**  
The City of Covington invites the public to this free event highlighting the hopping Downtown Historic District. Columbia Street is closed to vehicle traffic and gorgeous refurbished antique cars line the street. Local shops and galleries have their doors open for perusing; refreshments and food are available at local restaurants. Music venues will start off early with some of the best local and regional acts. Downtown Covington hosts the best block party around, one you don't want to miss!

**ALERT St. Tammany Open To Register**  
Receive Critical Updates From St. Tammany Parish Government

ALERT St. Tammany is an essential public safety service provided to you by St. Tammany Parish government, informing you of dangerous weather notices, evacuation orders, and security or health issues -- emergency messages pertinent to the City of Covington and St. Tammany Parish sent directly to your phone. By accessing the Self-Registration Page at [www.stpgov.org](http://www.stpgov.org), you can input your information through a simple two-step process.

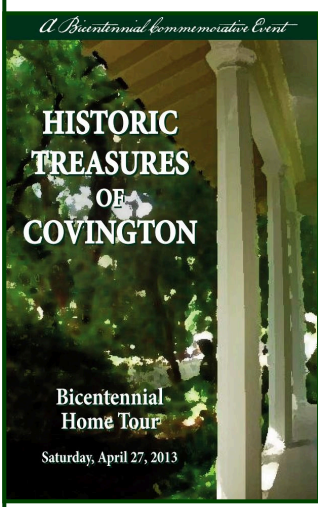
This process allows you to enter multiple contact numbers, so in the event that you are away from your home phone or if you only have a cell phone, you can still be reached by our alert system on your mobile phone. This is extremely important, especially considering the on-the-go lifestyles many of us lead today. Register today for life saving alerts. Public safety issues can happen at any time, night or day. If anyone you know does not have Internet access, urge them to visit any local library branch to register through one of their public computers.

**Covington, LA - 2012 Tree City USA**



Congratulations to the City of Covington for receiving recognition as a "Tree City USA" - our 19th year of holding the title! Plant more trees for 2013!

**A Bicentennial Historic Home Tour**  
Visit The Historic Treasures Of Downtown Covington



On Saturday, April 27, the City of Covington hosts an Historic Home Tour as part of the continuing 2013 Bicentennial festivities. The days events will include a brief presentation on local architecture, a light lunch and the home tour, followed by a wine reception. At 11:00 am, the Christ Episcopal Church Reception Hall hosts an Historical Presentation by Sally Reeves showcasing Covington's past architectural treasures. This presentation is free and open to the public. At noon, a light lunch will be available for purchase after the presentation.

The Historic Home Tour begins at 1:00 pm with a presentation by Ralph Menetre at the Christ Episcopal Chapel. It continues on to South America Street and New Hampshire Street, ending at the Mackie House. From 4:00 to 6:00 pm, enjoy a Wine Reception at the last house on the tour with live music by We3.

**Tickets for the tour are \$20 each and will be sold at the Christ Episcopal Church Reception Hall from 10:30 am to 1:30 pm the day of the tour only.** Volunteers are requested to help with this event. All volunteers may tour the homes and attend the wine reception for free. If you have questions about the event or would like to volunteer, please call Carolyn Pierce or Sharon Nunez at **504-442-2254**.

**STAA Hosts A Free Painting Demo**  
With Erin Lee Gafill of Big Sur, California

The St. Tammany Art Association presents Erin Lee Gafill of Big Sur, California for a Free Painting Demo on Thursday, April 25, 2013 at 4:00 pm. "Get In, Get Out, and Get on With It". Get it on the canvas in 20 minutes, improve your painting, your drawing, and have more fun!



Erin Lee Gafill was voted Best Local Artist of Monterey County, California for 2013. She likes to monkey around.

[st.tammanyartassociation.com](http://www.sttammanyartassociation.com)

**Rockin' the Rails Free Concert Series**  
The Iguanas This Thursday

Based out of New Orleans for the past couple of decades - save for a short, Katrina-imposed exile in Austin - the Iguanas define a sound that crosses cultures, styles, eras... and even languages. Their latest album, "Sin To Sin", is their first studio recording since 2008's "If You Should Ever Fall On Hard Times", and its release coincides with their appearance at the 2013 New Orleans Jazz and Heritage Festival.

"How could we not wind up in New Orleans?" asks Rod Hodges. "I mean, at Tipitina's they might have Doug Sahm one night and Fela Kuti the next." The Iguanas have become a staple of New Orleans' musical gumbo, staying through half a dozen studio albums, countless tours and Jazz Fest appearances, and persevering a flood that did its best to take their adopted city with it.

You can see the Iguanas live this Thursday at the Covington Trailhead for the final concert in the City's Rockin' the Rails April 2013 series. The concert is free and open to the public, and food and beverages are available for purchase. Concertgoers are encouraged to bring a chair or blanket for seating, and attendees have a chance to win door prizes from some of Covington's finest downtown businesses and restaurants.



(L-R): Rene Coman, bass, keyboards, vocals; Joe Cabral, saxophone, bajo sexto, keyboards, vocals; Doug Harrison, drums, percussion; Rod Hodges, guitar, accordion and vocals.

**New Look, New Line-Up At The Green Room**

With renovations and updates happening all over Covington, the Green Room is no exception. There was some serious revamping of the interior at the beginning of the year; the stage was moved to the corner opposite the bar (where the sound booth was) and the sound booth was entirely rebuilt to use the space more efficiently, opening up more of the bar floor for tables and chairs or dance-space. On Mondays, enjoy live music and red beans and rice, free! Tuesday is Service Industry Night. The Green Room is still the best place to find the newest local music, and the Wednesday Open Mic Night is hosted by a different local musician each week to add a little more spice in your life. Throw Back Thursdays with DJ Dizzi will make you dance, and if that doesn't get your heart beating then their usual weekend line-up of hard-rockin' local and regional bands surely will!

[www.greenroomcov.com](http://www.greenroomcov.com)  
Sign Up For Our Free E-Newsletter:  
[www.covingtonweekly.com](http://www.covingtonweekly.com)

**Quote of the Week**  
"Even if I knew that tomorrow the world would go to pieces, I would still plant my apple tree."  
- Dr. Martin Luther King, Jr.

Thursday April 25  
Full Moon

**Rules of Yoga**

Yoga is one of the six orthodox schools of Hindu philosophy, and it is a commonly known generic term for physical, mental and spiritual disciplines which originated in ancient India. Yoga was brought to the West in the late 19th century, and it became popular as a physical system of health exercises and meditation in the 1980's. Long-term yoga practitioners report physical and mental improvements.



In English, "AUM" or "Om", the symbol on the left represents the highest name of the God. The Hindu symbol is the combination of three letters representing the three aspects of God, similar to the concept of the Trinity in Christian teachings.



Yoga School, LLC in Covington, LA is for those interested in an opportunity to experience and produce innovative teaching at the highest level. Founded in 1991 by Becky Gelatt, the Yoga School is one of the most established schools of yoga thought and practice that has continually offered the highest quality of yoga training in the Gulf Coast area. The program is designed to preserve the wisdom of the ancient tradition while adapting the principles to meet the needs of our contemporary society and lifestyles. The Rules of Yoga Etiquette act as a guideline to enhance the experience and practice of yoga.

In preparation for class: 1. Allow two hours after eating. 2. Perform all necessary bathroom functions. 3. Wear non-restrictive and modest clothing. 4. Clean bare feet. 5. Minimize jewelry. 6. Turn off all outside communication devices. 7. Avoid perfumed cosmetics, detergents and heavily scented oils.

Arrive early to: 1. Inform instructor of any recent surgeries, injuries, disabilities or changes in health history. 2. Be on your mat for the start of class. 3. Request permission to bring personal accoutrements into the practice room.

During class: 1. Always practice according to your capacity. 2. Never force beyond your edge. 3. Ask for modifications or adaptations when you are unsure. 4. Remain attentive and focused. 5. Always remember the quality of gratitude. 6. Respect time, space and belongings of other students. 7. Respect the privilege of using equipment. Thank you for being considerate.

**YOGA SCHOOL, LLC**  
985-893-8834  
[yogaschoolcovingtonla.com](http://yogaschoolcovingtonla.com)

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

**Spicy Grits & Greens**

- Ingredients**
- 1 cup uncooked grits
  - 2 large shallots, chopped
  - 1 large bell pepper, chopped
  - 1 large tomato, chopped
  - 2 garlic cloves, minced
  - 2 large bunches of spicy greens, such as chard or mustard, ribbed; cut ribs into cubes and ribbon leaves
  - 1/4 to 1/2 tsp. red chili flakes, depending on your spice-tolerance
  - 1/4 to 1/2 tsp. cayenne, again, depending on your spice-tolerance!
  - 1 tablespoon unsalted butter
  - 1/3 cup grated parmesan cheese
  - 2 teaspoons balsamic vinegar
  - 1/2 teaspoon kosher salt
  - 2 teaspoons extra-virgin olive oil



**Directions**

Cook grits with salt as package directs. Meanwhile, heat oil in a large frying pan over medium heat. Cook shallots, bell pepper, tomatoes, garlic, and green ribs until softened, about 5 minutes. Stir in green leaves, chili flakes, cayenne, and 1/3 cup water. Cover, reduce heat to low, and cook until wilted. Stir butter and cheese into grits and separate onto plates. Toss chard with vinegar and spoon over the grits. This can be topped with parmesan, crumbled bacon, pine nuts, roasted garlic, you name it!

**Mother's Day High Tea**  
At The English Tea Room

It's Green Tea Month at the English Tea Room, where you'll find one of the largest selections of loose leaf teas in the south. Mother's Day is approaching, reserve your spot for Mother's Day High Tea today!  
(985) 898-3988 [www.english-tearoom.com](http://www.english-tearoom.com)



**Plant A Row for the Hungry** people helping people

Plant a Row for the Hungry, or PAR, is a people-helping-people program to feed the hungry in local communities.

Launched in 1995, this innovative public service campaign was developed by the Garden Writers Association (GWAA) to encourage gardeners to grow a little extra and donate the produce to local charities, such as the Covington Food Bank, that serve the hungry and homeless.

The Food Bank depends on charitable donations to help provide food and services to the poor in our community. By donating directly to the Food Bank, gardeners are helping those in need stretch their meager resources.

Sharing can happen on many levels. Home gardeners, commercial growers, schools, church groups, youth and community organizations, and area businesses can all help make a difference for our neighbors who experience hunger. Donating can be easy and fun! When you plant your garden this spring, plant an additional row (or even just an extra plant) for giving. Even if your garden consists of ornamentals, or a planter on a balcony or deck, add a few herbs. Herbs are welcome because they add nutrients as well as flavor to food. Whatever you can give is appreciated! If you regularly plant too much, the excess will mean a great deal to our community food bank. PAR also encourages you to share flowers with food bank staffers and volunteers. What better way to lighten up their day!

The produce the Food Bank needs most is firm, clean fruits and vegetables. If your fruit trees bear more than you can consume, consider donating the rest. Also, if you have fruit trees and are unable to harvest the fruit, contact PAR at the number below to see if they can arrange a group of volunteers to come pick your trees or bushes for donating. Bring cleaned produce to the Covington Food Bank, 840 N. Columbia Street during operational hours to donate. Your donation will be added to PAR's national totals; its goal is over one million pounds of produce this year!

For more information about PAR, contact Virginia Bessent at 892-5447 or Paula Souhlas at 705-5179, or call their toll-free hotline (877) 492-2727.

[www.gardenwritersassociation.org](http://www.gardenwritersassociation.org)





# Covington Weekly

Covington, LA April 24 - 30, 2013

**Coffee with Mayor Cooper - Wednesday April 24, 9 am - 10 am @ the Covington Trailhead** A great opportunity for citizens to communicate their comments, concerns and ideas directly to the Mayor in an informal setting. - 419 N. New Hampshire St.

**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.

**Wine Wednesday - Every Wednesday, 6 - 8 pm @ Winos and Tacos** Free wine tasting every Wednesday! Featuring music by Chris LeBlanc! - 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 The Iguanas! Find out more on the front. - 419 N. New Hampshire St.

**Columbia Street Block Party - Friday April 26, 6:30 - 9:30 pm @ Downtown Covington** Free event, open to the public! Classic car show and family entertainment, live music at local venues. Come out and see what downtown has to offer!

**Covington Farmer's Market - Saturday April 27, 8 am - 12 pm @ the 600 block of Columbia St.** Fresh local produce, raw and prepared foods, plants and vegetables. Live music by Harpist Jessica Meltz, beginning at 9:30. Chefs Keith and Nealy Frenzt will drive their food truck, Lola Deux, to the Market. - 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.

**Covington Historic Treasures Home Tours - Saturday April 27 starting at 11 am @ Christ Episcopal Church** Architectural Historian Sally Reeves will start with a presentation at Christ Episcopal Church, followed by a light lunch break, home tours and a wine reception. Tickets are sold at the event. - 120 S. New Hampshire St.

**Old Feed Store Music Series - Saturday April 27, 12 pm - 2 pm @ Marsolan's Feed and Seed** Live music after the Farmer's Market! - 314 E. Gibson St.

"Lake Road" by Mary Monk. Mary is currently showing at Three Rivers Gallery.

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**Covington Business Association**

Next Meeting  
May 1st  
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CBA

www.covingtonbusinessassociation.org

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**The Green Room** 521 E. Boston St. - Wed. - Big Daddy-O  
hosts Open Mic Night 9pm Thurs. - TBT w/ DJ Dizzi 9pm Fri.  
- Street Parade 6 pm + Davy Crockett & the Wild Frontier 10  
pm Sat. - Sons of Deity + Southern Redemption 9 pm Sun.  
- Karaoke w/ DJ Bobby Blaze Mon. - Live Music, No Cover  
+ Free Beans! 7 pm Tues. - Service Industry Night / Happy  
Hour 2-9pm every day

**Davy Crockett + Wild Frontier**

**Sons of Deity**

**Southern Redemption**

**Winos and Tacos** 321 N. Columbia St. - Wed. - Chris  
LeBlanc 6 pm, during the free wine tasting! Fri. - The  
Mumbles 9 pm Sat. - The Upstarts 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

**Street Parade @ The Green Room**

Street Parade started out on the Tickfaw River, also home of the locally famous "Swamp People". Lately they have been hiding in the woods of Abita Springs, barnstorming shows for the locals and visitors alike. The band consists of Stan Miller, Bert Harris, Tom Massohler, and Pete "Barn" Philebar, performing New Orleans R & B with the classic rugged sound we have all come to expect. They are playing Friday evening at 6:00 pm for the Block Party.

**The Mumbles @ Winos and Tacos**

Friday night also offers The Mumbles, a tiny band with a mighty sound. Using two keyboards, a drum kit and a saxophone, they combine New Orleans funk and soul with old time jazz. The band is composed of Keith Burnstein, Ethan Shorter, and Ejric Bernhart. Originally hailing from New York City, they made New Orleans their home in 2010 and fit right in. Having toured most of the US, this will be their first show on the Northshore.

For the full music calendar, visit: [www.covingtonweekly.com](http://www.covingtonweekly.com)

**Covington Weekly Distribution Locations:**

Aquistapace'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, 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 26, 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, Thai Kitchen, Toad Hollow, Winos and Tacos, Vazquez Restaurant, Yoga School

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