# ovington Weekly www.covingtonweekly.com

### **Doncaster Spring / Summer Trunk Show**

At History Antiques & Interiors May 15th - 23rd Doncaster Trunk Show for the Spring / Summer Season! Call Leslie Stumpff for your personalized appointment to be professionally fitted at 985-249-1608, or stop in to peruse the available outfits. History Antiques displays beautiful handcrafted antique furniture

and unique decor full of stories, personality and charm. Stop by between 10 am and 4:30 pm Tuesday - Saturday to see for yourself!



Thoroughbred" by Joseph Dunn 1842, England. One of the many gorgeous antiques with a story

History **Antiques & Interiors** 317 N. Columbia St. (985) 892-0010

# **Art Launch: Juried Student Exhibition**

At The St. Tammany Art Association

The St. Tammany Art Association is pleased to present the juried art exhibit, Art Launch. Junior High and High School students in St. Tammany Parish (private, public & home school) were invited to participate in this opportunity for young artists to exhibit. Art Launch allows art students to gain valuable experience by getting familiar with the jurying process and preparing their work for display in a professional gallery setting.

Our juror for Art Launch is former SLU Art Professor, Gail Hood. First, Second and Third place prizes will be presented in Junior and High School categories at the opening reception on Saturday, May 18 at 6 pm-9 pm at the Art House, 320 N. Columbia St. Honorable Mention selections will also be recognized at the reception. The event is free and open to the public.

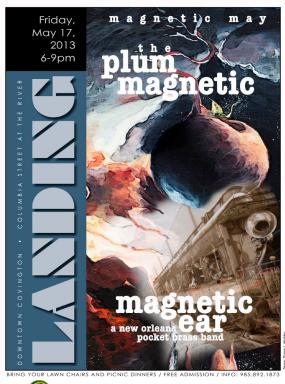
# Chapter Two" Runs May 10 - 26

Playmakers Presents One Of Neil Simon's Finest Comedies

"Chapter Two" is a hilarious play written by Neil Simon, widely perceived to be an autobiographical glimpse into the author's own experience of losing a wife, then falling in love again. The play centers around four characters: a mourning writer named George Schneider (Gordon Carmadelle); a level headed actress named Jenny Malone (Megan Eddy); George's brother Leo (Kyle Riche) and Jenny's clueless but enchanting friend, Faye (Emily Antrainer). Visit www.playmakersinc.com to learn more.

### **Behavioral Health Fair** Thursday May 16th, 10 am - 2 pm

Learn about the many mental health services available in St. Tammany Parish. Free and open to the public, sponsored by the St. Tammany Outreach for the Prevention of Suicide (STOPS), the National Alliance on Mental Illness St. Tammany (NAMIST), Greenbrier Behavioral Healthcare and St. Tammany Parish. This event will be held Thursday May 16th at the National Guard Armory, 1320 N. Columbia Street, from 10 am - 2 pm. For more information contact Erica Fols at 985-626-6538 or info@namisttammany.org









# **Magnetic May - Sunset at the Landing**

Columbia Street Landing, the End of Columbia at the River Sunset at the Landing Concert Friday May 17th from 6 -9 pm at the foot of Columbia Street in Covington. The concert is free and all are encouraged to bring chairs and refreshments. The event is sponsored by St. Tammany Homestead, the City of Covington and the Covington Farmers Market. This month's show features The Magnetic Ear beginning at 7:00 pm. Opening the show will be The Plum Magnetic beginning at 6:00 pm

# Sign Up For Our Free E-Newsletter: www.covingtonweekly.com

### **American Craft Beer Week** Covington Brewhouse Blues & Brew Festival At The Trailhead

It's festival season! The culmination to American Craft Beer Week will take place this weekend at the trailhead, hosted by Covington's own craft brewery, Covington Brewhouse. Groove to live music from the Mo' Jelly Blues Band and enjoy food from Beck 'n Call Cafe Friday, May 17, from 5 pm to 9 pm. The Covington Brewhouse will be open for night tours, and a portion of the proceeds will benefit the Tammany Trace in downtown Covington.



Mo' Jelly Blues Band performing at the Covington Trailhead for Oktoberfest. Taps On The Trace Saturday 2 pm - 9 pm

Celebrate American Craft Beer Week at the 1st ever Taps on the Trace festival benefitting the Tammany Trace in downtown Covington. A beer garden will have all the small-batch, specialty beers from Covington Brewhouse, world famous ribs and grits from Zea's, live music all day, and family friendly activities! The music line-up includes Bruiser's House of Surf, Kim Carson, The Unnaturals, and Sharon Schech & the Rebel Yell. The party continues after 9 at Rock N Blues Cafe for more great music, beer and people.



Bruiser's House of Surf, Kim Carson, The Unnaturals and Sharon Schech & Rebel Yell at the Trailhead this Saturday for Taps on the Trace.



Please appreciate your adult beverages safely and responsibly.

### Quote of the Week

"Knowing others is Wisdom, knowing yourself is Enlightenment."

– Lao Tzu

### Friday May 17 First Quarter

# **Our Place Studio Shares the Health**

Learn From Local Wellness Experts While Giving Back to Our Community

Want to learn about how what you eat affects your hormonal balance (and therefore, your weight)? Ever heard of living foods and beverages - did you know they were a staple of the human diet for thousands of years? How about how the health of your abdominal organs is crucial to the health of every aspect of your system? Ever heard of Somatics? Chakras? Interested in exploring a plant-based diet and want to learn about the benefits? How about if you could learn about these approaches to health and wellness - and so much more - while giving back to our community? Join us for Share the Health, a health and wellness education series being held every Tuesday in June and July, 12 - 12:45 pm, at Our Place Studio in downtown Covington. Every Tuesday, a different home-grown expert shares their knowledge with you, helping you create more health for yourself and your family. Even better - every talk is donation-based, and all proceeds go to a local charity chosen by the featured speaker. Suggested donation per talk is \$10, but any amount is welcomed! Bring your lunch and your questions, expect to learn, experience, maybe even enjoy some samples and coupons. Our goal? Build a healthier community through knowledge-sharing, inspiration and giving back, one person at a

All Share the Health talks take place at Our Place Studio, located at 338 N. Vermont St. (corner of Vermont & Gibson). You can contact Liz for more information: 985.778.3448 and read more about Share the Health at:





Share The Health Schedule of Events Listed By Date, Speaker, Title of Presentation, & Targeted Charity

June 4: Donna Caire / Appreciation and Facilitation of Your Body's

Internal Power to Be Healthy & Whole / NorthLake Nature Center June 11: Laura Warner / Holistic Nutrition / St. Francis Animal

Sanctuary June 18: Danny Burke / Run Faster, Repair Injury & Hurt Less with Somatics / Covington Food Bank

June 25: Monica Gallardo / Easy Release Techniques for Common Aches & Pains / Covington Boys & Girls Club

July 2: Jeff Garmon / The Many Benefits of Omega-3 Fish Oil / Feral

July 9: Laura Warner / Building Hormone Health with Nutrition / St. Tammany Humane Society

July 16: Jodie Burke / Adopting a Plant-Based Lifestyle for Health, Beauty & Prevention / Covington Food Bank

July 23: Susan Tarasova & Nanette Schoenewe / The World of Living Foods & Beverages / Covington Boys & Girls Club

July 30: Paige Schneider / Chakra Balancing & Cleansing / Covington Hope House by Liz Bragdon, Our Place Studio

# **Farmer's Market Recipes**

**Support Local!** 

Covington Weekly

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

### **Broccoli Cauliflower Creole Casserole**

### Ingredients

1/2 cup plain bread crumbs

1/4 cup + 2 tbls parmesan, divided

2 tbls of your favorite butter (melted)

1 1/2 tsp oregano, basil & thyme, combined 16 oz fresh broccoli, chopped

16 oz fresh cauliflower, chopped

2 tbls of your favorite butter

1 large onion, chopped

2 tbls unbleached flour

3 cloves garlic, minced

1 tsp sea salt 1/4 tsp cayenne pepper

1 1/4 cups of your favorite milk 4 oz creole cream cheese, cubed



### **Cooking Instructions:**

Preheat oven to 350 degrees. Mix bread crumbs, 2 tsp of parmesan, melted butter and 1/2 tsp of herbs. Set aside. Melt remaining butter in skillet on medium heat, add onions and cook until tender. Stir in flour, remaining herbs, garlic, salt and pepper. Add milk, cook until bubbly and thickened. Add cream cheese and remaining parmesan, cook until cream cheese is melted. Add vegetables and coat evenly. Spoon into baking dish and sprinkle top with bread crumb mixture. Bake 40 minutes or until heated through and top is lightly browned.



# **Support Local**



The Covington Farmer's Market is every Saturday from 8-12 at the 600 block of Columbia Street, and every Wednesday at the Covington Trailhead from 10 - 2, rain or shine. This Saturday's musical guest is Brian Bonura and Philip Bartles. Steve Ahrons of Seiler Bar and Bistro will serve specialties from the menu.

### **Two Types Of Sunscreen: Physical And Chemical**

There are two types of sunscreens: physical and chemical. Physical sunscreens use UV filters while chemical sunscreens use chemical filters. The physical sunscreens protect your skin from the sun by blocking the rays. These usually contain Titanium Dioxide and Zinc Oxide.

Some may be allergic to Titanium Dioxide. Zinc oxide is generally safe and can be used on sensitive skin. It is used in diaper creams. Titanium Dioxide protects against UVB rays but not the full spectrum of UVA; zinc oxide protects against UVA and UVB. Therefore, it is best to choose a sunscreen that protects against both.

Chemical sunscreens offer more coverage against UVA, but the range of protection will depend on how stable and active the product is. Avobenzone is a product contained in the chemical sunscreen and protects against UVA, but it is advisable to wait 20 minutes after applying to obtain effective sun protection.

Choose a broad spectrum sunscreen which protects against both rays. Remember, sunscreens need to be reapplied, especially after swimming and even on "shady" days. Many patients tell me that they try not to go in the sun, but the reflective rays are present through windows. On a cloudy day, 80 percent of the sun's UV rays pass through clouds, 17 percent reflect on sand  $\,$ and 80 percent reflect on snow.

Here's a few tips: apply sunscreen 30 minutes before going out. Apply liberally and allow to dry thoroughly. Use a lip balm that contains an spf of 15 +. Waterproof sunscreen loses effectiveness after 80 minutes; water resistant, after 40 minutes

Sun-protective hats, sunglasses and clothing are also available to shield you from the sun. Wear your sunscreen daily. Many formulations can be applied prior to makeup. Makeup alone is not sufficient to block these harmful rays. Skin cancers occur everywhere, but mostly on the sun-exposed areas, especially the face, ears and scalp.

It is important to take the extra step and apply sunscreen before going out. For any questions about the type of sunscreen that is best for you, please call me at Opalescense Day Spa. Sandy Thornhill, FNP-C

Opalescense Day Spa 985-612-7245

### **24 In 24 For Breast Cancer**

### Presented By CAGNO And Crossfit No Surrender Crossfit No Surrender will host 24 workouts of the day (WOD) in

24 hours to raise money for the Cancer Association of Greater New Orleans. All money raised will go directly to CAGNO. Every hour on the hour, for 24 hours, a workout will start. All you have to do is stop in, donate money for a WOD, and participate. The benefit will start Friday, May 17 at 9 am and continue through Saturday, May 18 at 10 am. for more info, visit

www.cagno.org or www.crossfitnosurrender.com.

985-893-2220





# Covington Business Association

Next Meeting June 5 6:00 pm at:





HISTORYANTIQUES@GMAIL.COM 317 N. COLUMBIA ST. COVINGTON, LA

(985) 892-0010

Tuesdays in June and July •12-12:45

featuring home-grown experts and educators in

diverse areas of health and wellness. \$10 Suggested Donation • All Proceeds Benefit Local Charities

Visit our website for details.

# **OUR PLACE STUDIO • OPCOVINGTON.COM**



## TJOWEMSJR ART.com

Vinyl Film Artist art in two great lights ORIGINAL WORKS SIGNED PRINTS

See TJOwensJrART at Harbor Bay Fest 2013 Roll On" "Good Evening"

jamie@tjowensjrart.com



**Celebrate Bike Month** 416 E. Gibson Street (on the Trace) buy • sell • trade

> rental, repair and maintenance new & used skateboards local art

985-237-3658





· Drain Cleaning

· Video Inspection

· Water Heater

· Backflow Specialist · Gas Inspections "WE CLEAN YOUR DRAIN, NOT YOUR WALLET!"

12251 Arc Rd.

Covington, LA 893-1883 Fax: 893-5252

# Adynamic.com

A LIMITED LIABILITY COMPANY

A Boutique Interactive Technology Firm Specializing In CMS Client Training Content Management System Hosting

Web Design Web Development HTML, FLASH, CSS, JAVASCRIPT, PHP & WORDPRESS THEME DESIGN & DEVELOPMENT

Web Hosting & DNS Services Search Engine Optimization

Contact Us: 504-669-2961

Support Local! Advertising with

**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

Covington Farmer's Market - Wednesdays, 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 with the US director of the Bodegas Taron Winery in Spain! Music by the Phil Moran Duo (Saxophone player for Soul Project). - 321 N. Columbia St. Behavioral Health Fair - Thursday May 16, 10 am - 2 pm @ the National Guard Armory

Learn about the mental health services available in St. Tammany Parish. Contact Erica Fols, 985-626-6538 or info@namisttammany.org. - 1320 N. Columbia St.

Sunset at the Landing Free Concert Series - Every Third Friday March - October, 6 - 9 pm @ Columbia Street Landing It's Magnetic May! This Landing Concert features The Plum Magnetic starting at 7 pm with Magnetic Ear opening at 6 pm. This concert is free and open to the public. - the end of Columbia Street at the River

Playmakers Presents "Chapter Two" - May 10 - 26, Friday and Saturday at 8 pm,

Sunday Matinee at 2 pm Written by Neil Simon, directed by Anne Pourciao. Reserve tickets at www.playmakersinc.com or by calling 985.893.1671. - 19106 Playmakers Rd. Covington Farmer's Market - Saturday May 18, 8 am - 12 pm @ the 600 block of Columbia St. Fresh local produce, raw and prepared foods, plants and vegetables. Live music by Brian Bonura and Philip Bartles, beginning at 9:30. The food demo this week will feature Steve Ahrons, owner of Seiler Bar and Bistro, who will prepare and sample selections from the menu. - 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.

Old Feed Store Music Series - Saturday May 18, 12 pm - 2 pm @ Marsolan's Feed and

High and High School Students of St. Tammany. - 320 N. Columbia St.

Seed Live music after the Farmer's Market! - 314 E. Gibson St. Art Launch Juried Student Art Exhibit Opening Reception - Saturday May 18, 6 - 9 pm @ STAA Real - life juried art exhibition for private, public and home-schooled Junior

Board of Adjustments and Planning & Zoning Meetings - Monday May 20, 5:30 - 6:30 pm & 6:30 - 8 pm @ City Council Chambers Public meetings concerning the City of Covington. The Board of Adjustments Meeting is first, followed by Planning & Zoning. Contact person Dominique Elzy, p&z@covla.com. - 222 Kirkland St.

public meeting concerning the City of Covington. Contact person Bonnie Champagne, council@covla.com or 985-898-4722. - 222 Kirkland St. John F. Kennedy declared May 15th to be National Peace Officer's day.

City Council Meeting - Tuesday May 21, 6 pm @ City Council Chambers Open to the



Subsequently, the week that May 15th falls in is known as National Peace Officer's Week (Police Week). Ironically, J.F.K. established this observance for fallen officers in 1962, just one year before being assassinated in one of the most controversial acts in the last century

### Live Music Around Town

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

Green Room 521 E. Boston St. - Wed. - Derek Woltmann hosts Open Mic Night 9 pm Thurs. - TBT w/DJ Dizzi 9 pm Fri. -Double Bass Project feat. Rob Chalmers 9 pm Sat. - Chance Casteel & Beware of Bear + Josh Foreman & Righteous Wolf 9:00 pm Sun. - Karaoke w/ DJ Bobby Blaze Mon. - Live Music, No Cover + Free Beans! 7 pm Tues. - S.I.N.





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



Winos and Tacos 321 N. Columbia St. - Wed. - Wine Wednesdays - enjoy a free tasting with Bodegas Taron Winery in Spain, music by the Phil Moran Duo! Fri. -Crawfish on the Patio @ 6 No Cover Charge All Shows-Party on the Patio!



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, The English Tea Room, Garden Inn., Gilsbar 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 & Brian 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, Opalescense 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 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 Printed with recycled content. Want to save paper? Download this and other issues at

Be Kind to One Another www.covingtonweekly.com and sign up for our weekly e-newsletter!

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. www.englisht<del>e</del>aroom.com

**ZAGAT** rated!

# OPAL ESCENSE

Day Spa

Covington, LA

**Get Sugared, Not Waxed! Certified Sugaring Specialist on Staff** 

Also offering: Facials · Massage · Microdermabrasion Full Body Scrubs & Mud Treatments

123 Terra Bella Blvd. Covington, LA

(985) 612-7245 www.opalskin.com

YOGA SCHOOL L.L.C. 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

# 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** 

Like us on



Karaoke by Request **LUNCH / DINNER/ TO GO** 1005 COLLINS BLVD.

PHONE: (985) 809-7886 FAX: (985) 809-7820



Elizabeth Pfeffer

LIVE MUSIC **EVERY WEEKEND** 

OPEN MIC NIGHT EVERY WEDNESDAY \$2 BEER & WINE 2 - 9 PM EVERYDAY

E. Boston St. . Covington, LA (985) 892-2225

WWW.GREENROOMCOVLA.COM



HELP 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 985-867-3652





