

Covington Weekly

July 10 - 16, 2013

www.covingtonweekly.com



Covington Business Association Meeting Wednesday, July 10th at Our Place Studio

This month's CBA meeting is at Our Place Studio, 6 pm with a 5:30 reception, at the corner of Vermont and Gibson. The CBA is dedicated to promoting the interests of local business. Remember to shop local!

Love on a Leash at the Covington Branch Library Thursday, July 11th from 1 - 3 pm

Children practice their reading aloud skills with a nonjudgmental audience - a dog! Trained therapy dogs from Love on a Leash St. Tammany will be available for short sessions for children to practice reading in the meeting room at the St. Tammany Parish Library Covington Branch. For ages 5 - 11 years old. Registration is required, call (985) 893-6280 to register beginning July 3rd.

"Wanderings" Photographs by Hobby Morrison Opening Reception Friday, July 12th at Henry Hood Gallery



Henry Hood Gallery will have an opening reception for "Wanderings" Photographs by Hobby Morrison Friday from 6 - 9 pm. The exhibit will close August 3rd. For more information call 789-1832 or email whhood@att.net. Henry Hood Gallery is located at 325 E. Lockwood St.

History Antiques & Interiors On Columbia St.



"The Pool Hall" - Mid 20th Century Oil Painting - historyantiquesandinteriors.com

Second Saturday Art Stroll July 13th



The St. Tammany Art Association announces the 48th National Juried Artists Exhibition, the Summer Show. Just 42 artists were selected for this year's exhibition, including 17 from St. Tammany Parish. Other artists accepted into the show come from across Louisiana and the southeast, plus Illinois, California, Georgia, New Jersey and New Mexico. Open to artists from all over the United States, the St. Tammany Art Association's annual juried exhibition is one of the most diverse in the state of Louisiana, featuring only visual art completed within the past two years.

The juror for the 2013 Summer Show is Mary Hardy, Curator for the Duckett Gallery at The Mary C. O'Keefe Cultural Center for Arts and Education in Ocean Springs, MS.

All events are free and open to the public and are presented at the St. Tammany Art Association, 320 N. Columbia St. For more information, call (985) 892-8650 or email info@sttammanyartassociation.org. For a full list of artist participants, visit www.sttammanyartassociation.org This exhibition continues through August 10th when a closing reception will be held from 6 to 9 pm, with selected artists' commentaries about their work.

Mickey Asche Opening at Three Rivers Gallery Opening Reception 6 - 9 pm, 333 E. Boston St.



Growing up in southern Louisiana, Mickey Asche was drawn to depict the world around him: the rich wildlife, vast numbers of bayous, marshes and swamps. In 2008 and 2010 Mickey was awarded the honor of being the Madisonville Wooden Boat Festival poster artist. He is a member of the Society of Animal Artists and has been invited to show in national wildlife shows in South Carolina and Alabama with some of the nation's top wildlife artists. Mickey Asche's work will be on display through the 20th.

Farmer's Market Recipes

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

Black Bean Chili With Squash Fritters

Ingredients (Chili):

1 tbsp oil
1 small onion, diced
2 cloves garlic, minced
1 tsp ground cumin
1 tsp chili powder
1 tsp thyme
1 tsp salt
1/2 tsp cayenne
1 cup corn kernels
1 tomato, diced
1 19 oz. can black beans
3 cups vegetable stock
1 tbsp fresh lime juice

Ingredients (Fritters)

1 medium squash, grated
1/2 tsp salt
1 egg
1/2 cup bread crumbs
1 tbsp chopped pecans
1 tsp lime zest
1/2 tsp fresh lime juice
1 tbsp oil



Directions (Chili):

Heat oil and saute onion and garlic. Add the herbs and spices and stir to coat vegetables. Add the corn and tomato and cook until tomato softens. Add black beans, vegetable stock, and stir. Bring to a boil, stirring frequently, reduce heat and cook 15-20 minutes.

Directions (Fritters):

Place all ingredients into a bowl and stir together. The mix should be moist enough to stick together and form a patty. If the mixture is too wet, add some more bread crumbs. Heat oil in the pan and saute patties until they are browned on both sides.

Serve!

Add the fresh lime juice to the chili before serving. Top the chili with a fritter and garnish with chopped tomatoes, lime wedges and cilantro.



Discover the benefits of eating Local

Quote of the Week

"Courage is not simply one of the virtues, but the form of every virtue at it's testing point."
- C.S. Lewis

Monday
July 15th



First Quarter

"Share the Health" Talk with Jeff Garmon The Many Benefits to Omega-3 Fish Oils & Algae Oil

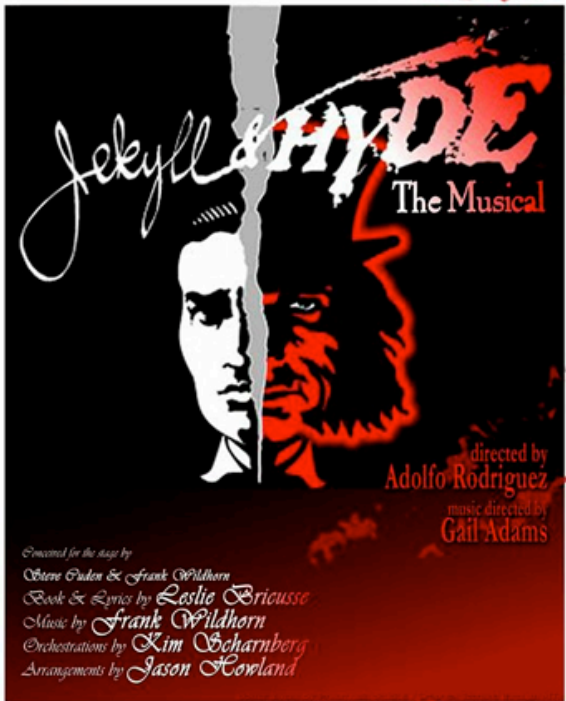
Last week, Jeff Garmon shared his knowledge of the many benefits of omega-3 fish and algae oil. He explained that Essential Fatty Acids (EFAs) are healthy fats that our bodies do not make, so we must obtain these fats through our diet, supplementation, or a combination of both. There are two families of these EFA's: Omega-3's & Omega-6's. Ideally, we should be consuming both of these fats in a balanced ratio; however, the average American now consumes approximately 20 times as much Omega-6 as Omega-3. This huge imbalance has been associated with chronic inflammation in our population, with a variety of health issues implicated, including heart disease, cancer, mood and memory disorders, arthritis, immune-related diseases, and many others. One of the keys to getting our health back in order is to start consuming more of the Omega-3's and fewer of the pro-inflammatory Omega-6's. That said, there are a group of healthy Omega-6's that should not be confused with other "pro-inflammatory" Omega-6's. The healthy Omega-6's include evening primrose oil, borage oil, black currant oil. The pro-inflammatory Omega-6's primarily consist of the industrialized vegetable oils-- corn oil, soybean oil, safflower oil, sunflower oil, canola oil, etc. The most beneficial, most studied and well- documented of the Omega-3's are EPA and DHA. These are primarily and most easily obtained through eating cold-water fish and fish oil supplements. Another good source of EPA and DHA from a vegetarian source is Algae Oil. Plant-derived Omega-3's, such as flax and chia, are in a form called Alpha Linolenic Acid (ALA). These are healthy Omega-3's, as well; however, our bodies have a very difficult time converting ALA into the most beneficial Omega-3's (EPA & DHA). Reports range from 5-15% of ALA converting to EPA in our bodies, and little, if any, ALA converting into DHA. When shopping at your local health food store, look for Fish Oil or Algae Oil supplements with the following words on their label: "3rd-Party tested for purity and freshness." This is a guarantee that the product is either free of or contains undetectable levels of toxins such as mercury, PCB's, and dioxins. Also, the fresher the fish oil supplement, the better it works. A quality fish oil supplement should not have a fishy after-taste or cause you to 'burp' fish. Also, make sure the label says "Natural Triglyceride" or "True Triglyceride" form. Most concentrated fish oil supplements on store shelves are synthetic and not in their natural forms. Natural Triglyceride fish oils have been proven by science to be approximately 70% more absorbable and bioavailable to your body.

At present, there are only three (3) available human studies conducted with Krill Oil, while there are literally thousands of clinical studies done on people and animals with fish oil. Krill Oil is a vital link in the marine food-chain and Krill fishing has been banned on the West Coast of the United States, with strict limits set in Norway and Antarctica. In this day and age, sustainability matters. Quality fish oil manufacturers use only sustainable fish species like sardines, anchovies, and Arctic Cod, which are in abundant supply and there are strict procedures in place to keep them that way. This not only ensures that the human population of the world has access to these resources, but also that the delicate ecosystems that help support the life of our entire planet remain healthy and strong.

Share the Health is a Summer Education Series being held every Tuesday in June and July from 12 - 12:45 pm. Admission is donation based; proceeds go to charities of the speaker's choice. The next talk will be Jodie Burke presenting "Adopting a Plant-Based Lifestyle for Health, Beauty & Prevention" and will benefit the Covington Food Bank on July 16th.

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: www.opcovington.com

Playmakers THEATER PRESENTS



July 12-28, 2013

THURSDAY, FRIDAY & SATURDAY AT 8PM • SUNDAY MATINEES AT 2PM
RESERVE TICKETS: (985) 893-1671
also available at www.playmakers.com
ADULTS \$25; STUDENTS \$15



Playmakers Theater Presents Jekyll & Hyde

"Jekyll & Hyde" is based on the novella "The Strange Case of Dr. Jekyll and Mr. Hyde" by Robert Louis Stevenson. It concerns a brilliant doctor whose experiments with human personality create a murderous counterpart. Convinced the cure for his father's mental illness lies in the separation of man's evil nature from his good, Dr. Henry Jekyll unwittingly unleashes his own dark side, wreaking havoc in the streets of late 19th Century London as the savage, maniacal Edward Hyde.

This rendition of "Jekyll & Hyde" is directed by Adolfo Rodriguez, with music directed by Gail Adams. The show will run July 12th - 28th on Thursday, Friday and Saturday at 8 pm, with a special opening Friday the 12th. Sunday matinees will be at 2 pm. Reservations can be made by phone at 985-893-1671 or by ordering online at www.playmakersinc.com.

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Thank You To The City Of Covington

Former Councilwoman Patricia Fuhrmann Clanton requested that we print a thank you letter to the City of Covington for the fantastic job that was accomplished with the City's year-long Bicentennial Celebration, and we were happy to oblige:

"The activities held in honor of Covington's Bicentennial Celebration have been packed with the best that Covington has to offer. From music of all kinds to interesting Home Tours. From talks on the history of our wonderful community to various other functions such as the parade, the art shows, the photography show, and the Great Car Race.

From Whisperings in the Cemetery to the Mayor's Prayer Breakfast. From the old fashioned picnic to the grand finale of a spectacular fire works display in Bogue Falaya Park. It seems that there was something for everyone and the citizens of Covington put their best foot forward.

Thank you and kudos to the Bicentennial Committee and thank you and kudos to the employees of the City that worked to keep up with all of the many activities through out many months. Thank you to Mayor Cooper and all of our Council members for their participation at all of the special events. Thank you to the business community and the many organizations that joined in and gave their support to the programs presented through out the past year.

Everyone working together is what makes Covington the special place that it is and it is what made our City's 200th birthday the successful celebration that it was. Happy Birthday Covington and best wishes that it may continue to be the very special place that it has always been."

Patricia Fuhrmann Clanton

Photos by David Barfield 2013



How to Save on Your Water Bill

Quick Water Saving Tips from Goodbee Plumbing Inc.

Did You Know - A drip from a faucet of 1/32 of an inch will lose 25 gallons of hot water per day; a 1/16 inch drip will waste over 100 gallons a day. Do you have long runs of exposed piping? Valuable heat is lost through un-insulated pipes.

The gallons per minute flow rate of standard shower heads vary greatly. "Luxury" type shower heads disperse from five to twelve gallons per minute. Reducing the flow rate at the shower, or other fixtures will conserve hot water.

High water pressure will cause higher usage of hot water. A fixture which dispenses three gallons/minute at 50 LBS of pressure increases to four gallons/minute at 80 LBS of pressure. Reduce the water pressure to stretch the available hot water.



Covington Weekly

Covington, LA July 10 - 16, 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.**

CBA Monthly Meeting - Wednesday July 10, 6 pm @ Our Place Fitness Studio Monthly meeting of the Covington Business Association. The July meeting takes place on the second Wednesday due to the Bicentennial Celebrations. - **338 N. Vermont St.**

"Wanderings" Opening Reception - Friday July 12, 6 pm - 9 pm @ Henry Hood Gallery Featuring Photographs by Hobby Morrison. The exhibit runs until August 3rd. For more information, call (985) 789-1832. - **325 E. Lockwood St.**

Playmakers Theater Presents "Jekyll & Hyde" - Starting Friday July 12, 8 pm @ the Playhouse "Jekyll & Hyde" will run July 12th - 28th on Thursdays, Fridays and Saturdays at 8 pm, with a special opening Friday the 12th. Sunday matinees will be at 2 pm. Reservations can be made by phone at 985-893-1671 or by ordering online at www.playmakersinc.com. - **19106 Playmakers Rd**

Covington Farmer's Market - Saturday July 13, 8 am - 12 pm @ the 600 block of Columbia St. Fresh local produce, raw and prepared foods, plants and vegetables. Live music by David and Mary Spicuzza at 9:30, Chefs Keith and Nealy Frenz 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.

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

Second Saturday Art Stroll - Saturday, July 13, 6 pm - 9 pm @ Downtown Covington Local galleries and businesses open their doors for a midsummer night stroll! Opening receptions at the St. Tammany Art Association (320 N. Columbia St.) and Three Rivers Art Gallery (333 Boston St.).

Share the Health Educational Series - Tuesday July 16, 12 pm - 12:45 pm @ Our Place Studio This weeks' talk is by Jodie Burke with "Adopting a Plant-Based Lifestyle for Health, Beauty & Prevention". This talk will benefit the Covington Food Bank. Visit www.opcovington.com for more information. - **338 N. Vermont St.**

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**

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

Thai Kitchen 1005 Collins Blvd. - Karaoke by Request! Fri. - singer/songwriter Timothy A. G. on Acoustic Guitar during lunch and dinner

Green Room 521 E. Boston St. - Wed. - Open Mic Night 9 pm Thurs. - TBT w/ DJ Dizzi 9 pm Fri. - Joe Manuel Band with Friends and Family 8 pm Sat. - DJ Calypso 10 pm Sun. - Karaoke w/ DJ Bobby Blaze Mon. - Happy Hour 2-9 pm Tues. - Service Industry Night

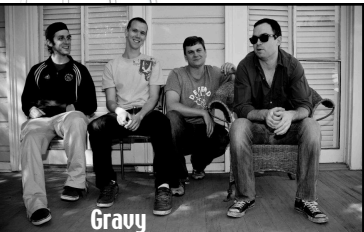


Throw Back Thursday w/ DJ Dizzi
MELOD
The Green Room



DJ Calypso
Dance Party - Saturdays
The Green Room

Winos and Tacos 321 N. Columbia St. - Wed. Free Wine Tasting featuring musical guest Craig Adams 6 pm - 8 pm Thurs. - Gia (pianist) 6 pm Fri. - Flow Tribe 9 pm Sat. - Gravy 9 pm No Cover All Shows!



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

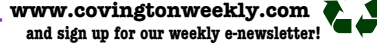
Covington Weekly Distribution Locations:

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 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, Downtown Deli, 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 & 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 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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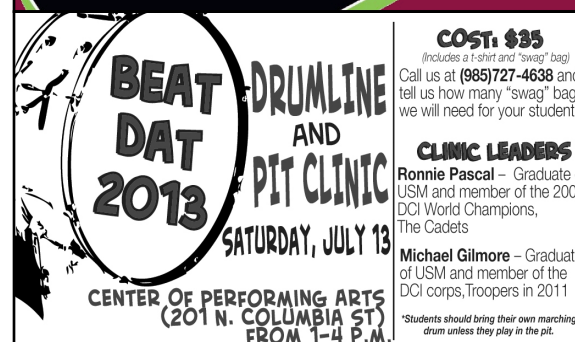
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www.englishitearoom.com



321 N. Columbia St.
985-809-3029



COST: \$35

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Call us at (985) 727-4638 and tell us how many "swag" bags we will need for your students!

CLINIC LEADERS

Ronnie Pascal - Graduate of USM and member of the 2005 DCI World Champions, The Cadets

Michael Gilmore - Graduate of USM and member of the DCI corps, Troopers in 2011

*Students should bring their own marching drum unless they play in the pit.

