

A Taste Of India At The English Tea Room

Exploring The British Empire, Next Port: India



The expedition continues this Thursday with a port of call in India. Join the English Tea Room for the next stop in their 'Exploring the British Empire' adventure. Experience the authentic cuisine and teas of the country with a fabulous three course meal, explore their history and get a taste of their exotic culture. \$24 per person, starting at 7 pm. Get your passport ready and reserve your spot today!

The Tea of the Week is Mambai Silken Mint

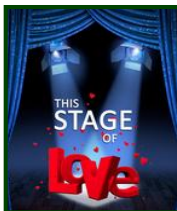
In celebration of the Indian culture, The English Tea Room is serving a blend of Indian black teas all this week. The blend consists of Darjeeling and Assam, with a hint of spearmint.

985-898-3988 info@englishtearoom.com

COPA Presents: A Play About Love

Auditions Are This Saturday

The Fuhrmann Performing Arts Society and Center Of Performing Arts (COPA) present an original musical production by Robert Sturcken called "This Stage of LOVE". The play follows its cast through the experiences of taking part in a play inside of a play. When a once famous director wants to get back into the spotlight his cast learns more than they expected about theater and about themselves as well.



From the auditions to curtain call we see the excitement, trauma, drama and most of all the LOVE that being in the theater provides. This is the inaugural cast and run, and promises to be a fun ride. Open auditions will take place Saturday, August 24 at 1 p.m. Those interested in auditioning should be 16 years of age or older and should come prepared to recite a brief monologue and two songs. The monologue should be light and comedic; the songs, one ballad and one up tempo, should be performed a cappella. Auditions will be held at Center Of Performing Arts, 201 N. Columbia St. in Covington. The show runs November 1 - 3 and 8 - 10 at the Fuhrmann Auditorium in Downtown Covington. The cast of 25 will be directed by Robert Sturcken and co-directed by New Orleans theatre notables, Kellan Sigl and Ed Morvant. Ticket information will be released in the upcoming months. For more information, contact COPA at 985-727-4638.

Center Of Performing Arts

201 N. Columbia St.


Fuhrmann Performing Arts Premieres First Season

2013-14 Season to Start with "Les Misérables"

Fuhrmann Performing Arts is proud to premiere their 2013-14 season, August 30th - September 16th, with Alan Boublil, Claude-Michel Schönberg and Herbert Kretmer's revolutionary operetta, 'Les Misérables'. The winner of nine Tony awards (including Best Musical, Best Book and Best Score), this international sensation - seen in 42 countries by more than 65 million people - is the longest running musical in the world.

Performances of "Les Misérables" starring Ivan Rutherford as "Jean Valjean" are August 30th and 31st at 7:30 pm and September 1st at 2 pm at the Columbia Theatre in Hammond. Tickets are \$32 for adults and \$15 for students with a current student ID. Performances of "Les Misérables" starring Joel Rainey as "Jean Valjean" are September 6, 7, 13 and 14 at 8 PM and September 8 and 15 at 2PM at the Fuhrmann Auditorium, 317 N. Jefferson Ave. in Covington. Mallory Bogle performing as "Cosette" is September 14 at 8PM. Tickets are \$25 for adults and \$15 for students with a current student ID.

For more information, visit Fuhrmann Performing Arts on the web at www.FPA-Theater.com. www.FPA-Theatre.com



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presents

A new production of

BOUBLIL and SCHÖNBERG'S


202 E. Thomas St. • Hammond
www.fpa-theater.com
985.543.4371

317 N. Jefferson Ave. • Covington
www.fpa-theater.com
985.276.0465




Les Misérables

Directed by Randy and Lynn Perkins and Dione Yager



Starring
Ivan Rutherford
"Jean Valjean"
from Broadway

Aug. 30, 31, Sept. 1
Columbia Theatre • Hammond



Starring
Derrick Stevens
"Jean Valjean"

Sept. 6, 7, 8, 13, 14, 15
Fuhrmann Auditorium • Covington

Les Misérables is licensed by Music Theatre International (MTI) by arrangement with CAMERON MACKINTOSH LTD.

1ST ANNUAL WHITE LINEN NIGHT in Covington

An Evening Of Art & Entertainment Friday In Downtown Covington

This Friday will be a night for great art, great food and of course, great wine! The 1st Annual White Linen Night kicks off at Wino's and Tacos with special welcome drinks by Absolut, then delves into wine and tapas tasting with live music by a jazz trio from the New Orleans band Water Seed. Wino's and Tacos and Tripolo Gallery have teamed up for this event to provide patrons with stunning local food, art and entertainment throughout both establishments. The Night is from 6 - 9 pm, then slides into an after party with Soul Project at Wino's and Tacos from 9 pm to midnight. Tickets for this event may be pre-ordered for \$25 per person by calling 985-809-3029. \$35 per person at the door.

Tripolo Gallery - 323 N. Columbia St.

Wino's and Tacos - 321 N. Columbia St.



Saturday Night: 'Black & White Vogue Soiree' @ Columbia St. Rock N Blues

Columbia Street Rock N Blues Cafe presents 'Black & White Vogue Soiree' on Saturday, a night of live art, music and a fashion show at midnight! Hosted by DJ Dizzi and Mumble Bee of Melo-D Productions. the event will feature a raffle, give-a-ways, drink specials and more. The fashion show is presented by Shop Soul Boutique, Salon Estetica, Shoeffe and Beyond 7 Designs. Doors open a 9PM. \$10 per person.



Below, Roxy Orgeron models some of the jewelry designs featured at Shop Soul Boutique. Photography by Nick Pechon.

Don't miss the midnight fashion show!



529 E. Boston Street
Covington, LA 70433

Quote of the Week

"By cultivating the beautiful we scatter the seeds of heavenly flowers, as by doing good we cultivate those that belong to humanity." – Vernon Howard

Wednesday

August 21st



Full Moon, Blue Moon

Essential Oils Classes at Holistic Life Approach

Presented By Janice Ladnier, Essential Wellness, LLC

Holistic Life Approach will host two classes on essential oils this Saturday, August 24th. Both classes will be presented by Janice Ladnier of Essential Wellness, an Independent Product Consultants for doTERRA essential oils.

The first class, entitled "Using Mother Nature's Medicine Cabinet," will focus on the basic benefits of essential oils and its uses. Janice will explain different oils medicinal purposes, and how they can be used to replace pharmaceutical drugs to resolve health concerns. This class will be 10 am - noon.

"Detox Your Body Naturally Using Essential Oils" will follow from 1:30 - 3:30 pm. In this class Janice will explore basic techniques to eliminate toxins using a variety of simple strategies, including essential oils, to cleanse the body gently and naturally. Includes handouts and door prizes!

Free samples of oils are available at these meetings, as well as biosurvey assessments. The cost for both classes are \$15 each. Bring your questions and your success stories!

What are essential oils?

Essential oils are natural aromatic compounds found in the seeds, bark, stems, roots, flowers, and other parts of plants. They can be both beautifully and powerfully fragrant. If you have ever enjoyed the gift of a rose, a walk by a field of lavender, or the smell of fresh cut mint, you have experienced the aromatic qualities of essential oils. In addition to giving plants their distinctive smells, essential oils provide plants with protection against predators and disease and play a role in plant pollination. Essential oils are non water-based phytochemicals made up of volatile organic compounds. Although they are fat soluble, they do not include fatty lipids or acids found in vegetable and animal oils. Essential oils are very clean, almost crisp to the touch and are immediately absorbed by the skin. Pure, unadulterated essential oils are translucent and range in color from crystal clear to deep blue.

In addition to their intrinsic benefits to plants and being beautifully fragrant to people, essential oils have been used throughout history in many cultures for their medicinal and therapeutic benefits. Modern scientific study and trends towards more holistic approaches to wellness are driving a revival and new discovery of essential oil health applications.

information provided by doTERRA essential oils, www.doterra.com

For more information, contact Karen Boudreaux with Holistic Life Approach at 985-276-8119. Holistic Life Approach is located at 107 N. Theard Street, Covington, LA.

American Cancer Society 5k Run/Walk



The purpose of this event is to gather the Northshore community together to participate in a 5k run/walk to benefit the American Cancer Society. The theme is "Gleaux Run For The Cure", where participants can be as creative as they want by incorporating lights and other glow objects into their running gear. As night falls, all the racers will be glowing in honor of the fight against cancer! A prize will go to the most creative and brightest runners.

Pre registration is available on www.active.com, keyword "gleaux race". Race Day Packet Pickup will be held at Varsity Sports Mandeville (2021 Claiborne St) from 12-6pm. Free for children under 6 years old. There will be an award ceremony and refreshments at the registration pavilion after the finish line. For the 21+ Crowd, Barley Oak will be hosting the official after party with beverages provided by Abita.

The American Cancer Society is one of the nation's largest non-profits, where their mission is to stay well, get well, find cures, and fight back. This event is to raise funds for programs supported by the American Cancer Society, to find other ways to get involved, please visit www.cancer.org.

Farmer's Market Recipes

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

Patty Pan Squash Stuffed with Ratatouille

Ingredients:

1 large patty pan squash
1 medium eggplant (or two of the skinny ones), cubed
1 zucchini, cubed
1 onion, chopped
1 bell pepper (or two long sweet peppers), chopped
1 pound of small tomatoes, such as cherry or pear, halved
Tomato paste (optional)
3-4 tablespoons of diced garlic
1 bay leaf
1 tablespoon chopped fresh thyme and parsley
1 tablespoon fresh basil, chopped in ribbons
Sea salt and freshly ground black pepper
4 tablespoons of virgin olive oil
Mozzarella and/or crumbled feta
Parmesan cheese



Directions:

Preheat the oven to 350 degrees.

Chop the eggplant and zucchini into cubes and place in a colander, then sprinkle with a little kosher salt. Let this sit for about half an hour. This allows them to sweat their bitterness out, and makes them much easier to work with.

Chop the top of the patty pan squash (the stem) off. Cut a hole out of the bottom (the flat part) and carve out the insides. Discard the seeds, but save the rest of the meat for later. Brush with a little oil and place on a baking pan in the oven until it softens, about 20-30 minutes.

Meanwhile heat one tablespoon of the oil in a large skillet on medium heat. Sauté the onions, bell pepper and garlic with a pinch of salt until they begin to brown, about 8 - 10 minutes. Set aside in a large bowl. Repeat this step with the zucchini and chopped insides of the patty pan, and then with the eggplant, each time setting it aside in the same large bowl. Take the last tablespoon of oil and sauté the tomatoes. You may want to add a little tomato paste at this point, if you prefer a saucier consistency. Add the herbs and spices (save a little shredded basil), then the bowl of sautéed veggies. Let this simmer on medium low heat for about 15 - 20 minutes. Discard the bay leaf, remove from heat and let sit.

Stuff as much of the ratatouille in the patty pan squash as you can making a large dome on top, and save the rest for the side. Top the stuffed squash with cheese and place back in the oven for another 10 - 15 minutes, or until the cheese browns. Cut in half and serve with an extra scoop of ratatouille, topped with a sprinkle of parmesan and the rest of the basil ribbons. Bon appétit!

This Week at The Farmers Market

Jon Hebert will start things off with wonderful tunes drifting from the gazebo. Market Vendor Susan Tarasova and Liz Bragdon of Kombucha Girl Living Beverages will serve vintage cocktails, shrub, bitters and living beverages.

Reaching Out for a Better Covington

Public Opinion on Covington Landmarks



Clock Tower at the Covington Trailhead.

The City of Covington has just celebrated its Bicentennial, establishing the rich history of an area know for its health benefits, abundant arts, crafts and produce, and contemplative aspects. From the 'Sanitarium of the South' circa late 1800's to its current designation as a 'Tree City USA', Covington continues to set a precedent of southern charm and hospitality. In its day, The Southern Hotel was a center point in Covington's booming tourist industry.

With the hotel's revitalization and some planned marketing and coordination, Covington will become a destination point once again. There is a great foundation of fantastic and acclaimed restaurants like Gallagher's, Lola, Del Porto and Annadele's, to name a few. The recent additions to the nightlife, Winos and Tacos and Columbia Street Rock-N-Blues Cafe, steadily pull New Orleans acts to the Northshore, as well as local, regional and internationally known musicians. The arts district is moving right along as well, with more galleries, businesses and events like STAA and the City's 'Art Market' making way for local artist's work. The theme to Covington's downtown district is good food, live music, local art and great times, which is an attraction representative of southern Louisiana life in general.

What are some attractions or landmarks that would work well in Covington? Many cities have murals, statues and fountains. Covington features these things, but not necessarily in a unified theme. Walker Percy (the author) is from Covington, and the English Tea Room will be promoting a Walker Percy Reading Club. What are some other events that might work well? Drop a line to Covington Weekly and tell us your ideas.



Renovation of the Southern Hotel is underway, planned to open early 2014.

Gulf Coast Bank's Annual Auctions In August

In the past 5 years, Gulf Coast Bank has raised over \$400,000 for more than 350 local, state-wide and national charities and schools. Gulf Coast Bank has always been active in their community, so they devote an entire month to extend these charitable efforts by involving the community through



'Auctions In August', a silent auction that runs the entire month of August. Items are available for bidding at each of their 16 branches, as well as online. The auction is open to everyone, bank employees, customers and the general public. Gulf Coast Bank received donations from local businesses and individuals alike, donors were able to choose which charity they would like the proceeds from the sale of their items to benefit. Please check out the website for more information on the auction, and to see the items available.

www.AuctionsInAugust.com

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Covington Weekly

Covington, LA

August 21 - 27, 2013
Blue Moon Wednesday August 21st



Using the Maine Farmers' Almanac definition of blue moon (meaning the third full moon in a season of four full moons, and where the seasons are marked by equal 3 month intervals between solstices and equinoxes as opposed to calendar quarters), blue moons have occurred or will occur on November 21, 2010, August 21, 2013, May 21, 2016, May 18, 2019 and August 22, 2021. According to Google Calculator, "once in a blue moon" is equal to 1.16699016 x 10-8 hertz. The hertz is a unit of frequency (one per second), and thus if the mean length of time between blue moons (2.1745 years according to Google) is metricized and converted to a frequency (by calculating the multiplicative inverse), it can be expressed in terms of hertz.

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.**

Covington Farmer's Market - Saturday August 17, 8 am - 12 pm @ the 600 block of Columbia St. Fresh local produce, raw and prepared foods, plants and vegetables. Live music by Jon Hebert at 9:30, Market Vendors Susan Tarasova and Liz Bragdon of Kombucha Girl Living Beverages will serve vintage cocktails, shrub, bitters and living beverages. Always a good time! - **600 block of Columbia St.**

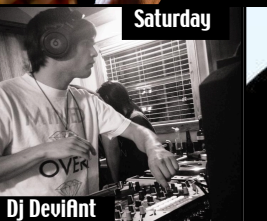
Covington Brewery Tours - Every Saturday, 10 am - 2 pm @ Covington Brewery Free tours of the brewery - covingtonbrewery.com for info.

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**

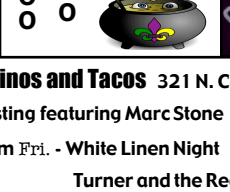
Live Music Around Town

English Tea Room 734 E. Rutland St. - Tues. - Acoustic High Tea Featuring Live Music by singer/songwriter Timothy A. G. 11 am - 1 pm

Green Room 521 E. Boston St. - Wed. - Open Mic Night @ 9 pm Thurs. - @ 9 pm Fri. - Bloomin' Onions @ 10 pm Sat. - DJ Deviant @ 10 pm Sun. - Karaoke w/ DJ Bobby Blaze Mon. - Live Music + Happy Hour 2-9 pm Tues. - Service Industry Night



Columbia St. Rock 'N Blues Cafe Columbia St. - Wed. - Karaoke @ 9 pm Thurs. - Comedy Night w/ Corey Mack @ 9 pm Fri. - Voodoo Gumbo @ 10 pm Sat. - Black & White Vogue Soiree @ 10 pm Sun. - Beer Pong Tournament



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, Camella 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, Glisbar 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 25, PJ's in St. Tammany Parish Hospital, Roy's Knife & Archery Shop, St. John's Coffeehouse, St. Tammany Art Association, St. Tammany Parish Library, St. Tammany Humane Society, St. Tammany Parish Library, Studio 311 Salon, Sunshine Garden Health Food Store, Toad Hollow, Winos and Tacos, Vazquez Restaurant, Yoga School

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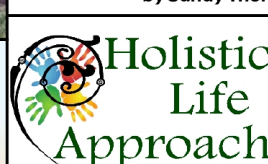
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(985) 612-7245

Facebook: 'Opal Escense Skin
by Sandy Thornhill'

www.opalskin.com



Karen Boudreaux

LMT#5214 AADP

Holistic Health Coach

(985) 276-8119

107 N. Theard St.

Covington, LA

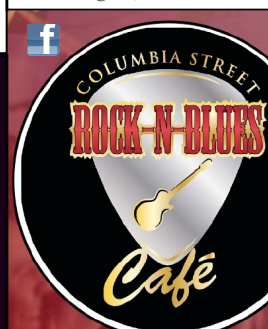
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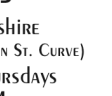
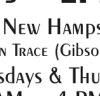
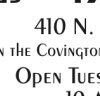
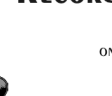
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Covington Business Association

Next General Meeting is
September 4th
6:00 pm at:

Mattina Bella
www.covingtonbusinessassociation.org



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