August 7 - 13, 2013 www.covingtonweekly.com

Business Association Monthly Meeting St. Tammany Homestead Hosts For August

The Covington Business Association will meet at St. Tammany Homestead on Wednesday, August 7. 2013. at 5:30 pm. All Covington business owners are invited to attend and join the CBA whose mission is to promote a positive and productive business environment for downtown Covington. This month, the CBA will be teaming up with the New Orleans Zephyrs for a "St. Tammany Business Night" on August 30th. All CBA members in attendance will have a chance to win free tickets to the game!

Annadele's Presents: Fine Wines For Canines

This five course dinner and wine pairing will be held Friday, August 9th. 7 p.m. - 10 p.m. with a Cocktail Hour (cash bar) 6 p.m. Established 60 years ago, the St. Tammany Humane Society is in need of many improvements. This event's proceeds will go towards improving the aging kennel areas at the Humane Society property. This limited seating benefit dinner will feature an all-inclusive: five course meal by Chef Ronald Bonnette accompanied by the perfect fine wine pairing for each course. Wine will be provided by Nick Dischler with Wines Unlimited. Participants can also enjoy a cash bar beginning at 6pm! The price per ticket is \$85 and includes tax and tip. All reservations must be paid in advance by calling Annadele's, sorry no day of reservations. For more information or to reserve your seat today call (985) 809-7669.



Covington's Cultural Arts District

Covington Weekly is proud to have among its advertisers the finest businesses in Historic Downtown Covington's Cultural Arts District. From Three Rivers Art Festival to A Taste of Covington, and all the Block Parties and Art Strolls in between, our galleries, restaurants, retail shops and music clubs are the reason people have a great time. Covington Weekly was started to remind people all that Covington has to offer. Thanks for making it that way!

BROKS

ANTIQUES & INTERIORS









ROY'S KNIFE & ARCHERY





Second Saturday Art Stroll August 10th 6 - 9 PM

Three Rivers Group Exhibition Featuring Gallery Artists

The Three Rivers Gallery is pleased to present a group exhibition of new works featuring

all Gallery Artists. This eclectic show will feature artwork from Alan Flattmann, Becky

Burt, Carol Hallock, Charles MacGowan, Claude Ellender, David Barfield, David Doherty,

Donald Maginnis, Harriet Blum, John Goodwyne, John Preble, Larry Allen, Louis

Morales, Mary Helen Seago, Mary Monk, Mickey Asche, Muriel Dauterive, Patrick Lera,

Peggy Hesse, Robert Baumgartner, Roy Pfister, Roy Robinson, Suzanne King, and Valerie

Stangl Melancon. This diverse and exciting exhibition will run from August 10th through

September 6th. Free and open to the public, find out more at ThreeRiversGallerv.com

(l. -r.) Carol Hallock, Alan Flattmann, Mary Helen Seago

St. Tammany Art Association

48th National Artist Exhibition Closing Reception

The 48th National Artist Exhibition "Summer Show," which opened August 10th, will have a closing reception from 6 to 9 pm with commentaries by juror Mary Hardy and artists in the show. The closing event is held in conjunction with the monthly Second Saturday Art Walk, when galleries and shops are open late on Columbia Street

Selections for the exhibition included entrants from across Louisiana, plus Illinois, California, Georgia, New Jersey and New Mexico. Artists selected for this year's exhibition were: Lisa C. Allen-Brook, Mary Ann Bonura, Carolyn Buslener, Cheryl Casso Corizzo, Anne Cicero, William B. Crowell, Georgie Dussouy, Robert Dutruch, Michael Eddy, Michael Elliott-Smith, Carolyn Finnell, Peggy Hesse, David Horton, Gina Laguna, Anthony Lazorko, Jr., Sadako Lewis, Katie McGraw, Isoko Onodera, Jessica Pidcock, Shirley Masinter, Daniel Reinhold, Sylvia Schmidt, Erica Nellie Smith and Mark Webster. The St. Tammany Art Association announced the artists selected for awards in the 48th National Juried Artists Exhibition at the opening reception July 13th. This year the STAA awarded \$2,500 in cash awards. The Best of Show prize was awarded to Patricia Macaluso of Hammond, Louisiana for her painting, "Magic of the Sacred Space." The award was sponsored by Carlos Sanchez. Other artist awards can be found on the St. Tammany Art Association's website, www.sttammanyartassociation.org, and are on display at the Art House, 321 N. Columbia Street. All event are free and open to the

public, regular gallery hours are listed on the website. The juror for the 48th National Juried Artists Exhibition is Mary Hardy, Curator for the Duckett Gallery at The Mary C. O'Keefe Cultural Center for Arts and Education in Ocean Springs, MS. She is a 2013 recipient of the Visual Arts Fellowship for the State of Mississippi from the Mississippi Arts Commission and was honored with one of two Artists of the Year for 2005 by the Mississippi Committee of the National Museum of Women in the Arts. Be sure to stop in for the closing reception this Saturday.



Winner, 3D Category: Peggy Wyman Woven Pine Straw

Farmer's Market Recipes

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

Support Local!

Grilled Eggplant & Goat Cheese "Sandwich" Ingredients:

1 large eggplant, sliced into 1/4 inch rounds

2 large tomatoes, sliced 1 medium log of goat cheese

oregano, thyme, basil & garlic to taste

+ any other herbs or seasoning you like to use 2 tablespoons extra virgin olive oil

1 tablespoon balsamic vinegar

oregano, thyme, basil & garlic to taste

+ any other herbs or seasoning you like to use salt and cavenne pepper to taste

Directions:

Preheat grill to a medium heat. In a large bowl, mix the olive oil with the dried herbs, salt, pepper and garlic powder. Let sit once mixed

Brush this mixture on each side of the eggplant slices and place on the lightly oiled grill grate to warm. Once they begin to soften, use a flat square spatula to pull them off the grill. Dress the eggplant with a slice of goat cheese and a slice of tomato. You may want to sprinkle a little more salt and herb mix on the tomato. Place this, eggplant down, on the grill. Once you have all the slices dressed, cover and let cook for about 5 - 8 minutes, just long enough to get some good char marks. Make sure the grill is lightly oiled to avoid sticking. These can be served as they are or put together as a 'sandwich'.

Serving Suggestions:

These can be topped with the remaining oil and vinegar mix, and/or served on top fresh pasta and tomato sauce, garnished with a sprig of parsley. ¡Fantastico!

Go Mediterranean and serve with some tzatziki sauce (vogurt/ cucumber/mint) or a cucumber and tomato salad. It also works well in a pita pocket with fresh greens, or over tabouli.



CYSA Will Be At The Saturday Farmer's Market!



Register your child for the fall 2013 CYSA program this Saturday at the Covington Farmer's Market. Bous and Girls ages 5 – 14!

August Is National Goat Cheese Month

wider variety in diet, giving a more flavorful milk, thus translating to a better cheese. Find local goat



Exploring The British Empire At The English Tea Room Next Port: India (August 22nd @ 7 pm)



The expedition continues in August with a port of call in India. Join the English Tea Room as you experience the authentic cuisine and teas of the country along with a look at their history and a taste of their culture. Get your passport ready and reserve your spot today!

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

3ra Annuai Excnange Club Taligate Party The Exchange Club of West



St. Tammany will host their third annual "Ultimate Tailgate Party" on Saturday, August 17, 2013 at the Tchefuncte Country Club in Covington. The event will once again feature an LSU-Saints theme and provide some of the finest BBQ in the area. The BBQ competition will include winners in beef, chicken, ribs and pork as well

the event will also include live and silent auctions

Ticket prices are \$75.00 each, which includes drinks, beer, cocktails and all the BBQ you can handle. Sponsorships are also available for as little as \$350. The Exchange Club's mission is the prevention of child abuse. The Danielle Inn will be this year's primary beneficiary, the Hope House, and S.T.O.P.S. (St. Tammany Outreach for the Prevention of Suicide) will also benefit. Auction items are shown here: biddingforgood.com/UTP. Find more information and order tickets online at www.sttammanvexchange.org.

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Quote of the Week

"As you simplify your life, the laws of the universe will be simpler; solitude will not be solitude, poverty will not be poverty, nor weakness, weakness." - Henry David Thoreau

"Chakra Cleansing And Balancing' By Page Schneider, Yoga/Reiki Instructor

If you take pure light and shine it through a prism the light will break into a spectrum of seven colors. This spectrum is the foundation of every visible color that we know. Each color has a specific vibration. Red has the longest wave link and the slowest vibration frequency. Violet has the shortest wave link and the fastest frequency, then all of the colors in between. This basic knowledge is the basis for understanding the Chakras. Modern science has shown us that certain colors can stimulate certain activity and other

The word Chakra comes from the Sanskrit word meaning wheel or vortex. There are seven major Chakras (energy centers) located from the top of the head down through your spine. the first Chakra is located at the base of the spine, 2nd between the navel and pubic bone, 3rd is the solar plexus, 4th is the heart, 5th is the throat, 6th is the space between the brows and the 7th is the crown chakra, just above the head. These energy centers function as pumps or valves, regulating the flow of energy on a vibratory level. We open and close these energy centers when we decide what to think, and what to feel, and how we choose to perceive and experience the world around us.

Not only do Chakras draw in energy, they also radiate at a certain color vibration and govern the major organs and glands connected to other body parts that resonate at the same frequency. Each Charka also has specific traits. For example, the first Chakra, the root Chakra, is located at the base of the spine and vibrates red. It is powerfully connected to our ability to manifest security and stability for our basic survival needs. If this Chakra is blocked an individual may feel fearful, anxious, insecure, and frustrated. The organs associated with this Chakra are the lower spine, legs, hips, feet, rectum, and

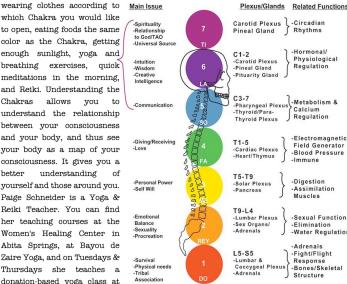
When a Chakra is out of sync, it may affect the organs or glands it is connected to, causing imbalances. A chakra can come out of balance when it is overactive, under-active, or blocked. Things that can cause imbalances include our diet, personal habits, our thoughts, the chemicals/toxins in our environment and food, etc. These imbalances are almost always felt on a physical, mental, or emotional level

A few helpful tips on keeping the Chakras more balanced: wearing clothes according to which Chakra you would like to open, eating foods the same color as the Chakra, getting enough sunlight, yoga and breathing exercises, quick meditations in the morning, and Reiki. Understanding the Chakras allows you to understand the relationship between your consciousness and your body, and thus see your body as a map of your consciousness. It gives you a understanding of yourself and those around you. Paige Schneider is a Yoga & Reiki Teacher. You can find her teaching courses at the Women's Healing Center in Abita Springs, at Bayou de Zaire Yoga, and on Tuesdays &

donation-based yoga class at

Bogue Falaya Park at 8 am.

Overview Of Chakra Correspondence



Please visit www.naturalhealingLA.com

Life pproach

Therapeutic Massage, Health & Wellness

Holistic Life Approach is the culmination of a "whole person" approach to health and wellness. It includes not only physical, but also emotional, social, and spiritual health.

Karen Boudreaux, owner of Holistic Life Approach, is a New Orleans native who has been a student of alternative and mainstream options toward health and wellness throughout her life. Her philosophy is that if you give your body some nurturing care through massage and $% \left(1\right) =\left(1\right) +\left(1\right)$ outstanding nutrition, it will have the proper building materials needed to repair injury, heal disease and rebuild itself. Her special massage techniques work to reverse the negative effects of stress, repair damaged muscle tissue, and remove pain throughout your body. She incorporates a range of massage techniques that improve circulation, detoxify your body, relieve tension, improve digestion, enhance muscle tone, and increase mental alertness

Along with her therapeutic massage, Karen's goal as a Health Coach is to provide support, counseling and education to women and families to promote holistic health and wellness. She provides simple steps and ideas to ensure comprehensive understanding of health and wellness. Since this understanding is directly linked to all facets of life, it enables one to improve health and overall joy for living. From one-on-one counseling to personalized nutrition plans, Karen works with you to develop a result-oriented health plan. Her view is that we must hold ourselves accountable and be active and equal participants in our own personal health and approach to disease and $% \left(1\right) =\left(1\right) +\left(1\right)$

Holistic Life Approach also provides the expertise of Certified Herbalist Sharon Murphy with Resource for Life. Sharon commits herself to helping women find their 'true self' amidst life's challenges. She offers a multi-disciplinary approach for personal growth and selfempowerment. Private herbal education sessions as well as certification courses are also available.

Upcoming classes include the third of seven in the Herbs for Health Series, 'Respiratory System', presented by Sharon Murphy August 17th from 10 am - 11:30 am. On Saturday the 24th 'Using Mother Nature's Medicine Cabinet,' an essential oils class presented by Janice Ladnier of Essential Wellness LLC, will be from 10 am - noon. Both classes are \$15, more information can be found on the event calendar of the Holistic Life Approach website (see below). To find out more about Holistic Life Approach or to set up a consultation, please check their ad on the back of this paper.

www.HolisticLifeApproach.com

Birth Flower of August Gladiolus

The name Gladiolus is derived from the Latin 'gladius' (a sword), and is sometimes referred to as the "Sword Lily". Gladioli are perennial bulbous flowering plants in the Iris family. The flowers range in color from pink to reddish or light purple with contrasting markings (white to cream or orange to red).







Covington Business Association

Next Meeting August 7 6:00 pm at:



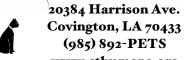
ww.covingtonbusinessassociation.org

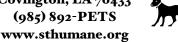


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Covington Farmer's Market - Every Wednesday, 10 am - 2 pm @ the Covington Trailhead Stop by for lunch! Rain or shine, live "front porch jam", fresh local produce and delicious prepared foods. - 419 N. New Hampshire St.

Covington Farmer's Market - Saturday August 10, 8 am - 12 pm @ the 600 block of Columbia St. Fresh local produce, raw and prepared foods, plants and vegetables. Live music by Sweet Jones at 9:30, Market vendor Charlene LeJeune will provide samples using her products. Always a good time! - 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.

Music with the Maestro - Tuesdays, 6 pm @ The Lake 94.7 Local music program featuring Robert Sturcken of Center Of Peforming 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

Wednesday, August 14th 6:30 pm - 8:30 pm 434 North Columbia St stHUMANE.org

Pup-Rally & Yappy Hour on the Patio

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

Live Music Around Town

Green Room 521 E. Boston St. - Wed. - Open Mic Night @9 pm Thurs. - TBT w/ DJ Dizzi 9 pm Fri. - Davy Crockett & the Wild Frontier + The Vagabonds @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





Green Room

Open Mic

THE VAGABONDS Columbia St. Rock 'N Blues Cafe Columbia St. - Wed. -



Karaoke @ 9 pm Thurs. - Comedy Night w/Corey Mack @ 9 pm Fri. - Rock-It Productions @10 pm Sat. - Abita Blues Band @10 pm Sun. - Happy Hour



Winos and Tacos 321 N. Columbia St. - Wed. Free Wine

Tasting featuring Marc Stone 6 pm Thurs. – Christian Serpas & Ghost Town 9 pm Fri . - Flow Tribe 9 pm Sat. - Gravy 9 pm No Cover All Shows, Late Night Dining & Specials!



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

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