

FREE Covington Weekly

Sept. 25 - Oct. 1, 2013

www.covingtonweekly.com

Support Local!
Covington Weekly
 is on

Closing The Bicentennial Time Capsule Free Concert Marks the Last Bicentennial Event

The City of Covington enjoyed a full year of wonderful events commemorating its Bicentennial, culminating with the Bicentennial Celebration at Bogue Falaya Park on July 4th. On Thursday, September 26, the city will wrap up its festive 200th birthday celebration once and for all with the closing of the 2013 Bicentennial time capsule. To commemorate the occasion, there will be a concert event at the Covington Trailhead from 5-8 PM. The event will include live music by The New Leviathan Oriental Fox-Trot Orchestra; a showing of the Covington Trailhead Museum's 12-minute feature film "Covington: Our Little Old Town"; a recap of the Bicentennial events that have taken place over the past year; and the closing of the Bicentennial time capsule, which will not be reopened until the City's Sestercentennial Anniversary in 2063.

Attendees will also have the opportunity to purchase Bicentennial memorabilia at the event, including flags, mugs, T-shirts, and the commemorative poster by artist Suzanne King. A

limited number of 500 signed and numbered posters are available for \$30 each; unsigned are \$10 each. Bicentennial posters are also available by contacting Suzanne at high5studioart@gmail.com or 985-502-5660. www.covla.com

Columbia Street Block Party This Friday Night



6:30 - 9:30 pm
Downtown Covington

Antique cars line Columbia Street the last Friday of every month from March through October for the Columbia Street Block Party. Local bars and restaurants stay open late, many with great live music! Check our events calendar on the back of this paper & our website for live music listings! www.covingtonweekly.com

Experience Hong Kong... At The English Tea Room



Explore the British Empire with The English Tea Room on their next port of adventure... Hong Kong! Join them as they embrace the cuisine and culture of this ancient land, and of course highlight the teas of the region as well! Friday, September 27th at 7:00 p.m. \$24 per person (includes tax & gratuity)!

(985) 898-3988
www.english-tea-room.com



Like "The English Tea Room"
 For Updates on Special Events!

Farmer's Market Recipes

Fresh recipes inspired by ingredients found at the
 Covington Farmer's Market
Eggplant, Okra and Tomato Stew

- 2 cups of diced eggplant (Asian or globe)
- 3 cups of sliced okra
- 2 medium tomatoes
- 1/2 cup of minced onion
- 3 cloves of garlic, minced
- 1/2 cup to 1 cup water (as needed)
- 1 tsp salt
- 1/2 tsp cayenne
- 2 tblsp fresh lemon juice
- lemon basil (to taste)
- oregano (to taste)



There are many variations to this type of recipe. You can start by cooking the garlic and onion in a saute pan, then cooking the eggplant until tender. Depending on the type of eggplant you use, the cooking times will vary. The Asian variety may be more tender than the Globe variety. I found the easiest way to cook this particular dish is to throw all ingredients into a medium pot (minus the fresh herbs) and cook down on a medium-low heat for 15 to 20 minutes. After the eggplant is tender, take it off of the fire and mix in the basil and oregano. The end result is very similar to ratatouille, but the addition of the okra gives it a different character. The acid of the tomatoes and the lemon juice help to reduce the okra "slime".

Bicentennial Posters Will Be Available For Purchase At The Time Capsule Closing Event

Learn More About the Bicentennial Poster Below



The Story Behind The Bicentennial Poster Local Artist Suzanne King Depicts Covington's Past

The Bicentennial poster depicts many scenes from Covington's rich past. There's the Covington Courthouse on Boston Street (the second courthouse, the first still stands on the property of The Chimes restaurant near "Claiborne Hill"), and an ox-drawn cart with bales of cotton. Covington exported cotton, which was brought down Columbia Street to the Landing. The steamer "Josie" is at the landing, bringing people and goods to and from New Orleans.

Next you'll see the Southern Hotel, circa 1905, a wonderful old oak from Madison Street (where Ralph Menetre courted his future wife, Winifred Heintz), H.J. Smith and Sons' Hardware and the train pulling into the Gibson Street Depot. Emile Frederick and his grandson, Wallace Poole sit in Mr. Frederick's trademark wagon pulled by his horse, "Attaboy".

Suzanne King is a Covington native and graduate of Southeastern Louisiana College (now University) in Hammond in 1967. After exploring numerous art forms over the years, she has returned to drawing and mixed media/collage pieces combined with elements of graphics, a favorite form of artistic expression. Suzanne is currently represented by Three Rivers Gallery on Boston Street in Covington.

Quote of the Week

"You can tell more about a person by what he says about others than you can by what others say about him."
 - Audrey Hepburn

Thursday
 September 26

 Last Quarter

Fermentation Class Wednesday at Holistic Life Approach



Karen Boudreaux's vegetable fermentation class is back by popular demand this Wednesday at Holistic Life Approach! The Natural Probiotic - Introduces beneficial bacteria to balance our intestinal flora. Our Standard American Diet produces severe deficit in our Modern Gut also affecting our immune system health. Fermented foods and beverages are "alive" with flavor and nutrition in the most literal sense. Eating fermented foods is incredibly healthy, directly supplying your digestive tract with living cultures essential to breaking down food and assimilating nutrients. They re-establish a healthy inner ecosystem and are alkaline and cleansing! Come taste and take home a sample!

Wednesday September 25, 11:30 am - 1 pm at Holistic Life Approach, 107 N. Theard Street in downtown Covington, across from Aquistapace's. \$15 per person. Phone: **985-267-8119** holisticlifeapproach.com

Our Place SHARE THE HEALTH FALL 2013
 PERSONAL FITNESS & BODYWORK STUDIO

Our Place Studio is continuing their "Share the Health" series for the fall with a class every Tuesday evening in October from 6:30 pm to 7:15 pm. The informal classes presented by local experts are held in the studio, they are donation-based (suggested donation \$10), and they each benefit a different local charity.

October's class schedule: **October 1** - Laura Otilio, Nutrition for a Good Night's Sleep / St. Tammany Humane Society; **October 8** - Kelli Simon, Mantra: The Transformative Power of Sound / The Samaritan Center Food Bank; **October 15** - Susan Tarasova, Beat Flu Season: Make Your Own Master Tonic / Covington Food Bank; **October 22** - Tiffany Conner, Change the Breath, Change the Mind / Haiti Mission; **October 29** - Dr. Janice Posey, Acupuncture, Herbal & Food Therapy: What It Can Do for Your Pet / St. Francis Animal Sanctuary. opcovington.com

Gilshbar's Covington Classic to Benefit Youth Service Bureau



gilshbar.com

Gilshbar presents the third annual Covington Classic 5k to benefit the Youth Service Bureau! The race starts at the Bogue Falaya Park this Saturday September 28th. Race day registration & number pickup is a 7

am, the one-mile race starts at 8 and the 5K starts at 8:15 am. Awards will be given for both races, and refreshments will be provided after the race. For more information contact Cackey Haun at 985-982-3520 or send e-mail to covingtonclassic@gilshbar.com. Race applications are available at www.gilshbar.com.

FIRE HYDRANT REPAIR / BOIL WATER ADVISORY

On Wednesday, September 25, 2013, the City of Covington Public Works Department will be repairing fire hydrants on W.19th Ave. Water service may be interrupted between 9:45 am and 1:00 pm. As a standard practice, a boil water advisory will be in effect for this area from 9:45 am Wednesday, September 25, 2013, until approval of samples by DHH, which is anticipated to be received by 4:00 pm Wednesday.

Only the following areas may be affected or experience low water pressure and should follow the boil advisory: W. 19th Avenue from W. 19th & Taylor to St. Mary; S. Johnson Street from W. 19th to W. 21st Ave; S. Lincoln, S. Pierce and S. Buchanan from W. 19th to W. 21st Avenue.

For additional information, contact Ann Hare, Administrative Assistant - Public Works Department, **985.898.4700**.

Information and updates will also be posted on www.covla.com

Mayor Closer to Choosing New Covington Chief List Narrows To Five Candidates

Following the review of resumes, telephone screenings and face-to-face interviews with each candidate in the past several weeks, the field of candidates for the position of Police Chief for the Covington Police Department has been narrowed to five. Mayor Cooper maintains his schedule to select the new Police Chief by mid-October.

Based upon completed level of education, qualifications, personal and professional qualities, experience and achievements in municipal and/or parish law enforcement, the following candidates for the position of Police Chief have been selected to proceed for an in-depth follow up interview with Mayor Mike Cooper next week: Chris Lang, Captain, Covington Police Department; Tim Lentz, Former Chief Deputy, St Tammany Parish Sheriff's Office; Ron Ruple, Assistant Chief, Mandeville Police Department; James Steele, East Baton Rouge Parish DA Office; Nicholas Tranchina, Patrol Sergeant, St Tammany Parish Sheriff's Office.

Celebrate National Coffee Day Locally!

National Coffee Day is Sunday, September 29th. There are many local coffee distributors in our area, and Covington is graced with our own local coffee roaster as well! Select beans are roasted fresh each morning at Campbell's Coffee & Tea. Campbell's is closed on Sundays, so they will be celebrating National Coffee Day on Saturday, September 28th. Stop in anytime Saturday during business hours for FREE refills in your own Campbell's Coffee & Tea mug, cup or travel mug! Fresh roasted coffees are also available by the bag!



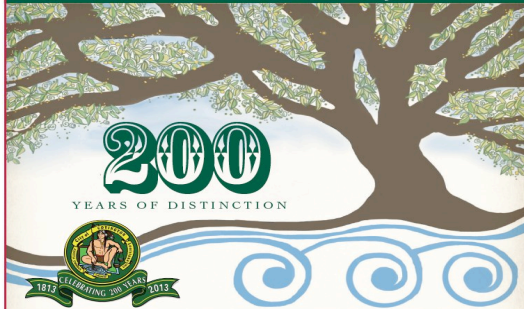
graphic by Covington Youth Soccer Association

Celebrate Louisiana Craft Brewers Week LOCAL STYLE



Covington Bicentennial

1813 Culture • Character • Community 2013



Let's Put The Lid On It . . .
CELEBRATE THE CLOSING OF THE BICENTENNIAL TIME CAPSULE

Thursday, September 26, 2013
COVINGTON TRAILHEAD • 5:00 PM - 8:00 PM

FEATURING
The New Leviathan Oriental Foxtrot Orchestra

419 N. New Hampshire • Historic Downtown Covington • www.covla.com

Receive Weekly Updates for Covington In Your Email
 Sign Up For Our Free E-Newsletter:
www.covingtonweekly.com



Covington Weekly

Covington, LA Sept. 25 - Oct. 1, 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.

Closing the Bicentennial Time Capsule - Thursday September 26, 5 pm - 8 pm @ the Covington Trailhead Featuring the New Leviathan Fox Trot Orchestra. See front for details. - 419 N. New Hampshire St.

Columbia Street Block Party - Friday September 27, 6:30 pm - 9:30 pm @ Columbia Street Classic cars, food & live music along Columbia Street. - Columbia Street

Covington Farmer's Market - Every Saturday, 8 am - 12 pm @ the 600 block of Columbia St. Fresh local produce, raw and prepared foods, plants and vegetables. Live music by The Steve Anderson Group beginning at 9:30, and Jubilee Farms (market vendors) will prepare and serve samples of their local grass fed beef. - 600 block of Columbia St.

Old Feed Store Music Series - Saturdays, 12 pm - 2 pm @ Marsolan's Feed & Seed The Old Feed Store Music Series continues this Saturday at Marsolan's with , right after the Farmer's Market. Admission is free, and seating is limited. Bring a chair! - 315 E. Gibson 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 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, (919) 963-5366. - 213 Park Drive

Share the Health Educational Series - Tuesday October 1, 6:30 - 7:15 pm @ Our Place Studio Laura Otilio presents 'Nutrition for a Good Night's Sleep' to benefit the St. Tammany Humane Society. See the article on the front for the full schedule. Suggested donation/\$10. - 358 N. Vermont St.

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.
Covington, LA

www.englishitearoom.com

English TEA ROOM

ZAGAT rated!

Covington Business Association

Next General Meeting is
October 2nd
6:00 pm at:
COLUMBIA STREET
ROCK-N-BLUES CAFE

www.covingtonbusinessassociation.org

Share the Health RETURNS WITH A FALL SCHEDULE

Informal, Educational Talks on Health-Related Topics

Join us every Tuesday evening in October • 6:30-7:15 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

"a traditional barber shop"

New! Now offering the services of
3 Professional Barbers!

Less Wait Time!

352 E. Boston Street
Covington, LA 70433
504.931.5060

www.bayoubarber.com Walk-Ins Only

THE GREEN ROOM

521 E. BOSTON ST. • COVINGTON, LA
(985) 892-2225
WWW.GREENROOMCOVLA.COM

ST. TAMMANY HUMANE SOCIETY

20384 Harrison Ave.
Covington, LA 70433
(985) 892-PETS
www.sthumane.org

Jewel's Cigar & Briar Shop

201 N. New Hampshire St. - Covington La. 70433
(985) 892-5746

Imported Cigars
Full Line of Pipes & Accessories

Monday-Friday 10am-6pm - Saturday 10am-5pm

Visit us on Facebook "Jewel's Cigar Covington"

Live Music Every Weekend!
Made-from-Scratch Menu Using Local Ingredients!

Winos & Tacos
Tequila, Taqueria AND Wine Bar

321 N. Columbia St.
985-809-3029

Wed.-Thurs. 4 pm - 10 pm
Fri. 11 am - 12 am
Sat. 4 pm - 12 am

Live Music Around Town

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

Green Room 521 E. Boston St. Wed. - Open Mic Night @ 9 pm Thurs. - Ladies Night w/ DJ Tay Tay @ 9 pm Fri. - Righteous Wolf + The Bandicoots @ 7 pm Sat. - JayRoc + DJ 9 Tales @ 10 pm Sun. - Karaoke w/ DJ Bobby Blaze Mon. - Live Music/The Vagabonds Tues. - S.I.N.

THE GREEN ROOM

Righteous Wolf + the bandicoots

Friday Night Block Party

GREEN ROOM WEDNESDAY OPEN MIC

FREE SHOW

GREASE

Sunday, Sept 29th

Karaoke & Music

Prizes for Best Costumes

Service Industry Night

Every Tuesday

Jayroc

LIVE MUSIC MONDAYS

WITH Vagabonds @ THE GREEN ROOM

Columbia St. Rock 'N Blues Cafe 407 N. Columbia St. Wed. - Karaoke 9pm Thurs. - Comedy Night w/ Corey Mack 9pm + Booty Bounce Bingo Fri. - Rock It Productions w/DJ Hollywood 9pm Sat. - Distant Lights w/The Last Place You Look 11pm Sun. - Beer Pong Tournament

EXPERIENCE DOWNTOWN COVINGTON'S

BLOCKPARTY

FRIDAY!!!

INTRODUCTION OF THE NEW R'N B FOOD MENU

AMY'S 1980'S PRE PARTY 9P

DJ HOLLYWOOD TOP 40/TRAP SHOW 10:00P

GUEST DJ PRINCESS SLEXIE W/ GRAY REMIXES 12:30P

LOOK FOR THE BASS WAGON

27TH SEPTEMBER

COLUMBIA STREET ROCK'N'BLUES - 407 COLUMBIA ST.

The Last Place You Look

Wednesday

Every Thursday Night

Corey Mack

with

Saints Sundays Plus

Distant Lights Saturday 11pm

Columbia Street Rock'N'Blues

Winos and Tacos 321 N. Columbia St. - Wed. Wine Down Wednesday 6 pm Fri. - Soul Project Duo 6 - 9pm Johnny Sketch & The Dirty Notes 9pm - til Sat. - Colin Lake 9pm

Soul Project Duo

Johnny Sketch & the Dirty Notes

Colin Lake

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 Ran, 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, 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 25, PJ's in St. Tammany Parish Hospital, 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, Toad Hollow, Winos and Tacos, Vazquez Restaurant, Yoga School

Printed with recycled content. Please Recycle.

Download this and other issues at www.covingtonweekly.com and sign up for our weekly e-newsletter!

HISTORY ANTIQUES & INTERIORS

Tuesday - Saturday
10 am - 4:30 pm

(985) 892-0010

317 N. COLUMBIA ST.
COVINGTON, LA

Where every piece has a story.

HistoryAntiquesAndInteriors.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

Elizabeth Pfeffer Williams
OWNER

Like us on Facebook

Tickets on sale now!

this stage of

LOVE

an original musical

www.thisstageoflove.com

Holistic Life Approach

Karen Boudreaux
LMT#5214 AADP
Holistic Health Coach

Therapeutic Massage
Health & Wellness
Coaching & Classes

(985) 276-8119
107 N. Theard St.
Covington, LA

www.HolisticLifeApproach.com
karen@HolisticLifeApproach.com

GOODBEE PLUMBING

Repairs
Drain Cleaning
Video Inspection
Water Heater
Backflow Specialist
Gas Inspections

Licensed & Insured
LMP 4583

12251 Arc Rd.
Covington, LA
893-1883

Fax: 893-5252

"WE CLEAN YOUR DRAIN, NOT YOUR WALLET!"

www.goodbeeplumbinginc.com

COLUMBIA STREET ROCK-N-BLUES Cafe

Lunch Served 11am til

Karaoke Night
Every Wednesday

Comedy Night
Every Thursday

LSU & Saints Games

(985) 892-9949
407 N. Columbia Street
www.RockNBluesCafe.com

BROOKS' BIKE SHOP

buy • sell • trade
rental, repair and maintenance

416 E. Gibson Street
(on the Trace)

985-237-3658

KEEP COVINGTON BEAUTIFUL

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

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