



September 4 - 10, 2013

www.covingtonweekly.com

Mayor Cooper Strikes 'Em Out!

Covington Mayor Throws the First Pitch at Zephyrs Field



Last Saturday was the first "St. Tammany Business Night" at the Zephyrs Stadium, with more to follow. The Covington Business Association represented Covington with a table on the concourse, giving away drawstring bags full of flyers, brochures, menus, pamphlets and business cards to promote CBA members and the City of Covington in general.

Mayor Cooper started off the night with the first pitch - a highly anticipated moment. According to his wife, Catherine Cooper, the Mayor participated in the minor leagues as a young man. What a great opportunity to get back out on the baseball field!

CBA Monthly Meeting Wednesday

The monthly meeting of the Covington Business Association will take place Wednesday September 4th at Mattina Bella at 6 pm. The CBA is a non profit organization whose goal is to represent and advance the interest of local businesses.

www.covingtonbusinessassociation.org

Humane Society Monthly Pet Loss Grief Support



The truth is that all losses, animal or human, can plunge you into despair and may signal the beginning of a profound spiritual-emotional journey. Like grief for humans, grief for animal companions can be dealt with over time and in stages. The St. Tammany Humane Society provides a safe and natural environment for you to share and heal as you receive comfort and support. On the first Saturday of each month at 9 am the STHS hosts "Goodbye is Never Easy," a pet loss grief gathering held by Bonnie Weimer Poirier of Peaceful Planet Pets. This month's meeting will be held Saturday September 7th. All meetings are at the St. Tammany Humane Society, 20384 Harrison Ave. For more information check www.sthumane.org.

Marblehead Pottery At History Antiques Early 20th Century Therapy Meets Art

Marblehead pottery was founded in 1904 by Herbert J. Hall, MD, as an outgrowth of therapy programs that he developed in Marblehead, Massachusetts. Dr. Hall believed that the work of craft productions would be therapeutic to patients with certain nervous disorders. He called his center Handicrafts Shop. He envisioned that patients would work at weaving, woodcarving, metal work and pottery. Annie Aldrich helped develop a number of these craft programs, and other crafts people were hired to oversee other aspects of the program.

Arthur Braggs, a student at Alfred University, was hired to oversee the teaching of pottery to patients in the summer of 1905. With Braggs professional influence, Hall realized that the technical requirements of making high quality fine art pottery were beyond the capabilities of his patients with nervous disorders.

This led to the development of separate fine art pottery studio under Braggs' direction in 1908, named Marblehead Pottery. The Handicraft Shop continued to function as a therapeutic craft studio, focusing on weaving, woodcarving and cement work. The patients also had the use of a professional fine art pottery studio to learn other art crafts.

Marblehead Pottery was purchased by Arthur Braggs in 1915, but experienced a drop in business during the depression that caused the studio to close in 1936. Some remnants of the pottery operation remained in the building until it was torn down in 1940.

The small production window of high quality fine art pottery, as well as the story behind their creation and production, has made Marblehead Pottery very rare and highly collectable. This vase, featured at History Antiques and Interiors, has a beautiful light lavender glaze, and is believed to be from early production.



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Starring
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"Jean Valjean"

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

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Fuhrmann Performing Arts is proud to premiere their 2013-14 season, August 30th - September 15th, with 'Les Misérables'. The winner of nine Tony awards, 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 Joel Rainey as "Jean Valjean" are September 6th, 7th, 13th and 14th at 8 PM and September 8th and 15th at 2PM at the Fuhrmann Auditorium, 317 N. Jefferson Ave. in Covington. Mallory Bogle performing as "Cosette" is September 14th at 8PM. Tickets are \$25 for adults and \$15 for students with a current student ID.

Visit Fuhrmann Performing Arts on the web at www.FPA-Theater.com.

Quote of the Week

"The greatest wealth is to live content with little." - Plato

Thursday

September 5



New Moon

Keep Covington Beautiful Annual Bogue Falaya River Sweep PLUS New Covington Clean & Green River Run!

Keep Covington Beautiful (KCB) is sponsoring its annual Bogue Falaya River Sweep, a litter clean-up on the Bogue Falaya River, on Saturday September 21st, as part of the Ocean Conservancy's International Coastal Cleanup Day. KCB will partner with the Lake Pontchartrain Basin Foundation (LPBF), local coordinator for the nationwide event, and the City of Covington for the event.

KCB invites volunteers to bring their canoes and kayaks to the Menetre (4th Avenue) Boat Launch at 8:00 a.m. KCB will provide trash bags, gloves and litter grabbers for the paddlers, who will collect litter in and along the river from the boat launch to the Boston Street Bridge and back to Bogue Falaya Park.

This year following the clean-up will be a fun new event, the Covington Clean & Green River Run canoe and kayak races! The races will benefit KCB's major project, the Blue Swamp Creek Nature Trail located at the Covington Recreation Complex. In addition to the nature trail, race proceeds will support KCB's many other projects: tree give-aways, educational seminars, planting downtown planters and recycling at local events, such as the Three Rivers Art Festival.

Paddlers and volunteers interested in helping with the clean-up or participating in the races are asked to sign up by September 16th by contacting KCB. A limited number of canoes and kayaks will be available for both of the events. They will be assigned as paddlers sign up. Event day volunteers and paddlers are always welcome but canoe/kayak availability cannot be guaranteed. Race entry forms with race divisions and race sponsorship opportunities are available at www.keeptocovingtonbeautiful.org or by contacting KCB. Race entry forms, with payment by check only, can be submitted to KCB by mail or dropped off at Campbell's Coffee & Tea, 516 S Tyler St. Check KCB's ad on back for contact info.

Please Note For Both Events: Personal flotation devices are required for all paddlers. Youth under the age of 18 must be accompanied by a parent/guardian or if part of a group, by the organization's authorized adult sponsor. All paddlers will be required to sign a waiver before participating in either event.

Volunteers are needed to assist with signing in the paddlers at the boat launch, with setting up the picnic, with helping paddlers unload their catch at the park, as well as with the race. All volunteers, clean-up paddlers and race participants are invited to a picnic at Bogue Falaya Park small pavilion following the races.

Prizes will be given for the largest item and the most unusual item collected in the clean-up and to winners of all race divisions.

Everyone is invited to come by the park to watch the events, to meet KCB members and volunteers & to learn how to get involved with KCB's beautification, environmental education, recycling and litter prevention efforts.

As much as eighty percent of all litter and debris in our oceans, rivers and lakes originates on land, carried there by wind and storm water run-off. The Lake Pontchartrain Basin Foundation (LPBF) has been working in the Bogue Falaya watershed since 2002. Over the years, they have monitored water quality and addressed hundreds of sources of pollution entering the watershed. The Bogue Falaya was removed from the Impaired Waterbodies List for fecal coliform in 2008. The rivers that define the city of Covington are essential to its unique character. Join KCB to help keep our portion of this scenic river clean!

Farmer's Market Recipes

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

Chili Lime Okra Chips

Ingredients:

- 2 lbs fresh okra, trimmed and sliced length-wise
- 2 Tbls vinegar
- 2 Tbls olive oil
- 1 lime (zest plus juice)
- 2 tsp kosher salt
- 1 tsp chili powder
- 1/4 tsp cumin
- 1/2 tsp smoked paprika
- 1/2 tsp garlic powder
- 1/2 tsp dried oregano
- 1/4 tsp cayenne (optional)



Slice of Heaven Farm

Directions:

Preheat oven to 500 degrees. Place sliced okra in a bowl and fill with water till covered. Add vinegar and mix well. Let sit for 15 minutes, mixing and agitating every 5 minutes. Drain and rinse in colander and pat dry with paper towels.

In a small bowl, mix kosher salt, chili powder, cumin, smoked paprika, garlic powder, oregano, and cayenne. In a large bowl mix okra with olive oil, lime zest, lime juice, and dried spice mixture until fully incorporated. Place on a foil lined baking sheet and bake for 20 minutes, turning with a spatula after 10 minutes. You can stop here and serve oven roasted okra, or continue on to make okra chips.

Remove from oven and set oven temp to 170. When oven is down to temperature, place back in oven and prop the oven door open 1 inch with an oven safe kitchen tool - I used all metal tongs. This will allow the moisture to escape which will make them crispy. Continue to bake for 2 to 3 hours until crisp. Let cool for 30 minutes. blog.nudgeyourself.com

Also this week from Slice of Heaven Farm: Green Bell Peppers and Hungarian Hot Wax Peppers.



What's the Buzz on Honey?

September is National Honey Month

Honey has been used since ancient times both as a food and as a medicine. Apiculture, the practice of beekeeping to produce honey, dates back to at least 700 BC. Honey has incredible anti-bacterial, anti-viral and anti-fungal properties. It has been touted as an immune builder, most likely due to its content of friendly bacteria in its raw form, a blood sugar stabilizer (its nearly 1:1 ratio of fructose to glucose is much more tolerable to those with glucose intolerance) and an antioxidant. There have also been positive results with cancer patients using honey. Aloe vera is excellent for minor scrapes and burns, but for deeper lacerations it is suggested to use raw honey to "seal" the wound from the inside.

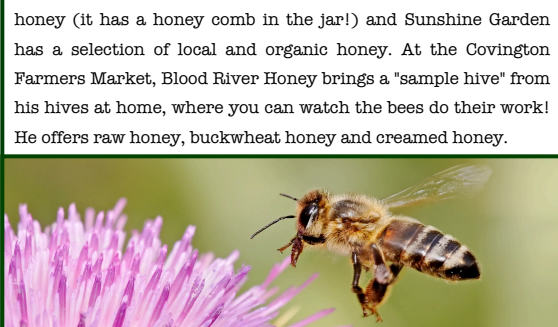


Raw Honey Combs

Like all health foods, the benefits of honey depends on the quality of the honey. Most major producers of honey process it in a manner that removes most - if not all - of the beneficial aspects. Eating local honey, however, can introduce pollen from your area to your system in a way that your body can build a tolerance, reducing the effects of 'allergy season'. There are many options to find local honey in Covington: Columbia Street Natural Food Market carries honey from right here in Covington, Marsolan's carries local honey and sometimes comb honey (it has a honey comb in the jar!) and Sunshine Garden has a selection of local and organic honey. At the Covington Farmers Market, Blood River Honey brings a "sample hive" from his hives at home, where you can watch the bees do their work! He offers raw honey, buckwheat honey and creamed honey.

September is National Yoga Month

Paige Schneider conducts an outdoor yoga class every Tuesday and Thursday from 8 am - 9 am at the Bogue Falaya Park in Covington. All levels welcome, donation based. (719) 963-5366

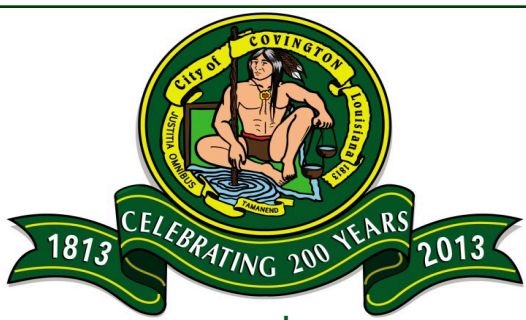


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Celebrate yogamonth September
yogahealthfoundation.org



Covington Weekly

Covington, LA September 4 - 10, 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.

Covington Business Association General Meeting - Wednesday September 4, 6 pm with a 5:30 reception @ Mattina Bella Join other local business owners to network and discuss Covington events and promotions. - 421 E Gibson St.

Columbia Street Block Party - Friday August 30, 6:30 pm - 9:30 pm @ the Covington Trailhead Classic and restored automobiles, great food and entertainment, plus parish activism (Recall the Coroner). - 419 N. New Hampshire St.

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 We 3 beginning at 9:30, Market Vendor & Chef Austin Smith of PaStazz will serve fresh made from scratch yard egg ravioli with spinach & rustic tomato sauce. 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 Performing Arts - 94.7 FM on the radio dial

Covington Historic District Commission Meeting - Tuesday September 10, 6:30 pm @ City Council Chambers Public meeting concerning the Covington Historic District. Contact person Dominique Elzy, p&ez@covla.com. - 222 Kirkland St.

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

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6:00 pm at:

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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. - DJ Tay Tay @ 9 pm Fri. - Beware of Bear + Vagabonds @ 8 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 Live Music

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OPEN MIC

Monday

Saturday
karaoke lovers unite!
sundays @ the green room

Dj DeviAnt

Friday Beware of Bear + Vagabonds

Columbia St. Rock 'N Blues Cafe Columbia St. Wed. - Karaoke @ 9 pm Thurs. - Comedy Night w/ Corey Mack @ 9pm + Booty Bounce Bingo Fri. - Band Camp @ 9pm Sat. - Killahouse @ 9pm Sun. - Beer Pong Tournament

COLUMBIA STREET ROCK-N-BLUES Cafe

KARAOKE!
Wednesday

Every Thursday Night

Corey Mack

Rock N Blues Cafe

BAND CAMP

Friday

Killahouse

Winos and Tacos 321 N. Columbia St. - Wed. Free Wine Tasting 6 pm Fri. - Naughty Professor 9pm-til Sat. - The Mumbles 9 pm No Cover for All Shows! 100 inch Screen for Football Season!

Wine Wednesday

Friday

Friday

Saturday

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

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