



# Rockin' the Rails

**October 3**  
CHARMAINE NEVILLE

**October 10**  
LOST BAYOU RAMBLERS

**October 17**  
THE YAT PACK

**October 24**  
TERRANCE SIMIEN & THE ZYDECO EXPERIENCE

**October 31**  
VINCE VANCE & THE VALIANTS

**COVINGTON TRAILHEAD**

**FREE CONCERTS**  
5:00 pm - 7:30 pm  
419 N. New Hampshire  
Historic Downtown Covington  
985.892.1873 • GottaluvCov@covia.com  
www.covia.com

**EVERY THURSDAY IN OCTOBER**



Thank You Champagne Beverage For Your Sponsorship!

### Rockin' the Rails Kicks Off October 3rd

#### Free Concert Series – Rockin' Every Thursday in October

The City of Covington's "Rockin' the Rails" concerts are 'back on track' with an all-star lineup! The free concerts take place every Thursday in October from 5 to 7:30 p.m. at the Covington Trailhead in the downtown historic district. Concert goers are advised to bring their own chairs, as seating is limited. Beer and wine will be available for purchase. In an effort to keep these events free to the public, the City of Covington requests that attendees purchase their beverages at the concert.

This October's series promises to be another great success, starting out with the Charmaine Neville Band!



### Parish Fair Parade To Roll On Friday

#### Traditional Event Precedes Opening Ceremonies

The Parish Fair Parade will take place Friday, October 4th at 10 am. It starts on Jefferson Avenue in downtown Covington, travels to Boston and up Columbia Street, concluding at the fairgrounds to opening ceremonies on the Main Stage at 11 am.



### 2013 Fair Posters Are Available For Purchase

The 2013 St Tammany Parish Fair Poster by Ms. Suzanne King will be sold at the fairgrounds October 2nd - 6th. They are \$15 each and are 14" wide by 26" high. Posters are signed, numbered, and embossed with the STPF seal. What a beautiful poster following fair traditions!

If you would like to purchase a poster directly, you may contact Suzanne at [high5studioart@gmail.com](mailto:high5studioart@gmail.com) or (985) 502-5660.



### St. Tammany Parish Fair - Good, Clean Family Fun!

#### Wednesday October 2nd – Sunday October 6th at Fairgrounds

The St. Tammany Parish Fair Association celebrates St. Tammany culture with a full week of agricultural and horticultural exhibits, Rodeo, Fair and Rodeo Queen and Princess Pageants, music, food, talent showcases, and of course, the ever-popular Midway rides. The Fair will begin Wednesday October 2nd and continue to Sunday October 6th at the St. Tammany Parish Fairgrounds, 1304 N. Columbia Street. The Grounds will be open from 9 am - until, daily. Admission is \$2 entrance fee after 3 pm and \$15 for all day passes.

The St. Tammany Parish Fair's aim is to promote community economic development, showcase local culture, and nurture community responsibility and pride. A complete schedule of exhibitors' entry deadlines and public events is available on the St. Tammany Parish Fair website at [www.sttammanyparishfair.info](http://www.sttammanyparishfair.info).

Posters are available for purchase! Check below!

### Double Your Market This Weekend!

#### Covington Art Market – New Schedule For Fall 2013

The schedule for the Covington Art Market has been adjusted for suitability to artists and shoppers. The Market, which was originally every other first Saturday of the month, will now follow a Spring and Fall season. Art Markets will be held the first Saturday of October (5th), November (2nd) and December (7th), break, and then return for March, April and May in 2014.

The event is held from 9 a.m. to 1 p.m. at the Covington Trailhead in downtown Covington, featuring a variety of work from local and regional artists, including jewelry, crafts, photography, paintings, woodworking, fiber art and more. The purpose of the market is to give exposure to the many talented artists and craftsmen in Southeast Louisiana. Art market patrons are also encouraged to visit the Saturday Farmers Market, which takes place from 8 a.m. to noon on the grounds of nearby Covington Police Department, 600 N. Columbia Street -- walking distance of the Covington Trailhead.

For more information, or for artists interested in participating in the market, contact St. Tammany Art Association at (985) 892-8650 or [info@sttammanyartassociation.org](mailto:info@sttammanyartassociation.org). Artist applications can be found online at [www.sttammanyartassociation.org](http://www.sttammanyartassociation.org).



[sttammanyparishfair.info](http://sttammanyparishfair.info)  
**Miss St. Tammany Parish Queen 2012-13 Nancy Peck**

### COVINGTON FARMER'S MARKET

**8 am - 12 pm**  
600 Block of Columbia St.  
Live music by The Petty Bones  
**Saturday October 5th, 2013**

### COVINGTON art MARKET

**9 am - 1 pm**  
Covington Trailhead  
419 N. New Hampshire St.  
Food by BECK-N-CALL CAFE & CATERING  
Live music by Timothy Gates

### Quote of the Week

"In matters of truth and justice, there is no difference between large and small problems, for issues concerning the treatment of people are all the same." – Albert Einstein

**Thursday October 3**  
New Moon

### 1st Annual "Men Who Cook" Saturday October 5, 6pm - 9pm

Fifteen 'celebrity' cooks partner with local restaurants to create their favorite recipes to benefit the Children's Advocacy Center/ Hope House! Complimentary beer and festive drinks, live music and a photo booth. Top level parking garage of the St. Tammany Parish Justice Center. Tickets at [www.menwhocookevent.org](http://www.menwhocookevent.org).



### SHARE THE HEALTH FALL 2013

Creating a Healthier Community Through Education, Inspiration & Giving Back

Our Place Studio is continuing their "Share the Health" series for the fall with a talk every Tuesday evening in October from 6:30 pm to 7:15 pm. Share the Health is a hands-on educational series on health-related topics featuring local experts and educators in diverse areas of health and wellness. The classes are held at Our Place Studio, 338 N. Vermont Street in downtown Covington. Each class is donation based, and all proceeds go to charities of the speakers choice. The suggested donation per talk is \$10, but any amount, large or small, is welcome!

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

For more information about "Share the Health" please visit [opcovington.com](http://opcovington.com)

### The Closing of The Time Capsule at The Covington Trailhead

Bicentennial Time Capsule to be Reopened in 2063

The City of Covington concluded their Bicentennial celebrations with one last hurrah - the closing of the Bicentennial Time Capsule! The ceremony included all who were involved in this years events with the Bicentennial Committee members and City Administration. Covington Mayor Cooper added many personal touches to the capsule, such as



a Bicentennial Proclamation, a personal note to the Mayor of 2063, and railroad spikes he had picked up as a child here in Covington. [barfieldphotos.zenfolios.com](http://barfieldphotos.zenfolios.com)






COVINGTON BICENTENNIAL  
CITY OF COVINGTON  
OPEN IN 2063  
DONATED BY E. J. FIELDING FAMILY

### Farmer's Market Recipes

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

#### Moroccan–Style Beet Stew

- 1 large butternut squash, peeled, deseeded, cubed
- 1 pound of beets, peeled & cubed
- 1 pound of radishes, trimmed & halved
- 1 medium onion diced
- 4 medium garlic cloves, minced
- 2 - 5 Hungarian Wax peppers (to taste)
- 2 - 5 Jalapeno peppers (to taste)
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 1/2 teaspoon ground caraway seed
- 1/4 cup of golden raisins
- 1 tablespoon of honey
- lemon zest
- 1 cup of cooked chickpeas
- 2 cups of prepared couscous
- fresh cilantro
- sea salt & cayenne



Start with heating a half inch of water in a large pot over medium heat, seasoned with a pinch of coarse sea salt. Stir in the onion and cook until soft, about 10 minutes. Add the garlic and spices and stir to combine. Let this cook for a minute or so. Add the beets and about 2 to 2 1/2 cups of water. Bring this back up to a simmer and let cook as until the beets begin to soften, about 10 minutes.

Meanwhile, mince your hot peppers very fine. Be sure not to touch them with your bare hands. Wash hands after handling.

Add this paste along with the squash, radishes and cooked chickpeas to the pot, stir to mix thoroughly. Return the mix to a simmer for a few minutes, then turn the heat down to medium-low. Add the raisins and honey and cover the pot. Check every 10 minutes or so to ensure there is no sticking on the bottom of the pot. Cook until the vegetables are fork tender but still have their shape, about 30 - 45 minutes. Taste and season with salt and cayenne as needed.

Remove from heat when done and add about 2 teaspoons of fresh lemon zest. Serve hot over couscous, topped with fresh chopped cilantro. To continue the Moroccan theme, serve with harissa (pepper and chili paste) on the side.

### Bayou Barber: A Traditional Barber Shop

#### Now With Three Full Time Barbers

What makes a traditional barber shop? Patrick O'Brien envisioned an 'ole time' barber shop when he opened Bayou Barber in downtown Covington. With a striped pole out front, refinished vintage chairs, the chatter of "shop talk" and the sound of clippers whirring and scissors snipping, Bayou Barber hits the mark.

Patrick offers traditional men's and boy's cuts, including all of amenities: brow, ear and nose hair trimming; straight razor trimming around the ears, sideburns and the back of the neck (all the way down to the shirt-line if needed). Top it off with a hot-towel straight-razor shave, using oil infused shaving cream applied with a traditional Badger Hair Brush. A traditional cut means you can walk out of Bayou Barber with a completely clean look, ready to continue your day.

Being a traditional barber isn't just about a good hair cut though. "It's about good conversation and personality," as one customer put it. A real barber shop is a place you feel welcome, where you can relax and talk amongst friends. This also draws people from all around to Bayou Barber.

Hal Moberg has been at the shop for a while, and Patrick recently hired Cherish Fink to ease the wait time during busy hours. Both are professional barbers with great personalities, be sure to stop in and meet them yourself. Walk-ins only!

[www.bayoubarber.com](http://www.bayoubarber.com) (504) 931-5060



Barbers from far left: Patrick O'Brien, Cherish Fink & Hal Moberg

### Save the Date!

St. Tammany Art Association and Gulf Coast Bank & Trust present

# Fall for Art

Art • Culture • Music • Community

**Saturday, October 12<sup>th</sup>, 6 - 9pm**  
Historic Downtown Covington

more info at [www.sttammanyartassociation.org](http://www.sttammanyartassociation.org)







# Covington Weekly

Covington, LA October 2 - 8, 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 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 Petty Bones beginning at 9:30; and Lola chefs Keith and Nealy Frentz will drive their food truck to the market. - **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 The Steve Anderson Group, 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](http://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, (719) 963-5366. - **213 Park Drive**

**Share the Health Educational Series - Tuesday October 8, 6:30 - 7:15 pm @ Our Place Studio** Share the Health is a hands-on educational series on health-related topics featuring local experts and educators. See the article on the front for the full schedule. Suggested donation/\$10. - **338 N. Vermont St.**

## 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

**CAPTAIN BEYOND**  
featuring drummer & founding member  
**BOBBY CALDWELL**  
"BEST ROCK DRUMMER OF ALL TIME"

**THE GREEN ROOM**  
BOSTON ST - COVINGTON - TWO SHOWS - 8 & 10 PM - \$10  
**SATURDAY OCTOBER 5TH**  
ADVANCE TICKETS AT [WWW.CAPTAINBEYOND.EVENTBRITE.COM](http://WWW.CAPTAINBEYOND.EVENTBRITE.COM)

**Green Room** 521 E. Boston St. Wed. - Open Mic Night @ 9pm Thurs. - Ladies Night w/ DJ Tay Tay @ 9pm Fri. - October Babies B-Day Bash Luau (hosted by DJ Tay Tay) @ 9pm Sat. - Captain Beyond feat. Bobby Caldwell @ 8pm (no smoking show) Sun. - Karaoke w/ DJ Bobby Blaze Mon. - Live Music/The Vagabonds Tues. - S.I.N.

**THE GREEN ROOM**  
karaoke lovers unite!  
sundays @ the green room

**GREEN ROOM**  
WEDNESDAYS  
LIVE MUSIC  
OPEN MIC  
Service Industry Night  
Every Tuesday

**CAPTAIN BEYOND**  
FULL ALBUM PERFORMANCE

**THE VAGABONDS**  
LIVE MUSIC  
MONDAYS  
WITH Vagabonds @ THE GREEN ROOM

**COLUMBIA STREET ROCK-N-BLUES Cafe**

**Columbia St. Rock 'N Blues Cafe** 407 N. Columbia St. Wed. - Karaoke 9pm Thurs. - Comedy Night w/ Corey Mack 9pm + Booty Bounce Bingo Fri. - Truman Holland & The Back Porch Revue 9pm Sat. - Killahouse 9pm Sun. - Saints Sundays + Beer Pong Tournament

**Friday**  
Killahouse

**Saturday**  
Killahouse

**KARAOKE**  
Wednesday  
Every Thursday Night  
Corey Mack

**Truman Holland and the Back Porch Revue**  
Friday 9 pm

**Winos and Tacos** 321 N. Columbia St. - Wed. Wine Down Wednesday 6 pm Fri. - Marc Stone 9pm Sat. - Big Easy All-Stars 9pm

**ROCK N BLUES PRESENTS...**  
**BOOTY BOUNCE BINGO**  
Saints Sundays Plus  
BEER PONG TOURNAMENT

**Winos & Tacos**

**Winos and Tacos** 321 N. Columbia St. - Wed. Wine Down Wednesday 6 pm Fri. - Marc Stone 9pm Sat. - Big Easy All-Stars 9pm



**Big Easy All Stars**

For the full music calendar, visit: [www.covingtonweekly.com](http://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, Covington's 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, Gilisbar 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, PJ's in St. Tammany Parish Hospital, Roy's Knife & Archery Shop, St. John's Coffeehouse, St. Tammany Art Association, St. Tammany Art 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](http://www.covingtonweekly.com) and sign up for our weekly e-newsletter!

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](http://www.englishitearoom.com)

**English TEA ROOM**

**ZAGAT rated!**

**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](http://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

**Tickets on sale now!**

this stage of  
**LOVE**  
an original musical

[www.thisstageoflove.com](http://www.thisstageoflove.com)

**Holistic Life Approach**

Karen Boudreaux  
LMT#5214 AADP  
Holistic Health Coach  
(985) 276-8119  
107 N. Theard St.  
Covington, LA

Therapeutic Massage  
Health & Wellness  
Coaching & Classes

[www.HolisticLifeApproach.com](http://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.goodbeep plumbinginc.com](http://www.goodbeep plumbinginc.com)

**COLUMBIA STREET ROCK-N-BLUES Cafe**

Lunch Served 11 am til

Karaoke Night  
Every Wednesday  
Comedy Night  
Every Thursday  
LSU & Saints Games  
(985) 892-9949  
407 N. Columbia Street  
[www.RockNBluesCafe.com](http://www.RockNBluesCafe.com)

**BROCK'S 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.keeptcovingtonbeautiful.org](http://www.keeptcovingtonbeautiful.org)  
[www.facebook.com/Keep-Covington-Beautiful](http://www.facebook.com/Keep-Covington-Beautiful)

[kcb@covla.com](mailto:kcb@covla.com) 985-867-3652

**Covington Business Association**  
Next General Meeting is  
**October 2nd**  
6:00 pm at:  
COLUMBIA STREET  
ROCK-N-BLUES CAFE  
[www.covingtonbusinessassociation.org](http://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](http://www.bayoubarber.com) Walk-Ins Only

**THE GREEN ROOM**  
521 E. BOSTON ST. • COVINGTON, LA  
(985) 892-2225  
[WWW.GREENROOMCOVLA.COM](http://WWW.GREENROOMCOVLA.COM)

**ST. TAMMANY HUMANE SOCIETY**  
20384 Harrison Ave.  
Covington, LA 70433  
(985) 892-PETS  
[www.sthumane.org](http://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 "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

Advertising with **Covington Weekly** Support Local!  
is simple and effective.  
print, e-newsletter, social media,  
web archive

phone: **985-288-9609**  
e-mail: [covweekly@media9productions.com](mailto:covweekly@media9productions.com)

Covington Weekly / Media 9 Productions LLC, 2013