



It's Carnival Time At St. Tammany Art Association! Festive Gala To Celebrate The Arts During The Olympia Parade



In the spirit of Mardi Gras, STAA is pleased to announce their second Masqued Ball. Local artists will create one-of-a-kind masks and Mardi Gras themed artwork to be auctioned at this gala event. A variety of artwork will be presented including works that can be worn during Carnival or be put on display at your home or business.

This year's gala will take place during Covington's Olympia Parade that rolls right in front of the Arthouse. Purchase tickets for VIP Balcony Passes to enjoy the parade from one of the very few balcony views in downtown Covington. VIP Balcony Passes also include a private wine bar and hors d'oeuvres. The price of general tickets include live music by Carlo Ditta & Friends, a wide array of delectable delights, STAA's signature cocktail and a cash bar. They will also have some fun activities for children while taking a break from bead collecting. Costumes and masked attire are encouraged! All proceeds will go towards STAA's continued efforts to support the arts and arts education in our community.

Come on out for this festive event, which will take place Saturday, February 22 during Covington's Olympia Parade at the St. Tammany Art Association, 320 N. Columbia Street at 5-9pm. Tickets start at \$25 per person and are on sale at the Arthouse.

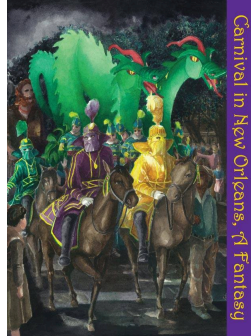
985-892-8650 or info@sttammanyartassociation.org
Custom Carnival Stationery At History Antiques



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For the Season: Mardi Gras Stationery, Thank You Notes and Gift Tags! Personalization available at History Antiques & Interiors.

A Romantic Stroll Through Covington's Art District... "The Romance of New Orleans"... At Three Rivers Gallery

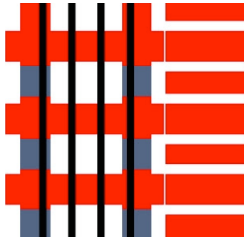


"Autumn Afternoon" Philip Sage

"The Romance of New Orleans, Mardi Gras & Philip Sage" is currently on display at Three Rivers Gallery, 333 East Boston Street. Open Monday - Saturday 10 am - 6 pm

"Signs of Life" At Henry Hood Gallery

"Signs of Life" prints by Rosemary Goodell & Dale Newkirk are currently on display at Henry Hood Gallery, 325 East Lockwood Street. Open 10 am - 4 pm Tuesday - Friday, 11 am - 4 pm Saturdays.



Dale Newkirk



Rosemary Goodell

"Stitched: Christine Sauer & Laura Gipson" At STAA

The St. Tammany Art Association is proud to present an exhibition of work by artists Christine Sauer and Laura Gipson, currently on display at the Art House, 320 North Columbia Street. Open 10 am - 4 pm Tuesday - Friday, 11 am - 4 pm Saturdays.



Stitched
Christine Sauer & Laura Gipson
February 8 - March 29

Voice St. Tammany: Third Season Begins Monday Are You The Next VOICE Of St. Tammany?

Voice St. Tammany, a local vocal competition hosted by Center Of Performing Arts (COPA) and WYLK Lake 94.7FM, will kick off its third season Monday, February 17th at 7 p.m.

The competition is divided into three events. At each event vocalists will participate in two rounds of blind auditions. The first round will be for a panel of judges and the second will be for a live audience. In the end, radio listeners on Lake 94.7 will be able to vote for their favorite out of a final three and the winner will be awarded studio time and will be featured on the air. The dates are February 17, March 10 and April 14.

All three events will be open to the public and will be held at COPA, 201 N. Columbia St. in Downtown Covington. There will be a \$3 admission and refreshments will be provided. Those interested in auditioning can register online at www.voicesttammany.com. For more information, contact Sammi Greco at (985) 727-4638.

Last Weekend For 'Cat On A Hot Tin Roof'

With its hairpin turns from profound sorrow to chilling rage to wild comedy, Cat on a Hot Tin Roof is Tennessee Williams at his finest. Presented by the Fuhrmann Performing Arts & JanieCat Productions, this play will run its last weekend at the Fuhrmann Auditorium, in the Greater Covington Center. Friday & Saturday shows are at 7:30 pm, and Sunday matinee at 2 pm.

For tickets call 985-276-0465 or visit www.fpa-theater.com.



CPD: Uniform Crime Report Statistics

Twenty-Two Percent Overall Reduction In Crime For 2013

Chief Tim Lentz recently announced the Uniform Crime Report statistics for 2013. Chief Lentz notes that there was a 22% overall reduction in crime in Covington. Vehicle theft and robbery percentages increased dramatically but this is thankfully due to the low number of actual crimes, with an increase of only 5 robberies and 2 vehicle thefts.

Mayor Cooper and Chief Lentz jointly state "The City of Covington is extremely proud of our low crime rate. Covington remains a community oriented city where people can feel safe to raise their families."



Chief Tim Lentz, M.C.J.
985-892-8500
tlentz@covia.com
www.covia.com

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Quote of the Week

"At the touch of love everyone becomes a poet."
- Plato

Friday
February 14
Full Moon

Reclaim Ease And Joy Of Movement

Join Our Place Studio This Saturday For A Mobility Rx Workshop

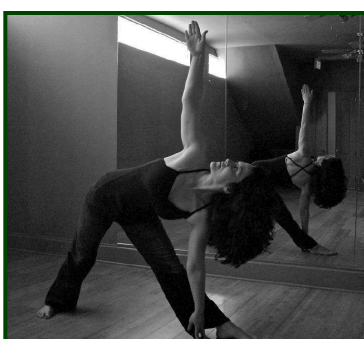
Amazing mobility is what we were born to experience, explore, and enjoy. Unfortunately, our excessively sedentary lifestyle has caused many to lose that mobility, and with that loss often comes discomfort, various forms of physical imbalance, even pain. We are lucky if we move our bodies around in more than a handful of ways. For most of us, mobility mean standing up or sitting down, getting in and out of the car, walking or maybe running (and only forward), with the majority of our time actually spent quite immobile, sitting at a desk or on a couch or driving in a car. On top of that lack of movement diversity, pile years of poor postural habits and you've got a recipe for all kinds of physical troubles.

But it doesn't have to be that way - your body wants to be healthy and enjoy full range of fluid, effortless mobility! If you've been watching the Olympics, you have probably marveled at the profound strength, beauty and grace of the human body in motion. Maybe you thought to yourself, "Wow, that's amazing...but I couldn't do that!" Okay, maybe you're not going to be a champion ice skater (unless that's what you really want), but every human being is an athlete, meaning - every one of us (barring extreme disability/other unfortunate circumstances) - can be strong, mobile, agile, and healthy for a lifetime. Often, all we need to do to reclaim our amazing movement abilities is...start moving again, and in lots of different ways. It may take time, but you can retrain your body to move better and feel better!

Join us at Our Place Studio on Saturday, February 15, from 2-4 pm and learn basic release techniques in foam rolling, as well as simple, fun and effective stretches, postures and movements from Aaron Mattes Method, Yoga, & MovNat to increase overall mobility, and support sports performance and wellbeing and ease in your everyday activities. All participants receive a PDF document with the workshop basics, plus follow-up videos of all of the activities covered in the workshop, so you can continue to practice at home.

The workshop takes place this Saturday, February 15, from 2 - 4 pm. The cost is \$35 per person, and the workshop is limited to 15 people (please register early). 985-875-1182 or visit opcovington.com

Liz Bragdon is a Movement Educator at Our Place Studio. She also does movement storytimes for children through Young Audiences and co-wrote a movement-based curriculum and Yoga DVD series for children, both of which you can check out at www.move-with-me.com.



Happy Valentines Day

Valentine's Day, observed on February 14, began as a liturgical celebration of one or more Christian saints named Valentinus. The holiday became associated with romantic love in the literary circles of Chaucer during the High Middle Ages, with the tradition of courtly love. The holiday evolved into the presentation of cut flowers, confectionaries and greeting cards, or valentines, in 18th century England.



A Week Of Valentines At The English Tea Room



From February 10th-15th The English Tea Room is celebrating Valentine's Day! Serving a Valentine's High Tea with many delicious favorites from their traditional high tea as well as some lovely additions for the holiday. Enjoy a pot of Valentine's tea to complete the experience. The cost is \$25.00 per person. Call (985) 898-3988 for reservations.

Downton Abbey Night Friday, February 21st



The English Tea Room is hosting another Downton Abbey Night on February 21st! Come dressed as you are, as your favorite character or in costume to be a part of celebrating all that is English. The Tea Room will be serving an elegant English dinner and tea. Prepaid reservations are required and the cost is \$30.00 per person. Call today, reservations are filling up fast! (985) 898-3988

Farmer's Market Recipes

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

Mardi Gras Cocktails From Kombucha Girl

When Susan Tarasova and Liz Bragdon of Kombucha Girl Living Beverages get together with their friends, Bryan & Sylvia Dias, delicious, original cocktails are always the result! Their latest recipes, concocted with Bryan's expert guidance, utilize one of Kombucha Girl's Living Blends, Living Falernum, as well as their Orange Bitters and Sugar Plum Bitters. Falernum is a tropical beverage, typically made with a base of lime and rum, plus warming spices like vanilla, allspice and ginger. Kombucha Girl Falernum is full of probiotic benefits, but not a drop of rum, so Bryan worked his magic to blend some spectacular Mardi Gras-worthy beverages from the best local ingredients. Enjoy! If you like Bryan's creation, you can learn more about his work with wine & spirits at bryanrdias.com and check out Sylvia's wine art at <http://wine-in-art.com/>. As for Susan and Liz, you can find them and their delicious, health-full beverages at the Covington Farmers Market every Saturday and follow them on Facebook: **Kombucha Girl Living Beverages**.

Port of Entry

- 2 oz. Pontchartrain Vineyards "Port of New Orleans"
 - 1 oz. Old New Orleans Rum Company "Crystal" (white) rum
 - 1/2 oz. fresh grapefruit juice
 - 1/2 oz. fresh lemon juice
 - 1/4 oz. Kombucha Girl Living Falernum
 - 1/4 oz. simple Ksyrup
 - 4 drops Kombucha Girl Sugar Plum Bitters
- Shake over ice, strain and serve neat



Crystal Beach Ball

- 1.5 oz. Old New Orleans Rum Company "Crystal" (white) rum
 - 3/4 oz. pineapple juice
 - .5 oz. Pontchartrain Vineyards "Port of New Orleans"
 - .5 oz. Angostura Bitters
 - .5 oz. fresh lime juice
 - 1/3 oz. Kombucha Girl Living Falernum
 - 1/4 oz. simple syrup
 - 4 drops Kombucha Girl Orange Bitters
- Shake over ice, strain and serve neat with a sprig of fresh mint



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Covington Farmer's Market - Wednesdays, 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 - Saturdays, 8 am - 12 pm @ the 600 block of Columbia St.
Music by Daniele Spadavecchia beginning at 9 am. Columbia Street Natural Foods will be providing the food demo. - 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.

Mobility Rx Workshop - Saturday February 15th, 2 pm - 4 pm @ Our Place Studio
Learn basic techniques to increase overall mobility, supporting performance, well-being and ease in your everyday activities. \$35 per person with a limit of 15, call 875-1182 for reservations. - 338 North Vermont Street

Voice St. Tammany - Monday February 17th, 7 pm @ Center of Performing Arts
The Local Vocal competition kicks off its third season. \$3 admission, refreshments provided. - 201 North Columbia Street

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

Walker Percy Book Club - 1st and 3rd Thursdays of the Month, 2 pm - til @ the English Tea Room
Join the English Tea Room on the 1st and 3rd Thursday of every month for the Walker Percy Book Club Meeting. - 734 E. Rutland St.

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2014 PARADE DATES

OFFICE OF CULTURAL ARTS & EVENTS

Saturday, February 22, 6:00 pm
Mystic Krewe of Olympia
For more information, go to kreweofolympia.net

Tuesday, March 4, 10:00 am
Covington Lions Club
For more information contact Bill Woessner, 504-957-4669

IMMEDIATELY FOLLOWING
Krewe of Covington
For more information, contact Lee Roy Jenkins, 985-966-3786

IMMEDIATELY FOLLOWING
Krewe of Lyra
For more information, go to kreweoflyra.com or contact Mary Grace Knapp • 985-264-2460

Live Music Around Town

Voice St. Tammany

Feb. 17 • 7 p.m.

Are YOU the next VOICE of St Tammany?

To register go to www.voicestammany.com

Celebrity judges will select contestants by blind audition and a live audience will vote for who they think should move on to the next round. Three finalists will be featured on Lake 94.7FM and it will be up to radio listeners to go online and vote for their favorite. The winner will be awarded studio time and will be featured on the air.

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Thurs. - Comedy Night w/ Corey Mack @ 9pm Fri. - Fly By Night @ 10pm Sat. - Band Camp @ 11pm Sun. - Beer Pong Tournament

Every Thursday Night
Corey Mack
Rock N Blues Cafe

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release techniques and basic stretches, postures, movements from Aaron Mattes Method, Yoga, and MovNat. Follow-up literature and videos for home practice included.

Cost: \$35/person
Limited to 15 people
Payment is due upon reservation

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Saturday BAND CAMP

English Tea Room 734 E. Rutland St. -
Fri. - Classical Harpist Jessica Meltz 12pm - 2pm
Tues. - Acoustic High Tea featuring singer/songwriter Timothy Gates 11 am - 1 pm
www.english-tearoom.com

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Green Room 521 E. Boston St. (Dec. 18-24) Wed. - Open Mic Night @ 7pm Thurs. - Melo-D Presents w/ DJ Dizzi @ 9pm Fri. - Valentine Burlesque @ 9pm Sat. - Bad Kandi @ 9pm Sun. - Karaoke w/ DJ Bobby Blaze Mon. - Shot & Beer Specials Tues. - Ladies 80's Night

Valentine Burlesque

BAD KANDI
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Covington Business Association

Next General Meeting is
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www.covingtonbusinessassociation.org

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