

FREE

Covington Weekly

March 26 - April 1, 2014

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Final Friday Block Party March 28

First Of The 2014 Season This Friday

Vintage car enthusiasts will once again stroll along Columbia and Boston Streets perusing the vast auto collection, each exhibited by their personal owners in downtown Covington. This free public event is held the last Friday of each month - March through October. The first in 2014 will be on Friday, March 28th, 6:30 p.m. For more information visit [www.covla.com](http://www.covla.com)



City Of Covington Awarded For Excellence In Financial Reporting

The Certificate of Achievement for Excellence in Financial Reporting has been awarded to the City of Covington by the Government Finance Officers Association of the United States and Canada (GFOA) for its comprehensive annual financial report (CAFR). The Certificate of Achievement is the highest form of recognition in the area of governmental accounting and financial reporting, and its attainment represents a significant accomplishment by a government and its management. This award has been presented to Alisa Faciane, Finance Director and Gina Hayes, Director of Administration for the City of Covington. Visit [www.covla.com](http://www.covla.com).

Good Dog Naturally & Scrubby Puppy

The Importance Of Diet In The Health Of Your Pet

A proper diet is as important to your pet as it is to you. Dogs and cats also have specific dietary needs, requiring a greater amount of protein and in many cases no grains. Most commercial dog food is high in grain content and animal byproduct, with poorly sourced ingredients. Good Dog Naturally has already done the research for you, and they carry the highest quality products with the most health benefit for your pet. From locally produced Tiger Bait Raw Pet Foods & Treats to the best sourced high protein grain free kibbles and biscuits, you'll find trusted food to keep your pet full, healthy and happy. Good Dog Naturally will participate in Woofstock 2014, to benefit the St. Tammany Humane Society with \$5 nail trims.



Easter Bunny At Good Dog Naturally

Good Dog Naturally also houses a do-it-yourself dog wash and full grooming service! Schedule a spring freshen up with one of the groomers so your pet will be ready for pictures with the Easter Bunny on Saturday, April 5th at Good Dog Naturally! To learn more about Good Dog Naturally and Scrubby Puppy, visit their website: [www.gooddognaturally.net](http://www.gooddognaturally.net)

St. Tammany Humane Society's Woofstock 2014



Good Dog Naturally also houses a do-it-yourself dog wash and full grooming service! Schedule a spring freshen up with one of the groomers so your pet will be ready for pictures with the Easter Bunny on Saturday, April 5th at Good Dog Naturally! To learn more about Good Dog Naturally and Scrubby Puppy, visit their website: [www.gooddognaturally.net](http://www.gooddognaturally.net)

**St. Tammany Humane Society's Woofstock 2014**

Woofstock 2014, St. Tammany Humane Society 25th Annual Festival & Low Cost Clinic will be held at the Castine Center in Mandeville on Sunday, March 30th. Woofstock is a dual-purpose event. The STHS offers a low cost veterinary clinic which allows its patrons to receive vaccinations, heartworm tests, microchips, purchase preventatives and other services at deeply discounted rates. Simultaneously, they hold a fun festival with dog contests, Woofstock marketplace, pet adoptions, humane education, kid-entertainment and fun festival food and drink. It is truly a fun and exciting day to spend with your family and the family dog. This year admission to the event is free!

Woofstock is the St. Tammany Humane Society's largest fundraiser of the year, with over 500 dog families expected to go through the low cost clinic and many more just to enjoy the festival. Participation in this event will help to change the lives of hundreds of animals in our parish providing them food, shelter, veterinary services, and potentially a great home.

Dr. Who Night At The English Tea Room

March 28th is the time for Whovians to gather and discuss all things Dr. Who. At 7:00pm The English Tea Room will kick things off with the good Doctor's favorite foods and, of course, favorite teas. Reservations are required and are \$25.00 per person. Reservations are filling up fast! To reserve your spot, call **985-898-3988**.

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

**St. Paul's Rugby Team Stops In For A Spot Of Tea**



The St. Paul's School Rugby Team visits The English Tea Room, a sponsor of the team, for a quick re-fuel of tea and scones. The team has played a good season, ending with a home game this Thursday against Brother Martin. Photographer Mike Dvornak captures the boys getting into the British spirit. More photography of the team and The English Tea Room can be found at [mikedvornak.com](http://mikedvornak.com).

KCB River Sweep & Clean Green River Run April 5th

Keep Covington Beautiful will host their annual Bogue Falaya River Sweep litter clean-up on Saturday April 5th, 8 - 10:30 am, starting at the 4th Avenue Boat Launch. This year after the litter clean-up they will incorporate a River Run Race starting at the Bogue Falaya Park. This race will be open to canoes, kayaks and paddleboards. Register for either event by March 30th with KCB by calling 985-867-3652 or emailing [kcb@covla.com](mailto:kcb@covla.com). Visit [www.keepcovingtonbeautiful.org](http://www.keepcovingtonbeautiful.org) for more information and race entry forms.



River Sweep 8 am

River Run Races 11 am

Bogue Falaya April 5th

Quote of the Week

"The flower does not think of competing with the flower next to it. It just blooms."

- Sensei Ogui

Sunday

March 30



New Moon

Spring Rejuvenation At Our Place Studio

Nourish Your Skin With Raw, Fresh, Organic Foods, Inside & Out

What you put on your skin is just as important as what you put in your body! Throughout my years in the skincare profession, I have grown to respect, admire, and love the art of combining the gifts of nature with the healing effects of touch. Your skin is constantly changing and so should your facial care regimen. Incorporating raw, organic foods in your daily diet is important to living a vibrant, healthy life. The same applies to the skin. Your skin is the largest organ and what you put on it is absorbed into the bloodstream. If we are taking care of ourselves by choosing to eat clean and live a healthy lifestyle to prevent disease, help with stress, and debilitating medical issues, we should consider an organic skin care routine a crucial part of that self-care practice.

Avocados, coconut, raw honey, aloe vera, raw apple cider vinegar, cinnamon, and other organic raw fruits, vegetables and ingredients all contain nutrients vital to our internal and external health. Ingredients from nature are simple and true. The skin loves getting bursts of these organic nutrients! Indulge your skin health this spring by treating yourself to a customized facial treatment at Our Place! The Spring Bliss Facial will cleanse, exfoliate, hydrate and rejuvenate tired, dull skin. A combination of organic, natural products and luxurious homemade facial delicacies will help your skin feel refreshed and look vibrant. Customized to perfection, the Spring Bliss Facial consists of balanced proportions of lavender, honey, fragrant raw fruits and herbs, and other nature- infused delights. A calming and relaxing facial and scalp massage is a wonderful accompaniment to this delicious, natural treatment. Spring is an excellent time to cleanse and rejuvenate!

Don't forget to take care of your waxing needs as beach season approaches. We have a full body waxing menu to help you stay smooth, sleek and sassy. From simple facial waxing to those who dare to bare with our full sphinx bikini waxing, we have you covered. Receive 20% off any facial waxing service for the month of April when you purchase a Spring Bliss Facial!

Tosha LaFont will now be offering waxing and facial services at Our Place Studio in downtown Covington! With over 17 years in the beauty and spa industry, her approach to skincare focuses on the individual needs of each client. She specializes in organic, customized facials, pressure point massage, brow design, waxing services, and makeup artistry. True simplicity from nature sums up Tosha's skincare philosophy.

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"The Beauty Queen Of Leenane" At COPA



Local theater director Julie Generes and Center Of Performing Arts present the dark Irish comedy, "The Beauty Queen of Leenane". This play by Martin McDonagh takes place in the small Irish town of Leenane in the 1980's. It is the story of Maureen and Mag Folan, a repressed spinster and her nagging mother. When Maureen finds a boyfriend, Mag will do anything she can to make sure the flame does not get lit.

The drama actually began before the curtain call - the Saturday show we attended was nearly derailed when the actor playing Ray Dooley was unable to make the performance. It was through a stroke of genius and the courage of director Julie Generes' son, William Faust, that the show went on. Without ever reading the script, William stepped in to fill the shoes of Ray, the younger brother of Maureen Folan's love interest, Pato Dooley. Despite the circumstances, Faust quickly eased into the character, a lively and boastful lad, with a provocative and comedic delivery. The success of this performance is a testament to the talent of all four actors involved, all of which also present a thick Irish brogue. Now fully rehearsed, Mr. Faust will continue to fill the role of Ray for this weekend's run.

"The Beauty Queen of Leenane" has three more performances March 28, 29 and April 4 at the Center of Performing Arts, 201 N. Columbia St. Purchase tickets online at COPA's website [www.centerofperformingarts.net](http://www.centerofperformingarts.net) or call (985) 727-4638.

Last Weekend To See "I Hate Hamlet"

Entertaining from start to finish, this play will have you laughing out loud while also examining the important life lessons learned in an actors' growth. Lead actors Chase Boltin (Andrew Rally) and John Carambat (John Barrymore) shine in this smart comedy directed by Kay Files. "I Hate Hamlet" will have a final run this weekend with shows Friday and Saturday, and a matinee on Sunday.

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



Farmer's Market Recipes

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

Strawberry Jam



Ingredients:

1 quart strawberries

1 large lemon, zest & juice

3 cups sugar

1/4 tsp salt

Cooking Instructions:

Cut the tops off of the berries. Try to pick a few slightly un-ripe berries. Slice half of them, and mash the other half. You should have around three cups. Heat lemon zest, juice, sugar and salt in a saucepan over medium heat. Stir occasionally until the sugar dissolves. Add berries, bring to a boil and simmer for 10 mins. Check the jam consistency. Take a small amount and place on a frozen surface. If it turns to gel and is no longer runny, remove the jam from heat. If not, continue to simmer for another 10 minutes and check again. The jam could take up to 40 minutes to gel properly. Place the hot jam into sterilized jars. Either seal in accordance to proper canning techniques or refrigerate.

Which Is It, Jam Or Jelly?

Jams use the entire fruit or vegetable, pulverized and cooked down. With jellies, just the juice is used; the fruit is cooked down and the poured through a "jelly bag" to create a clear product. (This process can be mimicked using a double layer of cheesecloth lining a colander.) Once the juice has been extracted it is processed in the same manner as the jam; sugar and other ingredients such as lemon juice and/or pectin are added depending on the recipe. The mixture is heated to a boil and jarred immediately for minimum spoilage. The distinctive consistency of both jams and jellies is created by the acids, pectin and sugars the fruit contains as well as heating. This interaction is incredibly important to the preservation and consistency of the product, and it is very important to follow each recipe without variation, until you get the hang of it. Recipes using honey are available, and raw sugar is advised.



Covington Farmer's Market

Every SATURDAY

8:00 am - noon

500 Block of N. Columbia Street

RAIN OR SHINE

This Week At The Farmer's Market:

Vintage Jazz @ 9 am

Spanish R Us (food demo)





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**Covington  
Business  
Association**

Next General Meeting is  
**April 2, 5:30 pm at:**  
Columbia St. Rock-N-Blues  
407 N. Columbia St.

**CBA** [www.covingtonbusinessassociation.org](http://www.covingtonbusinessassociation.org)



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Covington Weekly / Media 9 Productions LLC, 2013



**Covington Weekly**  
Covington, LA **March 26 - April 1, 2014**

**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 Vintage Jazz beginning at 9 am. Spanish R Us Restaurant in Covington will serve samples from their menu. - **600 block of Columbia 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**

**Old Feed Store Music Series - Saturday March 29, 12 pm - 2 pm @ Marsolan's Feed & Seed** Free concert featuring Last Chance Bluegrass Band. - **316 E. Gibson Street**

**Rockin' the Rails**

**April 3  
VINCE VANCE & THE VALIANTS**

**April 10  
MICHAEL "SOULMAN" BAPTISTE**

**April 17  
CREOLE STRING BEANS**

**April 24  
LUTHER KENT**

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**EVERY THURSDAY IN APRIL**



**Live Music Around Town**

**Columbia St. Rock 'N Blues Cafe** 407 N. Columbia St. Wed. Karaoke - @ 8pm  
Thurs.- Comedy Night w/Tony Frederick @ 9pm Fri.- Block Party with  
Supercharger @ 10pm Sat. - Dax Riggs @ 10pm

**Friday Night Block Party**

**ENJOY THE MUSIC**

**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.englishtearoom.com](http://www.englishtearoom.com)

**Green Room** 521 E. Boston St. Wed. - Open Mic @ 7pm Thurs. - In The Mix w/ DJ  
Dizzi @ 9pm Fri. - DJ Dizzi @ 9pm Sat. - Burlesque Party @ 9pm Sun. - Karaoke  
Mon. - Punk & Metal Monday Tues. - Ladies 80's Night + 1/2 price whiskey

**Friday Night Block Party**

**Burlesque Theme Party Saturday**

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**For the full music calendar, visit: [www.covingtonweekly.com](http://www.covingtonweekly.com)**

**Covington Weekly Distribution Locations:**

Acoistapace's Covington Supermarket, Bayou Barber, Beck-N-Call Cafe, Behrens & Associates Real Estate / Elizabeth Pale Piner CPA, Blue Willow Bed & Breakfast, Braswell Drugs, Brooks' Bike Shop, Camellia House Bed & Breakfast, Campbell's Coffee & Tea, Candy & Tobacco Discounts, Chimes Covington, China City, Coffee Rani, Columbia Street Mercantile, 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, Gilsbar Inc., Good Dog Naturally, Gulf Coast Bank & Trust, Hampton Inn, Hebert's Cleaners, History Antiques & Interiors, Hollistie Life Approach, Homewood Inn & Suites, Jewel's Cigar & Briar, La Quinta Inn Hwy. 21, Lola's Restaurant, Mac's on Boston, Marsolan's Feed & Seed, Matina Bella, Mellow Mushroom Covington, Mo's Art Supply, Motif, New Orleans Food & Spirits, Nonna Randazzo's Italian Bakery, O'Keefe Feed & Seed, Oil & Vinegar, Our Place Studio, PJ's Hwy 21, PJ's Hwy 26, PJ's (St. Tammany Parish Hospital), Roy's Knife & Archery Shop, Shop Soul Boutique, St. John's Coffeehouse, St. Tammany Art Association, St. Tammany Homestead, St. Tammany Humane Society, St. Tammany Parish Library (Covington Branch), Studio 511 Salon, Sunshine Garden Health Food Store, Toad Hollow, Winos and Tacos, Vazquez Restaurant, The Yoga School, Zita's

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