

# *FREE* Covington Weekly

April 23 - 29, 2014

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## Friday Block Party In Downtown Covington



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 from 6:30 - 9:30 p.m. For more information visit

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

## Last Rockin' the Rails Concert For Spring Season Luther Kent Closes Out This Thursday At The Trailhead



Luther Kent was born in New Orleans, Louisiana. At age 14 Luther began singing professionally and signed with Louisiana based Montel Records. His first record was released under the name of Duke Royal, and the song was "I Wanna Know". In 1970 Luther became lead singer for the group "Cold Grits", and later "Blood, Sweat & Tears", although he was never able to record with this group. In 1978 Luther and Wayne Cochran, Charlie Brent formed a large New Orleans horn band which became known as "Luther Kent & Trick Bag". Luther has been inducted into "The Louisiana Hall Of Fame" and "The Louisiana Blues Hall Of Fame".

All concerts are free and open to the public, 5 - 7:30 pm every Thursday in April and October at the Covington Trailhead. Concert-goers are invited to explore Downtown Covington after the show; City of Covington staff and volunteers from the Covington Business Association will have door prizes and goody bags for coupons and specials to area bars, restaurants, and shops. For more information, contact the City of Covington's Office of Cultural Arts and Events at [gottaluvcov@covla.com](mailto:gottaluvcov@covla.com)

## Grand Opening Of The Southern Hotel Set For June

The Southern Hotel is set to open June 1st, 2014, the original opening date of the hotel 107 years ago. The building, which was bought for \$1.75 million, has cost an estimated \$9 million to renovate, restoring the original historical charm with a touch of modern. Completed, the hotel will have 42 rooms (including a Walker Percy Suite), a fountained courtyard, a sun room and large ballroom, a pool, a spa and fitness facility, among many other luxuries. Possibly most anticipated is "Ox Lot 9", the Hotel's featured restaurant. Chef Jeffrey Hansel (Commander's Palace and most recently, Veranda in Birmingham, Alabama) has prepared a menu following the "farm to table" concept, using fresh produce, meats and seafood obtained from the area. The restaurant's name is a nod to downtown Covington's unique ox lots, one of which adjoins the Southern Hotel property.

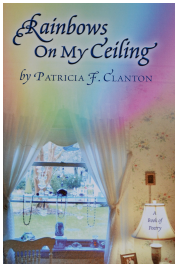
[www.southernhotel.com](http://www.southernhotel.com)



## "Rainbows On My Ceiling" By Patricia F. Clanton

New Book Of Poetry A Beautiful Collection Of Thoughts & Pictures

Mrs. Clanton's collection of poems has something in it for everyone, ranging from whimsical to philosophical. Remembrances of Covington are captured in poetry that reflects her deep caring about our city, and love for friends and family. "Rainbows On My Ceiling" is available at Jewel's Cigar and Briar in downtown Covington.



985-892-5746

## STAA Pottery Raffle For Purchase Of New Kiln



Raffle tickets are \$5 apiece to win one of the pottery items shown to the left. (l-r, Bernard Mattox, Dennis Sipiorski, Steve Hasslock.) All proceeds raised through the raffle, sales, silent

auction and cash donations will go directly to the purchase of a new kiln. The kiln is one of the most important pieces of equipment at STAA and is necessary to provide educational opportunities for both children and adults. Raffle tickets will be sold at this Friday's Block Party & the May Art Market. You can purchase tickets and make cash donations by phone or in person at the Arthouse. Call 985-892-8650, or visit [www.sttammanyartassociation.org](http://www.sttammanyartassociation.org).

## "The Queens Of King" At Center Of Performing Arts Saturday

Big Easy Award Winning performers Lisa Picone and Dorian Rush, accompanied by music director Natalie True, are bringing their brand new hit cabaret show "The Queens of King: A Tribute to Carole King" to the Center Of Performing Arts Saturday, April 26 at 7:00 p.m.

"The Queens of King: A Tribute to Carole King" pays homage to Carole King who wrote and co-wrote over 400 songs that have been recorded by more than 1,000 artists. Picone and Rush perform the songs she made famous (I Feel The Earth Move, It's Too Late, So Far Away) and the songs she wrote that others made famous: (Will You Still Love Me Tomorrow, Pleasant Valley Sunday, You Make Me Feel Like A Natural Woman, You've Got A Friend).

Tickets can be bought online at [www.centerofperformingarts.net](http://www.centerofperformingarts.net) or by calling 985-727-4638. Seating is limited.

Center of Performing Arts presents

# Lisa Picone & Dorian Rush

featuring Natalie True on piano

## the Queens of King

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### A Tribute to Carole King

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April 26<sup>th</sup> at 7:00 pm

Tickets: \$20.00

Center of Performing Arts  
201 N Columbia St. • Covington, LA 70433

Information: 985-727-4638  
[www.centerofperformingarts.net](http://www.centerofperformingarts.net)

photo by José L. Garcia

## Quote of the Week

"Peace as long as the grass grows  
and the water flows."  
- Chief Tamanend

## Tuesday

April 29th



New Moon

## Managing Stress For A Healthier, Happier You

Looking At Stress Management As An Important Part Of Well Being

When looking at our health we often consider the contributing factors most obvious - are we eating properly, getting enough exercise, supplementing with the right vitamins. Another contributing factor to our health, and possibly the most overall influential, stress management tends to be overlooked. It's true that in this day and age stress can be a way of life, and we sometimes can feel that we just don't have time to "stop and smell" the proverbial roses. The effects of stress on our body can take it's toll on us in many ways, however, and in the long run slows us down and causes us to get less enjoyment out of our day to day lives. Internal stress caused by poor health can have the same effects as external stress caused by our environment. A few simple techniques can be incorporated into your routine or utilized during high stress times to help you manage your stress.

**Take a nice, deep breath.** It sounds cliché, but oxygen is one of the best stress relievers. Try taking three slow, deep breaths, counting five seconds between in and out.

**Get up and move around.** Many of us have work that requires us to sit or stand in one position for long periods of time. Even working on one task for while can build up tension in muscles and fatigue the mind. Just taking a short five minute walk, especially outside, can make all of the difference in the world. Have a good stretch, and try to focus your mind on something pleasant and relaxing, like a place you would like to vacation one day.

**Loosen up.** While sitting, straighten your shoulders and hang your head down in front of you, completely relaxing all of the muscles in your neck. Take a deep, full breath, and rock your head softly left and right. Let your head hang back and repeat. If you can, try laying on your back on the floor with your knees bent. The flat surface will relieve some tension in your back.

**Make time for the things you love.** Life is short, and putting off the things we want to do only adds to our stress. Make sure to fit in your schedule time dedicated to doing the things that truly bring you joy, and don't miss your appointment!

Other great stress management techniques: petting an animal can be very effective in reducing stress hormones, as well as talking to a friend. Drinking plenty of water and getting adequate sleep is crucial to overall stress reduction. It helps to put what is causing your stress into perspective, and looking practically at any possible solutions. Try making a list of things that you find are helpful to you in relieving stress, and refer to it in times of need. Covington offers many wonderful options by way of stress relief, including local massage therapists, yoga and meditation instructors, spa services and more. When in doubt, pamper yourself!

## Farmer's Market Recipes

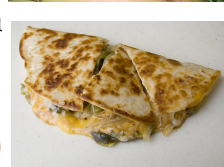
Fresh recipes inspired by ingredients found at the  
Covington Farmer's Market

## Radish & Spinach Quesedillas with Pico de Gallo

Featuring Veggies From Slice Of Heaven Farm

### Ingredients:

2 tablespoons butter  
1/4 lb radishes (cherriette, etc.), grated  
1/2 lb daikon radishes, grated  
1/2 onion, chopped  
2 green onions, chopped  
3 garlic cloves, minced  
1/4 lb spinach, chopped  
equal parts fresh cilantro and parsley, chopped  
sea salt, cayenne (to taste)  
your favorite type of cheese (jack, cheddar, etc.)



### Directions:

In a saucepan or small pot, heat the butter and add the onion and garlic. Cook for a few minutes until translucent, then add radishes, green onions, cilantro, parsley and spices. Cook for a few minutes, then turn the fire down.

In a separate pan, heat some more butter, or cooking oil of your choice, and place a tortilla down. Spread the radish mixture around the whole tortilla, top with the shredded spinach and your favorite cheese, then place another tortilla on top. Cover and cook until browned, then flip and cook to finish. Serve with fresh pico de gallo and a Covington Brewhouse Pilsner.

### Pico de Gallo:

Chop a couple of tomatoes, a small onion, a small bell pepper, garlic and jalapeno (to your taste), and some green onions. Chop some parsley and cilantro, any other herbs you may want to add, and put the whole mixture in a bowl. Add sea salt, cumin, cayenne pepper, cracked pepper, paprika, to taste. Add the juice from one lemon (fresh lime also, if you like), cover and chill for awhile. Serve with avocado slices on top of the quesedillas. It is great with chips as well.



This Week At The Farmer's Market:  
Pot Luck String Band @ 9:30 am  
Chef Ronald Bonnette (Annadele's)



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**Covington  
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Association**

**Next General Meeting is  
May 7, 5:30 pm at:  
The Seiler Bar  
434 N. Columbia St.  
[www.covingtonbusinessassociation.org](http://www.covingtonbusinessassociation.org)**



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**Covington Weekly / Media 9 Productions LLC, 2013**



# **Covington Weekly**

**Covington, LA April 23 - 29, 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 Pot Luck String Band at 9:30 am. Chef Ronald Bonnette of Annadele's Plantation Restaurant and Bed & Breakfast will provide samples from the 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.

**Old Feed Store Music Series - Saturday April 26, 12 pm - 2 pm @ Marsolan's Feed & Seed** Free concert featuring Joe and John. - **316 E. Gibson Street**

**The Queens Of King - Saturday April 26, 7 pm @ Center Of Performing Arts** A tribute to Carol King featuring Lisa Picone & Dorian Rush (with Natalie True on piano). Tickets - \$20.00 - **201 N. Columbia Street** [www.centerofperformingarts.net](http://www.centerofperformingarts.net)

**Music with the Maestro - Tuesdays, 7 pm @ The Lake 94.7** Local music program featuring Robert Sturcken of Center Of Performing Arts - **94.7 FM on the radio dial**


**Coffee With Mayor Cooper - Wednesday April 30, 9 - 10 am @ the Covington Trailhead**  
Informal discussion with City administration, not a press conference. All citizens are invited. Coffee and pastries will be provided, guest are recommended to bring chairs. - **419 N. New Hampshire**

**Congratulations Covington High School!**

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**Friday Block Party 4/25 and 5/30  
5:30 pm to 9:30 pm**  
**Rockin' the Rails-Covington Trailhead**  
**Thursday 4/17 and 4/24 5-9**



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**Live Music Around Town**

**Columbia St. Rock 'N Blues Cafe** 407 N. Columbia St. Wed. Karaoke - @ 8pm  
Thurs.- Comedy Night w/Corey Mack @ 9pm Fri.- Block Party w/Ying Yang  
Twins! @ 10pm Sat. - Five Finger Discount @ 10pm

**Friday Block Party  
Ying Yang Twins**



**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. - Joe Gammage Trio @ 9:30pm Sat. - @ 9pm Sun. - Karaoke  
Mon. - Punk & Metal Monday Tues. - Ladies 80's Night + 1/2 price whiskey



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**Joe Gammage Trio**  
**Friday 9:30 pm**



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

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**the  
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A Tribute to Carole King

**April 26 / 7 p.m. / \$20**

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