

Support local!

Covington Weekly

FREE!

September 24 - 30, 2014

Sign up for our free e-newsletter, find more content & archived articles:
www.covingtonweekly.com



September Block Party This Friday Live Music Downtown During And After

As September winds down, Covington prepares for the end of the month block party. Classic and contemporary automobiles line Columbia Street with merchants and restaurants open for business. Here's a quick line up of what's happening around town:

St. John's Coffeeshouse presents Sonic Migration at 7:30 p.m. Featuring Dave Easley and Cassie Krebs, the sounds migrate from Brazil to the Asian sub-continent, from the Grateful Dead and Beatles to classic jazz standards.



The Green Room will feature Davey Crockett & The Wild Frontier with The Telegraph Salesmen beginning at 10 p.m. The Salesmen are a Gypsy Jazz outfit with world music influences including New Orleans Dixieland and Ragtime. Davey Crockett is a nice rock n'roll band from New Orleans. \$5 cover at the door.



Columbia Street Rock N Blues invites you to experience their Block Party After Party with Rock-It Productions in and outside of Rock N Blues! Premiere DJ, BassWagon and photo booth, see back for more info.

EXPERIENCE DOWNTOWN COVINGTON'S

BLOCKPARTY

AFTER PARTY

IN & OUTSIDE OF ROCK'N'BLUES
SPONSORED BY:

PREMIER DISC JOCKEY & PHOTO BOOTH ENTERTAINMENT

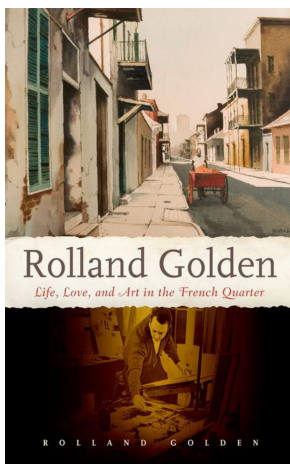
STAA's Unleashed Fundraiser Saturday Vintage Court Hosts Annual Event For 2014 ST. TAMMANY HUMANE SOCIETY



SATURDAY, SEPTEMBER 27 TH

Vintage Court hosts the St. Tammany Humane Society's Annual Fundraiser "Unleashed: Second Line to the Oldies for Second Chances." The evening begins at 7 p.m. and goes to 11 p.m. Featuring an open bar and food from local restaurants, including Seiler Bar and Mellow Mushroom. The emcee is Curt Sprang from WGNO, and the event features a silent auction with music by Bobby Cure and the Poppa Stoppa Band and Christian Serpas. Tickets are \$80 in advance and \$95 at the door. STHS is a no-kill shelter, and all proceeds will go to operational costs. Call 985-892-7387, or visit online at www.sthumane.org.

Book Signing With Rolland Golden At STAA "Life, Love And Art In The French Quarter"



Join STAA for a book signing with artist Rolland Golden on Sunday, September 28 at 2:00pm as he presents his recently released book, "Life, Love and Art in the French Quarter." Replete with ninety-four black-and-white and fifty-four color photographs and illustrations, many never before seen, his memoir of that life focuses on the period of 1955 to 1976. For more information, call the St. Tammany Art Association at 985-892-8650. sttammanyartassociation.org

Heritage Bank "Art Of The Home" Featuring Music By Robert Sturcken Of COPA Thursday, September 25th



Examples of how to turn your home into a work of art and network

FREE
WINE & REFRESHMENTS. DOOR PRIZES
LIVE MUSIC
205 n. columbia street
downtown covington 4:30 - 6:30

located in the heritage bank building
QUESTIONS CONTACT: mcrumhom@heritagebank.org



Heritage Bank October Birthday Celebration Kicks Off At The Farmer's Market



Join Heritage Bank at the Covington Farmer's Market during the month of October. They will have great give-aways to promote all the events hosted during the month in honor of their 90th birthday! While you are out and about, make sure to support your local producers at the market. The Covington Farmer's Market offers a broad selection of local produce and the company is great!

Brief Analysis Of CCST D.A. Debate By Timothy Achan Gates, Correspondent

The Concerned Citizens of St. Tammany hosted a debate for the candidates for D.A. at the John Davis Center in Lacombe on August 26, 2014, moderated by radio personality Don Dubuc. Participating in the debate were Candidates Alan Black, Roy Burns, Warren Montgomery and Brian Trainor.

Trainor opened his statements by pointing out that he is the clear choice because he is the only candidate with law enforcement experience, uniquely understanding of the partnership between the Sheriff's Office, the D.A.'s Office and the community. The current political climate indicates that the described partnership is rhetorical and lacking; Trainor did not indicate that he intended to initiate any major changes other than revising the office's screening process and establishing comprehensive independent audits. Trainor takes a democratic view on issues like term limits, reserving it for public vote. Quote: "I can't report it if it didn't exist."

Black is in the same spectrum as Trainor with regard to relying mainly on the existing mechanism. He has a more representational approach, and stressed the separation of powers inherent in our state and federal constitutions. Black plans to hire a former employee of the State Legislative Auditor's Office to ensure transparency and accountability. Black is also the Chairperson for the Committee to Re-Elect Judge Dawn Amacker, according to documents relating to Amacker's campaign finance as well as documentation on Amacker's website. Quote: "Transparency is the word of the night."

Burns has the most radical approach to accountability and transparency, supporting the idea of an inspector general, term limits and reducing wasteful spending, starting with chopping the salary of the office for which he is running by \$50,000. Stressing conflicts of interest, he would like to "de-centralize" the office. Quote: "I can't change human nature, but I can change the attitude towards it."

Montgomery has experience as a federal prosecutor, and favors a team of qualified individuals combined with transparent leadership to establish integrity in the office. He also stressed that solid family foundations are integral to healthy communities, and criticized the 'good old boy' network. Quote: "Absolute power corrupts absolutely."

The District Attorney debate took a turn for the surreal when former Sheriff's Deputy Winston Cavendish asked the candidates if they would prioritize the unsolved murder of Margaret Coon, a former Assistant D.A. in the Sex Crimes Division. While all candidates agreed that unsolved murders are a priority, Trainor added that the Sheriff and D.A. Offices can't be used "as a means to get what we want." The ghost of Margaret Coon may very well be the defining factor in the District Attorney Race. View the debate videos here: www.ccstp.org

Quote of the Week

"It is fine to be committed to work, but our minds need time to recover and our bodies need to move." - Annika Sorensen

New Moon



Wed. 24th

Help Release Neck & Shoulder Tension

Simple Stretch Series From Liz Bragdon, Our Place Studio

As a Yoga & Movement Educator, the most common complaints I hear are related to neck and shoulder stiffness and pain. Granted, once we move past that, it often turns out there's more - low back pain, fatigue, core weakness, etc., but when I ask a new client "What can we do to help you?", very often the first response is "My neck and shoulders are tense and stiff - I'd like to loosen them up." Why is this such a common problem? If you think about what most people do every day (and don't do enough of every day), the answer quickly becomes clear. We sit way too much, and we don't move enough. Whether behind a desk in front of the computer, in the car or on the couch - we slouch, tense our body and our breath in response to daily stress, we hunch our shoulders, thrust our neck forward and round our spine over our work & electronic devices. A series of articles in the past few years have highlighted the detrimental effects of our sedentary lifestyle. As one title bluntly put it "Sitting is Killing Us." To be healthy and strong, you've got to move.

"But, I go to the gym and workout for an hour 3 times every week," you say. And my reply, "Well, what are you doing with the other 109 hours of your week (that's what you have left after you average 8 hours/sleep per night)?" When you think about it that way, it kind of puts things in clearer perspective. You may not be able to add more gym time, but you can transform some of the other 109 hours into more & varied movement activity. In the video link for this article, I'm going to demonstrate some simple exercises you can do in the office or at home to release tense musculature and stress in the neck and shoulder girdle, creating greater mobility and supporting a healthier posture, which will also help increase energy and focus and improve your sense of well-being.

A few tips before going to the video to give these activities a try: 1) Be where you are. Do not force past resistance in the muscles and joints - approach the current boundaries to movement in your body gently and mindfully. Over time, you will see progress. For every individual, it's different. 2) Breathe - conscious breathing increases mindfulness and supports the movements. Breathing not only keeps you alive (you know - that whole oxygen thing), it can help you defuse tension and stress in the body and the mind. 3) Although these are very simple and gentle exercises, if you have any questions or concerns about trying them out, please consult your physician.

Liz Bragdon is a Yoga and Movement Educator at Our Place Studio, located at 338 N. Vermont St. The video for this article can be found on our website at: www.covingtonweekly.com/2014/09/24/op-video/

Antiques Sale Through September 30% Off At Northshore Antiques & Auction House

Northshore Antiques and Auction House is extending their 30% off sale through the end of September. Sale applies to all house owned items. Northshore Antiques & Auction House is located at 334 N. Vermont Street, right next to Our Place Studio and across the street from Sala Thai Restaurant. For more information, call 985-898-2911, or visit them online: northshoreauctionhouse.com



Marsolan's Old Feed Store Music Series Enjoy The Sounds Of Gina Forsyth This Saturday

Marsolan's Feed & Seed presents Gina Forsyth this Saturday, September 27, from 12 noon to 2 p.m. Gina will be playing fiddle tunes with Jon "Brillo" Kashner. The Fall 2014 Old Feed Store Music Series runs every Saturday through September and October. Admission is Free, and seating is limited, so feel free to bring a chair. The Old Feed Store Music Series starts up right after the Covington Farmer's Market, so you can head over right after. Marsolan's is located at 316 E. Gibson Street, in the same block as the Covington Trailhead.



Gina Forsyth

Photo: Phil Underwood

THE ENGLISH TEA ROOM & EATERY

Time for Tea!

985-898-3988
734 E. Rutland St.
www.english-tearoom.com

ZAGAT

Covington Weekly

FREE! September 24 - 30, 2014

Happening This Week In Covington

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 @ 600 block Columbia St. Local, fresh produce meats & prepared foods, plants & more! Abita Stumps in the gazebo and Gina Bechac Vesper prepares Bechac's world famous salad & dressings.

Covington Brewery Tours - Saturdays 10 am - 2 pm @ Covington Brewhouse Free tours of Covington's own brewery. - 226 E. Lockwood St.

Music with the Maestro - Tuesdays 7 pm @ The Lake 94.7 FM Local music program featuring Robert Sturcken of Center of Performing Arts with local musicians.

Artists At The Galleries

Henry Hood Gallery Siporski & Siporski "Vive la Difference" - 325 E. Lockwood St.

Tammany Art Association - "Views from New Orleans: Selections from the New Orleans Museum of Art" 320 N. Columbia St.

Tripele Gallery Featuring Paula Blackwell, Morgan Cameron, Robert Cook, Tracey Davis, Molly Duet, Donna Landry Duffy, Michael Eddy, Elizabeth M. Haskins, Steve Hasslock, Ken Tate, Craig McMillin and Michael Zavison. - 323 N. Columbia St.

Three Rivers Gallery "Chasing the Light: New Artwork by Mary Monk" - 333 E. Boston St.

"When ordinary won't do"

228 Lee Lane
Covington, LA 70433

985-809-3152

HOME INTERIOR DESIGN BABY

www.facebook.com/thefrenchmix/
www.shopthefrenchmix.com

Celebrations Paperie

quality, affordable invitations and announcements

by Susan Driskell
celebrationspaperie.etsy.com

because life should be a celebration!

Good Dog Naturally

1027 Village Walk
Covington, La 70433
985-871-5222

Full Grooming Services
By Appointment Monday-Saturday
Self Dog Wash also available!

www.gooddog Naturally.net

photographer **yvette brion**

family portraits
senior portraits
weddings
events

yvettebrion.com 985-630-8449
brion.yvette@gmail.com

Fall for Art

Saturday, October 18 • 6-9pm
HISTORIC DOWNTOWN COVINGTON

st.tammanyartassociation

www.sttammanyartassociation.org

Rock-N-Blues Cafe

CATERING & SPECIAL EVENTS

Rock - It! Productions
Karaoke Every Wednesday
Comedy Nite Every Thursday

Private Parties
for booking call (985) 892-9949

407 N. Columbia Street
www.RockNBluesCafe.com

EXPERIENCE DOWNTOWN COVINGTON'S

BLOCK PARTY

IN & OUTSIDE OF ROCK-N-BLUES
SPONSORED BY

WHAT'S HAPPENIN':

- MUSIC OUTSIDE @ BASS WAGON, 1980'S MUSIC INSIDE. 7P
- DVJ AUSTIN PRE-PARTY INSIDE. 9:00P
- DVJ HOLLYWOOD VIDEO REMIXES. 10:15P
- DJ CHEMICAL REMIXES. 12:15A

26TH SEPTEMBER

THORNES LIGHT SHOW INSIDE ALL NIGHT
LOOK FOR THE BASS WAGON; PHOTO BOOTH OPENS @ 10:15P

COLUMBIA STREET ROCK-N-BLUES - 407 COLUMBIA ST.

Rockin' The Rails October 2014 Line Up!

Rockin' the Rails

COVINGTON TRAILHEAD

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

October 2 JEFF CRYER'S TRIBUTE TO MOTOWN

October 9 MARCIA BALL

October 16 SWINGAROUX

October 23 NEW ORLEANS RHYTHM & BLUES COMPANY

October 30 BENNY GRUNCH & THE BUNCH WITH KATHY SAVOIE

EVERY THURSDAY IN OCTOBER

Thank You Champagne Beverage For Your Sponsorship!

The English Tea Room & Eatery call 985-898-3988

Thursday 11am-1pm Singer/Songwriter Timothy Gates
Friday 12noon - 2 pm Classical Harpist Jessica Metz

Columbia Street Rock N Blues Cafe call 985-892-9949

Monday - Melo-D --Wednesday Service Industry Night/Karaoke --
Thursday Comedy Night with Corey Mack - Friday - Block Party After Party with Rock It Productions -- Saturday - Wanted Sunday - Football
Available for Private Parties and Catering. Reserve the VIP Area!!

WANTED Saturday Night

Covington Weekly Distribution locations:

Acquistapace'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, Gilbar Inc., Good Dog Naturally, Gulf Coast Bank & Trust, Hampton Inn, Hebert's Cleaners, History Antiques & Interiors, Holistic 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, P.J.'s Hwy 190, P.J.'s Hwy 21, P.J.'s Hwy 25, P.J.'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), Sunshine Garden Health Food Store, Toad Hollow, Winos and Tacos, Vazquez Restaurant, The Yoga School, Zita's

HISTORY ANTIQUES & INTERIORS

Tuesday - Saturday
10 am - 5 pm
(985) 892-0010

317 N. COLUMBIA ST.
COVINGTON, LA

Where every piece has a story.
HistoryAntiquesAndInteriors.com

North Shore

ANTIQUES & AUCTION HOUSE

334 N. VERMONT ST. • COVINGTON, LA 70433 • PH: 985.898.2911

INFO@NORTHSHOREAUCTIONHOUSE.COM
WWW.NORTHSHOREAUCTIONHOUSE.COM

Our Place

985.875.1182
338 N. Vermont St.

PERSONAL FITNESS & BODYWORK STUDIO

OPCOVINGTON.COM

CENTER OF PERFORMING ARTS

"We make musical dreams come true"

PRIVATE LESSONS VENUE INSTRUMENTS
MANAGEMENT SERVICES RADIO ADVERTISING
PROFESSIONAL RECORDING

201 N. Columbia St., Covington, La 70433
(985)727-4638
centerofperformingarts@gmail.com

BROOKS' BIKE SHOP LLC

buy • sell • trade
rental, repair and maintenance

416 E. Gibson Street (on the Trace)
985-237-3658

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

Like us on Facebook

GOODBEE PLUMBING

Repairs
Drain Cleaning
Video Inspection
Water Heater
Backflow Specialist
Gas Inspections

Licensed & Insured
LMP 4583

12251 Arc Rd.
Covington, LA
983-1883
Fax: 893-5252

"WE CLEAN YOUR DRAIN, NOT YOUR WALLET!"
www.goodbeep plumbinginc.com

Jewel's Cigar & Briar Shop

Established in 1994

(985) 892-5746
201 N. New Hampshire St.,
Covington, LA 70433

Advertising with **Covington Weekly** Support Local!

is simple and effective.

Chelsea C. Cochrane, Publisher
Timothy A. Gates, Correspondent

print, e-newsletter, social media, web archive

phone: 985-288-9609
e-mail: covweekly@media9productions.com

Covington Weekly / Media 9 Productions LLC, 2013