

Support local! Covington Weekly

FREE!

January 21 - 27, 2015

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Tyler Street Business Owners Meeting

Business owners along Tyler Street are invited to attend an open forum to discuss traffic progress and receive an update on current and future projects along the corridor. "It's important that our businesses and our city leadership have the opportunity to talk about issues that are important to our community's business success," Larry Rolling, Councilman District D and Chairman Economic Development Committee. Attendees will include Mayor Mike Cooper, Councilman Larry Rolling, and Covington City Engineer Daniel Hill, PE. The meeting will be held on Tuesday, January 27th at 5:30 p.m., at the City of Covington Council Chambers, 222 E. Kirkland Street.

For additional information please contact Larry Rolling, Councilman District D and Chairman Economic Development Committee at (985) 234-9527 or RollingDistrictD@aol.com

10% Sale at History Antiques & Interiors!



10% Off All Chests of Drawers!

Save on all chest of drawers at History Antiques through January! Offering the very finest in antique European and American furniture and collectables, History Antiques also features the work of local artists like Paula Blackwell (pictured right.) You'll find fine China and French porcelain, locally made crafts, oriental rugs, custom accessories and unique decor - all with a story. History also offers interior design services! historyantiquesandinteriors.com



Zita's Place Has Jewelry for Playful Spirits



Find unique and beautiful jewelry at Zita's! Crystal and stone-adorned pendants, bracelets and earrings, funky and classic styles. Zita's also has hard-to-find jeweled accessories like the hairpins pictured to the right, and carries many local artists and crafts people. Zita's has an exquisite collection of larger crystals and gems as well, like the geodes pictured here.

319 W. 21st Ave zitazone.com

English Tea Room Hosts Robert Burns Night



Join The English Tea Room & Eatery for their second annual Robert Burns Night! On Saturday January 24th, join the Tea Room for a special four-course Scottish dinner, complete with a tradition toast to the Haggis! Live bagpipe music will be provided by nationally renowned musician Steven Brownlee and family, accompanied by readings of Robert Burns' works and other Scottish literature. Plaids and kilts are encouraged! You may also bring your own Scotch or adult beverage of choice.

The event will begin at 7 pm on January 24th. Reservations must be made in advance by calling 985-898-3988. The all-inclusive price for this event is \$30, pre-paid.

A Poor Man Can Survive - Murray James Jr. Local Author Offers Simple & Effective Philosophy



Mr. Murray James, Jr. with his book, "A Poor Man Can Survive"

Mr. Murray James, Jr. is a quiet, unassuming and friendly gentleman, quick with a smile and a warm handshake. By his own account, he started out with very little, but rather than allow his situation to be an impediment, he simply worked harder. While he recognizes the despair generated by poverty, Mr. James also champions the responsibility of the individual to take charge of their lives and initiate the positive changes necessary to move forward.

"Be The Best In Everything That You Do" This was something Mr. James' father told him when he was a young boy, and this saying has been the motto by which he has lived his life. Mr. James' book, "A Poor Man Can Survive", chronicles his rewarding experiences working for Mr. Barton Hebert Jr., a man stricken with polio and in need of regular assistance who became like a brother to Murray, and whom Mr. James dutifully cared for over 42 years. The book was written to inspire others to have hope in the future and push for their dreams.

"A Poor Man Can Survive" is currently available at Jewel's Cigar & Briar Shop in Covington and NAPA Auto Parts in Folsom, LA. Mr. James will speak at Christwood on March 17th with regard to the changes he's seen in Covington over the years. Murray James Jr. can be reached at 985-373-8389 for book or speaking inquiries.

FOOD DRIVES NEEDED

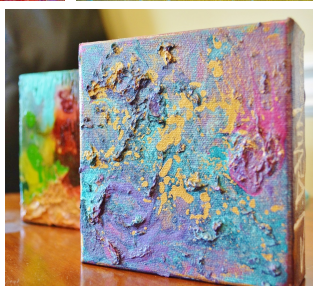


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Jessica DeVun Art at Wellness Centre Covington Massage & Wellness Centre Features Local Artist



Local artist Jessica DeVun is displaying new work at Covington Massage & Wellness Centre, 503 N. Columbia. Jessica's high-relief textured painting style developed over a 14 year artistic journey into abstract mixed media. The pieces also exhibit symbolic and expressionist elements.



Jessica participates in many art festivals nationally and also paints custom installations for private collectors.

Don't forget original art is tax free in the Arts District!

Photo of the Week - Glass Bulb Sunset



"Glass Bulb Sunset" was submitted by Cici Photography, taken in downtown Covington, LA.

Submit your photo to covweekly@mediaproductions.com for a chance to have it featured in our "Photo of the Week". Preference will be given to photos taken locally. Please include the title of your photo, the name of the photographer and where the photo was taken. Original works only, please.

Quote of the Week

"I have been impressed with the urgency of doing. Knowing is not enough; we must apply. Being willing is not enough; we must do."

Leonardo da Vinci

First Quarter



Tuesday 27th

Happy Hour Just Got Healthier: Happy Hour Yoga Heart-Opening Yoga & Heart Healthy Brews at Our Place

What's Happy Hour Yoga? A beginner-friendly full-body releasing, tension-melting Yoga Class, followed by cocktails & mocktails created with healthy Kombucha Girl Living Blends. This event's theme is 'Heart-Opening Yoga & Heart-Healthy Brews.' Join us from 6:30 - 7:30 pm on Friday January 23rd at Our Place Studio in Covington, for Yoga focused on heart-opening and tension-releasing poses. Then, from 7:30 - 8:30 pm, enjoy a complimentary, heart-healthy mocktails & cocktails tasting.

At the end of the week, our tendency is to wind down with a drink or plunk down on the couch (or both). Why not do something good for your body to help let go of the week's accumulated tensions and tightness? Stretch, open, release, and breathe with gentle poses that help open the heart-space, soften and release the shoulders, and encourage freer mobility in the spine and throughout your body. Class always ends with relaxation and simple breathing and visualization. Then, enjoy a mocktail/cocktail tasting featuring hand-crafted, living blends brewed by Kombucha Girl Living Beverages from heart-healthy fruits and herbs. Why should your cocktail (or mocktail) be boring and full of chemicals, dyes, and unnecessary sugars? Explore the possibilities of creating healthier beverages at home with the guidance of Susan Tarasova, founder of Kombucha Girl Living Beverages. Liz Bragdon, long-time Yoga Instructor & Kombucha Girl partner, will be leading the Yoga Class. Only 12 spots are available for this event, which is already starting to fill up. The cost is \$25/person and pre-paid reservations are required. To reserve your space or find out more, call Our Place Studio: 985.875.1182.

Our Place Studio is located at 338 N. Vermont Street in downtown Covington, offering personalized fitness training & nutritional guidance. www.opcovington.com



Find Covington Weekly At These Fine Establishments:

Acquistapace's Covington Supermarket, Bayou Barber, Beck-N-Call Cafe, Barbers & Bombshells, 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, Center of Performing Arts, China City, Coffee Rani, Columbia Street Mercantile, Columbia Street Natural Foods Market, Columbia Street Rock-N-Blues Cafe, Columbia Street Tap Room, Copper Rooster Antiques, Cottage Inn Antiques, Country Inn & Suites, Covington Massage & Wellness Centre, Covington Trailhead Museum & Visitors Center, Eclectic Designs, The English Tea Room, The French Mix, Garden Inn, Gilsbar Inc., Good Dog Naturally, Gracie's, The Green Room, Gulf Coast Bank & Trust, Hampton Inn, Hebert's Cleaners, Heritage Bank of St. Tammany (Covington), History Antiques & Interiors, Homewood Inn & Suites, Jewel's Cigar & Briar, Jo's Barber Shop, Lola's Restaurant, Mac's on Boston, Mail, Ship & Copy, 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's Feed & Seed, 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, Sala Thai, Shop Soul Boutique, St. John's Coffeehouse, St. Tammany Art Association, St. Tammany Humane Society, St. Tammany Parish Library (Covington Branch), Sunshine Garden Health Food Store, Toad Hollow, The Whimsy Shop, Winos and Tacos, Vazquez Restaurant, The Yoga School, Yujin Japanese Restaurant, Zita's Place

Farmer's Market Recipe: Lentil Vegetable Soup

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

January is National Hot Soup Month! Enjoy this hearty vegetable lentil soup filled with spicy mustard greens and winter veggies from our local farms!

Ingredients:

- 1 lb dried lentil beans, or soup bean mix
- 1 1/2 lbs of mustard greens, washed & chopped
- 2 medium carrots, chopped
- 3 small turnips, or half a large turnip, chopped
- 1 onion, finely chopped
- 4 cloves of garlic, minced
- 2 quarts of water
- 2 tbs butter
- fresh parsley & thyme, about 8 sprigs each
- 2 bay leaves
- Coarse sea salt and fresh ground pepper
- ground coriander seed
- Fresh parmesan cheese for grating
- dash of sweet paprika



Directions:

In a large soup pot with a lid, Dutch oven or crockpot, melt the butter on medium high. Add the onion and stir in, let cook until soft, not more than 5 minutes. Mix in the garlic, carrots and turnips. Let cook for a couple of minutes, then add the mustard greens. Let wilt, then mix in with the rest of the veggies. Salt and pepper a little here, and add half of the parsley and thyme and about a teaspoon of ground coriander seed.

Let this cook for a minute, then add the water, lentils and bay leaves. Turn the heat up to high and bring to a boil for about five minutes, then reduce the heat back down to medium. Simmer, stirring occasionally, for about two hours. You can also reduce heat to low and simmer overnight in a crockpot. Use the rest of herbs for garnish!

This Week at the Covington Farmer's Market

Enjoy authentic Korean Bar B Que from market vendor Dong. Musical guest in the gazebo is Crispin Schroeder.



www.covingtonweekly.com

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Downton Abbey Night
four course British meal with tea pairing encouraged!
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Covington Weekly

FREE! January 21 - 27, 2015

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! Korean BarBQue at the market and Crispin Schroeder will be playing music in the gazebo.

Covington Brewhouse 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 "Contemporary Visions" at Henry Hood features Charles Blank, Andrew Boyd, Cissy Carville, Jean Flint, Jacquie Inda Hood, Lucille Hunter, Linda Katz, Maggie McConnell, Jeff Mickey, Laura Mitchell, Dale Newkirk, Brian Schmidt, Dennis Sipiorski, Ruth Siporski and Keith Villere. - 325 E. Lockwood St.

Tammany Art Association "Nature's Essence: Two Visions" - Paintings by Marcia Holmes and Jim Seitz - 320 N. Columbia St.

Tripole 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 Group Members Exhibit "Small Works" - 333 E. Boston St.

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HAPPY HOUR YOGA

HAPPY HOUR YOGA

An Our Place Studio & Kombucha Girl Event
 6:30 - 8:30 pm, Friday, January 23
 at Our Place Studio, 338 N. Vermont St. Covington

Join us for our 1st Happy Hour Yoga event! We'll start off with a beginner-friendly Yoga Class, from 6:30 - 7:30 pm, focusing on gentle heart opening poses for positive heart energy and release of daily tension. Then, 7:30 - 8:30 pm, enjoy a complimentary Kombucha Girl Living Beverages Mocktails & Cocktails tasting, featuring hearty-healthy Living Blends. Pre-paid reservations are required * \$25/ person * Only 12 spots available. To reserve your space, please call 985.875.1182. Please arrive 10 minutes early if attending.

THE ENGLISH TEA ROOM & EATERY

Live Music At The English Tea Room

Thursday- Timothy Gates-Acoustic High Tea 12 - 2 pm
 Friday - Parker Freeman - Fiddle/Guitar - 12 - 2 pm
 www.english-tea-room.com
 985-898-3988

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

Wednesday Service Industry Night/Karaoke -- Thursday Comedy Night with Corey Mack 9 pm - Friday - call for details Saturday - Available for Catering and Private Parties! VIP area available!

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one hour beginner-friendly yoga
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\$25/person, limited to 12 people
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