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Covington Weekly

FREE!

March 4 – 10, 2015

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www.covingtonweekly.com



Covington Art Market Returns Saturday Fine Art, Music, Kid's Crafts, Food And More!

The Covington Art Market returns this Saturday with local art ranging from paintings to pottery, hand made jewelry and wood sculpture. Food is provided by Beck N Call Cafe, the St. Tammany Art Association Outreach Program will provide kid's activities, and Timothy Gates will provide musical entertainment for your enjoyment.



Saturday, March 7, 2015

9:00 am - 1:00 pm

Covington Trailhead

419 N. New Hampshire Street

2015

MARCH 7 • APRIL 4 • MAY 2

OCTOBER 3 • NOVEMBER 7 • DECEMBER 5

Covington Business Association Meeting Beck N Call Cafe Hosts Monthly Business Social



The monthly meeting of the CBA will take place this Wednesday March 4 at Beck N Call Cafe, 534 N New Hampshire Street. Covington business owners are encouraged to join.

www.covingtonbusinessassociation.org

Poetry Boxes Feature FHS Student Works

Poetry on the Streets of St. Tammany is a fast-growing living arts project with roots right here in Covington. Poetry boxes have been installed at several locations in Covington, Mandeville & Abita Springs, all locally crafted and many embellished by local artists. Recently a large selection of works by area students was submitted by Ms Ellen Steigman, English Teacher at Fontainebleau High School & sponsor of their FHS Writes! Group. These works will be on display in all Covington poetry boxes.

Like Poetry on the Streets of St. Tammany on Facebook!

Covington Clean City Contest 2015

"Think Clean?...Think Covington!" - the 2015 Covington Cleanest City Contest theme falls right in line with Covington's City-wide Cleanup campaign beginning Saturday, March 7th. Through the coordinated effort and sponsorship of Covington Garden Club's Cleanest City Contest Committee, Keep Covington Beautiful, Progressive Waste, the City of Covington administration, and the Covington City Councilmen serving as honorary cleanup chairmen of their respective districts, large trash containers will be placed in the City's five council districts March 7th thru March 15th. (Dumpster locations are currently being determined.) Citizens are encouraged to get their "Spring Cleaning" done early and polish their homes and yards during the week-long event -- just in time for the Cleanest City judging to take place on Tuesday, March 17th. Kicking off the city-wide cleanup on Saturday, March 7th, the Cleanest City Contest Committee in partnership with Keep Covington Beautiful will host a Covington Business District Cleanup event and are issuing a "CALL FOR VOLUNTEERS". The public is invited to join the March 7th cleanup event beginning at 9:00 a.m. at the Covington Trailhead, 419 N. New Hampshire Street. Keep Covington Beautiful will be supplying gloves, grabbers, and trash bags. Heritage Bank has donated water for the event.

"Think Clean?...Think Covington!" is our goal for all the citizens of Covington. For this undertaking to be successful we need the support of businesses, community organizations, churches, and schools. If we can count on your support financially or to volunteer for clean-up contact covingtoncleanestcity2015@gmail.com.

Covington needs all of us to pitch in and keep it the community we love," Betty Cronin, Covington Garden Club Cleanest City Contest 2015 Chair. The judging of the contest is traditionally held in early Spring and will take place in Covington on Tuesday, March 17th, 2015.

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, Jewell'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, PJ's Hwy 190, PJ's Hwy 21, PJ's Hwy 25, PJ'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

Music In Downtown Covington This Weekend COPA, STAA Art Market Offers Plenty To See & Hear

The Center of Performing Arts continues their Friday Night Music Club this weekend with The Pfister Sisters! This popular concert series is held the first Friday of the month, tickets are available for purchase on their website.



The Center Of Performing Arts provides an environment in which individuals can explore their artistic expression wherever their musical dreams may lead. 985-727-4638
www.centerofperformingarts.net

First Friday Unplugged At Toad Hollow

Toad Hollow Cafe features First Friday Unplugged with Timothy Gates, music from 6 pm till 8 pm. 985-893-8711

Toad Hollow is committed to using only high-quality, mostly organic ingredients. Offering vegetarian and vegan options, sandwiches, soups and much more. Visit toadhollowcafe.com for the full menu. Enjoy a mellow acoustic evening with a mix of blues, ragtime, classic rock and original tunes.



"Loot" Opens Friday At Playmakers



Playmakers is proud to present "Loot," directed by Anyisia Manthos Genre. The play opens this Friday with a champagne reception and runs March 6 – 22. Friday and Saturday curtain call at 8 pm, Sunday matinees are at 2 pm. Reserve your tickets online at:

playmakersinc.com

Quote of the Week

"No winter lasts forever; no spring skips its turn." - Hal Borland

Full Moon



Thursday March 5

Make Space for Life – Our Place Studio A Breathing Practice for the Season by Liz Bragdon

A by-product may be better posture or greater overall flexibility, but that is not the primary goal of practicing. In Yoga philosophy, you are already complete. The 'job', if you will, of Yoga practice is to unravel knots - physical, mental, emotional, spiritual - that prevent you from accessing this state of wellbeing. Good posture, for example, is revealed when what is preventing it is unlocked and released... not just in yoga class, but in lifestyle & routine. Remove the obstacles and the way becomes more clear. Pain, stress, anxiety, negative thinking, fear... these are obstacles, the knots that may be unraveled in practice to restore the balance of physical health and mental & emotional clarity. Begin lying down, or sitting comfortably, supported, in a chair. Always, comfort is first. Make any adjustments you need in order to feel at ease. Close your eyes and take a few deep relaxing breaths. Allow your body to empty completely when you exhale and fill completely when you inhale. Now, begin to watch your breathing. You're an observer. Don't judge it... just watch... following the stream of your breath, in and out, out and in, letting it flow naturally, fully - beginning to end, end to beginning. For 8 breaths, focus your mental attention just on your exhalation, and with every exhale visualize letting go of what no longer serves you. It can be one thing or many things...you can give it a color or a name. If there are many things, exhale them all together, feeling them leave every cell of your body each time you exhale. Emptying you out more each time, leaving a feeling of spaciousness and lighter being. After this, turn your attention to your inhalation. For 8 breaths, visualize the beauty and energy of spring... however it appears to you... as light, as sun, as vibrant color, as flowers, as birdsong, as a feeling of joy and growth...and with each inhalation, welcome it into every cell of your body. At the end of this practice, let go of all visualization, let go of all focus, and just rest. When you are ready to open your eyes, take a moment first to notice how you feel... energetically, emotionally, mentally, physically. Stretch gently, then roll to your side to sit up (if you are lying down). Move slowly as you return to your day. Namaste.

Our Place Studio 338 N Vermont St.

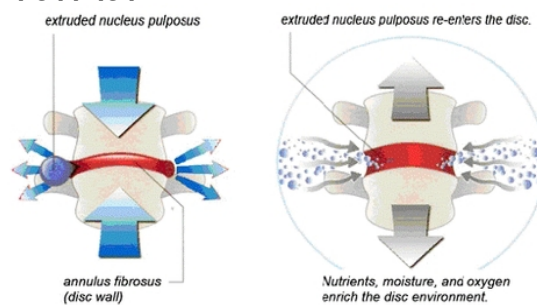
985.875.1182 opcovington.com

Natural Movement Solutions FREE Intro Class



The best way to explain this form of exercise is an all in one, stretching, strengthening and decompressing of the spine. Created by French Osteopath Dr. Guy Voyer, the ELDOA are very precise postures that are held for 1 minute with the goal targeting and decompressing specific vertebral junctions of the spine. This is accomplished by putting specific fascia (connective tissue) in tension. While holding the position you will also strengthen the postural muscles that support the spine and stretch short/tight muscles that are negatively affecting the spine. The best way to get an understanding of what this feels like is to try it! ELDOA is a very safe, effective, non-impact class but is a very challenging workout for anyone. People who should give this a try are anyone with low back or neck pain, disc bulges, scoliosis, poor flexibility or poor posture. Owner of Natural Movement Solutions, Justin Brien will be hosting a **FREE community introductory class Monday, March 9th** at his studio, 1103 Village Walk. Please contact Justin if you are interested in joining the class.

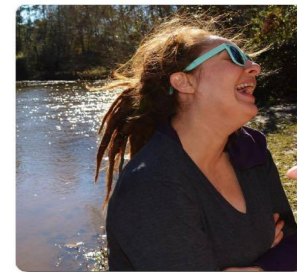
504-344-4348 naturalmovementsolutions.com



Crystal Trunk Show at Shop Soul Boutique



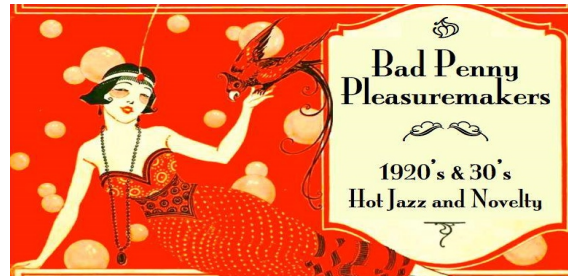
Trunk show: crystals by Jessica DeVun
Friday March 6th



Shop Soul Boutique will host a Trunk Show this Friday, March 6th from noon – 4 pm featuring crystals from Jessica DeVun! Come and learn about the natural healing vibrations in your favorite crystals and take some home with you to recharge yourself & your home! There will be lots of sparkling beauties and truly remarkable specimens to tempt your eyes and heart. Shop Soul is located at 529 E Boston Street next to St. John's. 985.258.4080

This Week at the Covington Farmer's Market

This Saturday Bad Penny Pleasuremakers will be playing music in the gazebo, Pat Lester will drive the Foodwagon out to the Market for a delicious treat.



The Covington Farmers' Market is open each Wednesday, rain or shine, from 10 a.m. to 2 p.m. at the Covington Trailhead, 419 N. New Hampshire and every Saturday from 8 a.m. to 12 p.m. on the side lawn of the Covington Police Station, 609 N. Columbia St.

Call (985) 892-1873 for information or visit www.covingtonfarmersmarket.org



St. Patty's Day Parade

SATURDAY MARCH 14, 2015
on Rutland Street *Bagpipes*
FLAG CORE

Throws (cabbage, potatoes, carrots)

End's with St. Patty's Party @
Jewel's Cigar & Briar Shop

PARADE STARTS AT 2:30 PM



Covington Weekly

FREE! March 4 - 10, 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! Bad Penny Pleasurers will be playing music, Pat Lester will drive the Foodwagon out
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 The Antiquarian Image: An Exhibition of 19th Century Photographic Processes - Feb. 21 - April 4 - 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.

Happening In April- Rockin' The Rails

April 2
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April 16
THE YAT PACK

April 23
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MARCH 7
10PM

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Saturday - David Earl then Karaoke w DJ Trevor Hart! Sunday - Karaoke
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