



## Open Registration For Four On The Fourth 14th Annual Race Will Kick Off Bicentennial Celebration

Registration is officially open for the 14th Annual Four on the 4th Race, which will take place at 7:30 am on July 4th. It will begin at Hubie Gallagher Park, 1000 West 15th Avenue. This 4-mile race will kick off the City of Covington's Bicentennial Celebration. The race is limited to 400 participants, so sign up today!

## The Oldest Living Covington Resident

The City of Covington is searching for a very special guest to be honored in the upcoming Bicentennial Parade that will roll through the streets of the city on June 29, 2013 at noon. This honored guest will be the oldest resident that was born in and is still living in the Covington area. If you believe that you or someone you know fits this description, please contact Bicentennial Parade Chairman Larry Rolling at 985-234-9527 or e-mail rollingdistrict@aol.com.

## Father's Day 2013

Celebrating Fathers On Sunday, June 16th

Father's Day is this Sunday, June 16, the day where we honor dear old dad. Take him out fishing, fire up the grill and trim the hedges. From Jewel's Cigar and Briar to Marsolan's Feed and Seed, you can find something for pops from the practical to the luxury. Enjoy the day!

## Hug Your Dad Today!

Paul LeBlanc - Missing Since February 2, 2003

Mr. Paul LeBlanc went missing during a walk in his heavily wooded subdivision in Covington. He was 69 years old and suffering from the onset of dementia. His disappearance prompted his daughter, Susan LeBlanc, and Senator Scott Simon to push for Louisiana's adoption of the Silver Alert System for missing seniors.



## June Events At The English Tea Room

**In Honor of Dad on Father's Day** Our fathers are a key part of our lives. Bring the entire family and join us as we honor them with a special time just for them on Saturday, June 15th from 9:00 - 6:00 and on Sunday, June 16th from 11:00 - 3:00.

**Exploring the British Empire** Join us for this summer series as each month we journey to a different country that was part of the British Empire. In each port, we will taste the authentic cuisine of the country along with a look at their history and a taste of their culture. Get your passports ready for our first stop: South Africa. Reserve your spot today! Date: June 21st at 7:00 pm

**Tea of the Week** This week's Tea of the Week is Maple Cream - exquisite maple, sweet caramel and a twist of creamy goodness.

## Bicycle Fest Pre-Party at Brooks' Bike Shop

The Annual Bicycle Festival is this Saturday in Abita Springs, and Brooks' Bike Shop is hosting a pre-party Friday, June 14th from 5:00 pm to 9:00 pm. Listen to live music, participate in the Bike Polo Expo and experience an evening bike ride through historic downtown Covington. Did we mention there's a bike giveaway? Call 985-237-3658 for more info.

## Winos and Tacos - Eat Local Challenge

Participate In The Third Annual Eat Local Challenge

Winos and Tacos is proud to serve local proteins, produce and wine. If you are taking part in the "Eat Local Challenge", you can dine at Winos and Tacos and stay on the program. If you haven't heard of the "Eat Local Challenge", visit the website at [www.eatlocalneworleans.com](http://www.eatlocalneworleans.com), or find them on Facebook. Winos and Tacos is now open for lunch Wed. - Fri. from 11 am until 2 pm, stop in and try the tortas!



## Flag Day USA: 236 Years And Counting

Flag Day is celebrated on June 14th in the United States, commemorating the adoption of our flag in 1777 on that day, by resolution of the Second Continental Congress. This date is also significant to the US Army; it is the day that Congress adopted "the American continental army" in 1775.

Flag Day is not an official federal holiday - it is at the President's discretion to officially proclaim the observance. Some states have taken it upon themselves to declare the date a state holiday. Fairfield, Washington, has possible the oldest continually running Flag Day Parade beginning in 1909 or 1910. Parades are also held in Massachusetts, Wisconsin and New York.

Flag Days are not exclusive to the US, and are celebrated in many countries around the world. In the UK and Ireland, "Flag Day" refers to when a charity raises funds by collecting in the street and door-to-door, donors being given a small flag or badge to wear showing that they have supported the charity. In India, the term refers to when armed forces raise funds by collecting donations nationally, as a sign of solidarity among the general public towards the welfare of the personnel, and in return, distributing token flags.



## Restored Art At History Antiques & Interiors

Katrina Rescue Paintings: "Dogs"

History Antiques on Columbia Street has a unique Katrina rescue story. The two paintings below are oil on canvas, painted by Marie Therese de Jaham (1869 - 1916), a student of George Coulon. They were damaged during Katrina, then found their way to Covington, where they were restored by the specialists at Mo's Art Supply. The paintings are currently on the wall at History Antiques, looking for a good home. They are both very well-behaved and require little to no maintenance. Visit History Antiques in person, browse online at their new website, [historyantiquesandinteriors.com](http://historyantiquesandinteriors.com), or find them on Facebook.



"Dogs" by Marie Therese de Jaham (1869 - 1916), oil on canvas. Restored by Mo's Art Supply, see them at History Antiques & Interiors in Covington.

## Opening Reception at Three Rivers Gallery

Presenting the Works of Mickey Asche

Saturday June 15th through Saturday July 20th, 2013, well-known local artist Mickey Asche's exhibit of works will be on display in the Main Gallery of Three Rivers Gallery located at 333 East Boston Street in historic downtown Covington. An opening reception will be held on Saturday, June 15th from 6-9pm for the public.

In 2008 and 2010 Mickey was awarded the honor of being the Madisonville Wooden Boat Festival poster artist. Mickey is a member of the Society of Animal Artist and has been invited to show in national wildlife shows in South Carolina and Alabama with some of the nation's top wildlife artists. The exhibition will be open to the public Monday through Saturday, 10am - 6pm, till July 20, 2013.



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

## Quote of the Week

"I am who I am today because of the choices I made yesterday."  
- Eleanor Roosevelt

Sunday  
June 16



First Quarter

## "Share the Health" Summer Educational Series

Do We Truly Know How Fully Capable And Wondrous We Are?

Do we truly know how fully capable and wondrous we are? That was the focus of Donna Caire's presentation, the first in Our Place Studio's series "Share the Health". This educational series is aimed at inspiring the community to take responsibility for their health by learning all the wonderful ways in which we can support the marvelous intelligences of our inner world.

We are born with innate abilities to self-heal, self-repair and self-regulate for optimal health. We regulate our own body temperatures and blood pH so that our bodies can perform all the metabolic processes that keep us alive and moving. We have the ability to stop ourselves from bleeding to death, from holding on to too much fluid, to fight infections, to inhale life giving oxygen and exhale waste, to digest, eliminate and excrete - without even being aware of how we do these things!

Once we feel confident in ourselves, and trust our body's processes, we can foster this innate ability through a simple but profound self care technique - belly massage. Why the belly? Because this is the main passage way of the flows that help our body pull off its amazing magic! In the abdomen, we find the major artery and vein of the circulatory system, more than 3/4ths of the lymph nodes in the body, all the nerves that feed the organs, 5 meridians, the digestive, assimilation and elimination system (also known as our "2nd brain"), and our reproductive system! Why wouldn't you massage your belly is the better question!

Abdominal massage is an age-old technique that helps keep the inner organs freely moving and decongested. It can help alleviate symptoms rather than shut them up: when we feel pain or discomfort, it is very supportive to touch and massage these very intelligent and life-giving organs so they can receive the optimal nourishment and energy that allows them to continue to do the work they do!

Donna Caire has an Advanced Certifications in Arvigo Massage and Chi Nei Tsang, as well as certifications in Cranial Sacral Therapy, Herbal Studies, Nutrition and other healing modalities. If you missed Donna's talk, she offers classes on abdominal massage as well as private sessions at her studio, Regeneration Springs ([www.regenerationsprings.com](http://www.regenerationsprings.com)).

Share the Health talks take place every Tuesday in June and July. Every talk benefits a local charity, picked by the featured speaker. Suggested donation per talk is \$10, but any amount, no matter how big or small, is welcome! Check Our Place Studio's website [www.opcovington.com](http://www.opcovington.com) for more details on the series and the schedule of upcoming presentations.

Next week's talk (June 18th) features Danny Burke: 'Run Faster, Repair Injury & Hurt Less with Somatics', to benefit the Covington Food Bank. The time will be 12 - 12:45 pm, so bring your lunch and your questions. Be ready to experience something fun, learn something new, and maybe even go home with coupons for healthy goodies! Next week's column will feature Laura Warner with information on "Holistic Nutrition".

## Farmer's Market Recipes

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

## Curried Yellow Squash Soup

### Ingredients:

- 1 1/2 pounds of zucchini and/or yellow squash, peeled and chopped
- 1/2 large onion, thinly sliced
- 1 chopped celery rib
- 3 peeled and chopped carrots
- 3 peeled and chopped red potatoes
- 6 cups of low-sodium vegetable stock
- 1 teaspoon curry powder
- 1/4 teaspoon turmeric
- 1 ounce of butter
- 3/4 cup heavy cream (optional)
- fresh dill
- salt

### Directions

In a large soup pot with a lid, sautee onion, celery and carrots on medium high heat in butter for about five minutes. Add the squash and potato, stir for a minute, then add the stock. Lower the heat to medium, cover and let come to a boil. Stir and reduce the heat again to medium low, let this cook down for about thirty minutes.

At this point you can either let this mixture cool and puree it for a smoother consistency, or just mush it up with a spoon and roll with it. If you puree the mixture, return it to the pot and continue as follows.

Add the curry powder and turmeric and stir into the mix at medium heat. Add salt to taste.

Pour the cream in a large bowl and temper by ladling in a few spoonfuls of the hot soup. Add the tempered cream to the soup and mix thoroughly. You can also save this step and drizzle cream in the soup immediately before serving.

This soup is fantastic served hot or cold by chilling, covered, in a refrigerator for about four to six hours. Serve topped with fresh dill.

**June is National Fresh Fruit and Vegetables Month. Find local fruits and vegetables at the Covington Farmer's Market every Wednesday from 10 am - 2 pm and every Saturday from 8 am - 12 noon! Live music at both markets.**

## KCB Litter Survey

Keep Covington Beautiful needs your help with the annual litter survey required by Keep America Beautiful to be an affiliate in good standing. This is not a contest. The results are used as a planning tool for litter prevention and control as well as community beautification. It helps KCB identify needs for future projects.

On Saturday, June 22nd, there will be a meeting at 10 a.m. in the council conference room located behind the Council Chambers, 222 E. Kirkland. We will review the survey procedure and divide into 5 groups. A vehicle and driver will be needed for each group. KCB will provide a route to follow. Each group will score 10 one-half mile areas along their route. The process should take about an hour to an hour and a half. We will meet back at the conference room to tally the scores and share comments.

Please let Pricilla Floca know if you can participate, particularly if you are willing to provide your vehicle to drive one of the routes. (see KCB ad on back)



## The Hard Facts About Litter

From Keep America Beautiful



Research and experience have shown that litter is the result of individual behavior - choosing to litter or being careless in the handling of waste. And once litter is on the ground, it attracts more litter. A clean community, by contrast, can discourage littering and improve community appearance and quality of life.

You have a role to play in preventing litter. It takes just one person, one school, one business, one organization to positively impact the behavior of others in their community. Here are some things to keep in mind when considering the impact of litter on our community:

Over 51 billion pieces of litter land on U.S. roadways each year. Most of it, 46.6 billion pieces, is less than four inches, according to KAB's 2009 National Visible Litter Survey and Litter Cost Study. That's 6,729 items per mile.

Litter cleanup costs the U.S. almost \$11.5 billion each year, with businesses paying \$9.1 billion. Governments, schools, and other organizations pick up the remainder.

Community economy and quality of life suffer. The presence of litter in a community takes a toll on quality of life, property values, and housing prices. KAB's 2009 National Visible Litter Survey and Litter Cost Study found that litter in a community decreases property values 7%.

Litter has environmental consequences. Wind and weather, traffic, and animals move litter into gutters, lawns and landscaped areas, alleyways, and parking structures. Debris may be carried by storm drains into local waterways, with potential for serious environmental contamination.

**So Please Remember to Pick Up After Yourself!**



www.covla.com

# Covington Weekly

Covington, LA June 12 - 18, 2013

**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 Bicentennial Planning Committee Meeting - Thursday June 13, 6 - 7 pm @ William Pitcher Jr. High Library** The public is invited to participate in the event planning for our city's bicentennial year celebrations. Contact Roslyn Hanson at bicentennial@covla.com for more information. - 415 S. Jefferson Ave.

**Bike Fest Pre-Party - Friday June 14, 5 pm @ Brooks' Bike Shop** Pre party for the annual Abita Springs Bicycle Festival! Live music, bike polo, group bike rides and more! Call 985-237-3668 for more info. - 416 E. Gibson St.

**Covington Farmer's Market - Saturday June 15, 8 am - 12 pm @ the 600 block of Columbia St.** Fresh local produce, raw and prepared foods, plants and vegetables. Live music by Last Chance Bluegrass, food demo by Hi Ho BBQ. - 600 block of Columbia St.

**Covington Brewhouse Brewery Tours - Every Saturday, 10 am - 2 pm @ Covington Brewhouse** Free tours of the brewhouse - covingtonbrewhouse.com for info.

**Old Feed Store Music Series - Saturdays, 12 pm - 2 pm @ Marsolan's Feed and Seed** Live music after the Farmer's Market! - 514 E. Gibson St.

**Mickey Asche Opening Reception - Saturday June 15, 6 - 9 pm @ Three Rivers Gallery** Well know local artist shows in the main gallery June 15th - July 20th. The exhibition is free and open to the public, all are invited to the opening. - 333 E. Boston St.

**Board of Adjustments and Planning & Zoning Meetings - Wednesday February 20, 5:30 - 6:30 pm & 6:30 - 8 pm @ City Council Chambers** Public meetings concerning the City of Covington. The Board of Adjustments Meeting is first, followed by Planning & Zoning. Contact person Dominique Elzy, p&ez@covla.com - 222 Kirkland St.

**Share the Health Lecture Series - Tuesday June 18, 12 pm - 12:45 pm @ Our Place Studio** This weeks' talk is by Danny Burke: Run Faster, Repair Injury & Hurt Less with Somatics. This talk will benefit the Covington Food Bank. Visit [www.opcovington.com](http://www.opcovington.com) for more information. - 338 N. Vermont St.

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 www.covingtonbusinessassociation.org

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**Live Music Around Town**

**English Tea Room** 734 E. Rutland St. - Tues. - Acoustic High Tea 11 am - 1 pm

**Green Room** 521 E. Boston St. - Wed. - Open Mic Night 9 pm Thurs. - TBT w/ DJ Dizzi 9 pm Fri. - Righteous Wolf 9 pm Sat. - Night Came Quickly 10 pm Sun. - Karaoke w/ DJ Bobby Blaze Mon. - Keenan Knight and Friends, No Cover + Free Beans! 7 pm Tues. - Service Industry Night

**Thai Kitchen** 1005 Collins Blvd. - Karaoke by Request! Fri. - Acoustic Guitar

**Winos and Tacos** 321 N. Columbia St. - Participate in the Eat Local Challenge by stopping in and eating local! Enjoy the game and try the wine, listen to some tunes. **No Cover Charge All Shows - Party on the Patio!** Now open for lunch Wed. - Fri. from 11 am - 2 pm

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

**Jazz'n the Vines**  
 featuring **The Pfister Sisters**  
 hosted by **Pontchartrain Vineyards**

Outdoor concert series. Gates open at 5 pm. Admission \$10, persons pay at the gate, children 12 & under free. Wine Club members get 2-for-1 tickets (up to 4). Pontchartrain Vineyards wine & food from local vendors will be available for purchase. [www.pontchartrainvineyards.com](http://www.pontchartrainvineyards.com) 985-892-9742

**June is Adopt-A-Shelter Cat Month**  
 The American Humane Society encourages you to adopt a cat in the month of June. The St. Tammany Humane Society has many animals looking for good homes. If you are thinking about adopting a cat, consider taking two. Be sure to prepare for your new pet by locating a veterinarian and budgeting for short and long term costs. Visit [www.sthumane.org](http://www.sthumane.org) for more information.

**Covington Weekly Distribution Locations:**  
 2nd & Charles, Acquistapace's Covington Supermarket, Bayou Barber, Beck-N-Call Cafe, Behrens & Associates Real Estate / Elizabeth Pale Piner CPA, Blue Willow Bed & Breakfast, Brooks' Bike Shop, Camellia House Bed & Breakfast, Campbell's Coffee & Tea, Candy & Tobacco Discounts, Chimes Covington, China City, Coffee Rani, 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, Hi-Ho BBQ, History Antiques & Interiors, Homewood Inn & Suites, Jewel's Cigar & Briar, Lola's Restaurant, Mac's on Boston, Marsolan's Feed & Seed, Matina Bella, Mellow Mushroom Covington, Mo's Art Supply, Motif / Stephanie Story Interiors, New Orleans Food & Spirits, Nonna Randazzo's Italian Bakery, O'Keefe Feed & Seed, Opalescence Day Spa, Our Place Studio, PJ's Hwy 190, PJ's Hwy 21, PJ's Hwy 26, Roy's Knife & Archery Shop, St. John's Coffeehouse, St. Tammany Art Association, St. Tammany Homestead, St. Tammany Humane Society, St. Tammany Parish Library, Studio 311 Salon, Sunshine Garden Health Food Store, Thai Kitchen, Toad Hollow, Winos and Tacos, Vazquez Restaurant, Yoga School  
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