

Covington Weekly

July 3 - 9, 2013

www.covingtonweekly.com

Covington: 200 Years Of Culture, Character & Community

Historical Point Of View Walking Tour

Bicentennial Event To Start At The Covington Trailhead

On Wednesday, July 3rd at 6:30 p.m., the City of Covington and the Bicentennial Committee present a Walking Tour that highlights the newly installed "Historical Point of View" plaques in the downtown area. The plaques are positioned so the viewer is looking at the historical reference point depicted on the plaque. If you are interested in participating in the walking tour, meet at the Trailhead for 6:30 p.m.

Four On The Fourth Race July 4, 2013

14th Annual Race Kicks Off Covington's Bicentennial Party

The 14th Annual Four on the Fourth Race takes place at 7:30 a.m. on July 4th (the Kid's Race begins at 8:30 a.m.). The Race starts at Hubie Gallagher Park, 1000 West 15th Avenue. This photo is courtesy the 15th Street Flyers, a local organization who will be participating in the race.



Bicentennial Celebration On July 4th

It's A Community Extravaganza For Covington's 200th Birthday

With the arrival of July the fourth, the long-awaited Covington Bicentennial Celebration is here. Just a few of the activities at the free event in the Bogue Falaya Park include musical entertainment, historical character portrayals, opening of the Sesquicentennial Time Capsule, preparation of the Bicentennial Time Capsule, games, crafts, old time photo booth, food and refreshments!

Some of Covington's best local restaurants will have food booths at the Bicentennial Celebration. Edna's Thai Kitchen (1005 Collins Blvd.) will bring some Thai favorites, including the Pad Thai and Fried Rice. Winos and Tacos will be there with Joel's Taco Grill to serve up a special "All American Taco". Make sure to pick up food and drink discount coupons to enjoy at Winos and Tacos after the fireworks at the park!

The presenting sponsor of the Bicentennial Celebration is the St. Tammany Parish Hospital with NOLA Media/ Times-Picayune as the fireworks sponsor. There will be plenty happening to keep everyone busy with face painting, a caricature artist, and old fashioned games like sack races and jacks. Bring your picnic blanket and chairs and order some of the best food Covington has to offer. For more information, contact Covington Cultural Arts & Events by phone at:

(985) 892-1873 or visit www.cova.com



HAVE A SAFE 4TH OF JULY!



Some Covington Trivia

Flat Stanley visited Covington last year, and he stopped at the trailhead to take a picture with Reagan. This statue is believed to be the largest statue of Ronald Reagan in the world. The bronze statue, sculpted by local artist Patrick Miller, stands nearly 15 feet tall on its base. The section of Hwy. 190 that runs between Collins Blvd. and Covington High is designated as Ronald Reagan Highway. The former president has never visited Covington; the only U.S. President to visit Covington was George W. Bush, who visited after Katrina to help with rebuilding efforts (see the photo in The Farmer's Covington Scrapbook).

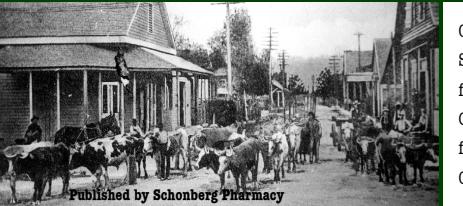


Bogue Falaya Wayside Park

On August 11, 1908, Dr. George R. Tolson sold the 13 acres that make up the Bogue Falaya Park to the town of Covington. The park is host to many great Covington events like Swing in the Pines, Chef Soiree and of course the long-awaited Bicentennial Celebration!

General Leonard Covington

The City of Covington is named after General Leonard Covington, Brigadier General of the U.S. Light Dragoons. He was stationed in Baton Rouge and West Florida in 1810, and died in battle leading his men at Chrysler's Field in 1813. His last words were "Independence Forever".



Ox carts line Columbia Street. People travelled from miles around to Columbia St. Landing for supplies from New Orleans and beyond.

After Hours 4th Of July Celebrations

The Party Continues After The Park Closes

Covington's Nightlife has a lot to offer these days. The Columbia Street/Boston Street corridor has plenty to offer in the way of food, beverage and entertainment. Winos and Tacos presents Mia Borders at 9 p.m. with no cover charge! Children under 18 are welcome until 11 p.m. Celebrate the Bicentennial of Covington and the adoption of the Declaration of Independence at Winos and Tacos! The Green Room offers a Special Edition of Throw Back Thursdays: Captain America Throwback! Get in free by wearing a Marvel or DC comics tee shirt (ladies get in free). Featuring raffle prizes, hula-hoop and pole contest, plus food too. Don't forget to drink responsibly and always have a ride available if you are over the limit. Have a Happy Fourth of July!



Covington Bicentennial Blend

Tea of the Week at The English Tea Room

A glorious blend of peach, apple, blueberry rooibos and hibiscus iced tea to celebrate our city's bicentennial! The Tea Room will be closed for the Fourth of July, but stop by Wednesday from 9 am - 2 pm or Friday for regular hours!

Quick Tips for Computer Users

From Monica Gallardo at Our Place Studio

The common office posture is seated and huddled, shoulders tense, chest collapsed, spine hunched over a computer. Chest openers help us reverse that posture. This collapsed posture is not only bad for our spine and surrounding musculature, but also for our attention and focus, our breathing and our internal organs. Sit up tall and relaxed on the edge of your chair. Bring your arms up, so they are straight out from your body (while keeping the shoulders and neck relaxed); now, bend your elbows so your fingertips touch while keeping the arms parallel with the floor. As you inhale, gently bring your elbows back and think of squeezing your shoulder blades together; as you exhale, release your arms back to the start position, fingertips touching. Do this 6 times. Try to stretch, move, get up out of your chair every 20 minutes, even if just for a minute or two. If you must sit for long periods, practice proper sitting that enables a tall spine and balance in the joints. Feet should be under the knees, hips and knees should be level with each other, with a neutral spine and relaxed shoulders and the head able to balance neutrally, eyes gazing forward. Adjust your chair and computer/keyboard to help you meet these goals.

Want to learn more? Our Place Studio offers yoga, pilates and tai chi classes that can help you not only learn how to identify your postural imbalances and release chronic tension, but also help you strengthen and support your body and cultivate mindfulness and relaxed breathing, improving your overall health and sense of wellbeing. Classes are open to the public, and your first one is always free! Want to schedule a massage or training session with Monica? You can do that, too! Check out opcovington.com for a full schedule of classes or call 985-875-1182.

Sign Up For Our Free E-Newsletter:

www.covingtonweekly.com



Support Local!
Covington Weekly
is on



Farmer's Market Recipes

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

Southwestern Bean Burgers for Grilling

Ah, summer. The time of year to sit out on the patio and break out the grill. We all have our techniques for marinating, seasoning, sauces and batters. But sometimes we like to change it up a bit, have a little variety. This burger has a distinct southwestern flavor, cooked with hot and savory spices and topped with cool zesty salsa. It's perfect for an addition to the 4th of July grill-out!

Ingredients:

1 large onion, finely chopped
4 garlic cloves, minced
1 medium carrot, shredded
1 can (15 ounces) pinto beans, rinsed and drained
1 can (15 ounces) black beans, rinsed and drained
1-1/2 cups quick-cooking oats
2 tablespoons Dijon mustard
2 tablespoons liquid aminos
1 tablespoon ketchup
1 to 2 teaspoons chili powder
1 teaspoon ground cumin
1/4 teaspoon pepper
1 tablespoon olive oil
8 whole wheat hamburger buns, split
8 lettuce leaves
8 tablespoons fresh salsa



Directions:

In a large skillet, saute diced onion in a touch of oil for a few minutes. Add the garlic and cook for a minute longer. Stir in the carrot, chili powder and cumin; cook for a few minutes or until the carrot is soft and tender. Remove the skillet from the heat and set aside to cool. Meanwhile, mash the pinto beans and black beans in a large bowl. Stir in the oats. Mix the mustard, liquid aminos, ketchup, and pepper, and add in the cooled vegetables from the skillet. Add this to the mashed beans and mix well. Shape into eight patties. You may want to lightly coat the grill rack with a little cooking oil. Grill patties covered over medium heat. Serve on buns with lettuce and salsa.

The Month Of July

July was named by the Roman Senate to honor Julius Caesar because it is the month of his birth. Prior to that, it was called Quintilis. On average, July is the warmest month in the Northern Hemisphere and the coldest month in the Southern Hemisphere, the seasonal equivalent to our January. In the United States, July is best known for Independence Day, (the 4th of July), which commemorates the adoption of the Declaration of Independence. July 4, 2013 celebrates the City of Covington's Bicentennial (established in 1813), a founding date 37 years after the Declaration was adopted on July 4, 1776.



The Ruby is the birthstone for July. A variety of the mineral corundum (aluminum oxide), rubies are pink to blood red gemstones. The name is derived from the Latin 'ruber', which means red. Other varieties of gem quality corundum are known as sapphires. The ruby, sapphire, emerald and diamond are considered the four precious stones. Rubies are the third hardest natural gems, moissanite and diamond are at #2 and #1.



One of the birth flowers of July is the Larkspur (Delphinium). The name 'delphinium' is from Latin for 'dolphin', which refers to the shape of the nectary (glandular structure that secretes nectar). All parts of the plant are considered toxic, and larkspur is a significant cause of cattle poisoning on rangeland in the western U.S. Despite its toxicity, compounds contained do have medicinal value against parasites, asthma and fluid retention.



The second birth flower of July is the water lily. Water lilies are found in temperate and tropical climates around the world. They root in the soil in bodies of water with the leaves and flowers floating on the surface. Symbolically, the water lily is considered to evoke imagery of the sunset and the seashore.

Quote of the Week

"Liberty cannot be preserved without general knowledge among the people."

- John Adams

Monday

July 8th

●

New Moon

"Share the Health" Summer Educational Series

Simple Techniques To Release Aches And Pains

Last week's Share the Health talk at Our Place Studio featured Monica Gallardo, who led participants through some simple release techniques for common aches and pains that you can do easily at home or in the office. In addition to enjoying her role as owner of Our Place, Monica has been training and coaching folks locally for 14 years and helping them find balance and freedom from pain through bodywork for 16 years. Proceeds from this talk benefitted the Covington Boys & Girls Club.

Tennis Ball Release Techniques: Who knew a simple little tennis ball could stand-in as your personal massage therapist? Monica supplied everyone with two sizes: a mini tennis ball and regular sized tennis ball. First, sitting in chairs, we placed the regular-sized ball under one foot and rolled the ball of the foot, then we rolled the line from the big toe to the heel and then just the heel, all the while applying gentle pressure. We repeated on the other side, then followed the same procedure using the mini-ball. The mini-ball provides more specific feedback and finer rolling pressure. We took our regular-sized balls into the Yoga Room and using a wall, we placed the ball between our sacrum and the wall, gently pressing back into the ball, we rolled the sacral area - not too much pressure as this can be a tender area. We did the same thing for the anterior, middle & posterior deltoids and around our scapulae.

Seated Stretching: Monica led us through some simple stretches you can do in a chair to relieve back, shoulder & neck pain and bring energy into the legs. We'll share 3 of the moves here. We started with seated forward bends. Keep your bottom fixed to the chair, gently extend the spine, hands on legs. Fold over slowly, letting the hands glide down the legs to the floor, relaxing the torso and head. Always remember to breathe! Glide back upright slowly, pulling your shoulders back as you go to lengthen the spine. Be mindful of any discomfort or dizziness. Always discontinue any movement that causes pain or excessive dizziness. Move slowly and mindfully. Do this a few times.

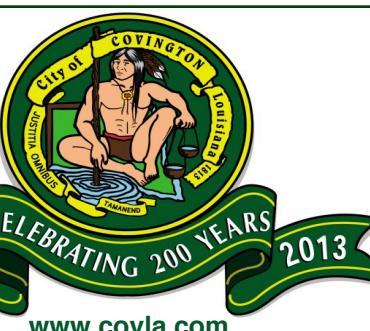
Then, we moved onto seated, gentle twists. Sit on the side of your chair. Sitting up tall and relaxed, gently turn your torso towards the back of the chair. Think of winding slowly in a spiral that begins in the belly, then moves up to the chest, then the shoulders, then turning the head and even shifting the eyes. Let your hands lightly hold the back of the chair for support. Relax your shoulders. Remain in the twist for a few breaths, then release slowly. Rest, and then do the same for the other side, sitting on the other side of the chair.

Share the Health is a Summer Education Series being held every Tuesday in June and July from 12 - 12:45 pm. Admission is donation based; proceeds go to charities of the speaker's choice. The next talk will be Laura Warner presenting 'Building Hormone Health With Nutrition' and will benefit the St. Tammany Humane Society on July 9th.

All Share the Health talks take place at Our Place Studio, located at 338 N. Vermont St.

(corner of Vermont & Gibson). You can contact Liz for more information: 985-778-3448

and read more about Share the Health at: www.opcovington.com



Covington Weekly

Covington, LA

July 3 - 9, 2013

Covington Farmer's Market - Every Wednesday, 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.**

Historical Point of View Walking Tour - Wednesday July 3, 6:30 pm @ the Covington Trailhead Walking tour highlighting the "Historical Point of View" plaques in the downtown area. - **419 N. New Hampshire St.**

Four on the Fourth Race - Thursday July 4, 7:30 am (Kid's Race, 8:30 am) @ Hubie Gallagher Park 14th Annual Four on the Fourth foot race. - **1000 W. 15th Ave.**

City of Covington Bicentennial Celebration - Thursday July 4, 4 pm - 9 pm @ Bogue Falaya Park The culmination of an entire year of Bicentennial events, this is one party you won't want to miss. Celebrate Covington's 200th birthday on the 4th of July with food, music, entertainment and more (see front). - **213 Park Drive**

Covington Farmer's Market - Saturday June 29, 8 am - 12 pm @ the 600 block of Columbia St. Fresh local produce, raw and prepared foods, plants and vegetables. Live music by The Porch Rockers beginning at 9:30, the food demo will consist of Fresh Market Watermelon Tasting. - **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! - **314 E. Gibson St.**

Share the Health Lecture Series - Tuesday July 2, 12 pm - 12:45 pm @ Our Place Studio This weeks' talk is by Laura Warner with "Building Hormone Health With Nutrition". This talk will benefit the St. Tammany Humane Society. Visit www.opcovington.com for more information. - **338 N. Vermont St.**

Covington Yoga in Bogue Falaya Park - every Tuesday and Thursday, 8 am - 9 am @ Bogue Falaya Park Experience the outdoors and feel good in mind, body and spirit. Bring water and a mat, if you have one. All levels welcome, donation based. Contact Paige Schneider for more info, (719) 963-5366. - **213 Park Drive**

"We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness. That to secure these rights, Governments are instituted among Men, deriving their just powers from the consent of the governed, That whenever any Form of Government becomes destructive of these ends, it is the Right of the People to alter or to abolish it, and to institute new Government, laying its foundation on such principles and organizing its powers in such form, as to them shall seem most likely to effect their Safety and Happiness."

- Thomas Jefferson, 'The Declaration of Independence'

Live Music Around Town



English Tea Room 734 E. Rutland St. - Tues. - Acoustic High Tea Featuring Live Music by singer/songwriter Timothy A. G. 11 am - 1 pm

Thai Kitchen 1005 Collins Blvd. - Karaoke by Request! Fri. - singer/songwriter Timothy A. G. on Acoustic Guitar during lunch and dinner

Green Room 521 E. Boston St. - Wed. - Open Mic Night 9 pm Thurs. - Captain America TBT w/ DJ Dizzi 9 pm Fri. - Dirk Billie and Vernon Rome Family Jam 10 pm Sat. - DJ Calypso 10 pm Sun. - Karaoke w/ DJ Bobby Blaze Mon. - Happy Hour 2-9 pm Tues. - Service Industry Night



Friday Night Family Jam with Dirk Billie and Vernon Rome



Wino's Tacos 321 N. Columbia St. - Wed. - Free Wine Tasting featuring musical guest Craig Adams Thurs. - Mia Borders 9 pm Fri. - Water Seed 9 pm Sat. - Lynn Drury 9 pm No Cover All Shows!



For the full music calendar, visit: www.covingtonweekly.com

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, P.J.'s Hwy 190, P.J.'s Hwy 21, P.J.'s Hwy 26, Roy's Knife & Archery Shop, St. John's Coffeehouse, St. Tammany Art Association, St. Tammany Homestead, St. Tammany Human Society, St. Tammany Parish Library, Studio 311 Salon, Sunshine Garden Health Food Store, That Kitchen, Toad Hollow, Wino's and Tacos, Vazquez Restaurant, Yoga School

Printed with recycled content. Download this and other issues at www.covingtonweekly.com

and sign up for our weekly e-newsletter!

Be Kind To One Another

Recycle

fine teas from around the world...

gifts parties
brunches / lunches
high tea all day!
Monday - Saturday
9 am - 6 pm

(985) 898-3988
734 E. Rutland St.
Covington, LA
www.englishtearoom.com

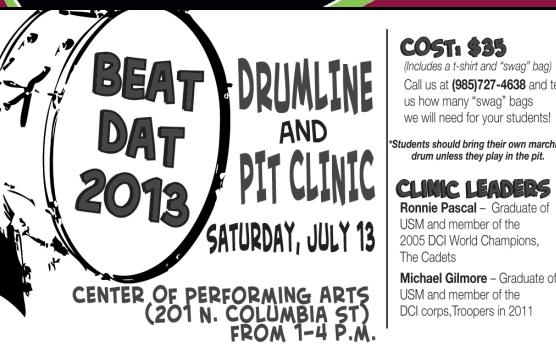


ZAGAT rated!



321 N. Columbia St.

985-809-3029



DRUMLINE
AND
PIT CLINIC
SATURDAY, JULY 13
CENTER OF PERFORMING ARTS
(201 N. COLUMBIA ST.)
FROM 1-4 P.M.

COST: \$35
(Includes a t-shirt and "swag" bag)
Call us at (985)727-4638 and tell us how many "swag" bags we will need for your students!

*Students should bring their own marching drum unless they play in the pit.

CLINIC LEADERS
Ronnie Pascal - Graduate of USM and member of the 2005 DCI World Champions, The Cadets

Michael Gilmore - Graduate of USM and member of the DCI corps, Troopers in 2011

studio cicero
art/ design/ style

Anne Cicero

original mixed media paintings
commissions available

(504) 628-1802
420 N. Vermont St. (2nd Floor)

Summer Art Classes for
Kids & Adults

cicero_2@hotmail.com
www.studiocicero.com

OPAL ESCENSE
Day Spa

for healthy skin
try Say No to Tanning Beds!

Fake Bake Spray Tan 1 for \$35 5 for \$150

Gelee Wash & Tanning Enhancer \$25
(Regularly \$35)

www.opalskin.com
Facebook: "Opalescence Day Spa"

HISTORY ANTIQUES & INTERIORS

where every piece has a story...

Tuesday - Saturday
10 am - 4:30 pm
(985) 892-0010

HistoryAntiquesAndInteriors.com

317 N. COLUMBIA ST.
COVINGTON, LA



GOODBE PLUMBING

Licensed & Insured
LMP 4583

12251 Arc Rd.
Covington, LA

893-1883
Fax: 893-5252

"WE CLEAN YOUR DRAIN, NOT YOUR WALLET!"

www.goodbeplumbinginc.com

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

HELP KEEP COVINGTON BEAUTIFUL

HAVE FUN DOING IT

Become a KCB Member or Volunteer
KCB is a non-profit 501 C3 Organization

LEARN MORE:
www.keepcovingtonbeautiful.org
www.facebook.com/Keep-Covington-Beautiful



kcb@covla.com 985-867-3652

1813 CELEBRATING 200 YEARS 2013

Covington Business Association

Next Meeting
July 10
6:00 pm at:

Our Place
PERSONAL FITNESS & BODYWORK STUDIO

www.covingtonbusinessassociation.org

YOGA SCHOOL L.L.C.
Mon. 5pm Wed. 5:30pm
Thurs. 6:30 pm (1 1/2 hrs.)
\$10 drop in, or 6 for \$48
985-893-8834
603 S. Tyler Street
COVINGTON, LOUISIANA
yogaschoolcovingtonla.com

Share the Health Summertime Educational Series

Informal, Educational Talks on Health-Related Topics

Tuesdays in June and July • 12-12:45

featuring home-grown experts and educators in diverse areas of health and wellness.

\$10 Suggested Donation • All Proceeds Benefit Local Charities

Visit our website for details.

OUR PLACE STUDIO • OPCOVINGTON.COM

Thai Kitchen
Authentic Thai Cuisiné
New! Live Music Friday Lunches!
Karaoke by Request
LUNCH / DINNER/ TO GO
1005 COLLINS BLVD.
PHONE: (985) 809-7886
FAX: (985) 809-7820

THE GREEN ROOM
521 E. BOSTON ST. • COVINGTON, LA
(985) 892-2225
WWW.GREENROOMCOVLA.COM

ST. TAMMANY HUMANE SOCIETY
20384 Harrison Ave.
Covington, LA 70433
(985) 892-PETS
www.sthumane.org

NOLA dynamic.com
A LIMITED LIABILITY COMPANY
A Boutique Interactive Technology Firm Specializing In:
Content Management System Hosting CMS Client Training
Web Design Web Hosting & DNS Services Search Engine Optimization
HTML, FLASH, CSS, JAVASCRIPT, PHP & WORDPRESS THEME DESIGN & DEVELOPMENT
Contact Us: 504-669-2961

Advertising with Covington Weekly is simple and effective.
print, e-newsletter, social media, web archive
phone: 985-288-9609
e-mail: covweekly@media9productions.com
Covington Weekly / Media 9 Productions LLC, 2013

