

## Covington, A Cultural Arts District Downtown's Emphasis On The Arts



Covington's Bicentennial Celebration year is upon us, and the Covington Historic District is coming back to life in a big way. The city was given the designation of Cultural Arts District in 2008 as a result of the Louisiana Cultural Districts Program created by Act 298 of the 2007 Regular Session of the legislature. The initiative is intended to spark community revitalization based on cultural events and activity through tax incentives, and 2013 is proving to be progressive for the downtown area.

The Second Saturday Art Stroll is a continuous event featuring shows at the Art Association and participating galleries. Tripolo Gallery, Henry Hood Gallery and Three Rivers Gallery are regular participants in the monthly event.

Columbia Street is also alive with the sound of music, and two notable new venues are the Columbia Street Rock N Blues Cafe and Winos and Tacos. The Rock N Blues Cafe features a newly renovated interior and staging area, outside patio and traditional southern pub fare from the kitchen. Winos and Tacos is a Tequila, Taqueria and Wine Bar with hot New Orleans music acts like Glen David Andrews and Jazz Fest veterans Soul Project. Chris LeBlanc will be playing there this Thursday with an acoustic Valentine's Day show.

The Columbia Street Tap Room and Seiler Bar are still staples of the downtown music and food scene, featuring entertainers like Bag O Donuts and The Chee Weez, and broadcasting local sporting events. The Green Room also has some new touches with a brand new staging area and the best original local music. You'll find favorites Davey Crockett & the Wild Frontier, The Rotten Cores and southern rockers The Shiz, as well as some of the local talent at Open Mic Wednesdays.

**don't forget to check [www.covingtonweekly.com](http://www.covingtonweekly.com) for music listings!**

## Enjoy Valentine's Day Locally Local Specials for Local Love

### Our Place

PERSONAL FITNESS & BODYWORK STUDIO

**Our Place Studio**  
Roses wilt, a healthy body doesn't! Share a Start-Up Pack with someone you love, and you will both get 1 Month Unlimited Group Training, Yoga, Pilates & Body Combat Classes!

### Valentine's Dinner And Drinks

What better way to celebrate the holiday of romance than with a dinner for two? Winos and Tacos will be offering a special dinner and drink menu, with live music by Chris LeBlanc!



### A Special Valentine's High Tea

Featuring baked brie, chocolates and special finger sandwiches. In celebration of the month of romance the Tea Room is also offering a special dessert all February. The Chocolate Ciao Amaretto Creme Torte is infused with tea to create a truly unique and exquisite taste sensation!



### Valentine Pastries at Thai Kitchen

Looking for a unique Valentine's dinner you won't soon forget? Bring your loved one to Thai Kitchen and receive a complimentary authentic Thai dessert! This pastry is filled with mung beans prepared in traditional Thai fashion. Enjoy live acoustic music by Timothy A.G. while you dine!



### Need to Relax?

## Covington

Massage & Wellness Centre

Valentine's massage special! Buy one, get one half priced! That's two 90 minute massages for \$150 or two 60 minute massages for \$105. This offer can be used to purchase a gift certificate as well, and runs till March 1st. Get the gift you both want!

## Farmer's Market Recipes

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

### Kale & Tomato Omelet for Two

- Ingredients:**
- 1 cup of chopped kale
  - 2 roma tomatoes, cubed
  - 1/2 large onion, chopped
  - 1/2 large bell pepper, chopped
  - about four cloves of garlic, minced
  - 4 eggs
  - 1/4 cup of whole milk
  - sea salt
  - cayenne pepper
  - sage, oregano and basil
  - 2 tablespoons of butter



**Cooking Instructions:**

Heat a tablespoon of butter in a small skillet, add the onion, tomatoes, bell pepper and garlic. Cook until they begin to soften and become translucent. Meanwhile, whisk the eggs thoroughly and add the milk, salt, pepper and herbs. In a larger non-stick skillet, heat the other tablespoon of butter and pour in the egg mix. Cover and let sit on medium low, allowing the bottom of the omelet to cook slightly and set.

Add the kale to the onion and tomato mix and stir. Let this cook for a second as the kale softens. The veggies may have some excess moisture that you may want to remove. Add this mix on top of the eggs and cover again for another few minutes, and then gently work a spatula around the edge of the eggs. They should be cooked but not browned. Flip one half of the omelet over the other when the omelet is cooked around the edges but still not quite done in the center. This is how you can bend it without it cracking.

Cook this uncovered until brown on the bottom, flip to the other side and do the same. You can turn the heat up a little for this, to medium.

The omelette is an ancient recipe. Its predecessors 'alumelle' or 'alumete' were first recorded in 14th century France.

## Upcoming Spring Events in Covington

### Sunset at the Landing Concert Series March 15th

Enjoy live music on the bank of the Bogue Falaya River every third Friday of the month from March through October, starting on March 15th. The concert is free and all are encouraged to bring chairs and refreshments. The event is sponsored by St. Tammany Homestead, the City of Covington and the Covington Farmer's Market.

### Final Friday Block Parties Start March 22nd

This free family event features classic cars, retail shops and restaurants, live entertainment, food and drinks. Held on the last Friday of each month from March through October.

### 2nd Annual A Taste Of Covington Begins April 4th

The Second Annual 'A Taste of Covington' will also be celebrating the Bicentennial, making it bigger and better than last year's event. New features have been added to the line up, making this a full four days of the best Covington has to offer. It all starts Thursday, April 4th with the Vintners' Dinners. - Specialty menus at top local restaurants with professionally selected wine pairings. Friday, Acquistapace's Supermarket will host "A Grand Tasting" wine event with live music by Steppin' Up. Saturday starts with a double market - the Farmer's Market and the STAA Art Market - followed by a Chef's Cooking Demo. Later Saturday evening, take a walk around Covington during the Merchant Stroll, where participating businesses will be offering free wine and live entertainment. Sunday winds it all down with a Jazz Brunch at Seiler Bar, live music and champagnes.

### Rockin' The Rails Concert Series Starts April 4th

Enjoy live music every Thursday in April from 5pm to 7:30pm at the Covington Trailhead. All concerts are free and open to the public. Concert-goers are invited to explore Downtown Covington after the show; City of Covington staff and volunteers from the Covington Business Association will have raffle and goody bags for coupons and specials to area bars, restaurants, and shops. For more information, contact the City of Covington's Office of Cultural Arts and Events at (985)892-1873 or email: [gottaluvcov@covla.com](mailto:gottaluvcov@covla.com)

**Sign Up For The E-Newsletter:**  
[www.covingtonweekly.com](http://www.covingtonweekly.com)

### Quote of the Week

"There's a lot of difference between listening and hearing."  
- G.K. Chesterton

Sunday February 17  
First Quarter

## Valentine's Day Art Finds Local Artists Show the Love

### Jodie Flowers' Funky Tulips!

Nothing says spring like a funky tulip! Jodie Flowers incorporates recycled materials into her design often, as with these tulips. They are made with upcycled fabrics and stuffed with plastic bags, then primed for stiffness and hand painted. The ceramic lips are also handmade. These funky flowers are available in any color. For ordering info check JodieFlowers on etsy.com. Jodie Flowers is also a member of the St. Tammany Art Association and is showing her works in the Annual Juried Members Exhibit, going on now. Stop by and give the gift of art this Valentine's Day!



### Painted (Full) Wine Bottles by Sarah Dunn

These hand painted bottles are both beautiful and filled with wine! Pick your preference, either R&G Cabernet Sauvignon or Sauvignon Blanc, and one of Sarah's six patterns. The bottles are then hand painted and are available to be shipped or picked up. Check SarahDunnArts on etsy.com!



## Health And Wellness Staying Active In The Winter

Despite the rainy winter weather we've had this year, there are still plenty of beautiful days that are good to be out and about. Covington offers several resources available that are conducive to active lifestyles, from bike and running paths to natural areas and trails. The St. Tammany Trace runs through the center of Covington along the old train track, connecting Abita Springs and Mandeville. The Trace is used as both a bike path and a running path, and it is Louisiana's first and only rails-to-trails conversion. According to the Tammany Trace website, [www.tammanytrace.org](http://www.tammanytrace.org), 'the White House Millennium Council chose the Tammany Trace as one of 50 Millennium Legacy Trails'.

There are a few simple tips to follow when beginning any exercise routine, and a little preparation will go a long way. First, it is always a good idea to stretch before any intense or repetitive body movement. This will get the blood circulating and loosen up the muscles. 15 to 20 minutes is a good stretch time. Remember, it takes 15 minutes to get the heart rate up to maximum level for most moderate exercise.

While stretching, concentrate on controlled breathing. During the exercise motions (whatever you choose to do), maintain your breathing, exhaling on the action and inhaling on the return. For example, in weight lifting, the exhale is on the push.

Finally, drink plenty of water. The majority of your body is water, and it is important to maintain a proper balance. Any amount of exercise will use your body's water resources, and dehydration can lead to injury.

Brooks' Bike Shop is located on the Tammany Trace off of Gibson St., a full service bike repair and rental shop. Covington offers many cafes and restaurants, and two of our favorites in the arts district are St. John's Coffeehouse and Columbia St. Natural Foods, both offering health-conscious menus and friendly faces.

vote for charity

## COMMUNITY REWARDS

AWARDING \$50,000 TO TEN LOCAL CHARITIES

GULF COAST BANK & Trust Company  
[www.gulfbank.com](http://www.gulfbank.com)



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# FREE Covington Weekly

February 13 - 19, 2013

**Covington Farmer's Market - Wednesday February 13, 10am - 2pm @ the Covington Trailhead** Rain or shine, live "front porch jam", fresh local produce and prepared food. - 419 N. New Hampshire St.

**Covington Bicentennial Meeting - Thursday February 14, 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, bicentennial@covla.com to find out more information. - 415 South Jefferson Ave.

**Covington Farmer's Market - Saturday February 16, 8 am - 12 pm @ the 600 block of Columbia St.** Fresh local produce, raw and prepared foods, plants and vegetables. Live music by The Abita Stumps, food demo provided by Jeff & Kevin of J & K Grillin', driving their BBQ rig to the market. - 600 block of Columbia St.

**Covington City Council Meeting - Tuesday February 19, 6 pm @ City Council Chambers** Open to the public meeting concerning the City of Covington. Contact person Bonnie Champagne, council@covla.com or 985-898-4722. -222 Kirkland St.

**Northshore Food Co-op/Farm Fest Meeting - Wednesday February 20, 6 pm @ Columbia Street Natural Food Market** This meeting is to discuss and plan Farm Fest, an event to promote eating locally and raise funds for our future Food Cooperative. -415 N. Columbia St.

For music and gallery listings February 13 - 19, visit: [www.CovingtonWeekly.com](http://www.CovingtonWeekly.com)

## Live Music At The English Tea Room

Enjoy live music at the English Tea Room on Tuesdays and Wednesdays! Jessica Meltz plays harp on Wednesdays from 12:00 to 2:00, and Timothy A.G. plays acoustic guitar during brunch on Tuesdays, 10:30 to 12:30.



### Carlo Ditta Trio

featuring

### John Sinclair

**Saturday, February 16**  
8:00 pm - 11:00 pm  
Tickets: \$5  
18+



**Davy Crockett & the Wild Frontier** is a nice rock 'n roll band from New Orleans. They claim south Louisiana as their hometown, but you can often see them around downtown Covington. The Wild Frontier plays the Green Room next weekend, **Saturday night February 23rd.....see below.**



Davy Crockett & the Wild Frontier @ the Green Room

## Green Room Covington



## Davy Crockett & the Wild Frontier

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 ENJOY A STROLL THROUGH COVINGTON  
 PLEASE REMEMBER TO PICK UP AFTER YOURSELF  
 KEEP COVINGTON BEAUTIFUL

**Covington Business Association**  
 Next Meeting Mar. 6th at: **Seiler Bar**  
 CBA [www.covingtonbusinessassociation.org](http://www.covingtonbusinessassociation.org)

320 N. Columbia St.  
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