

## Covington Commons

### North Covington's Newest Development

The first phase of Covington Commons at the foot of Airport Road and Highway 25 has been approved. This project is an 80+ acre commercial development centering around a Franco's Athletic Club. It includes the addition of a roundabout and additional turn lanes to ease traffic at the intersection of Airport Road and La. 25. The development is now in progress, and Airport Road no longer exists at 25. There is a detour at Hard Hat Road (running between Airport and LA25) which opens up to LA 25 as the Industrial Park entrance from the highway. The throughway currently under construction will join highway 25 and Airport Road at a right angle rather than the sharp angle of the previous intersection. Approval is being sought for the addition of a traffic light, which will be paid for and installed by the developers.

Once the three phases are complete, the development will back up to the currently expanding Savannahs, just north of Covington Point. The research supporting this development indicates that there are over 100,000 people living within 10 miles of the designated Covington Commons area whose average income is \$84,000 a year, an incentive touted to attract outside business.

According to the development's website, a major focus is on community sustainability. Covington Commons will incorporate green initiatives such as lower emission building materials, functional water-recycling systems and solar energy capture, among others. You can follow the progress at the commercial development's website, [www.covingtoncommons.com](http://www.covingtoncommons.com)

Covington Commons lists their developer as M3 Properties, LLC (M cubed), a division of Manti Resources. They acquire and develop high end commercial, retail and residential community developments with holdings along the Gulf Coast. Manti Resources is headquartered in Corpus Christi, TX, with an office on Smith Road in Covington also.

Their team includes Joe Mistich of Axxcess Construction Management Services, Inc. Other team members include Michael D'Amico, President/Broker of REPCCommercial llc, a full service commercial and residential real estate firm, and Mike Saucier, president and founder of Gulf States Real Estate Services. Contact Michael D'Amico at (504) 250-2160. Mike Saucier may be reached at (985) 792-4385.

What is your opinion on the Covington Commons development?  
Feel free to e mail any comments to  
[covweekly@media9productions.com](mailto:covweekly@media9productions.com)

## Lenten Menus At Local Restaurants

The Thai Kitchen at 1005 Collins Boulevard offers many selections that feature seafood and vegetarian dishes for both lunch and dinner, dine in or take out. 985-809-7886

Columbia Street Natural Foods at 415 North Columbia Street has fresh veggie sandwiches, wraps and soups. You might even be lucky enough to find a slice of the basil pesto pizza! It's a great spot for a quick lunch downtown.

Winos and Tacos is now open for lunch, from 11 am to 2 pm. They will offer tacos from the regular menu, with the addition of Tortas (Mexican sandwiches). Desserts include Flan, flourless Mexican chocolate cake and sopapillas.

### Columbia Street Strawberry Pub Crawl

Showcasing Abita Strawberry Harvest Lager! Tour Winos and Tacos, Columbia Street Rock N Blues Cafe and the Tap Room Friday Night and enjoy \$2 Abita Strawberry at all locations. The first 300 people will receive a free T-shirt! Visit [abita.com](http://abita.com) to pre-register.



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NEW ORLEANS' FRESHEST FUNK  
**WINOS AND TACOS**  
**FRI. FEB. 22**  
3PM  
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## Farmer's Market Recipes

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

### Spring Mix Salad with Strawberry Vinaigrette

#### Ingredients:

- 6 cups fresh mixed greens
- 1/3 cup roasted walnuts, chopped
- 1/3 cup shredded radish
- 1/3 cup shredded carrot
- 1 orange, peeled and segmented

#### Dressing:

- 1/4 pound of strawberries, hulled and halved
- 1/3 cup of virgin olive oil
- 2 tablespoons balsamic vinegar
- 1 tablespoon of red wine vinegar
- 1 tablespoon of fresh squeezed lemon juice
- 1 tablespoon of honey
- splash of sherry
- fresh or dried basil, crushed
- salt & pepper to taste

#### Cooking Instructions:

Start by mashing about 3/4 of the strawberries in a large mixing bowl until they are more of a mushy consistency. Save the remaining strawberries for the salad. Wisk together the oil, vinegars, lemon juice, honey, sherry, crushed basil and spices in a separate bowl. Add this to the strawberry bowl and mix thoroughly. Cover and let sit for about 1 hour.

Mix the greens, radish, carrots and nuts, plate and top with orange slices, strawberry slices, and lastly the dressing. Save any remaining dressing in a tightly sealed jar in the refrigerator for up to a week.



Fresh Organic Greens from GROW.Farm at the Covington Farmer's Market

## Northshore Food Co-op Meeting

### Planning "Farm Fest" Kick-off Event

The Northshore Food Coop has come a long way in the past year. The first two meetings were incredibly successful, with generous turnouts and great brainstorming. From these meetings, a general plan was formed of where to begin. Then came the idea of a Farm Fest, an event to take place at a local farm that would bring community awareness to eating and buying locally, raise funds for the Northshore Food Coop, and be fun. Originally planned for last fall, Hurricane Isaac postponed the event when the storm wreaked havoc on the local farming community. It was decided to move the event to this summer, allowing everyone a chance to recover from the storm's damage.

In the extra planning time, Farm Fest has developed into its own event. The Northshore Food Coop has partnered with Volunteers of America, who are working to raise community awareness about healthier lifestyles in this area. They will be providing volunteers for the event as well as helping to promote it. This Wednesday's meeting will discuss how many volunteers we may need for this two day event, as well as details on food booths, game booths, educational booths, live entertainment and sponsorship. The meeting will start at 6pm on Wednesday, February 20th at Columbia Street Natural Foods, 415 N. Columbia St. Bring your ideas, invite your friends and help plan a successful event!

### Welcome New CBA Members!



CBA Member Flags are going up! They're popping up everywhere you look in town. CBA members must fill out a form granting permission from the owner of the building for the Association to install the flag. Find out more at:

[www.covingtonbusinessassociation.org](http://www.covingtonbusinessassociation.org)

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

## Quote of the Week

"It will never rain roses: when we want to have more roses, we must plant more roses."

- George Eliot

The full moon of February is known as the Snow Moon, Wolf Moon or Hunger Moon.

Monday  
February 25




Full


## Things You May Not Know About Getting a Massage


By Massage Therapist Melissa Pearson

Massage Therapy is an amazing form of preventive maintenance for the body. It assists all body systems to heal, repair and perform at optimum levels. In order to benefit the most from your services, it is important to be relaxed, yet so many times clients are too worried about their appearance to really relax and enjoy the experience. Below, some tips to help get all you can from your next massage.

Massage therapists do not care if your legs are shaved or your feet are pedicured. We are focused on what is going on underneath the skin, not on top of it.

 Schedule your massage for a time when you are not worried about your hair and makeup. It is hard to relax when you are focused on not getting oil in your hair.

 You will get a better massage if you remove all your jewelry. It breaks up the flow if we have to skip over areas with jewelry on them.

 Cellulite does NOT show up when you are lying on the table. The lighting is dark, your body is covered by draping, and everything looks smooth stretched out on a massage table.

Melissa Pearson is a Nationally Certified, State Licensed Massage Therapist with 10 years of experience. She owns Master of Massage in the new Covington Massage & Wellness Centre on N. Columbia St. (504) 400-7934

## Covington Massage & Wellness Center

Grand Opening Saturday February 23 @ 5 pm

 Formed by Marie Humphries of Therapeutic Touch Massage, Kelly McGee of Northshore Chair Massage and Melissa Pearson of Master of Massage, Covington Massage & Wellness Centre offers a variety of massage services. They will celebrate their grand opening this Saturday with live music, refreshments and door prizes. Future plans for the centre include esthetics, yoga, fitness and meditation classes, as well as a wellness lending library.



Covington Massage & Wellness Center is located at 503 North Columbia Street.

## Why The Farmer's Market?

### Food: A Cornerstone Of Community Sustainability



'Tabasco' Market Mascot Roux-ster

Henry Kissinger once said, more or less, "If you control oil, you control nations; if you control food, you control people." As we can see today, this remains a very true statement as our food supply becomes more and more centralized, and we are becoming more dependent on the fossil resources of other countries. In the face of this, many have turned to more sustainable options. This is why the farmer's market is important. The people there are your neighbors, and they are growing food and making food to sustain themselves, their families, and you. There is a real sense of community at the farmer's market, and it offers a great opportunity to gather and talk to your neighbors.

There are many problems that are now becoming apparent regarding the industrialization of food, and a lack of local control is one of the main issues. The farmer's market offers a real solution to that. The Covington Farmer's Market takes place on Wednesdays from 10 am to 2 pm at the Covington Trail Head, and Saturdays from 8 am to 12 pm at the 600 block of Columbia Street (in front of the Covington Police Department). You can visit the website for the market at [www.covingtonfarmersmarket.org](http://www.covingtonfarmersmarket.org). Sign up for the free e-newsletter written by market vendor Charlene LeJeune that will make you smile every week. It details what is available from all your favorite booths, plus it lists what great music and delicious food demonstrations you can expect to experience.

### Appreciating Seasonal Availability

There's another famous quote, this time by Theodore Roosevelt, "do what you can with what you have where you are." In relation to seasonal availability, it is important to use the resources that are available to you where you are.. Ethnobotany finds that certain local plants may be used to treat problems specific to that given area. With this in mind, the importance of seasonal availability becomes even more significant. Some cold weather crops include greens, root vegetables, potatoes and broccoli to name a few. Leafy vegetables are a great source of fiber, packed with vitamins and minerals. Kale, collards, turnip greens and swiss chard are all very nutritious, and all are generally available at the Saturday Farmer's Market. Root vegetables are also a great source of fiber, vitamins and minerals. The rutabaga, also known as the Swedish turnip, is a root vegetable that came about as a cross between the cabbage and the turnip.





www.covla.com

# FREE Covington Weekly

Covington, LA February 20 - 26, 2013

**Covington Farmer's Market - Wednesday February 20, 10am - 2pm @ the Covington Trailhead** Rain or shine, live "front porch jam", fresh local produce and prepared food. - 419 N. New Hampshire 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.

**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 the future Food Cooperative. - 415 N. Columbia St.  
**Columbia Street Strawberry Pub Crawl - Friday February 22, starting at 6 pm on Columbia Street** Tour Columbia Street Friday Night and enjoy \$2 Abita Strawberry at all participating locations.

**Covington Farmer's Market - Saturday February 23, 8 am - 12 pm @ the 600 block of Columbia St.** Fresh local produce, raw and prepared foods, plants and vegetables. Live music by The Last Chance Bluegrass Band, beginning at 9:30. - 600 block of Columbia St.

**Covington Massage & Wellness Grand Opening - Saturday February 23, 5 pm @ the Centre** Celebrating their grand opening this Saturday with live music, refreshments and door prizes. - 503 N. Columbia St.

For music and gallery listings February 20 - 26, 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.

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**Did You Know?**  
 Muppet mastermind Jim Henson once admitted that his inspiration for the character "Dr. Teeth" did in fact originate from Dr. John, aka Malcolm John Rebennack, Jr., whose first northshore appearance was a few weeks ago at Columbia St. Rock N Blues Cafe.

**Green Room Covington**  
 saturday february 23 2013  
**Davy Crockett & the Wild Frontier**

**FRIDAY FEB 22!!!**  
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