

Columbia Street Block Party

May 31st, 6:30 – 9:30 pm

The City of Covington invites the public to this free event highlighting the hopping Downtown Historic District. Columbia Street is closed to vehicle traffic and gorgeous refurbished antique cars line the street. Local shops and galleries have their doors open for perusing; refreshments and food are available at local restaurants. Music venues will start off early with some of the best local and regional acts. The Green Room kicks it off at 6 with Street Parade. The Tricky Dickies start up at 7 in the Columbia Street Tap Room, and Rock-It Productions kicks in at Columbia Street Rock-N-Blues Cafe around 8. Winos and Tacos heads the after-party with Johnny Sketch & the Dirty Notes hitting the stage at 9, followed by Stone Rabbits and The Disappearing Yoshis at The Green Room for 9:30. Downtown Covington hosts the best block party around, one you don't want to miss!



COVINGTON
art
MARKET
presented by St. Tammany art association

The St. Tammany Art Association, in partnership with the City of Covington, presents the Covington Art Market, a juried market of visual arts and crafts held six times per year on first Saturdays--February, April, June, August, October and December.

This Saturday, June 1st, the art market will be held from 9 a.m. to 1 p.m. at the Covington Trailhead. It features a variety of work from local and regional artists, including jewelry, crafts, photography, paintings, woodworking, fiber art and more.

"We hope that the art market will give further exposure to the many talented artists and craftsmen in our community," says City of Covington Cultural Arts and Events Manager Aimee Fauchaux. "We also encourage art market patrons to visit the Saturday Farmers Market, which takes place from 8 a.m. to noon in the 600 block of Columbia Street, within walking distance of the Covington Trailhead." Double your market this Saturday!

For additional information, or if you are interested in participating in the market, contact St. Tammany Art Association at (985) 892-8650 or info@sttammanyartassociation.org. Artist applications can be found online at www.sttammanyartassociation.org.

Northlake Performing Arts Society

Bringing the Sound of Inspiration to the Northshore

We all know the music of John Lennon, Paul McCartney, George Harrison, and Ringo Starr. NPAS will bring their music back to life with favorites like "All You Need is Love," "Hey Jude" & "Yesterday". Since 1995, The Northlake Performing Arts Society has brought the world's imaginative musical creations to the Northshore. Founded by Laura Lane, who was inspired by the profound changes music can bring to our lives, the NPAS Chorale skillfully blends a wide range of professions, experience, musical training and ages with a passion for beautiful music.

www.npassingers.org



The BEATLES

NORTHLAKE PERFORMING ARTS SOCIETY PRESENTS

"COME TOGETHER"

A BEATLES CONCERT

FRIDAY, MAY 31ST AT 7:30 P.M.

SUNDAY, JUNE 2ND AT 3:00 P.M.

GREATER COVINGTON CENTER/FURHMANN AUDITORIUM

TICKETS - \$15.00

BUY TICKETS AT THE DOOR OR BUY THEM EARLY. EMAIL TICKETS@NPAS.INFO OR CALL (985) 792-1392. AT LOWE'S JEWELERS, BRASWELL DRUGS, VIANNE'S TEA HOUSE, AND HEBERT'S CLEANERS.

POSTER DESIGNED BY EMMA HURSTELL

Covington Firefighter's Association Golf Open

Inaugural Event At The Abita Springs Golf Club



The Covington Firefighter's Association will host its inaugural Golf Open on Friday, May 31, at the Abita Springs Golf Club, 73433 Oliver Street, Abita Springs, LA. The tournament will begin at 11 AM (registration starts at 10 AM). Proceeds from the event will benefit the Covington Firefighter's Association. - **504-915-1391**

Literary Soiree Celebrating Covington's Bicentennial

Eleven local writers were selected by a panel of jurors seeking a range of works about Covington - from old memories to new impressions, from the historical to the personal, from the somber to the sprightly - that are well written and suitable for oral presentation. The Literary Soiree will be Sunday, June 2nd, starting at 4 pm at St. John's Coffeehouse, all are invited to what is promised to be a delightful literary experience commemorating Covington's 200th birthday. Presented by the Northshore Literary Society.



200
YEARS OF DISTINCTION



Covington Bicentennial
1813 Future • Character • Community 2013

GOLF TOURNAMENT

Monday, June 3, 2013, 10 AM

Money Hill Golf & Country Club

For more information, contact
Glenn Hanson at 985.246.0230 • gglennhanson@charter.net
Chris Hnatyshyn at 504.427.5130 • chris@kyleassociates.net
or go to www.covla.com

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Quote of the Week

"Remember this – that there is a proper dignity and proportion to be observed in the performance of every act of life."

– Marcus Aurelius Antoninus (121 AD–180 AD)

Friday

May 31



Last Quarter

A Message From Mayor Mike Cooper

Welcome To The Mayor's Council On Healthy Lifestyles

It is with eagerness and enthusiasm that I introduce to the City of Covington and our neighbors an invaluable community resource. One that was initiated at the onset of my service as Mayor of Covington, and now prepared to take the lead on encouraging and establishing healthy living as a way of life in our city; an organization of dedicated and committed individuals, volunteering their time, effort and expertise -- the Mayor's Council on Healthy Lifestyles.

The Mayor's Council on Healthy Lifestyles' mission is to support and inspire the citizens of Covington to improve health by promoting and encouraging the development of healthy lifestyle choices. This Council serves as a steering committee to my office to create awareness of the many and diverse healthy lifestyle resources our City has to offer. The goal of the Mayor's Council on Healthy Lifestyles is to build a unified community committed to better health.

The City of Covington is extremely fortunate to possess a multitude of health organizations, both public and private, offering care and support. In addition, we have businesses both for profit and non-profit, committed to providing a multitude of options for prevention and maintenance. Entities which recognize that choosing and living a healthy lifestyle is a commitment to a life-long process of becoming aware of healthy choices and making decisions that lead toward a more balanced and fulfilling life; a life that maximizes personal health in many dimensions. Please join me and the Mayor's Council on Healthy Lifestyles by visiting our City of Covington website at:

www.covla.com/residents/mayorscouncilonhealthylifestyles

and utilize this helpful and important resource available to you and your family.

Regards,

Mike Cooper, Mayor



The Mayor's Council On Healthy Lifestyles

Healthier People = Healthier Communities

Share the Health Educational Series

Join Our Place Studio every Tuesday in June and July for informal, educational talks on health-related topics featuring home-grown experts and educators in diverse areas of health and wellness.

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! The time will be 12 - 12:45, 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!

Donna Caire will speak on Tuesday, June 4, and the topic is 'Appreciation and Facilitation of Your Body's Internal Power to Be Healthy and Whole'. This talk will benefit the Northlake Nature Center.

www.opcovington.com

Farmer's Market Recipes

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

Homemade Blackberry Pie

Ingredients:

Filling

1 lb Blackberries, washed

1/3 cup raw sugar

2 teaspoons whole wheat flour

(for thickening, reduce or omit as desired)



Whole Wheat Crust

2 cups whole wheat flour

2/3 cup of butter, cold

1 teaspoon of salt

4-8 tablespoons of water, cold



Directions

In a large mixing bowl, combine dry ingredient for crust, the flour and the salt. Cut the butter into small cubes and with the back of a large spoon press into the flour until it begins to mush together. Add 4 tablespoons of the water and mix with the flour (you want a sticky but workable mixture). You can add more water a tablespoon at a time as you see fit, until you have the right consistency. Knead into a ball by working it out flat and then turning the corners into itself. Continue this a few times, then place the dough in a glass bowl with a wet rag or napkin over it. Place this in the refrigerator for 20 minutes.

While you are waiting you can make the filling. Combine the blackberries, sugar and flour (optional) in a bowl and let sit. Sprinkle loose flour on a dry cutting board or other flat surface and place your dough ball here. Cut about a fourth of the ball off and set aside for the top. Smooth some more loose flour over the big ball and a rolling pin and begin to flatten. You can roll it square to fit a standard baking dish or go with a traditional round pie. Line the dish of your choosing with dough and fill with filling. Roll out the piece for the top crust too; cut into strips and weave into a loose cross-knit pattern.

Bake at 300 degrees for 35 - 45 minutes, until crust is golden. Serve when cooled and enjoy!

Blackberries grow wild, and they are powerful antioxidants with many benefits.

THE 1ST ANNUAL BOGUE FALAYA ROUX-GA-ROUX RUN

RUN // OBSTACLE COURSE // KAYAK

SATURDAY, JUNE 1ST 9AM - 319 EAST GIBSON STREET, COVINGTON

WWW.ROUXGAROUXRUN.COM

The Roux-Ga-Roux Run is a fun, yet challenging, 3.5 mile race through historic Downtown Covington, presented by Bogue Falaya Fitness. Unlike the same old 5k races, the Roux-Ga-Roux Run adds the element of excitement through an obstacle course, where participants can invite family and friends to observe; and a kayak/paddle board segment ending at the dock of The Chimes Covington for some well deserved crawfish and beer. Even if you don't race, you won't want to miss watching your friends on the obstacle course, or the after party! Bogue Falaya Fitness provides everything - chip timing, crawfish, beer, kayaks/paddle boards/ canoes, free t-shirt, door prizes, goodie bags, and more! Registration is open through May 30th and is \$80. There will be no registration on the day of the race. Proceeds to benefit Mary Bird Perkins Cancer Center.

*No team registration, however, participants may run together and use canoes in pairs of two.

Go to www.rouxgarouxrun.com to find out more!

KCB Calls for Volunteers

Help Plant the Columbia Street Planters



Start your summer off right - volunteer! Help Keep Covington Beautiful plant the Columbia Street planters this Sunday, June 2nd. Meeting at 3 pm at the Covington Trailhead. Please respond to kcb@covla.com if you would like to participate!



Covington Weekly

Covington, LA May 29 - June 4, 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.**

Wine Wednesday - Every Wednesday, 6 - 8 pm @ Winos and Tacos Free wine tasting with Heather from Republic, featuring a Chardonnay from Israel, Cali Petit Syrah, Washington State Merlot and St. Francis Claret ... all paired with Chris LeBlanc on the patio from 8 - 11! - **321 N. Columbia St.**

Cave Painting For All Ages - Thursday May 30, 1 - 3 pm @ the Covington Library
Help decorate the meeting room with a cave painting. Make one to decorate the branch and make one to take home! - **310 W. 21st Ave**

Covington Firefighter's Association Golf Open - Friday May 31, 11 am @ Abita Springs Golf Club The tournament will begin at 11 am (registration starts at 10). Proceeds will benefit the Covington Firefighter's Association. - **73433 Oliver Street, Abita Springs**

Columbia Street Block Party - Friday May 31, 6:30 - 9:30 pm @ Downtown Covington
Free event, open to the public! Classic car show and family entertainment, live music at local venues. Come out and see what downtown has to offer! **Columbia St.**

Northlake Performing Arts Society Presents "Come Together" a Beatles Tribute Concert - May 31 at 7:30 pm & June 2 at 3 pm @ the Furhmann Auditorium We all know the music of John Lennon, Paul McCartney, George Harrison, and Ringo Starr. NPAS will bring their music back to life with all your favorites. - **317 N Jefferson Ave**

Covington Farmer's Market - Saturday June 1, 8 am - 12 pm @ the 600 block of Columbia St. Fresh local produce, raw and prepared foods, plants and vegetables. Live music by Andrew McLean, beginning at 9:30. The food demo this week will feature Karen Marie, the Salubrious RD, Nutrition Agent from the LSU Ag Center Extension service in Covington who will prepare and sample her Plate Wrap. Ms. Walker is also a member of the Mayor's Council on Healthy Lifestyles (see article on front) and invites you to discover how Mayor Cooper is promoting healthy lifestyles - **600 block of Columbia St.**

Covington Art Market - Saturday June 1, 9 am - 1 pm @ the Covington Trailhead
Featuring a variety of work from local and regional artists, including jewelry, photography, paintings, woodworking, fiber art and more, presented by the St. Tammany Art Association & the City of Covington. **419 N. New Hampshire**

Bogue Falaya Roux-Ga-Roux Run Bogue Falaya Fitness - Saturday June 1, 9 am @ Downtown Covington The Roux-Ga-Roux Run is a fun, yet challenging 3.5 mile race through historic Downtown Covington, presented by Bogue Falaya Fitness. Registration is open through May 30th and is \$80. Find out more at www.rouxgarouxrun.com.

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 June 4, 12 - 12:45 pm @ Our Place Studio
This week Donna Caire will speak on 'Appreciation and Facilitation of Your Body's Internal Power to Be Healthy and Whole'. This talk will benefit the Northlake Nature Center. To find out more visit www.opcovington.com. - **338 N. Vermont St.**

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. - Keenan Knight hosts
Open Mic Night 9 pm Thurs. - TBT w/ DJ Dizzi 9 pm Fri. - Street Parade for the Block Party 6 pm, Stone Rabbits +
Disappearing Yoshis 9 pm Sat. - 10 pm Sun. - Karaoke w/ DJ Bobby Blaze Mon. - Live Music, 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. - Wed. - Wine Wednesdays - enjoy a free tasting! 6-8 pm, Chris LeBlanc @ 8 pm Fri. - Crawfish on the Patio @ 6, Johnny Sketch & the Dirty Notes @ 9 pm Sat. - Dave Jordan Band 9 pm
No Cover Charge All Shows - Party on the Patio!



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

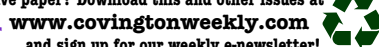
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Acoquistapace's Covington Supermarket, Bayou Barber, Beck-N-Call Cafe, Behrens & Associates Real Estate / Elizabeth Pale Piner CPA, Blue Willow Bed & Breakfast, Brooks' Bike Shop, Camellia House Bed & Breakfast, Campbell's Coffee & Tea, Candy & Tobacco 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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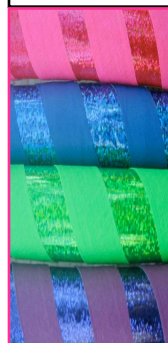
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kcb@covla.com **985-867-3652**



Covington Business Association

**Next
Meeting
June 5
6:00 pm at:**

www.covingtonbusinessassociation.org



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May 31st Mellow Mushroom

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