

What To Do For Mother's Day In Covington

Mother's Day High Tea At The English Tea Room



Tea of the Week: Mother's Bouquet

As its name suggests, Mother's Bouquet is a wonderful floral tea with chamomile flowers, rosebuds, cornflowers and orange peel. It is infused with citrus flavors for a light zing in the petals. The English Tea Room will serve Mother's Day High Tea all week in celebration of Mother's Day Weekend. This high tea includes special food selections and a gift for all mothers. The English Tea Room has a large assortment of unique gifts to show Mom how much she means to us. The art and appreciation of tea is known in many world cultures, and tea ceremonies and celebrations often mark personal achievements. Congratulations to the Class of 2013, celebrate your accomplishment at the English Tea Room! Gift cards are also available. www.englishtearoom.com (985) 898-3988

Henry Hood Gallery Presents Robin Hamaker: "this spring"

There are some beautiful new paintings by Robin Hamaker in the Henry Hood Gallery right now. Her series "this spring" evokes our lush springtime growth saturated with the dense, heavy morning air that doesn't burn off until the sun gets high in the sky. You'll also find quiet meditative abstractions by Dale Newkirk and paintings by Henry and Gail Hood. Gallery hours are Thursday through Saturday, noon to 5 pm, or by appointment. (985)-892-4148.



"Azaleas" 24 x 24, Robin Hamaker

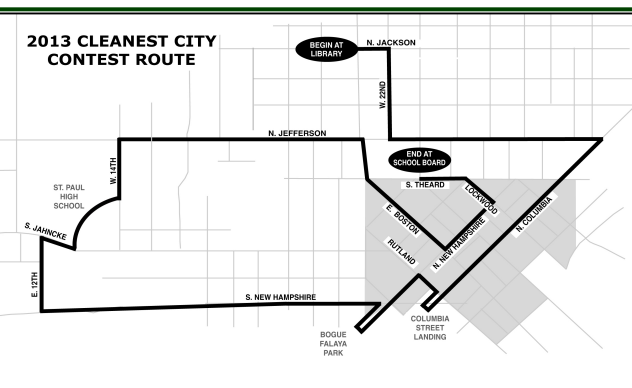
15th Annual Swing In The Pines Saturday, May 11

Enjoy a picnic lunch in Bogue Falaya Park with a free performance by the Louisiana Philharmonic Orchestra. The concert begins at 6 pm, and patrons are welcome to bring food and beverages. Bring a donation for the Covington Food Bank! Wines by Pontchartrain Vineyards will be available for purchase. For more information, contact Sarah Chambless at (985) 892-1873.

Cleanest City Contest: Judging for State

The Covington Garden Club in cooperation with Keep Covington Beautiful and the City of Covington has entered the State Competition for the Cleanest City Contest after our success in the District contest, where Covington won first place in our category. Covington is competing in population category F, which designates cities with a population ranging between 4,500 to 9,499.

Some suggestions for city beautification include general clean up around your home or business, weeding gardens and planting or displaying pretty flowers and plants. The judging will be Friday May 10th, 11:05 am - 12:35 pm along the same route as displayed below.



Covington Brewhouse Celebrates Craft Beer Week

May 12th - 18th, Kicking Off Mother's Day At the Chimes

Covington Brewhouse celebrates American Craft Beer Week, a national event honoring craft brewers and their product. The Brewhouse has an event planned every day starting Sunday, May 12th and ending Saturday May 18th. The week kicks off with a special Flight Night at Chimes for Mother's Day, sampling 5 beers including some small batch series. Kick away your Monday blues with a Raffle Party at the Mellow Mushroom Covington, and have a pint at The Green Room Tuesday night (you get to keep the glass!) Wednesday the Covington Brewhouse will be accompanied by another local brewer, Chafunka Brewing Co., for a Northshore Mashup at Barley Oak in Mandeville. Thursday is Homebrewers Night at the Tap Room, a chance to try what the locals are brewing! This all ramps up to the grand finale weekend, Friday and Saturday. Live music, great food and of course fantastic beer at the Covington Trailhead, plus free tours of the Brewhouse all day Saturday. The Covington Brewhouse is going all out - It's a great week for craft beer!

Farmer's Market Recipes

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

Edible Flowers Pasta Recipe from Slice of Heaven Farm

Ingredients

- spaghetti (1/2 pound, boiled)
- 1 Tbsp olive oil
- 1 Tbsp butter
- half a leek, cut into thin medallions
- one shallot, diced
- 4 cloves of garlic, diced
- 2 handfuls of edible brassica blossoms, thick stems removed
- salt and pepper
- a dash of white wine
- 1/2 cup of grated parmesan

Directions

Heat the olive oil in a large pan and sautee the leeks and shallots for about 3 minutes. Add the garlic and edible blossoms. Toss around for a minute in the pan then add a splash of white wine and some salt and pepper. Let the wine reduce for a minute or so. Melt the butter in the pan and immediately add your cooked spaghetti noodles. Toss the sauce around the noodles to coat. Mix in the parmesan and serve hot.



Slice of Heaven Farm is a family-owned organic farm located in Folsom, LA. Their products range from standard greens and vegetables to hard to find Asian varieties, free range eggs and various artisan products such as granola, apple butter and baked goods. The family just welcomed their newest member, Sequoia, who joins her sister America. More information about their farm can be found on their website, www.sliceofheavenfarm.com, where you can also sign on for their weekly e-newsletter updating their good for the Covington Wednesday & Saturday Farmers Markets.



Bicentennial T-shirts!

Get into the Bicentennial spirit by getting into the official Covington, La Bicentennial T-shirt! It features a design by local artist Suzanne King and is styled for comfort. Pick one up at the trailhead!

Bicentennial t-shirts for women and men.

KCB Announces Historic Tree Hunt Results

As part of Covington's 2013 Bicentennial Celebration, Keep Covington Beautiful sponsored a "Historic Tree Hunt" this spring. The goals of the project were to find Covington's largest and oldest trees of any species and to discover both historical and anecdotal information about the city's oldest residents; its heritage trees. Trunk circumference was used to determine the largest live oaks, the same standard used by The Louisiana Forestry Association for their champion tree list.

Live Oaks: Largest outside city limits: 26' LaJuana Huhn, Country Club Estates

Largest inside city limits: 23' 7" Private Residence

Due to difficulty in determining age of trees (LOS standard of 16' for 100 years of age) **Most Historic Trees** (rather than oldest)

Live Oak inside city limits

Roger Salter: 6 oaks at Rutland and New Hampshire on site of Covington's first bank, appear in image of Old Bank

Hotel built in 1834; trees & garden appear in 1850's hotel ad

Live Oak outside city limits

Fay Hill, Sunnybrook Oaks: Andrew Jackson camped under these trees during trip to Battle of New Orleans 1812-1814. Two spies said to have been hanged from one of them.

Most Historic Tree inside city limits

Bald Cypress at Chimes Restaurant: Site of first parish courthouse and jail built in 1818, later a private residence, a Catholic seminary and the Claiborne Cottage resort, opened in 1880.

Most Interesting Personal Story

"Gleason Oak", Tyler and Columbia, Annie & Buddy Spell. Dedicated to James Gleason for his years of service to the community and as a friend and teacher in matters of law and life.

Citizens are encouraged to plant young trees to replace the city's aging, iconic Live Oaks, as well as pines, cypress, magnolia and other species to add to the community forest. Although the contest portion of the tree hunt has ended, KCB would like to continue adding trees of all species to this data base. Data entry forms are available at www.KeepCovingtonBeautiful.org. Completed forms can be mailed to Keep Covington Beautiful, 427 N. Theard #114, Covington, LA 70433 or emailed to kcb@covla.com.

Quote of the Week

"Love is the condition in which the happiness of another person is essential to your own."

- Robert A. Heinlein

Thursday

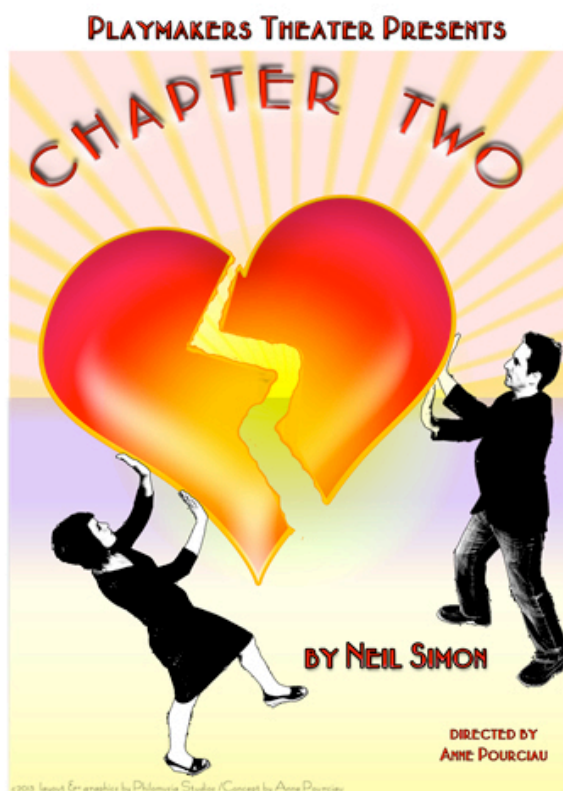
May 9

New Moon

"Chapter Two" Runs May 10 - 26

Playmakers Presents One Of Neil Simon's Finest Comedies

"Chapter Two" is a hilarious play written by Neil Simon, widely perceived to be an autobiographical glimpse into the author's own experience of losing a wife, then falling in love again. The play centers around four characters: a mourning writer named George Schneider (Gordon Carmadelle); a level headed actress named Jenny Malone (Megan Eddy); George's brother Leo (Kyle Riche) and Jenny's clueless but enchanting friend, Faye (Emily Antrainer). See flyer below for ticket information and showtimes.



May 10-26, 2013

FRIDAY & SATURDAY AT 8PM • SUNDAY MATINEES AT 2PM

RESERVE TICKETS: (985) 893-1671

ADULTS \$15; STUDENTS \$10

no show on the 12th



Tanning Anyone?

by Sandra Thornhill FNP-C, Opalescence Day Spa

May is skin cancer awareness month. I will present some very interesting and concerning facts for you to ponder over. Many of you may be aware that there exists three types of rays emitted by the sun. These are UVA, UVB and UVC. UVC rays are absorbed by the ozone layer and never reach the earth. Both UVA and UVB penetrate the atmosphere and play a vital role in premature aging of the skin, eye damage such as cataracts, and skin cancers. These rays also suppress the immune system and reduce one's ability to fight certain diseases.

It was once believed the UVB, longer rays, caused most of the skin cancers. Although these rays cause reddening and sunburn, they tend to damage the skin's superficial layers and the development of skin cancer. Research findings have revealed that UVA rays, shorter rays, penetrate deeper and damage skin cells deep in the basal layers of the skin where most of the skin cancers occur. UVA is the dominant tanning ray. This applies to both indoor and outdoor tanning. A tan results from injury to the skin's DNA. The skin darkens in an imperfect attempt to prevent further DNA damage. These mutations can lead to skin cancer.

Tanning booths emit UVA in doses as much as 12 times that of the sun. People who use tanning salons are 2.5 times more likely to develop squamous cell cancers and 1.5 times more likely to develop basal cell cancers. According to recent research, first exposure to tanning beds in youths increases melanoma risk by 75%. Every year 2.3 million teens visit tanning salons. The World Health Organization notes that those who use tanning beds have a 15% higher risk of developing melanoma. Those who use tanning beds before age 35 increase the risk by 75%. Melanoma kills more than 8,000 people a year! According to the International Journal of Cancer, tanning beds do not offer any health benefits and they do not prevent sunburn. Many of you may have read my post on Facebook about the 17 year old who visited me in the dermatology clinic seeking treatment for acne. During a skin exam, I observed a dark mole behind her left knee. The biopsy findings revealed melanoma. She had been using the tanning bed since she was 12 years old.

So please think before you take that leap into the tanning bed. Spray tans yield a brown color to your skin. Many offer organic based products. You may contact us if you wish to have a spray tan done. So enjoy your summer and play safe in the sun. For more information visit the Facebook page, "Opal Escense Day Spa" or check www.opalskin.com.

Opalescence will be at Winos and Tacos this Wednesday May 8th from 6 - 9 pm during the free wine tasting to give away fantastic specials, goodie bags and a free spray tan!



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Covington Weekly

Covington, LA May 8 - 14, 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.

Wine Wednesday - Every Wednesday, 6 - 8 pm @ Winos and Tacos Free wine tasting every Wednesday! This week features the music of Chris LeBlanc! - 321 N. Columbia St.

Covington Bicentennial Meeting - Thursday May 9, 6 - 7 pm @ William Pitcher Jr. High Library The public is invited to join in planning our cities bicentennial celebrations. Contact Roslyn Hanson at bicentennial@covla.com. - 415 S. Jefferson Ave.

Judging for Cleanest City Contest - Friday May 10 11:05 am - 12:35 pm - Covington Playmakers Presents "Chapter Two" - May 10 - 26, Friday and Saturday at 8 pm, Sunday Matinee at 2 pm, no show on the 12th Written by Neil Simon, directed by Anne Pourciau. Please see show flyer on front for more information. Reserve tickets at www.playmakersinc.com or by calling 985.893.1871. - 19106 Playmakers Rd.

Covington Farmer's Market - Saturday May 11, 8 am - 12 pm @ the 600 block of Columbia St. Fresh local produce, raw and prepared foods, plants and vegetables. Live music by Roy Blaum, beginning at 9:30. The food demo this week will be Ronald Bonnett of Annadele's Restaurant serving samples from their menu. - 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 - Saturday May 11, 12 pm - 2 pm @ Marsolan's Feed and Seed Live music after the Farmer's Market! - 314 E. Gibson St.

LPO Swing in the Pines - Saturday May 11, 6 pm @ Bogue Falaya Park Free Outdoor Concert, Conductor Glenn Langdon. Rain Date - May 12 - 213 Park Drive

American Craft Beer Week - May 12th - 18th - A Week Long Event
Happy Mother's Day Sunday May 13th!!

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. - Crispin Schroeder hosts Open Mic Night 9 pm Thurs. - TBT w/ DJ Dizzi 9 pm Fri. - J.D. Hill & The Jammers 10 pm Sat. - Joe Krown, Walter "Wolfman" Washington and Russell Bastiste Jr. 9:30pm *smoke-free show* Sun. - Karaoke w/ DJ Bobby Blaze Mon. - Live Music, No Cover + Free Beans! 7 pm Tues. - Service Industry Night / Happy Hour 2-9 pm daily

J.D. Hill & The Jammers

Joe Krown, Walter "Wolfman" Washington and Russell Bastiste Jr.



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

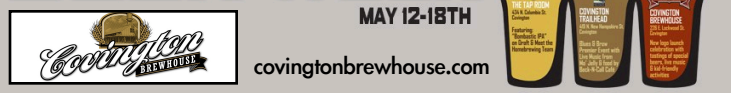


Winos and Tacos 321 N. Columbia St. - Wed. - Wine Wednesdays with a free tasting, music by Chris LeBlanc! Fri. - Crawfish on the Patio @ 6 with The Mumbles @ 9 pm Sat. - Soul Project @ 9 pm - No Cover Charge All Shows - Party on the Patio!



JOIN US TO CELEBRATE AMERICAN CRAFT BEER WEEK

MAY 12-18TH



LOUISIANA PHILHARMONIC ORCHESTRA
SWING IN THE PINES
FREE OUTDOOR CONCERT
Saturday, May 11 • 6 pm
RAIN DATE • MAY 12
BOGUE FALAYA PARK
Glenn Langdon, Conductor



Donations of non-perishable food items will be collected for the Covington Food Bank.

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

Covington Weekly Distribution Locations:

Acquistapace's Covington Supermarket, Bayou Barber, Beek-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, The English Tea Room, Garden Inn, Gilbar 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 Humane Society, St. Tammany Parish Library, Studio 811 Salon, Sunshine Garden Health Food Store, Thai Kitchen, Toad Hollow, Winos and Tacos, Vazquez Restaurant, Yoga School

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Covington Business Association

Next Meeting
June 5
6:00 pm at:



CBA
www.covingtonbusinessassociation.org

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