

History of Covington's African-American Community Bicentennial Commemorative Event Presented by Dr. Eva Baham

The Covington Bicentennial Committee will host a Bicentennial commemorative event "The History of the African-American Community in Covington", presented by Dr. Eva Baham. "African Americans have a long history on the Northshore and in Covington. Their existences date back to the 1700s, when to the present, they have been intricately involved in almost every facet of the development of the area. Their history is rooted in both spiritual and civic involvement on behalf of the social, cultural and economic advancement of their community, town and country. Unveiling the historic experiences of Covington through the lens of African Americans is an exciting and wonderful journey," says Dr. Baham.

This historical presentation will take place at Fuhrmann Auditorium in the Greater Covington Center, 317 N. Jefferson Avenue, at 4 p.m. on Sunday, June 23rd. The event is free and open to the public. Eva Semien Baham, Ph.D., is a former associate professor of history at Southern University in Baton Rouge.

City Receiving Applications For New Chief

Applications for Covington's Chief of Police are now available on the City's website, www.covla.com, on their news page. If you have any questions or comments, do not hesitate to contact the Covington Municipal Fire and Police Civil Service Board Chairman at (985) 898-4727 or email civilservice@covla.com.

Open Registration For Four On The Fourth

14th Annual Race Will Kick Off Bicentennial Celebration

Registration is officially open for the 14th Annual Four on the 4th Race, which will take place at 7:30 am on July 4th. It will begin at Hubie Gallagher Park, 1000 West 15th Avenue. This 4-mile race will kick off the City of Covington's Bicentennial Celebration. The race is limited to 400 participants, so sign up today!

The Oldest Living Covington Resident

The City of Covington is searching for a very special guest to be honored in the upcoming Bicentennial Parade that will roll through the streets of the city on June 29, 2013 at noon. This honored guest will be the oldest resident that was born in and is still living in the Covington area. If you believe that you or someone you know fits this description, please contact Bicentennial Parade Chairman Larry Rolling at 985-234-9527 or e-mail rollingdistrict@aol.com.

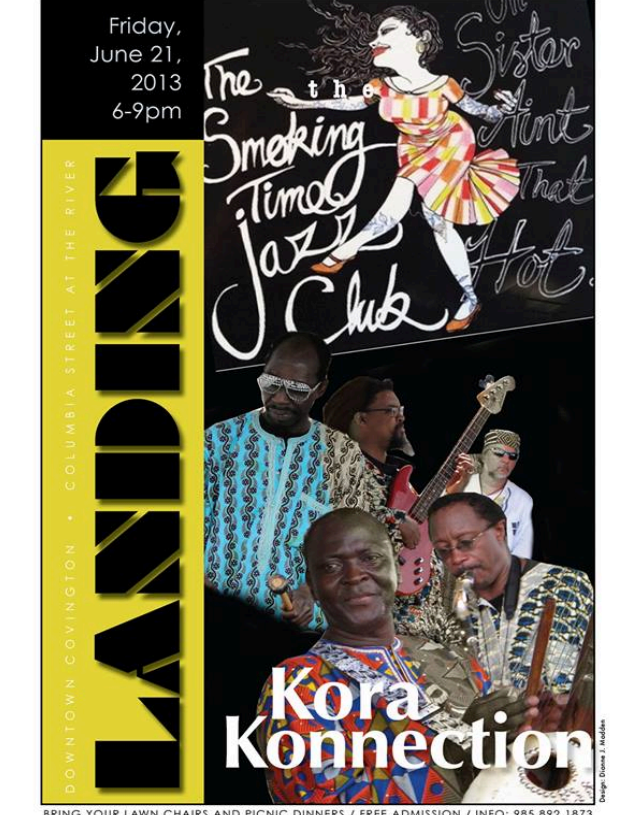
Sunset at the Landing Concert

Kora Koneksi And The Smoking Time Jazz Club





Sunset at the Landing concerts are free, and all are encouraged to bring chairs and refreshments. This month's show features The Smoking Time Jazz Club at 6 pm (left) and Kora Koneksi (top) beginning at 7:30 pm.



Friday, June 21, 2013 6-9pm

The Smoking Time Jazz Club

Kora Koneksi

BRING YOUR LAWN CHAIRS AND PICNIC DINNERS / FREE ADMISSION / INFO: 985.892.1873

ST. TAMMANY HOMESTEAD
Your Community Bank Since 1924
www.sttammanyhomestead.com

Sign Up For Our Free E-Newsletter:
www.covingtonweekly.com

Dine Around For Shelter Animals

Local Restaurants to Benefit the St. Tammany Humane Society



On Thursday June 20th, five local restaurants will be donating 20% of their proceeds to benefit the St. Tammany Humane Society's Shelter Animal Food Fund. This is a one night only event, during the restaurant's regular dinner hours. The participating restaurants are Mellow Mushroom in Covington, Carmelo Ristorante in Mandeville, Italian Pie in Covington, Vianne's Tea House in Mandeville and Sweet Daddy's BBQ in Covington (Sweet Daddy's will be donating 20% of the whole days proceeds, stop by for lunch!)

Exploring the British Empire at The English Tea Room

First Port: South Africa

Join The English Tea Room for this summer series of monthly journeys to different countries that were once part of the British Empire. In each port, you will taste the authentic cuisine of the country along with their culture as you explore their history. Get your passports ready for the first stop this Friday: South Africa. Reserve your spot today! Date: June 21st at 7:00 pm

Tea of the Week This week's Tea of the Week is Blueberry Bang Rooibos - a blend of wild blueberries, rose hips and cornflower petals with all the benefits of rooibos! A caffeine-free herbal from South Africa.

Trunk Show at Eyewear Society

You are invited to a Trunk Show on June 21st from 1 pm - 6 pm! It's going to be a fun, flip flop, tank top kind of day to view and purchase the latest in eyewear... straight from the trunk! Summer refreshments served and giveaways won! 6109 Pinnacle Parkway, between Hobby Lobby & Kohls.



eyewear society

Cordially invite you to our first

TRUNK SHOW

Friday 6/21/13 from 1-6pm

It's a fun, flip flop, tank top kind of day to view and purchase the latest in eyewear...straight out of the trunk! Summer refreshments served! Giveaways! Giveaways! Giveaways!

Quote of the Week

"Nothing is impossible, the word itself says 'I'm possible'." - Audrey Hepburn

Sunday June 23 Full Moon

This month's full moon is a "Supermoon," a term recently borrowed from astrology. This phenomenon describes the closest approach the Moon makes to the Earth on its elliptical orbit. The astronomical term is the perigee-zygy of the Earth-Moon-Sun system.

"Share the Health" Summer Educational Series

In her talk at Our Place Studio on Tuesday, June 11, Laura Warner, CTP, CHNP, addressed Holistic nutrition, emphasizing that it isn't about dieting. "It's about feeling better and listening to our body. When we eat mindfully, we pay attention to how we feel after eating certain foods and begin to understand how food affects our entire body--not just our waistline," says Warner. This is crucial for creating better health for ourselves.

Digestion- it's not just what we eat but what we digest that counts. The health of our good bacteria (probiotics) and the production of digestive enzymes is crucial for digestive health and therefore, for the distribution of nutrients throughout the body systems. Some signs you may not be properly absorbing what you eat may include all forms of digestive upset, such as gas, bloating, and heartburn, as well as fatigue, weight gain, dry skin, hair, and nails, and even some autoimmune disorders, as well as many other symptoms.

We need a proper balance of carbohydrates, fats and proteins to nourish us. Americans eat way too much processed carbs (bread, desserts, pastas), other processed foods, and sugars - most of which are full of artificial chemicals and lacking in nutrients. These food products not only do not feed your body, they may contribute to internal inflammation, yeast overgrowth, mood disorders, and many of our modern diseases. Try shopping the outer perimeter of the grocery store for the freshest foods and make it a point to get out to your local farmer's market. When you truly change your eating habits, you can change your life. Start by breaking old food habits and creating better ones. A good breakfast can include eggs, veggies like spinach and broccoli, and good fats, like avocado, as well as bacon (get local/hormone and nitrate free whenever possible). Step out of that cereal box mentality. Got leftovers from dinner? Try eating those for breakfast! Fresh, local foods, as well as herbs, are your best sources of essential vitamins and minerals.

Keep looking at the big picture, not just the weight picture, and eat for your health. When you eat fresh food, drink fresh water and get exercise, you'll feel healthier - physically, mentally and emotionally - and this will help keep you motivated to continue to eat well throughout your life. Want to learn more or arrange a consultation with Laura? Call 985.875.1182 and/or visit the website: www.opcovington.com

Share the Health is a Summer Education Series being held every Tuesday in June and July. The next talk will be Monica Gallardo presenting 'Easy Release Techniques for Common Aches & Pains' and will benefit the Covington Boys & Girls Club.

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

Farmer's Market Recipes

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

"Flying Saucer" Patty Pan Squash

From The Kitchen At Slice Of Heaven Farm



Ingredients:

Slice of Heaven Farm is growing these for the first time this year and they are so wonderful. They taste similar to other patty pan squash, light and sweet in taste. People always ask how to cook them, so here are a few ideas:

Directions

- 1) Cut them up into cubes (minus the stem) and sautee or roast them just as you would regular zucchini. I like to sautee it in cubes and add to a light summer pasta dish
- 2) Cut the squash into thin vertical slices, brush with olive oil and sea salt and toss on the grill. YUM!
- 3) Core out the center of the squash and stuff like a bell pepper. I did this last night. It was amazing. I cored out the center and scooped out the small seeds. I filled a baking dish with an inch of water and turned the squash upside down (open end down) in the pan. I roasted them for about 30 minutes on 400 until they were getting soft. Meanwhile I made a rice and mushroom stuffing (you can use rice, quinoa, ground meat, whatever). I stuffed them with the stuffing and sprinkled parmesan cheese on top and put them back in the oven (this time open end up, no water in the pan) for another 20 mins until the cheese was crispy.

June is National Fresh Fruit and Vegetables Month. Find local fruits and vegetables at the Covington Farmer's Market every Wednesday from 10 am - 2 pm and every Saturday from 8 am - 12 noon! Live music at both markets.



KCB Litter Survey Saturday June 22nd

Keep Covington Beautiful needs your help with the annual litter survey required by Keep America Beautiful to be an affiliate in good standing. This is not a contest. The results are used as a planning tool for litter prevention and control as well as community beautification and future projects.

On Saturday, June 22nd, there will be a meeting at 10 a.m. in the council conference room located behind the Council Chambers. The survey procedure will be reviewed and volunteers will be divided into five groups. A vehicle and driver will be needed for each group. KCB will provide a route to follow. Each group will score 10 one-half mile areas along their route. The process should take about an hour to an hour and a half. Everyone will meet back at the conference room to tally the scores and share comments.

Please call Pricilla Floca if you can participate, particularly if you are willing to provide your vehicle to drive one of the routes.

phone: 985-867-3652 e-mail: kcb@covla.com

KAB Tips For Litter Prevention



What can you do to prevent litter? Here are a few tips from Keep America Beautiful's website, www.kab.org. Set an example for others, especially family, co-workers, friends, and children by using trash receptacles and recycling bins. Keep a bag for trash in your car. Do not throw litter out of vehicle windows.

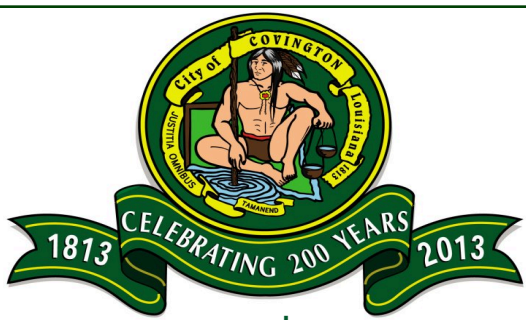
If you are a smoker, carry and use a portable or pocket ashtray. Before you light up, identify a proper receptacle where you will dispose of your cigarette waste when you finish smoking. Encourage fellow smokers to be responsible for their litter.

Make sure your trash cans have lids that can be securely fastened or use bungee cords to hold them in place. Secure all bags and use twine to secure loose trash for curbside trash collection. Tie paper into bundles before placing into curbside recycling bins. If you see litter, pick it up.

Business Owners - provide ash and trash receptacles at entrances, exits, loading docks, picnic areas as well as in parking lots and along walkways of your business. Assure easy access to dumpsters by employees and contractors, and cover all open loads on trucks leaving your business. Changing a common behavior, like littering, starts with you. Each person must accept responsibility for their actions and influence the actions of others around them at home, at school, in places of business, and in the community at large. Choose not to litter. Make the commitment now to join with thousands of other Americans to not be a litter-bug. Volunteer in your community to help prevent and cleanup litter!

So Please Remember to Pick Up After Yourself!
No Clean-Up Project In Your Neighborhood?
Start One Today!





Covington Weekly

Covington, LA June 19 - 25, 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.**

Dine Around For Shelter Animals - Thursday June 20 during regular dinner hours @ participating restaurants Dine out and benefit the St. Tammany Parish Humane Society. Participating Covington restaurants include Mellow Mushroom, The Italian Pie and Sweet Daddy's BBQ (Sweet Daddy's will be donating 20% of the whole days' sales, so stop in for lunch, too!) - **www.sthumane.org** for more information

Eyewear Society Trunk Show - Friday June 21, 1 pm - 6 pm @ the Eyewear Society A fun, flip-flop, tank top kind of day to view and purchase the latest in eyewear. Summer refreshments served + Giveaways! - **6109 Pinnacle Pkwy**

Sunset At The Landing Concert - Friday June 21, 6 pm - 9 pm @ the Columbia St. Landing This month features the Smoking Time Jazz Club at 6 pm and then Kora Connection at 7:30 pm. - **Columbia St. at the river**

Covington Farmer's Market - Saturday June 22, 8 am - 12 pm @ the 600 block of Columbia St. Fresh local produce, raw and prepared foods, plants and vegetables. Live music by Keenan Knight beginning at 9:30, food demo by market vendors Steve and Elizabeth Nuccio, who will sample and sell muffalottas. - **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.**

History of Covington's African-American Community - Sunday June 23, 4 pm @ Fuhrmann Auditorium in the Greater Covington Center Historical presentation by Eva Semien Baham, Ph.D., former associate professor of history at Southern University. Free and open to the public. - **317 N. Jefferson Ave.**

Share the Health Lecture Series - Tuesday June 25, 12 pm - 12:45 pm @ Our Place Studio This weeks' talk is by Monica Gallardo with "Easy Release Techniques For Common Aches & Pains". This talk will benefit the Covington Boys and Girls Club. 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 Come 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 information, (719) 963-5566. - **Bogue Falaya Park**

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.englishitearoom.com
ZAGAT rated!

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 Cuisine
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

NOLAdynamic.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
 Web Development Search Engine Optimization
 HTML, FLASH, CSS, JAVASCRIPT, PHP & WORDPRESS THEME DESIGN & DEVELOPMENT
Contact Us: 504-669-2961

Advertising with *Support Local!*
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

Live Music Around Town

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

Thai Kitchen 1005 Collins Blvd. - Karaoke by Request! Fri. - featuring 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. - TBT w/ DJ Dizzi 9 pm Fri. - Dirk Billie and Vernon Rome Family Jam 9 pm Sat. - The Vagabonds + Dirty Cotton 9 pm + D.J. Calypso at Midnight! Sun. - Karaoke w/ DJ Bobby Blaze Mon. - Happy Hour 2-9 pm Tues. - Service Industry Night

karaoke lovers unite!
 sundays @ the green room

GREEN ROOM
WEDNESDAYS LIVE MUSIC OPEN MIC

Winos and Tacos 321 N. Columbia St. - Wed. - Phil & Jeremy Duo (Soul Project) 6 pm Fri. - James Martin Band 9 pm Sat. - The Mumbles 9pm **No Cover!**

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

June is Adopt-A-Shelter Cat Month
 The American Humane Society encourages you to adopt a cat in the month of June. The St. Tammany Humane Society has many animals looking for good homes. If you are thinking about adopting a cat, consider taking two. Be sure to prepare for your new pet by locating a veterinarian and budgeting for short and long term costs. Visit **www.sthumane.org** for more information.

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, 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, 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

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

Winos & Tacos
 Tequila, Taqueria AND Wine Bar
321 N. Columbia St.
985-809-3029

CENTER OF PERFORMING ARTS
"We make musical dreams come true"
 201 N. Columbia St., Covington, La 70433 - 985.727.4638

SUMMER SPECIAL
Instrumental/Vocal Music Lessons
 Buy your first month's lessons and get two free!
Free lessons must be taken within the first month.
For more information give us a call!

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
 for healthy skin
 try *Day Spa*
Say No to Tanning Beds!
Fake Bake Spray Tan 1 for \$35 5 for \$150
 and get
Gelee Wash & Tanning Enhancer \$25 (Regularly \$35)
 123 Terra Bella Blvd.
 Covington, LA
 (985) 612-7245
 www.opalskin.com Facebook: "Opalescence Day Spa"

HISTORY
 ANTIQUES & INTERIORS
 period furniture, art & accessories
 Tuesday - Saturday
 10 am - 4:30 pm
 (985) 892-0010
 HISTORYANTIQUES@GMAIL.COM
 317 N. COLUMBIA ST.
 COVINGTON, LA

GOODBEE PLUMBING
 • Repairs
 • Drain Cleaning
 • Video Inspection
 • Water Heater
 • Backflow Specialist
 • Gas Inspections
 Licensed & Insured
 LMP 4583
 12251 Arc Rd.
 Covington, LA
893-1883
 Fax: 893-5252
"WE CLEAN YOUR DRAIN, NOT YOUR WALLET!"
 www.goodbeeplumbinginc.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 f

KEEP COVINGTON BEAUTIFUL
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.keeptcovingtonbeautiful.org
 www.facebook.com/Keep-Covington-Beautiful
 kcb@covla.com f 985-867-3652