

## Bicentennial Block Party This Friday!

6:30 - 9:30 pm in Downtown Covington June 28th

This month's Block Party is the last Friday before the big Bicentennial celebration on the fourth of July, so that makes it a "Bicentennial" Block Party. Experience all the fun of the downtown festivities with classic cars, great food and live music. You'll find culture, character and community with 200 years of distinction in downtown Covington.

## Bicentennial Parade Celebrating Covington

Rolling Downtown At Noon On Saturday June 29th

The Bicentennial Parade will feature the city's past, present and future by incorporating groups that represent every aspect of the city's life. Floats and antique cars will hold the city dignitaries, including past and present mayors and city council members. Covington High School's Marching Lions, the Covington Boys and Girls Club as well as other school, civic, military, veterans groups, and churches will all be represented. See below right for parade route and more information.

## Bicentennial Poster Unveiled

"Covington: 200 Years Of Distinction"

The official Covington Bicentennial Poster is now on display at City Hall. A limited edition of 500 signed and numbered 36" x 12" posters will sell for \$30.00 each and will be available for purchase at upcoming Bicentennial events. The artist, Suzanne King, has also designed collectable posters for several memorable occasions, among those are St. Tammany Parish Fair Association (1980-1984); St. Tammany Senior Olympics (2002); Washington Mardi Gras Ball - Krewe of Louisianians (2012). Visit [www.covla.com](http://www.covla.com) for more information on the full list of Bicentennial events (poster below)!



hemmings.com

## The Great Race Arrives In Covington June 29th

Covington, La., will host an overnight stop on the 2013 Hemmings Motor News Great Race presented by Hagerty Saturday, June 29. The Great Race, the world's premiere old car rally, is expected to bring up to 100 antique automobiles downtown to North New Hampshire Street for the \$150,000 event. The race will start June 22 in St. Paul, Minn., at the State Fairgrounds as part of the "Back to the 50's" car show and weave its way down the Mississippi River toward the Gulf of Mexico through 10 states and crossing the river a dozen times before the finish in Mobile, Ala., on June 30. The Great Race, which began 30 years ago, is not a speed race, but a time/speed/distance rally. The vehicles, each with a driver and navigator, are given precise instructions each day that detail every move down to the second. They are scored at secret check points along the way and are penalized one second for each second either early or late. As in golf, the lowest score wins. The cars will arrive after 5 p.m. at one-minute intervals for more than an hour and a half and stay parked for several hours to allow spectators to visit with the participants and to look at the cars. It is common for kids to climb in the cars for a first-hand look.

## Farmer's Market Recipes

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

### Two Fresh and Cool Summer Dishes

#### Cold Watermelon Soup

A cool, spicy soup that is sure to be a conversation starter!

##### Ingredients:

- 8 cups cubed seeded watermelon
- 1 apple, diced
- 1/2 cup diced onion
- 1/2 cup diced green pepper
- 2 teaspoons fresh basil, chopped
- 1/2 teaspoon cayenne powder
- 1 tablespoon apple cider vinegar
- salt and fresh ground black pepper



##### Directions:

In a large blender, puree the watermelon, apple and about half of the onion and green pepper into a smooth but not entirely liquid consistency. Pour this mix in a large bowl and stir in the rest of the onion and green pepper, along with the spices, herbs and vinegar. Cover and refrigerate for at least an hour, and serve with a fresh sprig of basil.

#### Fresh Quinoa Summer Salad

This dish is light but flavor-packed, for all the fresh herb lovers!

##### Ingredients:

- 3 cups cooked quinoa
- 2 garlic cloves, finely minced
- 1/2 a white onion, diced
- 4 medium tomatoes, diced and lightly drained
- 1 large cucumber, diced
- 4 cups fresh parsley, finely chopped
- 1/3 cup fresh mint, finely chopped
- 1/3 cup extra virgin olive oil
- 1/3 cup fresh lemon juice
- Sea salt, to taste
- feta cheese



##### Direction:

Take all ingredients, except feta, and mix lightly in a large bowl. Adjust the herbs, spices and lemon to taste. Serve topped with crumbled feta cheese and enjoy!



## Downtown Covington Sidewalk Sale

Take A Stroll Through Downtown Saturday

The City of Covington is promoting a sidewalk sale for all businesses in Historic Downtown Covington. After the Bicentennial parade take a stroll through old Covington and enjoy the charm of the city and it's merchants. Take a trip down the St. Tammany Trace at Gibson Street, where you'll find Rosemary's Closet for all things vintage and see one-of-a-kind antique and hand-crafted bikes at Brooks' Bike Shop. On Columbia Street, find fun shops ranging from clothing and accessories, art, antiques and home decor (stop by History Antiques & Interiors for a special treat!), fantastic bars and dining, plus, you can treat yourself to a chair massage at Covington Massage & Wellness Centre! Lee Lane offers a unique blend of old and new, set on a beautiful historic street perfect for meandering. Don't forget to swing down Rutland Street and stop by Covington's favorite tea house, The English Tea Room! The local cigar shop, Jewel's Cigar & Briar, is hosting traditional celtic music by Jim Gunter from 2 - 4 pm on the corner of New Hampshire Street and Rutland. Covington will be alive and buzzing with good food and great times, it's a regular old 200th birthday party!

## Free Concert At The Covington Trailhead

Swing-a-Roux Performs From 6:45 PM - 9:00 PM



Swing-a-Roux's music is arranged in a Jambalaya consisting of female vocalist, saxophones, trumpets, trombones and rhythm section, ready to serve 100% fun. Their unique sound mixes standards and more contemporary tunes in a big band fashion. This New Orleans local band appeals to a wide range of music taste, staying true to the big band era, but with a fresh sound.

[swingaroux.com](http://swingaroux.com)

## Classic Covington: Stories Behind The Prints

Presented By Historian Howard Nichols & Artist Suzanne King

The public is invited to attend the free presentation "Classic Covington: Stories Behind The Prints" on Sunday, June 30, 7:00 pm at the St. Tammany Art Association. Reservations are recommended for this event, as seating is limited. Email [gottaluvcov@covla.com](mailto:gottaluvcov@covla.com) to RSVP.

For many years, local artist Suzanne King has produced lovely drawings of Covington landmarks - both those still with us as well as some that have been destroyed. They represent a major contribution to the community's sense of self. Historian Howard Nichols will endeavor to explore the historical significance of each landmark represented in her magnificent works.



## Quote of the Week

"For myself I am an optimist - it does not seem to be much use being anything else."

- Sir Winston Churchill

Sunday

June 29



Last Quarter

## "Share the Health" Summer Educational Series

Danny Burke With Life Somatics

Somatics is a new alternative on the Northshore that is a gentle, sensible, and safe way to recover from chronic pain and have ease of movement throughout your life. Learn how slow, gentle, relaxing movements and body positioning can quickly improve posture and overall flexibility by reversing the patterns you have habituated into your body from years of stress and repetitive movement. Somatics is a self-care program that teaches you to fix your own aches and pains.

Somatic exercises are simple movement patterns. You will learn how to consciously tighten affected muscles to focus the brain into the tension that is already present. You will then learn to slowly, actively lengthen those muscles into a state of complete relaxation. This resets the muscle length. The process is controlled by you, and your brain re-learns muscular movement to correct damaging movement patterns.

Somatics is sensory-motor training that works for all kinds of stress, injury, and movement problems. Hanna Somatics offers long term pain relief from a host of common conditions: headaches, painful joints and muscles, neck, shoulder and back pain, sciatica, hip, knee and foot pain, repetitive use injuries, poor posture, accident traumas and whiplash, breathing problems and frozen shoulder syndrome.

Somatics is also of interest to anybody who exercises and wants to improve performance or make exercise easier. This return of natural movement enables the body to realize its full potential. It optimizes body condition prior to performance. It facilitates rapid recovery post-performance. It removes the risk of self-induced injury, and it facilitates self-managed treatment of injury caused by others.

Somatics works FAST with many people only needing four sessions before learning how to take care of their own aches and pains. It works for kids, it works for aging bodies, it works for everyone. Danny Burke, the founder of Life Somatics, is a Certified Hanna Somatic Educator. He studied at The Novato Institute of Somatic Research and Training in Novato, California. Life Somatics has two convenient locations, and Danny is available for individual sessions and group classes. On the Northshore, he's located at 1121 S. Tyler St. across the street from St. Tammany Hospital. In Metairie, Danny works inside the East Jefferson General Hospital Wellness Center. Here is a good resource for more information about Somatics: [www.hannasomatics.com](http://www.hannasomatics.com) Danny can be reached at 504-915-7200 for consultations and questions.

Share the Health is a Summer Education Series being held every Tuesday in June and July from 12 - 12:45 pm. Admission is donation based; proceeds go to charities of the speaker's choice. The next talk will be Jeff Garmon presenting "The Many Benefits of Omega-3 Fish Oils" and will benefit the Feral Cat Consortium on July 2nd.

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](http://www.opcovington.com)

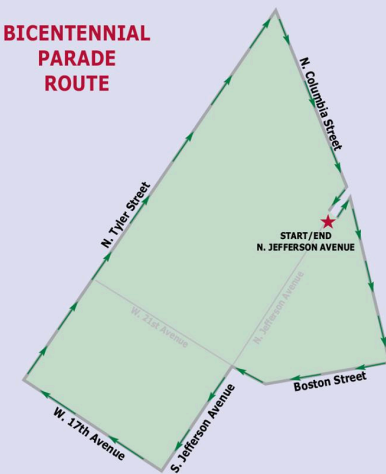
## Parade Route And Participating Businesses

Parade To Represent Past, Present And Future

The approximately 3-mile parade route will begin and end at the St. Tammany Parish Justice Center. It will parade down Columbia Street, taking a right on Boston Street, turning left onto Jefferson Avenue, right onto 17th Avenue, then traveling up Tyler Street, turning once again on Columbia Street to end at the Justice Center. The giant loop will include neighborhoods normally not on parade routes, traveling through the historic West 20s and West 30s neighborhoods.

The New Orleans Saints Superfans will also be riding in the parade as special guests. The Superfans participating include fan favorites Fleur-D-Licious, Who Dat Chef, Whistle Monster, Mack the Quack the Who Dat Clown, Gris-Gris Man, Soul Saint, Stunt Double Coach and the Saints Joker, all of whom plan to participate on a float decorated by Covington's own Superfan, The Sign Man, Larry Rolling. Participating downtown businesses include The Southern Hotel, Acquistapace's Covington Supermarket, Covington Business Association, St. Tammany Parish Hospital, Hi Ho Bar-B-Que and Gulf Coast Bank.

### BICENTENNIAL PARADE ROUTE



The 3-mile parade route will begin and end at the St. Tammany Parish Justice Center.

## Bicentennial Community Prayer Breakfast

Featured Speaker: Jimmy Field

The City of Covington invites the public to attend the Covington Bicentennial Community Prayer Breakfast. The breakfast will be held at the Briggs Assembly Center at St. Paul's School on Tuesday, July 2, from 7:00 am to 8:30 am. This event includes a welcome by Mayor Mike Cooper, the presentation "History Of Covington" by Judge Peter Garcia, soloist Kitty Cleveland and featured speaker Jimmy Field. Please RSVP by Wednesday, June 26. Call Liz Barbin at 985-898-1547, or register online at [www.liferesources.net](http://www.liferesources.net).

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[www.covingtonweekly.com](http://www.covingtonweekly.com)





# Covington Weekly

Covington, LA June 26 - July 2, 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.

**Columbia Street "Bicentennial" Block Party - Friday June 28, 6:30 pm - 9:30 pm @ Downtown Covington** Last Friday of the month, March through October. This month's block party has a Bicentennial flair! - Columbia St.

**Covington Farmer's Market - Saturday June 29, 8 am - 12 pm @ the 600 block of Columbia St.** Fresh local produce, raw and prepared foods, plants and vegetables. Live music by The Lucky Dogs beginning at 9:30, food demo by Soma Bistro, who will be serving seasonal selections from the menu. - 600 block of Columbia St.

**Bicentennial Parade - Saturday June 29, 12 Noon @ Downtown Covington** Parade celebrating Covington's Past, Present and Future. - see front for route.

**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.

**Hemmings Motor News Great Race - Saturday June 29, 5:00 pm @ Covington The** 2013 Great Race arrives in downtown Covington. - see front for details.

**Swingaroux At The Trailhead - Saturday June 29, 6:45 pm - 9:00 pm @ The Covington Trailhead** Enjoy the music of Swingaroux after the participants of the Great Race arrive with a free concert at the trailhead. - 419 N. New Hampshire St.

**"Classic Covington: Stories Behind The Prints" - Sunday June 30, 7:00 pm @ St. Tammany Art Association** Presented by Historian Howard Nichols and Artist Suzanne King. - 320 N. Columbia St.

**Share the Health Lecture Series - Tuesday July 2, 12 pm - 12:45 pm @ Our Place Studio** This weeks' talk is by Jeff Garmon with "The Many Benefits Of Omega 3 Fish Oils". This talk will benefit the Feral Cat Constortium. Visit [www.opcovington.com](http://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** 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 info, (719) 963-5366. - Bogue Falaya Park

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## Live Music Around Town

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

**Thai Kitchen** 1005 Collins Blvd. - Karaoke by Request! Fri. - 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. - Davy Crockett + Rik Slave & the Phantoms 10 pm Sat. - The Abita Stumps 6 - 9 pm + Dash Rip Rock 10 pm Sun. - Karaoke w/ DJ Bobby Blaze Mon. - Happy Hour 2-9 pm Tues. - Service Industry Night

**Davy Crockett**

**Rik Slave & the Phantoms**

**DASH R&P ROCK**

**Abita Stumps**

**Winos and Tacos** 321 N. Columbia St. - Thurs. - Chris Leblanc 8 pm Fri. - John Lisi & Delta Funk 9 pm Sat. - Soul Project 9 pm No Cover All Shows!

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For the full music calendar, visit: [www.covingtonweekly.com](http://www.covingtonweekly.com)

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