

CBA Monthly Meeting At Mellow Mushroom

Covington Business Association: Promoting Local Business

The monthly meeting of the Covington Business Association will take place at the Mellow Mushroom Hwy. 190 Wednesday, June 5 at 6:00 pm. The CBA is a non-profit organization representing and advancing the interests of local businesses. While much of the CBA's activities focus on Historic Downtown Covington, all business are welcome to participate by becoming either a member or a friend of the CBA. www.covingtonbusinessassociation.org

Upcoming Covington Events In June

History, Parades And The Great Race

The Bicentennial Events continue through the month of June, culminating in the 4th of July Celebration at the Bogue Falaya Park! On Sunday, June 23, the Fuhrmann Auditorium in the Greater Covington Center presents "History of the African American Community." The lecture features Dr. Eva Baham and is free and open to the public. The lecture begins at 4:00 pm.

The Covington Bicentennial Parade will take place on Saturday, June 29 at noon. The theme of the parade is "Covington's Past, Present and Future", and the three mile route winds through the streets of historic downtown Covington. "I am inviting the business community, as well as your family and friends, to take part in this monumental occasion, as you are an integral part of the fabric of this community." - Bicentennial Parade Chairman, Larry Rolling (Councilman, District D)

Also coming to downtown Covington on Saturday, June 29 is the Hemmings Motor News Great Race from St. Paul, MN to Mobile, AL. The Great Race runs from June 22 to June 30 and begins in Minnesota, travelling south along the Mississippi River with various stops. Louisiana stops include Baton Rouge, Crowley and Covington. Covington is the last point before the finish in Mobile, Alabama. Find out more information at www.greatrace.com.

Support Covington Bicentennial Celebrations

Purchase a Bicentennial Commemorative Flag or T-Shirt



Show your support for Covington's 200th Birthday. T-shirts and house flags are available at the Trailhead Office of Cultural Arts and Events.

The Oldest Living Covington Resident

The City of Covington would like to locate the oldest living Covington native in order to honor them for the City's upcoming Bicentennial Celebration. If you have any leads, please contact the Trailhead Office of Cultural Arts and Events at **985-892-1811**.



Summer Art Camps & Classes

Professional Art Instruction In Historic Downtown Covington

Experiment with drawing, color, composition, collage and printmaking at Studio Cicero! Make unique art projects in a creative environment. Anne Cicero is a Louisiana artist who invites the viewer to explore the serene and beautiful grace of nature in her contemporary landscape and figurative paintings. She offers her studio space in downtown Covington as a gathering and learning place for local artists of all ages and levels. An Abstract Painting/Collage Teen Camp for ages 13 - 18 will be held June 17th - 21st from 12 - 4 pm. For kids ages 8 and up, there will be a Creative Art Lab July 8th - 12th, 15th - 19th and 22nd - 26th from 9 am to 1 pm. The Art Lab has a limited class size, the cost is \$250 per week and includes supplies and snacks. For the kid in all of us, Studio Cicero also offers Adult Workshops, Private Lessons and Painting Parties on Wednesdays from 6 - 9 pm June 5th, 12th, 19th and 26th, as well as Saturdays from 10 am - 1 pm June 8th, 15th, 22nd and 29th. These are available as packages of four three-hour sessions for \$225. Studio Cicero is located at 420 N. Vermont St. on the 2nd floor.

www.studiocicero.com 504-628-1802

Music Lessons At Center Of Performing Arts

Special Offer For Summer Classes At COPA

Downtown Covington's Center Of Performing Arts is offering a summer special on Instrumental/Vocal music lessons: Buy your first month's lessons and get two free! COPA is owned by Robert Sturcken, who also teaches Vocal and General Music grades 4 - 12 at Northlake Christian School. Mr. Sturcken offers full range vocal and instrument instruction at COPA as well as professional recording capabilities, and he enjoys producing original songs for Artists in Development. Join Robert every Tuesday on 94.7 WYLK (the Lake) from 7 pm to 8 pm for "Music With The Maestro". The program features a calendar of events for the north shore area while spotlighting local artists and independent music. Contact Robert Sturcken or Samantha Greco, Administrative Assistant, at the Center Of Performing Arts, **985-727-4638**.



The Center Of Performing Arts is located at the corner of Columbia and Rutland, 201 N.Columbia Street, next door to St. Tammany Homestead.

June Is National Accordion Awareness Month

Sign Up For Our Free E-Newsletter:

www.covingtonweekly.com

Tour de Louisiane Bicycle Race

The 42nd annual Tour de Louisiane kicks off June 8-9 with road races at Stony Point, LA and a time trial in Mandeville. Sunday's criteriums mark the return of the race to the city of Covington after a 4-year absence awaiting the street repairs. The New Orleans Bicycle Club's signature event, the Tour is the oldest-running stage race in the U.S. and a must-do event for local racers. Find out more at www.neworleansbicycleclub.org



Winos and Tacos - Eat Local Challenge

Participate In The Third Annual Eat Local Challenge



Winos and Tacos is proud to serve locally grown proteins, produce and wine. If you are taking part in the "Eat Local Challenge", you can dine at Winos and Tacos and stay on the program. If you haven't heard of the "Eat Local Challenge", visit the website at www.eatlocalneworleans.com, or find them on Facebook. Winos and Tacos is now open for lunch Wed. - Fri. from 11 am until 2 pm, stop in and try the tortas!

Why Eating Local Is Important To Health And Community

Louisiana life is wonderful for many reasons, and the variety of food available to us is definitely at the top of the list. The Covington Farmer's Market is in full swing with a great variety of produce and local foods. By shopping locally, you are supporting your community and receiving a product that you can trust, because you know its origins. Creole tomatoes grow very well here, why pay someone in California for your vegetables? Another big topic concerning food these days is genetic modification. Small local farms follow more sustainable practices and often grow organically by default, whether they are certified or not. Benefit your health and your community by eating local!



Quote of the Week

"If you change the way you look at things, the things you look at change."

- Dr. Wayne Dyer

Saturday
June 8

New Moon

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 pm, 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! Laura Warner will speak on Tuesday, June 11, and the topic is 'Holistic Nutrition'. This talk will benefit the St. Francis Animal Sanctuary. www.opcovington.com

Yoga & Meditation Workshop - Blissful Saturday

At Covington Massage & Wellness Centre, 503 N. Columbia St.

Make your Saturday a blissful one! Join Covington Massage & Wellness Centre as they explore yoga and meditation this Saturday, June 8th from 2:30 - 4:30 pm. Dustin Edwards will guide you through a beautiful basic yoga practice for all levels that is both relaxing and strengthening. After Shavasana (the final pose of yoga practice), stick around for a guided meditation and discussion with Ellen LaRocca. Admission is a suggested donation of \$15. All are welcome! **985-875-2030**

What Is Holistic Health?

Redefining The Approach To Well Being

Holistic Health is simply a discipline of approaching health by taking all influencing factors into consideration, including physical, biological, psychological, social and environmental. It is well understood that stress in great amounts can have negative physical effects. It is very important to regulate what is put into the body. Read the ingredient labels on all the food you eat; if it is unfamiliar, don't eat it. Our bodies are a large percent water. Many common complaints may be solved simply by drinking more water. Most of all, research things for yourself and form your own opinion.

June Events At The English Tea Rom

Tea of the Week This week's Tea of the Week is Strawberry Kiwi with hibiscus and rose hips, perfect over ice on a hot muggy day!

In Honor of Dad on Father's Day Our fathers are a key part of our lives. Bring the entire family and join us as we honor them with a special time just for them on Saturday, June 15th from 9:00 - 6:00 and on Sunday, June 16th from 11:00 - 3:00. Make this an event to remember!

Exploring the British Empire Join us for this summer series as each month we journey to a different country that was part of the British Empire. In each port, we will taste the authentic cuisine of the country along with a look at their history and a taste of their culture. Get your passports ready for our first stop: South Africa. Reserve your spot today! Date: June 21st at 7:00 pm

Farmer's Market Recipes

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

Grilled Stuffed Zucchini

Ingredients:

- 4 large zucchini
- 1 large creole tomato, diced
- 1/2 a large onion, diced
- 1/2 a large bell pepper (red or green), diced
- 1 clove of garlic, minced
- 1/2 cup of whole wheat bread crumbs
- 1/4 tsp basil
- 1/4 tsp oregano
- 1/4 tsp thyme
- 1 tbsp parsley
- 2 tbsps extra virgin olive oil



Directions

Place zucchinis whole in a large pot of water and bring to a slow boil on medium heat. As soon as they reach a boil, turn off the heat and let sit to cool. This step can be skipped if you prefer a crisper, crunchier zucchini.

Remove cooled to touch zucchinis from pot and cut in half lengthwise. Scoop out insides with a spoon, leaving about 1/4 to 1/2 inch walls around the skin of the zucchini for the shell. Save the scooped out insides and dice.

Heat a large skillet on medium high with a touch of oil and add garlic, onions and bell pepper. Sautee for a few minutes, as they begin to cook down add the tomatoes and diced zucchini insides. Continue to cook and stir for another five minutes. Remove from heat and add bread crumbs, herbs and a little salt and cayenne to taste. Stir until mixed thoroughly.

Stuff zucchini shells with this mixture. The stuffed zucchinis can now either be grilled or baked. Grilled stuffed zucchinis should be covered, and should be grilled for about 15 - 20 minutes, or until browning on top with grill marks on the shell. Baked stuffed zucchinis should cook for about 20 - 30 minutes at 350 degrees. Both can be topped with grated parmesan cheese about 10 minutes before done. Sprinkle with a little chopped fresh parsley and serve!

June is National Fresh Fruit and Vegetables Month. Eat local and buy fresh produce from the Covington Farmer's Market!

The Month Of June

June 1 is the beginning of the meteorological summer, and June has the longest daylight hours of the year in the Northern Hemisphere. June 21 (summer solstice) signals the official start of the summer season. Father's Day falls on the third Sunday in June. School's out, vacationing is in, and it's hot. Drink plenty of water, and protect yourself from over exposure to the sun.

Now let's look at a few symbols for the month of June. The birthstones for June include the Alexandrite, the Moonstone and the pearl, symbolizing health and longevity. The birth flowers of June are the honeysuckle and the rose.

The Birthstones Of June: Alexandrite, Pearl & Moonstone



Alexandrite is a variety of chrysoberyl, an aluminate of beryllium. Chrysoberyl lies at 8.5 on the hardness scale, between corundum and topaz. It changes color in artificial light compared to daylight. It is typically emerald green in daylight and exhibits a reddish color in incandescent light.

Pearls are produced in the soft tissue of a living shelled mollusc. Pearls are made up of calcium carbonate in minute crystalline form that are deposited in concentric layers. The most valuable pearls occur naturally in the wild, known as natural pearls.





The moonstone's name is derived from its visual effect, caused by light diffraction within a microstructure of feldspar layers. Moonstone has been used in jewelry for centuries, with some legends suggesting it was created from solidified moon rays.

The Birthflowers Of June: Honeysuckle & Rose



The Honeysuckle is an arching shrub or twining vine in the family Caprifoliaceae. It often attracts hummingbirds because of its sweet, edible nectar, although the berries of many species are mildly poisonous. The Rose is a woody perennial in the family Rosaceae; the flowers vary in size and shape, ranging in color from white to yellow to red. "Honeysuckle Rose" is a song composed by Fats Waller in 1929, with lyrics by Andy Razaf.



Covington Weekly

Covington, LA June 5 - 11, 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.**

CBA Monthly Meeting - Wednesday, June 5, 6 - 7 pm @ The Mellow Mushroom The general meeting of the Covington Business Association. The Krewe of Lyra meets directly after the CBA, with live music by Rick Samson. - **1645 Hwy. 190**

Wine Wednesday - Every Wednesday, 6 - 8 pm @ Winos and Tacos Free wine tasting every Wednesday evening. - **321 N. Columbia St.**

Covington Farmer's Market - Saturday June 8, 8 am - 12 pm @ the 600 block of Columbia St. Fresh local produce, raw and prepared foods, plants and vegetables. Live music by The Grocery Clerks, beginning at 9:30. Keith and Nealy Frenztz will drive their food truck, Lola Deux to the market. - **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! - **514 E. Gibson St.**

Yoga & Meditation Workshop - Saturday June 8, 2:30 pm - 4:30 pm @ Covington Massage and Wellness Centre Dustin Edwards leads a basic yoga practice followed by a guided meditation with Ellen LaRocca. \$15 suggested donation. - **503 N. Columbia St.**

Share the Health Lecture Series - Tuesday June 11, 12 pm - 12:45 pm @ Our Place Studio This week Laura Warner will speak on Holistic Health. This talk will benefit the St. Francis Animal Sanctuary. Visit www.opcovington.com. - **338 N. Vermont St.**

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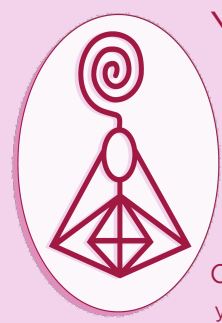


Covington Business Association

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



www.covingtonbusinessassociation.org



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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. - Open Mic Night 9 pm
Thurs. - TBT w/ DJ Dizzi 9 pm Fri. - 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, @ 8 pm Fri. -
Crawfish on the Patio @ 6, @ 9 pm Sat. - 9 pm
No Cover Charge All Shows - Party on the Patio!
Now open for lunch Wed. - Fri. from 11 am - 2 pm

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, 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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