

# FREE Covington Weekly

July 3 - 9, 2013

www.covingtonweekly.com



## Covington: 200 Years Of Culture, Character & Community

### Historical Point Of View Walking Tour

#### Bicentennial Event To Start At The Covington Trailhead

On Wednesday, July 3rd at 6:30 p.m., the City of Covington and the Bicentennial Committee present a Walking Tour that highlights the newly installed "Historical Point of View" plaques in the downtown area. The plaques are positioned so the viewer is looking at the historical reference point depicted on the plaque. If you are interested in participating in the walking tour, meet at the Trailhead for 6:30 p.m.

### Four On The Fourth Race July 4, 2013

#### 14th Annual Race Kicks Off Covington's Bicentennial Party

The 14th Annual Four on the Fourth Race takes place at 7:30 a.m. on July 4th (the Kid's Race begins at 8:30 a.m.). The Race starts at Hubie Gallagher Park, 1000 West 15th Avenue. This photo is courtesy the 15th Street Flyers, a local organization who will be participating in the race.



### Bicentennial Celebration On July 4th

#### It's A Community Extravaganza For Covington's 200th Birthday

With the arrival of July the fourth, the long-awaited Covington Bicentennial Celebration is here. Just a few of the activities at the free event in the Bogue Falaya Park include musical entertainment, historical character portrayals, opening of the Sesquicentennial Time Capsule, preparation of the Bicentennial Time Capsule, games, crafts, old time photo booth, food and refreshments!

Some of Covington's best local restaurants will have food booths at the Bicentennial Celebration. Edna's Thai Kitchen (1005 Collins Blvd.) will bring some Thai favorites, including the Pad Thai and Fried Rice. Winos and Tacos will be there with Joel's Taco Grill to serve up a special "All American Taco". Make sure to pick up food and drink discount coupons to enjoy at Winos and Tacos after the fireworks at the park!

The presenting sponsor of the Bicentennial Celebration is the St. Tammany Parish Hospital with NOLA Media/ Times-Picayune as the fireworks sponsor. There will be plenty happening to keep everyone busy with face painting, a caricature artist, and old fashioned games like sack races and jacks. Bring your picnic blanket and chairs and order some of the best food Covington has to offer. For more information, contact Covington Cultural Arts & Events by phone at:

(985) 892-1873 or visit [www.covla.com](http://www.covla.com)



## HAVE A SAFE 4th OF JULY!



### Some Covington Trivia

Flat Stanley visited Covington last year, and he stopped at the trailhead to take a picture with Reagan. This statue is believed to be the largest statue of Ronald Reagan in the world. The bronze statue, sculpted by local artist Patrick Miller, stands nearly 15 feet tall on its base. The section of Hwy. 190 that runs between Collins Blvd. and Covington High is designated as Ronald Reagan Highway. The former president has never visited Covington; the only U.S. President to visit Covington was George W. Bush, who visited after Katrina to help with rebuilding efforts (see the photo in The Farmer's Covington Scrapbook).

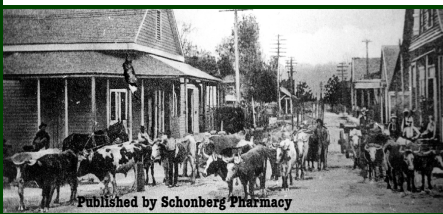


### Bogue Falaya Wayside Park

On August 11, 1908, Dr. George R. Tolson sold the 13 acres that make up the Bogue Falaya Park to the town of Covington. The park is host to many great Covington events like Swing in the Pines, Chef Soiree and of course the long-awaited Bicentennial Celebration!

### General Leonard Covington

The City of Covington is named after General Leonard Covington, Brigadier General of the U.S. Light Dragoons. He was stationed in Baton Rouge and West Florida in 1810, and died in battle leading his men at Chrysler's Field in 1813. His last words were "Independence Forever".



Ox carts line Columbia Street. People travelled from miles around to Columbia St. Landing for supplies from New Orleans and beyond.

Published by Schonberg Pharmacy

### After Hours 4th Of July Celebrations

#### The Party Continues After The Park Closes

Covington's Nightlife has a lot to offer these days. The Columbia Street/Boston Street corridor has plenty to offer in the way of food, beverage and entertainment. Winos and Tacos presents Mia Borders at 9 p.m. with no cover charge! Children under 18 are welcome until 11 p.m. Celebrate the Bicentennial of Covington and the adoption of the Declaration of Independence at Winos and Tacos! The Green Room offers a Special Edition of Throw Back Thursdays: Captain America Throwback! Get in free by wearing a Marvel or DC comics tee shirt (ladies get in free). Featuring raffle prizes, hula-hoop and pole contest, plus food too. Don't forget to drink responsibly and always have a ride available if you are over the limit. Have a Happy Fourth of July!

### Covington Bicentennial Blend Tea of the Week at The English Tea Room

A glorious blend of peach, apple, blueberry rooibos and hibiscus iced tea to celebrate our city's bicentennial! The Tea Room will be closed for the Fourth of July, but stop by Wednesday from 9 am - 2 pm or Friday for regular hours!



### Quick Tips for Computer Users

#### From Monica Gallardo at Our Place Studio

The common office posture is seated and huddled, shoulders tense, chest collapsed, spine hunched over a computer. Chest openers help us reverse that posture. This collapsed posture is not only bad for our spine and surrounding musculature, but also for our attention and focus, our breathing and our internal organs. Sit up tall and relaxed on the edge of your chair. Bring your arms up, so they are straight out from your body (while keeping the shoulders and neck relaxed); now, bend your elbows so your fingertips touch while keeping the arms parallel with the floor. As you inhale, gently bring your elbows back and think of squeezing your shoulder blades together; as you exhale, release your arms back to the start position, fingertips touching. Do this 6 times.

Try to stretch, move, get up out of your chair every 20 minutes, even if just for a minute or two. If you must sit for long periods, practice proper sitting that enables a tall spine and balance in the joints. Feet should be under the knees, hips and knees should be level with each other, with a neutral spine and relaxed shoulders and the head able to balance neutrally, eyes gazing forward. Adjust your chair and computer/keyboard to help you meet these goals.

Want to learn more? Our Place Studio offers yoga, pilates and tai chi classes that can help you not only learn how to identify your postural imbalances and release chronic tension, but also help you strengthen and support your body and cultivate mindfulness and relaxed breathing, improving your overall health and sense of wellbeing. Classes are open to the public, and your first one is always free! Want to schedule a massage or training session with Monica? You can do that, too! Check out [opcovington.com](http://opcovington.com) for a full schedule of classes or call 985-875-1182.

### Quote of the Week

"Liberty cannot be preserved without general knowledge among the people."

- John Adams

Monday

July 8th



New Moon

### "Share the Health" Summer Educational Series

#### Simple Techniques To Release Aches And Pains

Last week's Share the Health talk at Our Place Studio featured Monica Gallardo, who led participants through some simple release techniques for common aches and pains that you can do easily at home or in the office. In addition to enjoying her role as owner of Our Place, Monica has been training and coaching folks locally for 14 years and helping them find balance and freedom from pain through bodywork for 16 years. Proceeds from this talk benefitted the Covington Boys & Girls Club.

**Tennis Ball Release Techniques:** Who knew a simple little tennis ball could stand-in as your personal massage therapist? Monica supplied everyone with two sizes: a mini tennis ball and regular sized tennis ball. First, sitting in chairs, we placed the regular-sized ball under one foot and rolled the ball of the foot, then we rolled the line from the big toe to the heel and then just the heel, all the while applying gentle pressure. We repeated on the other side, then followed the same procedure using the mini-ball. The mini-ball provides more specific feedback and finer rolling pressure. We took our regular-sized balls into the Yoga Room and using a wall, we placed the ball between our sacrum and the wall, gently pressing back into the ball, we rolled the sacral area - not too much pressure as this can be a tender area. We did the same thing for the anterior, middle & posterior deltoids and around our scapulae.

**Seated Stretching:** Monica led us through some simple stretches you can do in a chair to relieve back, shoulder & neck pain and bring energy into the legs. We'll share 3 of the moves here. We started with seated forward bends. Keep your bottom fixed to the chair, gently extend the spine, hands on legs. Fold over slowly, letting the hands glide down the legs to the floor, relaxing the torso and head. Always remember to breathe! Glide back upright slowly, pulling your shoulders back as you go to lengthen the spine. Be mindful of any discomfort or dizziness. Always discontinue any movement that causes pain or excessive dizziness. Move slowly and mindfully. Do this a few times.

Then, we moved onto seated, gentle twists. Sit on the side of your chair. Sitting up tall and relaxed, gently turn your torso towards the back of the chair. Think of winding slowly in a spiral that begins in the belly, then moves up to the chest, then the shoulders, then turning the head and even shifting the eyes. Let your hands lightly hold the back of the chair for support. Relax your shoulders. Remain in the twist for a few breaths, then release slowly. Rest, and then do the same for the other side, sitting on the other side of the chair.

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 Laura Warner presenting 'Building Hormone Health With Nutrition' and will benefit the St. Tammany Humane Society on July 9th.

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)

### Farmer's Market Recipes

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

### Southwestern Bean Burgers for Grilling

Ah, summer. The time of year to sit out on the patio and break out the grill. We all have our techniques for marinating, seasoning, sauces and batters. But sometimes we like to change it up a bit, have a little variety. This burger has a distinct southwestern flavor, cooked with hot and savory spices and topped with cool zesty salsa. It's perfect for an addition to the 4th of July grill-out!

#### Ingredients:

1 large onion, finely chopped

4 garlic cloves, minced

1 medium carrot, shredded

1 can (15 ounces) pinto beans, rinsed and drained

1 can (15 ounces) black beans, rinsed and drained

1-1/2 cups quick-cooking oats

2 tablespoons Dijon mustard

2 tablespoons liquid aminos

1 tablespoon ketchup

1 to 2 teaspoons chili powder

1 teaspoon ground cumin

1/4 teaspoon pepper

1 tablespoon olive oil

8 whole wheat hamburger buns, split

8 lettuce leaves

8 tablespoons fresh salsa



#### Directions:

In a large skillet, saute diced onion in a touch of oil for a few minutes. Add the garlic and cook for a minute longer. Stir in the carrot, chili powder and cumin; cook for a few minutes or until the carrot is soft and tender. Remove the skillet from the heat and set aside to cool.

Meanwhile, mash the pinto beans and black beans in a large bowl. Stir in the oats.

Mix the mustard, liquid aminos, ketchup, and pepper, and add in the cooled vegetables from the skillet. Add this to the mashed beans and mix well. Shape into eight patties.

You may want to lightly coat the grill rack with a little cooking oil. Grill patties covered over medium heat. Serve on buns with lettuce and salsa.

### The Month Of July

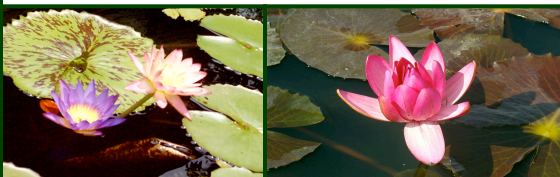
July was named by the Roman Senate to honor Julius Caesar because it is the month of his birth. Prior to that, it was called Quintilis. On average, July is the warmest month in the Northern Hemisphere and the coldest month in the Southern Hemisphere, the seasonal equivalent to our January. In the United States, July is best known for Independence Day, (the 4th of July), which commemorates the adoption of the Declaration of Independence. July 4, 2013 celebrates the City of Covington's Bicentennial (established in 1813), a founding date 37 years after the Declaration was adopted on July 4, 1776.



The Ruby is the birthstone for July. A variety of the mineral corundum (aluminum oxide), rubies are pink to blood red gemstones. The name is derived from the Latin 'ruber', which means red. Other varieties of gem quality corundum are known as sapphires. The ruby, sapphire, emerald and diamond are considered the four precious stones. Rubies are the third hardest natural gems, moissanite and diamond are at #2 and #1.



One of the birth flowers of July is the Larkspur (Delphinium). The name 'delphinium' is from Latin for 'dolphin', which refers to the shape of the nectary (glandular structure that secretes nectar). All parts of the plant is considered toxic, and larkspur is a significant cause of cattle poisoning on rangeland in the western U.S. Despite its toxicity, compounds contained do have medicinal value against parasites, asthma and fluid retention.



The second birth flower of July is the water lily. Water lilies are found in temperate and tropical climates around the world. They root in the soil in bodies of water with the leaves and flowers floating on the surface. Symbolically, the water lily is considered to evoke imagery of the sunset and the seashore.

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# Covington Weekly

Covington, LA July 3 - 9, 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.

**Historical Point of View Walking Tour - Wednesday July 3, 6:30 pm @ the Covington Trailhead** Walking tour highlighting the "Historical Point of View" plaques in the downtown area. - 419 N. New Hampshire St.

**Four on the Fourth Race - Thursday July 4, 7:30 am (Kid's Race, 8:30 am) @ Hubie Gallagher Park** 14th Annual Four on the Fourth foot race. - 1000 W. 15th Ave.

**City of Covington Bicentennial Celebration - Thursday July 4, 4 pm - 9 pm @ Bogue Falaya Park** The culmination of an entire year of Bicentennial events, this is one party you won't want to miss. Celebrate Covington's 200th birthday on the 4th of July with food, music, entertainment and more (see front). - 213 Park Drive

**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 Porch Rockers beginning at 9:30, the food demo will consist of Fresh Market Watermelon Tasting. - 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.

**Share the Health Lecture Series - Tuesday July 2, 12 pm - 12:45 pm @ Our Place Studio** This weeks' talk is by Laura Warner with "Building Hormone Health With Nutrition". This talk will benefit the St. Tammany Humane Society. 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. - 213 Park Drive

"We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness. That to secure these rights, Governments are instituted among Men, deriving their just powers from the consent of the governed, That whenever any Form of Government becomes destructive of these ends, it is the Right of the People to alter or to abolish it, and to institute new Government, laying its foundation on such principles and organizing its powers in such form, as to them shall seem most likely to effect their Safety and Happiness."

- Thomas Jefferson, 'The Declaration of Independence'

## 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. - Captain America TBT w/ DJ Dizzi 9 pm Fri. - Dirk Billie and Vernon Rome Family Jam 10 pm Sat. - DJ Calypso 10 pm Sun. - Karaoke w/ DJ Bobby Blaze Mon. - Happy Hour 2-9 pm Tues. - Service Industry Night

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**Winos and Tacos** 321 N. Columbia St. - Wed. - Free Wine Tasting featuring musical guest Craig Adams Thurs. - Mia Borders 9 pm Fri. - Water Seed 9 pm Sat. - Lynn Drury 9 pm No Cover All Shows!

**Craig Adams**

**Free Tastings**

**WINE WEDNESDAY**

**Winos & Tacos**

**Water Seed**

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

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**Covington Business Association**

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[www.covingtonbusinessassociation.org](http://www.covingtonbusinessassociation.org)

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