

STAA's Covington Art Market Saturday March 1st

The St. Tammany Art Association, in partnership with the City of Covington, presents the Covington Art Market Spring Season, starting March 1st! The Art Market will be held on the 1st Saturday of March, April & May 2014, then break until the Fall Art Market Season. The Fall markets will be held on the first Saturday of October, November & December 2014. Enjoy a variety of work from local and regional artists, including jewelry, crafts, photography, paintings, woodwork and more. This Saturday features music by Timothy Gates and food by Beck N Call Cafe.

For additional information, contact the St. Tammany Art Association at (985) 892-8650 or e-mail to info@sttammanyartassociation.org.

Double Your Market This Saturday!

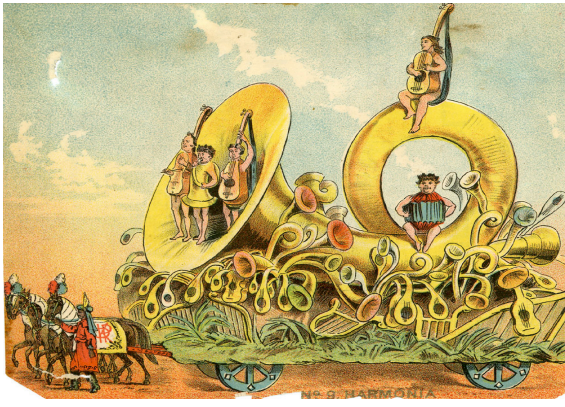


Have A Safe And Happy Mardi Gras, Covington!

Covington Lions Club, Krewe Of Covington & Krewe Of Lyra To Roll

It's Mardi Gras in Covington! Festivities start Fat Tuesday, March 4th with the Covington Lion's Club Parade at 10 am. The Lion's Club theme this year is "Covington, a Louisiana Paradise". Immediately following will be the KC's Mystic Krewe of Covington with the theme "Some Enchanted Evenings". Last will be Covington's newest krewe, the Krewe of Lyra, introducing King and Queen Walter Reed & Christine Foster. Lyra's Grand Marshall is Michael Strain.

Check the back for parade route! www.covla.com



Keep Covington Beautiful Bogue Falaya River Sweep Clean Up With The City Of Covington & Keep Covington Beautiful

Keep Covington Beautiful is sponsoring the annual Bogue Falaya River Sweep, a litter clean-up on the Bogue Falaya River, on Saturday, April 5th. KCB will partner with the Mayor's Council on Fitness and the City of Covington for the event.

KCB invites volunteers to bring their canoes and kayaks to the Menetre (4th Avenue) Boat Launch at 8:00 a.m. KCB will provide trash bags, gloves and litter grabbers for the paddlers, who will collect litter in and along the river from the boat launch to the Boston Street Bridge and back to Bogue Falaya Park.

As much as eighty percent of all litter and debris in our oceans, rivers and lakes originates on land, carried there by wind and storm water runoff. The rivers that define the city of Covington are essential to its unique character. Join KCB to help keep this scenic river clean!



Covington Maintains 'Tree City' Status For 20th Year

The City of Covington was named a 2013 Tree City USA by the Arbor Day Foundation for the 20th consecutive year in honor of its commitment to effective urban forest management. Priscilla Floca, the Executive Director of Keep Covington Beautiful, presented the 20th year award & Tree City USA flag to Mayor Cooper at the City Council meeting on February 18, 2014.

Covington has fulfilled the Tree City USA program's four requirements: having a city Tree Board, a tree care ordinance, an annual community forestry budget of at least \$2 per capita and an Arbor Day observance and proclamation. KCB sponsors an annual seedling tree give-away on Louisiana Arbor Day in January.

According to John Rosenow, founder and chief executive of the Arbor Day Foundation, trees are vital to the public infrastructure of cities and towns throughout the country, providing numerous environmental, social and economic benefits: shade for our homes, beauty for our neighborhoods, cleaner air, improved storm water management, energy savings and increased property values and commercial activity. In fact trees are the one piece of community infrastructure that actually increases in value over time.

The Tree City USA program is sponsored by the Arbor Day Foundation, in partnership with the U.S. Forest Service and the National Association of State Foresters. More information about the program is available at www.arborday.org/TreeCityUSA.

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At Covington Art & Frame you get more than just an enormous selection. You get the benefit of 30+ years of experience. From refinishing a roll top desk in her Dad's garage as a teen through a Studio Art degree to creating wall-sized murals to 11 years as a certified antique restorer: if it's hands-on Gail Gallang has done it. At the little workshop on Florida Street Gail will hand build your frame start-to-finish and fuss over the details every step of the way. The hobby stores can't claim that! You can entrust your original paintings, vintage photos, medals and prints to Covington Art & Frame and receive them back transformed. Jerseys, news articles, watches, even a wedding dress (a mini) have all been distinguished and made into hang-able treasures. Remember, a frame is furniture and is meant to last! Other services include antique frame restoration/repair, canvas repair and wooden chair regluing. There is also an ever-changing selection of original oil paintings and local prints. Look forward to special pricing on framing Jazz Fest prints. They can be ordered at the shop or at art4now.com. (It's likely to sell out, so order early!) A few lucky folks can still take advantage of the St. Tammany Parish Fair special: \$90 framed w/one mat, \$115 framed with two mats. Includes art and it's artist approved!

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New Healthy Pet Products At Good Dog Naturally

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www.gooddog Naturally.net 985-871-5222

Good Dog Naturally is in the process of a shelf make-over! Owner Angela Segona has been researching new products for pets, paying special attention to the quality and source of ingredients. There are several new items on the shelves already, and the most exciting new product is Tiger Bait All Natural Raw Pet Foods & Treats.

Tiger Bait is a local company providing complete and balanced nutrition for dogs, cats, and other carnivores. Tiger Bait's recipe is modeled on the meal nature intended a carnivore to eat - fresh, raw prey - and is made with over 80% chicken and organ meat, ground whole including bones, plus their super healthy mix of organic ingredients like carrots, spirulina, yogurt and eggs. Tiger Bait uses organic human-grade ingredients, packaged raw, and frozen to preserve freshness. Their grain- and filler-free recipe allows you to feed your pet up to 50% less while still receiving more nutrients than a commercial canned or bagged diet can provide. Tiger Bait's dehydrated raw treats are a huge hit too - your pets will love the delicious, nutrient-rich formulas that provide a better quality of life! Good Dog Naturally has added several other new foods and treats. Hounds & Gatos - "The Original Paleolithic Pet Food Company", offers grain-free dog and cat foods with 100% animal protein from human-grade meat. Applaws Additive-Free Cat Food sources its ingredients from natural and sustainable resources and has less than five ingredients. Fruitables Dog Treats are 100% natural with selected organic ingredients and no artificial additives. Canidae TidNips Meaty-Licious treats are made with real chicken, turkey, lamb, and salmon. Marsh Dog utilizes wild nutria meat in their treats, both helping protect the wetlands and providing healthy, all natural treats using locally obtained ingredients. Stop by Good Dog Naturally today and find what your pet has been craving!

Find out more by checking www.gooddog Naturally.net.



Raw Whole Foods For Pets

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Quote of the Week

"Life is not a matter of holding good cards, but of playing a poor hand well."
- Robert Louis Stevenson

Saturday

March 1st



New Moon

Covington Clean And Green River Run

River Race To Take Place Following The Clean Up

The Covington Clean & Green River Run canoe, kayak and stand up paddleboard races will follow the River Sweep cleanup. The races will benefit KCB's major project, the Blue Swamp Creek Nature Trail. In addition to the nature trail, race proceeds will support Keep Covington Beautiful's other projects: Arbor Day Tree Give-away, educational seminars, litter prevention projects and recycling at local events, such as the Three Rivers Art Festival.

Paddlers and volunteers interested in helping with the clean-up or participating in the races are asked to sign up by March 30th by contacting KCB at 985-867-3652 or kcb@covla.com. A limited number of canoes and kayaks will be available for both of the events. They will be assigned as paddlers sign up. Event day volunteers & paddlers are always welcome but canoe/kayak availability cannot be guaranteed.

Entries received for the cancelled 2013 event are still valid. Please confirm that you would like to participate this year.

Race entry forms with race divisions and race sponsorship forms are available at www.KeepCovingtonBeautiful.org or at Campbell's Coffee, 516 S. Tyler. Entry forms, with payment by check only, can be mailed to KCB or dropped off at Campbell's Coffee & Tea.

Personal flotation devices are required for all paddlers. All paddlers will be required to sign a waiver before participating in either event. Signature of parent or guardian required for youth under the age of 18, or if part of a group, by the organization's authorized adult sponsor.

Volunteers are needed to assist with signing in the paddlers at the boat launch, with setting up the picnic, with helping paddlers unload their catch at the park, as well as with the race. All volunteers, clean-up paddlers and race participants are invited to a picnic at the Bogue Falaya Park small pavilion following the races. Prizes will be given for the largest item and the most unusual item collected in the clean-up and to winners of all race divisions.

Everyone is invited to come by the park to watch the events, to meet KCB members and volunteers & to learn how to get involved with KCB's beautification, environmental education, recycling and litter prevention efforts. Visit KCB's website: www.KeepCovingtonBeautiful.org



Farmer's Market Recipes

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

Authentic Jerked Chicken On The Grill

Ingredients:

- 1 chicken from GF Farms
- 1 onion, chopped
- 2 stalks of green onion, chopped
- 1 - 3 tablespoons of dried pepper flakes
- 2 tablespoons Worcestershire sauce
- 1 tablespoon apple cider vinegar
- 1 tablespoon vegetable oil
- 1 tablespoon local honey
- 2 teaspoons course kosher salt
- 1 teaspoon fresh ground black pepper
- 1 teaspoon ground Jamaican allspice
- 1 teaspoon dried thyme
- 1/2 teaspoon cinnamon
- 1/2 teaspoon nutmeg



Mix all ingredients except for chicken in a bowl. You may puree if you like. Cut chicken into sections, slash 1/2 inch deep every few inches with a knife. Mix chicken in bowl to completely cover in marinade. Let sit covered in the fridge at least six hours.

Prepare your grill. Truly authentic Jamaican jerked chicken is cooked over pimento wood - wood from the Jamaican allspice tree. Pimento wood charcoals and pimento leaves are also available and can be used to add the peppery smoked flavor. While most jerked meats served in the US do not use this method, it does add a nice touch.

Grill chicken on a low fire until cooked through with an internal temperature of 165 degrees Fahrenheit. Allow some air flow through the grill - you want to be dehydrating the chicken almost as much as you are cooking it. You may also broil or roast the chicken in a hot oven (425 degrees Fahrenheit).

Serve with dirty rice and black beans for an authentic Jamaican meal. The term "jerked" or "jerky" originates from Spanish "Charqui", meaning dried meat.



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Covington Weekly

Covington, LA Feb. 26 - March 4, 2014

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.**

Covington Farmer's Market - Saturdays, 8 am - 12 pm @ the 600 block of Columbia St.
Music by Spider Murphy beginning at 9 am. Chompers BBQ will have samples of their delicious bar-b-que. - **600 block of Columbia St.**

Covington Art Market - Saturday March 1st, 9 am - 1 pm @ the Covington Trailhead
Featuring local art, jewelry, crafts, photography, paintings, woodwork and more. Music by Timothy Gates beginning at 10 am. - **419 N. New Hampshire St.**

Covington Brewhouse Brewery Tours - Every Saturday, 10 am - 2 pm @ Covington Brewhouse Free tours of the brewhouse - covingtonbrewhouse.com for info.

Music with the Maestro - Tuesdays, 6 pm @ The Lake 94.7 Local music program featuring Robert Sturcken of Center Of Performing Arts - **94.7 FM on the radio dial**

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March 4th 10 am

Fat Tuesday

Mardi Gras 2014 COVINGTON, LA

Live Music Around Town

Columbia St. Rock 'N Blues Cafe 407 N. Columbia St. Wed. Karaoke - @ 8pm
Thurs. - Comedy Night w/ Corey Mack @ 9pm Fri. - BASSquerade @ 10pm Sat. - Soul Revival @ 10pm Sun. - Beer Pong

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Green Room 521 E. Boston St. Wed. - Open Mic w/Todd Lemoine @ 7pm Thurs. - Melo-D Presents w/ DJ Dizzi @ 9pm Fri. - 2nd Annual Krewe of Caucus Ball Masque @ 9pm Sat. - @ 9pm Sun. - Karaoke w/ DJ Bobby Blaze Mon. - Shot & Beer
Specials Tues. - Ladies 80's Night

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Covington Business Association

Next General Meeting is
March 12, 5:30 pm at:
The Mellow Mushroom
1645 Hwy. 190

CBA
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