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Covington Weekly

FREE!

February 4 – 10, 2015

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CBA Monthly Meeting Wednesday Feb. 4

The Covington Business Association holds its monthly meeting Wednesday, February 4 at Mattina Bella, 421 E. Gibson Street in downtown Covington. Meet and greet at 5:30 p.m., meeting starts at 6 p.m. The CBA is a non-profit support organization for local business. Upcoming events in April 2015 include the 4th Annual A Taste of Covington and the Rockin' the Rails Concert Series at the Covington Trailhead. covingtonbusinessassociation.org



Sean Danielsén At Rock N Blues Thursday

Sean Danielsén of Smile Empty Soul will be performing acoustically at Columbia Street Rock N Blues Cafe Thursday night at 8 p.m., free show. Art and merchandise for sale during the show also. Thursday nights at Rock N Blues are Steak Night (6 to 10 pm} and comedy night, so bring your appetite and sense of humor!



Sonic Migration At St. John's Coffeehouse Friday

Sonic Migration performances may migrate from Brazil to the Asian sub-continent, from the Grateful Dead to classic jazz standards and Beatles tunes, or to eclectic originals.



City of Covington Receives Prestigious APA Honor of "Great Places in Louisiana" Award

The City of Covington was recently honored by the Louisiana Chapter of the American Planning Association (APA-LA) as a "Great Places in Louisiana" award winner. "Great Places" is the APA's flagship program celebrating places of exemplary character, quality, and planning. Places are selected annually and represent the gold standard in terms of having a true sense of place, cultural and historical interest, community involvement, and a vision for tomorrow. Mayor Mike Cooper accepted the award at the APA State Planning Awards Luncheon in Baton Rouge. "It is truly an honor to receive the recognition of the APA in the 'Great Places' program. I am extremely proud of this acknowledgement for my hometown and of my administration for their diligent place-making efforts ensuring and enhancing Covington's commitment



to culture, history, and smart planning. It's exceptionally rewarding to be recognized by others who believe in our City and all that we have to offer," - Mayor Mike Cooper. Visit www.covla.com for everything you need to know about Covington.



APA Great Places offer better choices for where and how people work and live. They are enjoyable, safe, and desirable. They are places where people want to be -- not only to visit, but to live and work every day. Truly great streets, neighborhoods and public spaces are defined by many criteria, including architectural features, accessibility, functionality, and community involvement. Specifically, Covington was nominated by the New Orleans Metro Section of APA-LA for its "Historic Downtown" in the Great Neighborhood category. Among the attributing APA characteristics for designation as a Great Neighborhood, Covington's distinctive traits touted an eclectic mix of boutiques, art galleries, specialty shops and restaurants in a pedestrian friendly district, and noted the City's historic charm and culture celebrated through music, food and art. One of the fundamental criteria for designation is memorable character of a community. As acknowledged on the nomination form, the "Covington Historic District in the new millennium should be recognizable by anyone who might have been here in the old. The view may have changed a little, but its unique sense of place remains."

Acquistapace's Covington Supermarket, Bayou Barber, Beck-N-Call Cafe, Barbers & Bombshells, Behrens & Associates Real Estate / Elizabeth Pale Piner CPA, Blue Willow Bed & Breakfast, Braswell Drugs, Brooks' Bike Shop, Camellia House Bed & Breakfast, Campbell's Coffee & Tea, Candy & Tobacco Discounts, Center of Performing Arts, China City, Coffee Rani, Columbia Street Mercantile, Columbia Street Natural Foods Market, Columbia Street Rock-N-Blues Cafe, Columbia Street Tap Room, Copper Rooster Antiques, Cottage Inn Antiques, Country Inn & Suites, Covington Massage & Wellness Centre, Covington Trailhead Museum & Visitors Center, Eclectic Designs, The English Tea Room, The French Mix, Garden Inn, Gilbar Inc., Good Dog Naturally, Gracie's, The Green Room, Gulf Coast Bank & Trust, Hampton Inn, Hebert's Cleaners, Heritage Bank of St. Tammany (Covington), History Antiques & Interiors, Homewood Inn & Suites, Jewel's Cigar & Briar, Jo's Barber Shop, Lola's Restaurant, Mac's on Boston, Mail, Ship & Copy, Marsolan's Feed & Seed, Matina Bella, Mellow Mushroom Covington, Mo's Art Supply, Motif, New Orleans Food & Spirits, Nonna Randazzo's Italian Bakery, O'Keefe's Feed & Seed, Our Place Studio, P.J.'s Hwy 190, P.J.'s Hwy 21, P.J.'s Hwy 25, P.J.'s (St. Tammany Parish Hospital), Roy's Knife & Archery Shop, Sala Thai, Shop Soul Boutique, St. John's Coffeehouse, St. Tammany Art Association, St. Tammany Humane Society, St. Tammany Parish Library (Covington Branch), Sunshine Garden Health Food Store, Toad Hollow, The Whimsy Shop, Winos and Tacos, Vazquez Restaurant, The Yoga School, Yujin Japanese Restaurant, Zita's Place

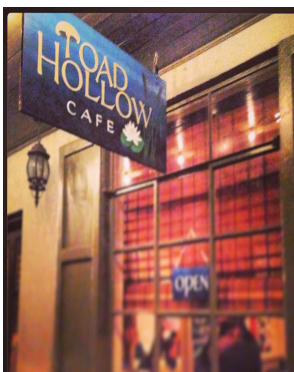
More Live Music Friday Night In Downtown COPA Presents Debbie Davis & the Mesmerizers



On February 6th, the Center of Performing Arts continue their Friday Night Music Club series with The Mesmerizers, featuring Debbie Davis, Matt Perrine, Alex McMurray, and Josh Paxton. Whether you have seen them on an episode of TREME, on Bravo's Top Chef: New Orleans, or performing in any of the finer music venues in the city, you won't want to miss this evening of entertainment. Read more about Debbie Davis' extensive musical career at www.debbiedavismusic.com. Individual tickets to concerts can be purchased at COPA's website.

The Friday Night Music Club Spring series includes five concerts featuring notable New Orleans acts right here in downtown Covington, in the intimate comfortable setting of COPA's community theater. Each concert is from 8pm-10pm, and will feature two sets of music and an intermission. Attendance at these events includes Meet and Greet time with the artists before the show and at intermission. www.centerofperformingart.net

First Fridays Unplugged At Toad Hollow



Toad Hollow invites you to their First Friday Unplugged, featuring live acoustic music Timothy Gates from 6 p.m. to 8 p.m. Cocktails served from 4:30 p.m. to 7:30 p.m. Toad Hollow offers vegetarian and vegan selections on their menu, serving only the best, mostly organic ingredients. Soup, salad, sandwiches and chef's specialty entrees, all paired with craft spirits, local brews and organic wines.

www.toadhollowcafe.com



Quote of the Week

"What is done in love is done well."

- Vincent van Gogh

Third Quarter



Wednesday 2/11

5th Covington Business Resource Workshop Award Winning Series' First Workshop Of 2015

It's not too late to pre-register as seating is limited for the fifth installment of the award-winning Covington Business Resource Workshop series which will be held on Thursday, February 26th, from 8:30 a.m. to 11:30 a.m. (8:00 a.m. on-site registration), in the Bogue Falaya Hall of the Greater Covington Center, 317 N. Jefferson Avenue.

The City of Covington and the Covington City Council Economic Development Committee will host the workshop, entitled Covington -- Your Place for Business. The purpose of this workshop is to introduce people who are interested in opening their business in Covington and further assist current businesses in the City to provide the tools and resources to prosper. Guest speakers at the workshop include: Parish President Pat Brister, Mayor Mike Cooper, City Councilman Larry Rolling, District D, City of Covington Director of Administration, Gina Hayes, St. Tammany Economic Development, Brenda Bertus, North Shore Area Board of Realtors (NABOR), David Holloway, U.S. Small Business Administration (SBA), Melissa Daigrepont, Louisiana SBDC at Southeastern Louisiana University, SCORE, Sandy Hughes, and Covington Business Association (CBA), Brad Schroeder.

"Anyone considering investing in Covington for their business endeavors should plan to attend this free workshop to further their knowledge on the many significant business tools and resources that will be discussed. Topics will include the Covington business environment, real estate leases/purchasing, business financing and marketing strategies," Councilman Larry Rolling, District D, Chairman of the Covington City Council Economic Development Committee.

This event is free and open to the public and is a great opportunity for local business owners to network and keep up to date with the business climate. Pre-registration is recommended, as seating is limited. Visit www.lsbdc.org for more information. Refreshments provided by the Covington Business Association.

Contact Councilman Larry Rolling, District D, at (985) 234-9527, RollingDistrictD@aol.com or visit the City of Covington website: www.covla.com for more information.

Find Covington Weekly At These Fine Establishments:

Green Room Presents Junko Beat Friday



Junko Beat is New Orleans afro funk (the mother beat) meeting Beethoven/ Weather Report. Featuring New Orleans drummer Chris Lacinak and West African drummer Seguenon Kone.

Saturday Thomas Bivens & the Mockingbirds play at 7, followed by karaoke with "Sweet" Trevor Hart. No cover for shows, late night gyros by Baba Ganoush!

50th Krewe Of Olympia Rolls This Saturday

Covington's Krewe of Olympia will roll out this Saturday evening, February 7th at 6 p.m. The Krewe of Olympia is celebrating its 50th year of bringing New Orleans style Mardi Gras parades to the northshore. Find out more about the Krewe of Olympia at www.kreweofolympia.net



Olympia Party With Rock-It Productions At Columbia Street Rock N Blues This Saturday



Farmer's Market Recipe

Spicy Mustard Greens & Roasted Sesame Stir Fry

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

Ingredients:

- 1 tbs sesame seeds
- 1 tbs toasted sesame oil
- 1 bunch (about 7 cups) mustard greens, wash & chopped
- 1/4 lb of shiitake mushrooms
- 1/3 cup shredded carrot & radish
- 1 tbs minced fresh garlic
- 1 tsp minced fresh ginger
- 1 tsp dried chili flakes
- 2 tsp rice wine vinegar
- 2 tsp soy sauce
- dash of course salt



Cooking Instructions:

This is a quick & easy recipes, and a tasty way to get the amazing health benefits of fresh mustard greens! This stir fry is delicious by itself over rice, or add chicken or pork for a traditional Chinese dish!

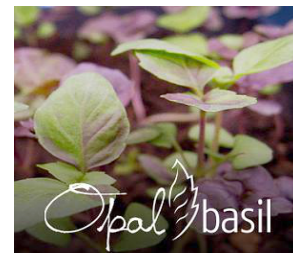
Chinese cuisine suggests putting the mustard greens in boiling water with a little salt & oil for about 2 – 3 minutes to preserve its fresh green color. Strain in a colander and let sit aside.

In a large skillet or wok, roast the sesame seeds over medium heat, stirring constantly until they are golden brown and crackling, about 2 minutes. Transfer to bowl and set aside uncovered.

Add sesame oil to hot skillet & heat at medium-high until it begins to smoke (only a minute or so). Stir in the mustard greens, and continue to stir about 1 – 2 minutes as greens cook down. Mix in mushrooms, radish, carrot, garlic, ginger, chili flakes, rice wine vinegar, soy sauce, & salt. Stir for a few more minutes. Remove from heat, mix in roasted sesame seeds, and serve over steamed rice!

This Week at the Covington Farmer's Market

Robert Vasquez of Opal Basil will prepare the food demo Saturday. Musical guest is Christina Salls.



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Covington Weekly
FREE! **February 4 - 10, 2015**
Happening This Week In Covington
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 @ 600 block Columbia St. Local, fresh produce, meats & prepared foods, plants & more! Opal Basil for the food demo at the market and Christina Salls plays music in the gazebo.
Covington Brewhouse Brewery Tours - Saturdays 10 am - 2 pm @ Covington Brewhouse Free tours of Covington's own brewery. - 226 E. Lockwood St.
Music with the Maestro - Tuesdays 7 pm @ The Lake 94.7 FM Local music program featuring Robert Sturcken of Center of Performing Arts with local musicians.
Artists At The Galleries
Henry Hood Gallery "Contemporary Visions" at Henry Hood features Charles Blank, Andrew Boyd, Cissy Carville, Jean Flint, Jacquie Inda Hood, Lucille Hunter, Linda Katz, Maggie McConnell, Jeff Mickey, Laura Mitchell, Dale Newkirk, Brian Schmidt, Dennis Sipiorski, Ruth Sipiorski and Keith Villere. - 325 E. Lockwood St.
Tammany Art Association "Nature's Essence: Two Visions" - Paintings by Marcia Holmes and Jim Seitz - 320 N. Columbia St.
Tripole Gallery Featuring Paula Blackwell, Morgan Cameron, Robert Cook, Tracey Davis, Molly Duet, Donna Landry Duffy, Michael Eddy, Elizabeth M. Haskins, Steve Hasslock, Ken Tate, Craig McMillin and Michael Zavison. - 323 N. Columbia St.
Three Rivers Gallery Group Members Exhibit "Small Works" - 333 E. Boston St.

KREWE OF OLYMPIA PARADE
Saturday February 7, 2015
6:00 P.M.
 through Historic Downtown Covington

KREWE OF OLYMPIA
 LUDUS JOCUS SOCIETAS

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& EATERY
Live Music At The English Tea Room
Thursday- Timothy Gates-
Acoustic High Tea 12 - 2 pm
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Feb. 20 is Sold Out!
Reservations Available for Sunday March 1st 2:30-4:30pm
Columbia Street Rock n Blues Cafe call 985-892-9949
Wednesday Service Industry Night/Karaoke - Thursday Comedy Night with Corey Mack 9 pm - Friday - Saturday - Available for Catering and Private Parties! VIP area available!

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PERFORMING ACOUSTICALLY
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OLD SCHOOL HIP-HOP

The Green Room call 985-892-2225
Monday - Trivia Night Tuesday - The Sessions w/ DJ Minor Wednesday Open Mic Night Thursday Karaoke Friday - Junko Beat! Saturday - Thomas Bivens & Mockingbirds @ 7 + Karaoke with Trevor Hart! Sunday - Karaoke w/ Bobby Blaze!
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