

FREE Covington Weekly

February 15 - 21, 2012

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Local News:

Ramping up for Fat Tuesday



Despite being faced with the coldest day of the year so far, the Mystic Krewe of Olympia Parade was an enormous success. St. John's Coffeehouse served hot drinks and food out of their window on Boston Street, and the local bars and restaurants featured food and drink specials. The party kicked into second gear after the parade with live music at the Green Room and Columbia Street Tap Room. With much of the party carrying into the morning, Covington proved once again that Mardi Gras isn't just for New Orleans.

Tuesday's Parades have a great family atmosphere, starting off with the Lions Club Parade at 10 am and followed by the Mystic Krewe of Covington at 11 am. After the parades are over, be sure to check out Four Unplugged playing live at The Columbia Street Tap Room.



For updates on events, live music and current sales in Covington, visit "Covington Weekly" on Facebook, or sign up for our e-mail list at www.media9productions.com.



Quote of the Week

Tuesday

2/21

“ In the middle of difficulty lies opportunity. ”



Albert Einstein

New Moon

Farmer's Market Recipes

Muffelatta Torta and Sausage Frittata with Crispy Turnips and Apple Butter Toast for Two

Chef Sorelli



Collect:

- 1 Dozen Eggs (Grammy's Fresh Yard Eggs)
- 1 8oz Container of Muffelatta Torta (Jeanie Simmons)
- 1 Loaf of Oat Pecan or Seedilicious Whole Wheat Bread (Windfield Farms Bakery)
- 1 lb Ground Pork Sausage (Justin Pitts)
- 1 Jar of Apple Butter (Abundant Life Kitchen)
- 1 lb Turnips (Father and Son Vegetables)
- 3 tablespoons of butter or oil for potatoes and Frittata

To begin, parboil turnips about twenty minutes until fork tender. Heat oven to 350 degrees. Set aside turnips when cooked and cool completely (set in fridge to cool faster). Next, crumble sausage and cook approximately 4 ounces in a non-stick pan or iron skillet that will be used for cooking eggs next. When Turnips are cool, heat another pan with 1 1/2 tablespoons of butter and oil. Begin to warm pan on a medium heat. Dice the turnips to 1/2 inch cubes and toss with salt and pepper before adding to the pan so it will be even. Cook turnips till golden brown and crispy on each side, flipping carefully. Next, whisk 4 eggs with a splash of milk to give a little extra fluffiness. Add salt and pepper to taste. The sausage should be cooked, drained and set on the side waiting to be added to the eggs. Using same pan, add remaining butter or oil and begin warming to a medium heat. Add eggs once it is hot again. While eggs are cooking do not disturb or move them. Let them cook until there is a noticeable crust forming around edges. Add the sausage and crumble about 1/4 to 1/2 of the Muffelatta Torta, to your preference. Put the pan in the oven on the top shelf and let cook about ten minutes. While frittata is cooking, cut and toast the bread. Spread the apple butter on the toast. Once the egg is cooked on top the frittata is ready to be plated. Use a rubber spatula to remove the omelet, as well as the turnips.



The 3/50 Challenge

Locally owned business is the basis of local economy. For every \$100 dollars that is spent locally, \$68 of that returns to the community. Shop Local by spending \$50 in three local businesses over the course of a month. This week, we'll be visiting:

H. J. Smith & Sons, Copper Rooster Antiques & Gifts, and 407 North.

H. J. Smith & Sons

A staple of Historic Downtown Covington, H. J. Smith and Sons is one of the oldest continually running stores in Covington. The general store is full of unique gifts and home improvement items, and the Smiths also run a free museum, which was added on to the building in 1975.

308 N. Columbia St. Covington, LA

Copper Rooster Antiques & Gifts

The Copper Rooster is a quaint antique shop filled with treasure at every turn. Items include one of a kind antique jewelry, furniture, home decor, gift items, collectables and art. This is the perfect stop to find that unique gift, on beautiful Lee Lane.

222 Lee Lane Covington, LA

407 North

Relax in the hip, casual atmosphere of 407 North while enjoying contemporary Southern fare. With seafood, soups, sandwiches, wraps and salads, there's something on the menu for everyone. Reservations or walk-ins, groups, parties and catering available. Live music on the weekends with Happy Hour Tuesday through Friday from 11 am to 6 pm.

407 N. Columbia St. Covington, LA



Non-Profit Spotlight: St. Tammany Humane Society



The St. Tammany Humane Society is Louisiana's largest non-profit, no-kill animal welfare organization. Since 1953, the St. Tammany Humane Society has been serving the unwanted, neglected, abandoned, and abused animals of the gulf coast region. The STHS is an independent, non-governmental shelter that offers veterinary care, fostering, and adoption services. They rely solely on the support of caring people like you to fund programs and services that profoundly benefit the animals of our community.

St. Tammany Humane Society has developed a Feral Cat Fix Project, which has started a 'Trap, Neuter, Release' campaign in St. Tammany. The Humane Society will host a Feral Cat Spay Day March 1st during which they will be neutering feral cats for a reduced price. Call ahead, reservations are required in order to participate. The cats will also be administered a rabies vaccine.

The Feral Cat Fix Project relies solely on the contributions of friends and supporters like you. To contribute to the Feral Cat Fix Project, call the humane society at (985) 892-7387, or mail your check to STHS: 20384 Harrison Ave. Covington, LA 70433.

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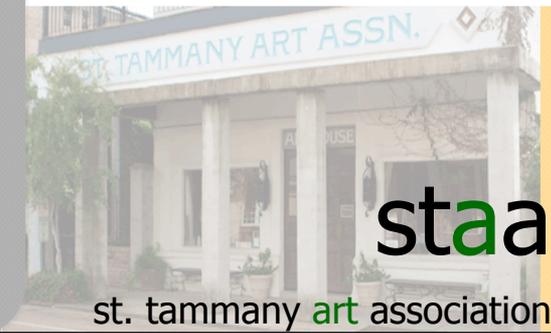
H.J. Smith and Sons
A Staple of Historic Downtown Covington

Walking into H.J. Smith and Sons General Store today isn't much different than it was 140 years ago. You can find just about anything you need for general home maintenance as you meander through aisles of unique items and outdoor gear. Larry Smith will give you the tour, just as the five generations of Smiths before him have. You can discover downtown Covington's rich history as a prosperous railroad and port town in the free museum, which was added on in 1975.



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YOUTH SERVICE BUREAU
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Live Music Listings

Feb. 15 - 21
Green Room
Wed. - Open Mic Night / **Thurs.** - DJ Gene & \$1 Drinks for Ladies / **Fri.** - Christian Serpas & Ghost Town / **Sat.** - Killahouse Party / **Sun.** - Karaoke with DJ Bobby Blaze / **Mon.** - Todd Lemoine's Acoustapunk Show + Red Beans! Free Show
Columbia St. Tap Room
Thurs. - Mike Epstein & Ryan Gresham Acoustic / **Tues. (Mardi Gras)** - Four Unplugged

Galleries
(Featured artists at local galleries)

St. Tammany Art Association Members Exhibit
Fielding Gallery: Roc Paul / Elizabeth Brown / Steve Hasslock / Jena Karr / Alexei Kazantsev / Tracy Lambert / Stephanie Schoen / Heather Vallaire / Keith Villere
Tripolo Gallery William Binnings / Rebecca Rebouche / Alice McNeely / James Michalopoulos / Nancy Hirsch-Lassen / Robert Cook / Craig McMillin / Scott Ewen / Ken Tate / Scott Upton
Three Rivers Gallery Harriet Blum / Peggy Hesse / John Hodge / Suzanne King / Donald Maginnis / Valeric Stangl McIncon / John Preble / Max Ryan / Roy Robinson

Events
Tea & Trunk: A Northshore Fashion and Networking Event
Wednesday, February 15th at Fielding Gallery, 1 to 4 pm
525 E. Boston St. Covington, LA

Come out to the Fielding Gallery for an afternoon of tea and treasures featuring Mardi Gras costumes, gowns, handmade jewelry, purses, vintage clothing, accessories and art! This is a local fashion event to showcase the works of community artists and designers, sponsored by Fielding Gallery. Refreshments are being donated by Chef Britten Knickerbocker and Baker Julie Odell of St. John's Coffeehouse. Photographer Mark St. James will cover the event. For more information contact 703-626-8841 or 504-782-2527.

Mardi Gras Day Parades in Covington: The Lions Club Parade and the Krewe of Covington
Fat Tuesday, February 21st, starting at 10 am

Mardi Gras Day in Covington starts with the Lions Club Parade, a traditional small truck and wagon parade ideal for kids and families. Directly following is the Mystic Krewe of Covington Parade, first organized in 1951 as the Krewe of KaaCee after the initials of it's founding group, the Knights of Columbus.

Free listing of public events in the Covington area. To submit events, email covweekly@media9productions.com.
Deadline is every Friday.

Things I've Chewed
by **Amelia Bearheart**

When I was a puppy, my favorite pastime was chewing on things. Books, shoes, candles... whatever was around, really. Now that I'm older, I realize that my owners don't like it when I chew on their stuff. I started chewing on sticks and pine cones, but they didn't like that either. They give me things I can chew on, and they're a lot more fun! I saw the place where they get my chew toys, but I could only watch from the truck. I want to go in there one day.



(Amelia, 2 months old)

Editor's note: Supervision is always a good idea while your pet is chewing on approved chew toys. Some items may cause obstructions. Consult your veterinarian for suggestions about chew toys that are appropriate for your pet. Chewing is a natural part of your pet's growth and is helpful in maintaining healthy gums and teeth.



Things I've Chewed

Professional Corner

Business Features

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