

FREE Covington Weekly

February 8 - 14, 2012

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Local News:

Mardi Gras in Covington

It's that time of year again! Covington is kicking off Mardi Gras with the Mystic Krewe of Olympia Saturday, February 11th, starting at 6 pm. They will be following their usual route, which is posted on kreweofolympia.net. Mardi Gras day also offers the regular Covington parades; the Lions Club parade will be starting at 10 am followed immediately by the Krewe of Covington at 11 am. With all of this excitement we can't forget that Valentine's Day is just around the corner, next Tuesday. Check the back for Valentine's ideas.

Quote of the Week

“Kind words can be short and easy to speak, but their echos are truly endless.”

Mother Teresa

Wednesday	Hi 67 Lo 49		Tuesday
Thursday	Hi 67 Lo 46		2/14
Friday	Hi 66 Lo 45		
Saturday	Hi 64 Lo 45		First Quarter
Sunday	Hi 70 Lo 50		
Monday	Hi 69 Lo 53		
Tuesday	Hi 72 Lo 50		

Farmer's Market Recipes

Baked Whole Pepper Jelly Chicken with Caramelized Carrots and Kale

Collect:

- 1 Whole Chicken (G F Farms)
- 1 Jar of Pepper Jelly (Buzby's Best)
- 1 Bunch of Whole Carrots (The Garden)
- 1 Bunch of Local Kale (Grow Farms)

Heat oven to 325 degrees. Clean and wash chicken. Using your fingers, separate the skin from the chicken without removing. Set the chicken inside a baking dish. Use the whole jar of pepper jelly by spreading it under the skin of the chicken. If there is any excess, put it in the bottom of the dish along with half of the jar filled with water. Next put on a small pot of salted water big enough to fit the carrots. Peel and cut off the green tops of the carrots and set aside until water comes to a boil. While water is warming, clean and cut greens down small. Add carrots when water is boiling. While the carrots are boiling, heat oil in a large skillet. Drain the carrots when they are fork tender and add to the hot skillet. Turn the carrots until they are nice and golden on all sides. Once the carrots are golden brown add the chopped kale and garlic. Add salt and pepper to taste. When the chicken has reached an internal temperature of 165 degrees it is ready to serve.



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. The 3/50 Challenge asks that you spend \$50 in three locally owned businesses over the course of the month. This week, we'll be visiting **Jewel's Cigar and Briar, The English Tea Room, and New Orleans Food & Spirits.**

Jewel's Cigar and Briar

Jewel's offers a wide selection of cigars, pipe tobacco, fine tobacco, briar pipes, lighters and other accessories. With a cozy sitting area and local flair, Jewel's is the stop to find out what's happening today in Covington. **201 N. New Hampshire St. Covington, LA**

The English Tea Room

For a genuine English experience, visit the English Tea Room. A tidy little cafe with British charm, it serves over 100 loose leaf teas from around the world. A breakfast and lunch menu is available, and The Tea Room is the perfect setting for parties and showers. **734 E. Rutland St. Covington, LA**

New Orleans Food & Spirits

N.O. Food and Spirits was first established in the 1960's and is now locally owned and operated by the Bergeron family. They are known for their fried seafood and traditional New Orleans menu. Come enjoy their gumbo, jambalaya and red beans. Le bon temps roulez! **208 Lee Lane Covington, LA**

Non-Profit Spotlight: Fleur de Hope

Fleur de Hope is a local non-profit started in 2010 by breast cancer survivors Jill Aucoin and Janie Boyer. Their experiences battling the disease brought to their attention a need within the local community for an organization of people to encourage others in similar situations. They aim to promote both preventative care as well as maintaining a positive outlook after diagnosis. "We want people to understand that cancer is no longer a death sentence," says Jill, a one year survivor herself. Fleur de Hope recently produced a CD featuring many local musicians with original music to promote the organization. Local musician Mark Bergeron teamed up with David Heintz at Sound Landing Recording Studio in Downtown Covington to produce the first disc. They will be working on a second CD with more local artists soon. For more information on the organization, visit their Facebook page, "Fleur de Hope".

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Local History: The Mystic Krewe of Olympia

It was 1965, shortly after Mardi Gras. A group of friends sat at the Galley Restaurant across from the old Covington Courthouse. Lieutenant Colonel Earl Wilson, Warren Illing, Sr, H.M. "Ollie" Olson, and James Heinrich were among them. The conversation turned to the local Mardi Gras day parade, assembled by the Lions Club. Colonel Wilson, who at the time was the president of the Chamber of Commerce, made mention of the fact that most rural St. Tammany residents had never seen a "New Orleans style" parade, adding "wouldn't it be great to bring one to the community?" By the end of the meal plans were underway to form Covington's first carnival organization. The group relied on community support, and the Mystic Krewe of Olympia's first ball was held in 1966 at St. Paul School's field house.

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Live Music Listings

Feb. 8 - 14

Tap Room Thurs. - Rick Samson & Friends Acoustic / Sat. - Five Finger Discount, Olympia Parade Specials

Green Room Wed. - Open Mic Night / Fri. - First Fracture / Sat. - 3 Bands, Free Food and Draft Beer while it lasts! / Sun. - Karaoke w/ DJ Bobby Blaze / Mon. - Todd Lemoine's Acoustapunk Show + Red Beans! Free Show



Galleries



(Featured artists at local galleries)

Fielding Gallery Stephanie Schoen / Elizabeth Brown / Tracy Lambert / Keith Villere / Alexei Kazantsev

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

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

**Three Rivers Gallery Open House Featuring Gail Glassman
Friday, February 10th, 6 to 9 pm at the Three Rivers Gallery**

333 E. Boston St. Covington, LA

Visit Covington's newest art gallery for an Open House to view Gail Glassman's most recent work. Featuring art, prints, photography, and pottery from other award-winning regional artists, Three Rivers Gallery also has beautiful hand-made gift tiles and artist note cards.

**The Mystic Krewe of Olympia Parade
Saturday, February 11th, starting at 6 pm**



Come out and join the party Saturday night with the Mystic Krewe of Olympia Parade. The parade will start at 6 pm on Jefferson Avenue in front of the Justice Center and will follow its usual route, which is posted on www.kreweofolympia.net.

Professional Corner

Valentine's Day Suggestions

If you're still looking for the perfect gift, we'd like to suggest David Pierson Designer Jewelry on Lee Lane for hand-crafted jewelry with a local flair. Order a beautiful floral arrangement from C.J.'s Florist or Margie's Florist. As a start to the day, The English Tea Room is taking reservations for their Valentine's Special for two. Coffee Rami and St. John's Coffeehouse are also great choices for breakfast and brunch.

Ristorante Del Porto and 407 North are perfect spots for a romantic dinner. For those who feel more confident in the kitchen, test your cooking skills with Leslie's Market Recipe. Shop the Covington Farmer's Market for your fresh ingredients, and find a wine to pair with your meal at Acquistapace's. For an end to the evening, try the Valentine's night life with The Tap Room's Lonely Hearts Club.

Business Features

The 'Professional Corner' column offers business owners an opportunity to go into greater detail about their business or any sales promotion and can include their logo and/or pictures.

**Up to 150 words + your logo!
Only one 'Feature Business' column in every issue!
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