



Martin Luther King Day

Celebrations in Covington



On Monday, January 21st, the City of Covington celebrates the life of Dr. Martin Luther King Jr. beginning with a parade at 10 a.m. and followed by a commemorative service at 11 a.m. in the Fuhrmann Auditorium. A family event featuring food, games and friendship will conclude the day's events at Peter S. Atkins Park.

The parade will begin at Atkins Park (28th and Tyler), turning right on Filmore, then right on 31st. It will proceed right on Van Buren to 28th Avenue, turning left on Jefferson and ending at 317 N. Jefferson (Fuhrmann Auditorium). The 11 a.m. service will feature the Greater Covington Community Gospel Choir, and the Reverend Alfred Nathan Young III will be the keynote speaker. The theme of this year's event is "We Won't Go Back (Forward)", and it is the City of Covington's 25th annual MLK celebration. Free and open to the public, all are invited to attend and take part in the family activities.



Considered by some to be a radical proponent of civil disobedience and the practice of non-violence, King was assassinated in Memphis, TN in 1968.

Presidential Inauguration On January 21st

Our country's 57th Presidential Inauguration will also take place on January 21, 2013. Last year, the website Ancestry.com released research indicating that President Barack Hussein Obama was a descendent of the first documented African slave, John Punch, through the lineage of his Caucasian mother, who hails from Kansas.

St. Tammany Photographic Society

Show Opening Saturday At STAA



Exhibit runs January 19th through February 2nd.

Sugar Blues Seminar

January 17th at St. John's Coffeehouse

Find the "hidden sugar" in your diet! Find out why sugar substitutes aren't the answer, understand how sugar affects your mood and body, help your kids make healthier choices, and get rid of sugar cravings once and for all! All attendees will receive a free gift! RSVP with Earth Girl Health at earthgirlhealth@gmail.com or call 985-231-8006.

High Tea, Low Hormones

A Woman's Health Workshop at The English Tea Room

Reserve a spot for Saturday, January 19th at 4:00 pm, as the English Tea Room is honored to host High Tea - Low Hormones. This is a wonderful opportunity to listen to the experts from Central Drugs, Don Fellows, RPh, and Jan Lantrip, RPh, as they discuss women's health and bio-identical hormone replacement therapy. A special high tea will be served during the discussion. The cost is \$20 per guest and reservations are required. Here's to good health!

National Hot Tea Month

January is National Hot Tea Month. The English Tea Room features one of the largest selections of loose teas in the area. Stop in today!



Farmer's Market Recipes

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

Vegetarian French Onion Soup

Ingredients:

- 1 sweet onion, thinly sliced
- 1 red onion, thinly sliced
- 2 garlic cloves, minced
- 1/2 teaspoon of brown sugar
- 1/2 teaspoon of freshly ground black pepper
- 1/2 teaspoon of natural sea salt
- 1/4 cup of dry white wine
- 8 cups of vegetable broth
- 1/4 teaspoon of fresh thyme, chopped
- 8 thick slices of French bread
- 8 slices of Swiss cheese
- 1 tbslp extra virgin olive oil
- 1 bay leaf



Cooking Instructions:

Heat a little oil in a large covered soup pot over medium-high heat. Add onions and garlic, saute until tender, about 5 minutes. Add sugar, salt and pepper, reduce heat to medium, and cook for about 20 minutes, stirring frequently. Increase heat to medium high once again and saute until the onions are golden brown. Stir in wine and let simmer for a few minutes, until some of the wine has evaporated. Add broth, thyme and the bay leaf, and bring to a boil. Cover, reduce heat, and simmer for about an hour, stirring frequently. Preheat broiler. Place bread slices in a single layer on a baking sheet (use two sheets if necessary). Broil for one minute, flip, then broil for another minute to achieve evenly toasted bread. Remove bay leaf and ladle one cup of the soup into 8 oven-proof bowls. Place a slice of bread on top of each bowl, and cover with a slice of cheese. Broil for 3 minutes, or until cheese begins to brown.

Arbor Day Giveaway

Keep Covington Beautiful Seedling Tree Giveaway at the Saturday Farmer's Market

Start 2013 out right and plant a tree! Keep Covington Beautiful celebrates Louisiana Arbor Day with a tree giveaway. Native bare-root seedlings include crabapple, mayhaw, red mulberry, rough-leaved dogwood, black walnut, cherrybark oak and cow oak. Starting at 8 a.m. and ending when they're all gone, stop by the KCB booth early for the best selection!

ST. TAMMANY HUMANE SOCIETY

Fine Wines for Canines



stHUMANE.com

Five course dinner & wine pairing

Friday, January 18th
7 pm - 10 pm
Cocktail Hour (cash bar) 6 pm

Fine Wines for Canines is a limited seating benefit dinner featuring an all-inclusive five course meal by Chef Ronald Bonnette of Annadele's Plantation. Nick Dischler of Wines Unlimited will provide the wine which will be paired perfectly with each course. Participants can also enjoy a cash bar beginning at 6pm featuring drinks like the Maltese Martini, Dalmatian Daiquiri, Bulldog Beers, and much more! Price per ticket is \$85 (that includes all tax and gratuity!). Reservations are pre-paid in advance by calling Annadele's, and no reservations will be accepted the day of the event. To reserve your spot today, call: (985) 809-7669

Quote of the Week

"Faith is taking the first step even when you don't see the whole staircase."
- Dr. Martin Luther King Jr.

Friday
January 18

First Quarter

Recycling Mardi Gras Beads

Every year, an estimated 25 million pounds of Mardi Gras beads are dispensed during the carnival season. Usually, these beads make their way to landfills, or occupy piles of trash bags in our attics. In the last few years, efforts have been made to recycle the festive adornments. The New Orleans based nonprofit Arc of Greater New Orleans promotes a 'Catch and Release' bead recycling trailer that follows some parades, allowing Mardi Gras attendees to throw back their unwanted beads after the parade. The beads are then collected, sorted, and sold back to bead manufacturers at a reduced price.

The local art scene also has a unique project. German born New Orleans artist Stephan Wanger holds the Guinness World Record for the largest Mardi Gras bead mosaic (42 feet wide and 8 feet tall!), and he is actively working to break his own record this year as part of an effort to benefit the Catch and Release bead recycling program. The latest endeavor is sponsored by Mardi Gras World and benefits Arc of Greater New Orleans and St. Michael Special School. Volunteers are encouraged to help out at Mardi Gras World, Monday through Sunday, 10 a.m. to 4:30 p.m.

You can drop off beads for the Arc of Greater New Orleans locally at the Neurological Rehabilitation Living Centers Louisiana, 614 West 18th Avenue in Covington.

There are a lot of neat recycled bead projects out there. You can do the simple "turn your Christmas tree into a Mardi Gras tree" by removing ornaments and hanging beads from your tree, or you can wrap beads around a cone to make your own Mardi Gras tree. You can fill a bowl or plate with beads and other Mardi Gras trinkets to make a lovely table centerpiece. Some people glue beads to various objects such as picture frames, candle holders or drink cozies to "Mardi Gras-ify" them. Sewing beads around the thread that holds them together to items of clothing can insure that you have the most unique outfit this year. These are great projects to do with the kids, but always keep in mind that small plastic items pose a choking hazard for the younger tykes!

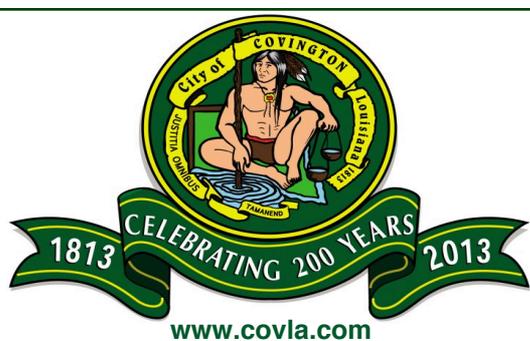


Traditional Organic Farming



Industrial farming methods of today differ greatly from traditional farming methods of the past. In the post World War II era, the creation and use of synthetic compounds in industrial agriculture exploded, primarily in the application of pesticides and fertilizers. These compounds are hailed as being more effective, easier and cheaper than traditional methods. However, with the increase of health concerns at a frequency not experienced before, consumers are beginning to question the reality of these claims and the true nature of their effect on ourselves and our environment. This has been met with ridicule bordering on contempt, and some scholars even call the new methods "conventional farming", while referring to organic methods as "non-traditional".

What are traditional farming methods? Before the invention of synthetic agents, organic farming was simply called "farming". Many practices included crop rotations, passive and active pest prevention, and intensive farming. With crop rotation, many farmers would rotate their fields between crops, chickens and cattle. They would also rotate crops within their crop field. When decomposing, certain crops will provide essential nutrients for the soil, whereas having the same crop in one spot too long will ultimately lead to disease. Pest prevention measures included regulating soil composition, ensuring proper water and sunshine, and planting "companion plants", which repel harmful pests and/or attract beneficial insects. Intensive farming often includes boxes or raised gardens, which can help prevent diseases, offer protect against pests, and effectively contain the nutrients in the soil. So why have these methods been phased out of most commercial agriculture? Quite simply, in large scale agricultural operations, they are not cost effective and may even be unacheivable. On the other hand, these methods are the cheapest and most effective for small local farms. A small farm or home garden using traditional methods will provide bountiful, nutritious yields, offer an enjoyable hobby for the family, and ensure an efficient way to provide a portion of the household food needs.



FREE Covington Weekly

Jan. 16 - 22, 2013

Covington Farmer's Market - Wednesday January 16, 10am - 2pm @ the Covington Trailhead Rain or shine, live "front porch jam", fresh local produce and prepared food. - 419 N. New Hampshire St.

Wine Wednesday - Wednesday January 16, 6pm - 8pm @ Winos and Tacos Get out of the cold and dreary, and step into the warm and fun! Free tasting from Artisan Wines, and Parker will be on the stage for some nice, smooth sounds - 321 N. Columbia St.

Sugar Blues Workshop - Thursday January 17, 5:30 pm @ St. John's Coffeehouse Learn more about how sugar affects you! Attend this free workshop! Call 985-231-8006 or email earthgirlhealth.com to RSVP. - 535 E. Boston St.

Fine Wines for Canines - Friday January 18, 7 - 10 pm @ Annadele's Plantation Five course dinner and wine pairing to benefit the St. Tammany Humane Society. \$85 per ticket, pre-paid in advance by calling 985-809-7669. - 71518 Chestnut St.

Arbor Day Celebration Seedling Tree Giveaway - Saturday January 19, 8 am @ the Covington Farmer's Market Keep Covington Beautiful celebrates Arbor Day with a free tree giveaway! While supplies last, show up early before they're all gone! - 600 block of Columbia St.

Covington Farmer's Market - Saturday January 19, 8 am - 12 pm @ the 600 block of Columbia St. Fresh local produce, raw and prepared foods, plants and vegetables, live music by Jerry Hess beginning at 9:30, food demo by new market vendor Mr. Norbert, who will grill and serve his authentic German sausages. - 600 block of Columbia St.

High Tea, Low Hormones - Saturday January 19, 4 pm @ The English Tea Room A woman's health workshop with experts Don Fellows RPh and Jan Lantrip RPh. \$20 per guest, reservations in advance by calling 985-345-5120 or 985-898-3988. - 734 E. Rutland St.

St. Tammany Photographic Society Exhibit Opening - Saturday January 19 @ St. Tammany Art Association The St. Tammany Photographic Society Exhibit opens January 19th and runs through February 2nd - 320 N. Columbia

Martin Luther King Day Celebrations - Monday, January 21 starting at 10 am in Downtown Covington Beginning with a parade at 10 am followed by a commemorative service at 11. A family event featuring food, games and friendship will conclude the celebrations. Free and open to the public, all are invited to attend and participate.

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... and more added frequently!

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covington business association

www.covingtonbusinessassociation.org

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www.covingtonsoccer.com

Covington Youth Soccer Association registration is now open for the 2013 SPRING SEASON Recreational Soccer. Boys & Girls Ages 5 - 14. ONLINE REGISTRATION! Registration ends January 25. Games begin on February 2.

For music and gallery listings January 16-22, visit www.CovingtonWeekly.com

Live Music At The English Tea Room

Enjoy live music at the english tea room on Tuesdays and Wednesdays! Jessica Meltz plays harp on Wednesdays from 12:00 to 2:00, and Timothy A.G. plays guitar during brunch on Tuesdays, 10:30 to 12:30.



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