

KEEP COVINGTON BEAUTIFUL KCB Arbor Day Seedling Tree Give-Away

Keep Covington Beautiful will celebrate Louisiana Arbor Day with the annual tree give-away at the Covington Farmers Market on Saturday, January 18, 2014, from 8:00 a.m. until noon, or until the tree seedlings are all given away. A variety of native bare-root seedlings will be available: Crabapple, Mayhaw, Mixed Plum, Redbay, American Elm, Bald Cypress, Live Oak, Cherrybark, Cow and White Oaks. Louisiana Arbor Day falls on the third Friday in January. The Arbor Day Proclamation by the Mayor of Covington reminds us of the many reasons to plant trees and to protect our woodlands. Trees:

- reduce topsoil erosion from wind and water
- cut heating and cooling costs while moderating temperature
- clean the air & produce oxygen while providing a habitat for wildlife
- are a renewable resource for many wood products
- increase property values, enhance the economic vitality of areas and beautify the community.

985-867-3652 www.keeptocovingtonbeautiful.org Community Disaster Loan Forgiven By FEMA

City of Covington Special Community Disaster Loan Forgiven by FEMA On behalf of the City of Covington, Mayor Mike Cooper is pleased to announce the receipt of notice from FEMA for forgiveness of the city's \$1,800,900.00 Special Community Disaster Loan (SCDL). This loan was a result of the major disaster declaration on August 29, 2005, following Hurricane Katrina. The city was advised in a letter signed by Mr. William Roche, FEMA Public Assistance Division Director, of the full cancellation of the original loan and all accrued interest. Under the initial application submitted, Covington was unable to qualify for cancellation. Spearheaded by U.S. Senator Mary Landrieu, The Consolidated and Further Continuing Appropriations Act 2013 (the Act), was introduced and enacted into law directing FEMA to revise criteria for loan forgiveness. The Act enabled the city to resubmit application to include the additional fiscal periods. Based upon review of Covington's cumulative operating deficit during the five year period analysis, FEMA granted the city full cancellation of the loaned funds, as well as any interest accrued. "This is great news for Covington! Our citizens will directly benefit as revenue may now be allocated to future needs and services in our community, rather than reserving money for loan and interest repayment of over \$2.2 million to FEMA. I commend City Director of Administration, Gina Hayes and Finance Director, Alisa Faciane, who worked diligently to gather the pertinent information and submit the necessary documentation required by FEMA," Mayor Mike Cooper.

Tribute to Dr. Martin Luther King, Jr. Monday, Jan. 20



The Martin Luther King, Jr. 2014 Celebration Committee invites the City of Covington to join this year's commemoration of the life of the preacher, dreamer, revolutionist, and the greatest leader in the African-American Civil Rights Movement. The theme, "The Drum Major Instinct," illustrates another facet of Dr. King's life by highlighting a sermon he delivered about the dangerous impulse of wanting to feel important. He went on to explain that if you saw him as being at the front of the pack and drawing attention to himself, say that he did it for the right reasons: justice, peace and for righteousness. A tribute to Dr. King will include a parade, Celebration Program, and a fun afternoon at the Reverend Peter Atkins Park on Monday, January 20, 2014. The 2014 Annual MLK Service Project is a Food Drive. The Coordinator for this Service event is Kenneth Reeves of the Greater Starlight Baptist Church. All donations will benefit the Covington Food Bank. Non-perishable items are to be placed in boxes (furnished by the Celebration Committee) located at your place of worship and/or at the Celebration Program. We encourage everyone to attend and bring a food item to the Celebration Program. Following the program all food items will be delivered to the Covington Food Bank. The MLK Birthday Celebration will begin at 10:00 a.m., Monday, January 20, 2014, with the customary parade starting at Reverend Peter S. Atkins Park, marching throughout the West 30's neighborhood, ending at Fuhrmann Auditorium, Greater Covington Center, 317 N. Jefferson Avenue. The Commemorative Service will begin at 11:00 a.m., and feature the Greater Covington Community Gospel Mass Choir. The spirit-filled, dynamic Reverend George Burris, Pastor of Greater St. James Baptist Church, will be the Keynote Speaker. Immediately following the service, the celebration will continue at Reverend Peter S. Atkins Park with an afternoon of food, games and fellowship. For additional information, contact the city of Covington's Martin Luther King Holiday Celebration Chairperson, Beatrice Dunn Penn, (985) 249-1094, Vice-Chair, Gaynel Martin Perry, (985) 893-3767, City Councilman District A, John Callahan, (985) 264-6767 or Councilman District B, Jerry Coner, (985) 893-9689. www.covla.com

News From The Center Of Performing Arts

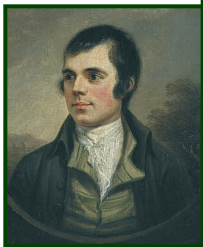
COPA To Host Jubilee Entertainment 2014 Theatrical Season
COPA is excited to announce that they will be working with Jubilee Entertainment, a new production company on the Northshore, to bring you their 2014 theatrical season here at Center Of Performing Arts. The season will begin with "Songs for a New World" on January 17th. Visit www.entertainjub.com for more information or to buy tickets in advance. "With a small, powerhouse multi-ethnic cast and a driving, exquisitely crafted score running the gamut of today's popular music, SONGS FOR A NEW WORLD is a great way to bring the next generation into the theatre." --Music Theatre International



The Voice Is Back in St. Tammany
Voice of St. Tammany, the Northshore's local vocal competition presented by Center Of Performing Arts and WYLK Lake 94.7FM, is back for its third season! Visit www.centerofperformingarts.net to register for Voice of St. Tammany 2014!

Upcoming Events At The English Tea Room

Scottish Poet Robert Burns Night
On January 25th at 7:00pm, join The English Tea Room for a celebration of Robert Burns! Serving traditional Scottish food favorites, they will also have a poetry reading of his works and, of course, bagpipes! Hear about Mr. Burns' life and the impact he had on British literary culture. Prepaid reservations are required and the cost is \$30.00 per person. **(985) 898-3988**



Downton Abbey Celebration

On February 7th at 7:00pm, join The English Tea Room for Downton Abbey Night! Come dressed as you are, as your favorite character or in costume to be a part of celebrating all that is English. We will be serving an elegant English dinner and tea. Prepaid reservations are required and the cost is \$30.00 per person. **(985) 898-3988**



Walker Percy Book Club Meetings

Join the English Tea Room on the 1st and 3rd Thursday of every month for the Walker Percy Book Club Meeting. The group is currently reading "The Moviegoer". WWW.ENGLISHTEAROOM.COM INFO@ENGLISHTEAROOM.COM

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"Your support, quick response and excellent customer service is sincerely appreciated." - KV in NOLA

"CNC is 'Johnny on the spot'. You guys are the best!" - SS in Metairie

"Highly professional people who know what they are doing!" - BB in NOLA

"Awesome job Louie, Thanks a Million!" - SF in Metairie

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Computer Network Consultants has been in business since 1997 and was founded by Louie Schwall.

Covington Police Officers Recognized For Service

Chief Tim Lentz reports that, at the January 7th council meeting, several Covington Police Department employees were recognized for exemplary actions performed during the course of their duties. On October 25, 2012 at approximately 01:45 am, Officer Casey Anthony located a vehicle that ran off of the road and crashed. The vehicle was on fire and the two occupants were slumped over, unable to free themselves from the vehicle. Ofc. Anthony pulled the occupants from the vehicle and away from the fire, saving their lives. On December 6, 2012 at approximately 12:34 am, officers responded to a house fire, where three children were trapped inside. The responding officers were instrumental in removing the children from the residence, administering CPR and getting them medical attention, saving their lives. Chief Lentz states, "The bravery and quick action by these men and women has clearly saved the lives of several people. For that, I am proud to be able to recognize their efforts and have them represent the Covington Police Department in such a positive manner." For going above and beyond the call of duty, the following officers received awards: Ofc. Casey Anthony- Life Saving Award; Sgt. Doug Arrowood- Life Saving Award; Dispatcher Tammy Bushnell- Life Saving Award; Ofc. Joel Crawford- Life Saving Award.

Quote of the Week
"Judgment is the tragic expression of an unmet need."
- Marshall Rosenberg

Wednesday
January 15
Full Moon

Small Group Training: Get Fit, Get Educated & Keep It Fun

Our Place Studio Works To Help You Keep Your Resolutions
Gym membership enrollment always shoots through the roof after New Year's. Folks start out with the best intentions. They hit the treadmill, the elliptical, a spin class, yoga, and try out the weights. And then...they start to lose steam. You stare at the treadmill and can't bear to do another boring mile, you have a feeling your squat is all wrong, and your shoulders and hamstrings are still not feeling comfortable with those Sun Salutations. What you really want is some expert guidance and more variety. But you can't afford a personal trainer to help you move forward. So, what next?
Small Group Training (SGT) may be just what you need. In an SGT session, up to 6 people work out together under the guidance of a skilled trainer, who tailors the workout to each individual's goals. Your SGT instructor adjusts for your weaknesses and strengths and structures a workout that improves overall health and fitness, keeps clients motivated and engaged, and also minimizes any risk of injury. Did I mention the affordable part? Your average one-hour private training session is \$60 - \$100. Small group training averages \$20 - \$25 per hour. Additional benefits of SGT include: corrective training for imbalances in posture, form, and movement mechanics, education in the basics of how body systems work together and what your body needs to become functionally stronger, more agile, balanced and healthy, and you'll also learn how to use your gym tools correctly, so you can progress safely and with the highest level of effectiveness in your practice and goals.
At Our Place Studio, we cross-train our clients in multiple fitness modalities, including basic weights/strength training, bodyweight work, P90X, pilates (floor & reformer), MovNat, Yoga, foam rolling, and more. When our clients work out on their own, we are confident they know how to use the equipment and exercise in the most effective and safe way for them, while keeping it fun and challenging.
Right now, Our Place is offering a fantastic Small Group Training special: \$65 for your first month of membership, includes UNLIMITED small group training, as well as a fitness evaluation and access to our Yoga, Pilates & Tai Chi classes. There are no sign up fees, no contracts, and no commitment required. Just come in and sign up before January 31, 2014. Try it out for a month and experience for yourself the difference personal attention, education and encouragement can make! Our Place is located at **338 N. Vermont St.** Call: **985.875.1182** and check us out online: www.opcovington.com
Liz Bragdon is a Movement Educator at Our Place Studio. She also does movement storytimes for children through Young Audiences and co-wrote a movement-based curriculum and Yoga DVD series for children, both of which you can check out at www.move-with-me.com.

Farmer's Market Recipes

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

Creamy Turnip Soup

Ingredients:
2 large turnips, peeled & chopped
1 large potato, peeled & chopped
2 green onions, chopped
2 cups of chicken or vegetable broth
2 tbs butter
parsley
thyme
salt & pepper

Cooking Instructions:
Start by sauteing the green onions in the butter in a large soup pot. Cook until they begin to soften, then add the chopped turnips & potatoes. Simmer for a second, then cover with the broth. Stir in the herbs and cover. Cook until the turnips have softened, mashing them and the potatoes with a wooden spoon. You may puree this mixture or serve chunky. Salt and pepper to taste

Garlic Mashed Turnips

Ingredients:
1 large or two medium turnips, peeled & cubed
4-5 tbs minced garlic
2 tbs butter
rosemary
savory
salt & pepper

Cooking Instructions:
Boil some water in a pot with some water and add the cubed turnips. Boil until soft and drain. Set aside, covered in a colander. Saute garlic in the pot with the butter on high, crisping them. Add the turnips with the garlic and mash, mixing in the rosemary, savory, salt & pepper. Garnish with a sprig of rosemary!

Covington Youth Soccer Association Open Registration

Boys & Girls Ages 4 - 15 Can Register Online
Register Online Now For The Spring 2014 Season
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Covington Weekly

Covington, LA January 15 - 21, 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.**

Walker Percy Book Club - 1st and 3rd Thursdays of the Month, 2 pm - til @ the English Tea Room
Join the English Tea Room on the 1st and 3rd Thursday of every month for the Walker Percy Book Club Meeting. - **734 E. Rutland St.**

Covington Farmer's Market - Saturdays, 8 am - 12 pm @ the 600 block of Columbia St.
Music by Patrick Brooks beginning at 9:00 am and Chef's Keith and Nealy Frenz will drive their food truck, Lola Deux, to the market. - **600 block of Columbia St.**

KCB Tree Give-Away - Saturday, January 18, 8 am - 12 pm @ the Covington Farmer's Market
Keep Covington Beautiful will be at the Saturday Farmer's Market giving away tree seedlings. - **600 block of Columbia St.**

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

Tribute To Dr. Martin Luther King, Jr. - Monday, January 20, 10 am - til @ Historic Downtown Covington
The celebration includes the parade, a commemorative service and a family afternoon at Atkins Park. - **600 block of Columbia St.**

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**

City of Covington Tree Recycling & Pick-Up Schedule

Progressive Waste will pick up bare Christmas trees for RECYCLING on Wednesday, January 22nd curbside in the City of Covington. Residents may also drop off their trees for RECYCLING during the St. Tammany Parish Recycling Program at the St. Tammany Parish Fairgrounds. The Parish would like citizens to use the entrance by Lyon Elementary. The deadline for dropping off trees is January 21st. Trees may be dropped off between the hours of 7:30am - 3:30pm Monday through Friday. Trees for RECYCLING must be green with no artificial decorations/adornments attached. On Wednesday, January 22nd & 29th, all Christmas trees that are unable to be recycled which include trees that are flocked or have lights, tinsel, or any other attachments unnatural to the tree can be put out and collected curbside with regular trash pickup. **For more information visit www.covla.com**

Book Your Reservations For Valentine's Tea At The English Tea Room

From February 10th-15th The English Tea Room is celebrating Valentine's Day! Serving a Valentine's High Tea with many delicious favorites from their traditional high tea as well as some lovely additions for the holiday. Enjoy a pot of Valentine's tea to complete the experience. The cost is \$25.00 per person so make your reservations and come celebrate that special someone with us! (985)898-3988 www.englishtearoom.com

Live Music Around Town

Columbia St. Rock 'N Blues Cafe 407 N. Columbia St. Wed. - @ 8pm
Thurs. - Comedy Night w/ Corey Mack @ 9pm Fri. - Category 6 @ 10pm Sat. - Melo D @ 10pm Sun. - Beer Pong Tournament

Every Thursday Night

Corey Mack

Rock N Blues Cafe

Beer Pong Tournament

Full Coast Beer Pong

English Tea Room 734 E. Rutland St. -
Fri. - Classical Harpist Jessica Meltz 12pm - 2pm
Tues. - Acoustic High Tea featuring singer/songwriter Timothy Gates 11 am - 1 pm
www.englishtearoom.com

Green Room 521 E. Boston St. (Dec. 18-24) Wed. - Open Mic Night @ 7pm Thurs. - Melo-D Presents Hosted by DJ Dizzi @ 9pm Fri. - Jaymz Talley + Nick Ray @ 9pm Sat. - January Babies B-Day Bash @ 9pm Sun. - Karaoke w/ DJ Bobby Blaze Mon. - Shot & Beer Specials Tues. - 80's Night

Ladies Night dance party Tuesdays @ the green room

January Babies Saturday Birthday Bash!!! every Sunday!!! DJ BOBBY BLAZE Karaoke

GREEN ROOM WEDNESDAYS LIVE MUSIC OPEN MIC

ANUARY 15TH 12PM JAYMZ TALLEY and NICK RAY

WITH THE VALE BONDS

For the full music calendar, visit: www.covingtonweekly.com

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Covington Business Association

Next General Meeting is
January 8
6:00 pm at:
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www.covingtonbusinessassociation.org

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