

FREE Covington Weekly

Dec. 19 - 25, 2012

www.media9productions.com



Merry Christmas

Covington Weekly

is on



Last Minute Gift Ideas Rosemary's Closet



Rosemary's Closet has vintage clothing for both men and women looking for a retro image. You'll also find vinyl records and other fun things. Mention Covington Weekly for a special Holiday Discount! Rosemary's Closet is open Tuesdays and Thursdays and is located on the Covington Trace, next to Brooks Bike Shop.

The English Tea Room



The English Tea Room is the best spot for loose teas, tea sets and accessories. Featuring one of the largest tea selections in the south, The English Tea Room also carries tea sets and tea pots. Don't forget their food menu, Gift Certificates are available! Visit Jan and Tim on Rutland Street, around the corner from Lee Lane's Christmas in the Country and try the tea of the week, White Christmas!

Feeding the Needy



This program provides a complete Christmas meal for families in the Covington area and throughout St. Tammany Parish who are in need. Volunteers from all over the area come together on December 23rd and 24th to prepare boxes to feed a family of four. Donations from individuals, businesses and foundations defray the costs of this program. The volunteer efforts of individuals, congregations, service organizations and Rotary Club members make it happen. Volunteers and funds are needed for this Christmas. If you can help in any way, please visit: www.covrotary.org

Catnip & Cocktails Is Tonight At STHS!

CATNIP & Cocktails
ST. TAMMANY HUMANE SOCIETY

WEDNESDAY
December 19, 2012
5:00 - 7:30 p.m.

For all our cat loving supporters, join us for an afterhours play date with our cat cottage cats.

- CATNIP for the cats
- Wine, Beer, Fruit & Cheese for the Human Supporters
- Great Raffle Items
- Bring a 20 lb. or larger container of cat litter and be entered in a special spa services drawing.

Farmers Market Recipes

Fresh recipes inspired by ingredients found at the Covington Farmers Market

Cabbage Salad & Bok Choy Soup

Ingredients:

- half a head purple cabbage
- half a head white cabbage
- almonds, crushed/minced
- shallots, chopped
- carrot, grated
- 1 orange
- daikon radish, sliced
- half and onion, minced
- shallots, chopped
- garlic, minced
- 1 bunch bok choy



Chili de Arbol

Spices/seasonings:

- sugar, salt, soy sauce, rice vinegar, corn starch, chili de arbol (to taste), cayenne pepper

Cooking Instructions:

Here is a simple recipe for soup and salad that is very colorful and tasty. To start the salad, chop up the cabbage fine and place in a large bowl. Chop up shallots, grate carrot and put all in bowl. If you want to grate some of the daikon, for the salad, that's fine. Throw in the crushed almonds. Now, juice half the orange and put that in the bowl. Add approximately 1 tbslp of vinegar, 1 tbslp of soy sauce, 1 tsp salt, 1/2 tsp sugar, and 1 tsp of cayenne. Mix everything together well and in the refrigerator for a few hours. Note: seasonings and spices will vary to taste, adjust accordingly.

For the soup, start with about 4-6 cups of water, heat to boiling. Season with salt, soy sauce, rice vinegar, chili de arbol (to taste). Now add daikon medallions, onion and garlic. When the onion is clear, chop up bok choy to your liking and put in soup along with the shallots. Turn the fire down to a simmer and cook for a few minutes, you may add the corn starch as a thickener. Serve and enjoy!

Reindeer/Caribou Rangifer tarandus



In the Pleistocene Epoch, Reindeer herds were found as far south as Tennessee. Their numbers have fluctuated historically, but many herds are in decline across their range, which is extremely northern climates. One factor in global decline is climate change for northern migratory caribou. Another factor is the industrial disturbance of reindeer habitat for the sedentary, non-migratory herds. At the same time, at least one conservation effort has backfired in the South Atlantic islands of South Georgia. In 2011, a decision was made to rid the island of reindeer because of the environmental damage they cause. Some herds migrate the farthest of any land mammal, traveling up to 3,100 miles a year and grazing 390,000 square miles. When migrating, they will travel 12-34 miles per day. The gray wolf is the most common and efficient predator of the reindeer, and a pack will live off of one herd for months. Other predators include the golden eagle, wolverines, and many types of bears.

The North Pole



Most recognize the reindeer for their role in driving Santa's sleigh, and they are in fact used for work in some parts of the world. While the caribou is hard to come by in the south, the swamp folk know that Bayou Santa, or Papa Noel, uses the Louisiana Alligator for his deliveries.



Quote of the Week

"If I have seen a little further it is by standing on the backs of Giants."

- Isaac Newton

Wednesday
December 19



First Quarter

Make Your Own Recycled Snowflakes

Here in Louisiana we don't get much in the way of snow, except a few pleasant surprises here and there. Lucky for us, we're a creative folk.

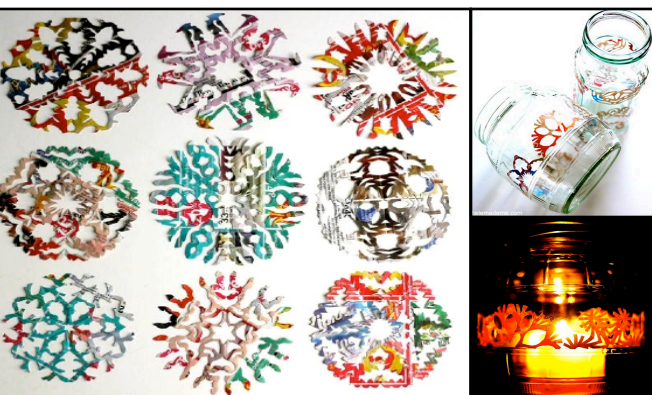
This is a great idea for simple decorations using recycled materials. A great busy task for children old enough to use scissors, and a fun past-time in front of the fire!

Instructions:

1. Take a thin, recycled sheet of paper, and cut into a rough square. You can use old wrapping paper, wrapping tissue, newspapers or junk mail.
2. Find the center and fold in half. Find the center of this, and make a crease on the folded side.
3. Now, with the folded side facing you, bring the bottom right corner up 2/3 to the left, so that the rectangle is now split into thirds, as illustrated to the right.
4. Fold the left side up in the same fashion to fit onto the other fold. This creates a 1/3 triangle.
5. Fold the entire thing in half, and cut off the top to make a smooth curve.



Now that the pesky folding is done, time to get down on the serious business - cutting shapes. These shapes can be anything you like; triangles and half circles are a good start. The more varying shapes and sizes, the better. You must make sure that you don't completely remove the outside edges however, or the whole thing will fall apart. When you are done, unfold your snowflake (gently!) and see what beautiful unique design you created!



images courtesy www.michelemaadame.com

Mistletoe Cinnamomum verum

Mistletoe is generally thought of as a shrub or bush, but it is in fact a parasitic vine-like plant. Mistletoe attaches to its host plant by a structure called a haustorium, through which it absorbs nutrients.



While it may slow the growth of the host plant, it will only kill a host with a heavy infestation. The plant is actually hemi-parasitic, where the organism in question gets water and minerals from the host, but it still produces evergreen leaves that perform photosynthesis. It is unclear where the name comes from; there is a German relation between mist (dung) and tang (branch), but in Old English mistel was also used for basil. Mistletoe is present in Greek mythology, and it is believed to be the Golden Bough of Aeneas. The Druids taught that the mistletoe had qualities related to balancing one's electromagnetic field, and herbalists have long tinctured the leaves and soft stems of the mistletoe plant for treating circulatory and respiratory problems. It has also been used to treat certain forms of cancer. The custom of kissing under the mistletoe was described by American author Washington Irving in "The Sketch Book of Geoffrey Crayon" in 1820.



Mistletoe berries, United Kingdom



November Is
National
Pear
Month
Eat One!



FREE Covington Weekly

Dec. 19 - 25, 2012

Covington Farmer's Market - Wednesday December 19, 10am - 2pm @ the Covington Trailhead Rain or shine, live "front porch jam", fresh local produce and prepared food. - 419 N. New Hampshire St.
Catnip & Cocktails - Wednesday December 19, 5 - 7:30 pm @ the St. Tammany Humane Society For all the cat loving supporters, catnip for the cats and plenty of entertainment for the humans as well! Check the flyer on the front for more details. - 20384 Harrison Ave.
Mistletoe & Martini's - Thursday December 20, 4 - 8 pm @ Shoeffle Covington Shoeffle Covington will host a special shopping event this Thursday. Enjoy a drink while you shop Downtown Covington. Giveaways from both Shoeffle and deCour! - 228 N. Columbia St.
Holiday in Whoville - Friday December 21, 2 - 3 pm @ STPL Covington Branch Free children's event at the Covington Library! Read "How the Grinch Stole Christmas", enjoy grinch-themed crafts, games and snacks. All ages welcome! - 310 W. 21st Ave
Covington Farmer's Market - Saturday December 22, 8 am - 12 pm @ the 600 block of Columbia St. Fresh local produce, raw and prepared foods, plants and vegetables, live music by Petty Bones beginning at 9:30, and Lili Courtney of Delightful Palate will be serving samples of her artisan line of culinary condiments. - 600 block of Columbia St.

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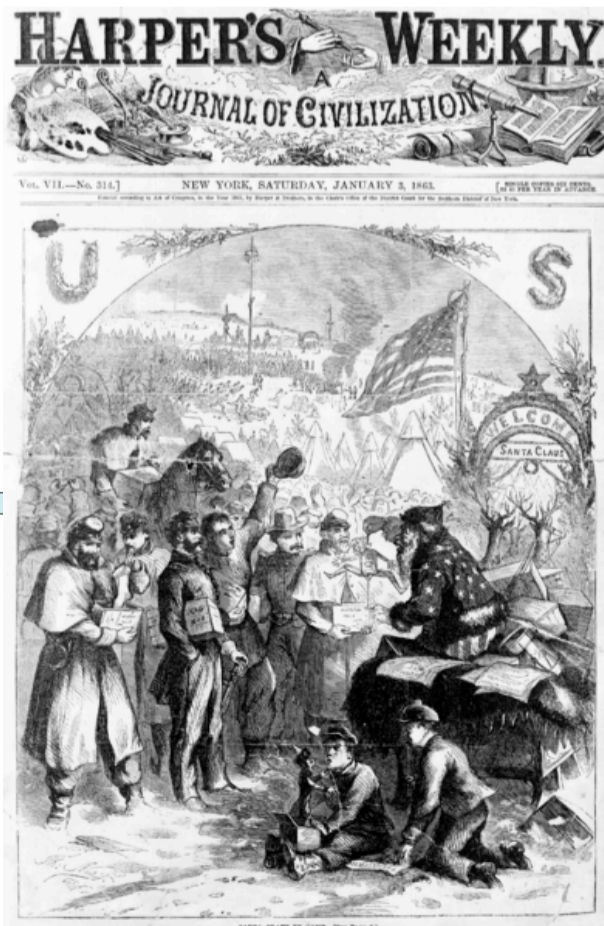


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Merry Christmas Galleries (featured artists)
St. Tammany Art Association 320 N. Columbia St. - Wax On
Covington Trailhead Museum 419 N. New Hampshire - David and Clariza Kern
Henry Hood Gallery 325 E. Lockwood St. - Maggie McConnell, Suzy Moritz
Brunner Gallery 215 N. Columbia St. - Rick Brunner, Byron May
Tripolo Gallery 323 N. Columbia St. - Bill Binnings, Craig McMillin, Juli Juneau, James Michalopoulos, Al Ormsby, Rebecca Rebouche, Scott Ewen, Ken Tate, Gail Ruggiero, Scott Upton, Donna Duffy, Barbara Hansen
Three Rivers Gallery 333 E. Boston St. - Roy Robinson, Roy Pfister, Harriett Blum, Robert Baumgartner, David Barfield, Gail Glassman, Peggy Hesse, Suzanne King, Charles Macgowan, Donald Maginnis, Valerie Stangl Melancon, John Preble, Max Ryan
Roy's "Art"chery 319 N. Columbia St. - Roy Blaum, Jessica Porter Blaum, Billy Porter

Covington Live Music Listings for Dec. 19 - 25
Wednesday: Front Porch Jam @ the Wednesday Covington Farmers Market (Covington Trailhead) / Harpist Jessica Meltz @ The English Tea Room 12:30-2:30pm / Open Mic Night @ The Green Room
Thursday: Ladies Night with DJ Gene @ The Green Room / Pat Catania @ Columbia Street Tap Room 8 pm
Friday: The Shiz @ the Green Room 10 pm / Four Unplugged @ Columbia Street Tap Room 8:30pm
Saturday: Petty Bones @ Covington Farmer's Market 9:30am / Killahouse + U-Neek @ the Green Room 9pm / Chee-Weez @ Columbia Street Tap Room
Sunday: Open Mic Poetry @ St. John's Coffeehouse 2pm / Karaoke with DJ Bobby Blaze @ the Green Room 9pm
Monday: All Requests with DJ Jacob Durr @ the Green Room
Tuesday: Singer/Songwriter Timothy AG @ The English Tea Room 10:30 am - 12:30 pm / 80's Night Dance Party @ the Green Room



Be Kind To One Another.
 www.media9productions.com