Covington Weekly

January 2 - 8, 2013

www.covingtonweekly.com

Happy New Year!!!

Covington Weekly Launches New Website For 2013 **www.covingtonweekly.com**

After much preparation, we are launching a companion website to the Covington Weekly at covingtonweekly.com. You'll find archives of all past articles and issues, a comprehensive events calendar, and a new e-newsletter that will be emailed out on Wednesday. Thanks for helping Covington Weekly grow! Some new features we will be including in 2013 will be articles featuring local bands and artists. If you are in a local band or produce art here in town, drop us a line and we will promote what you do.

$e\hbox{-mail: } {\bf covweekly@media9productions.com}$



Upcoming For 2013

Covington Weekly is quickly approaching its one year anniversary in February of 2013. We appreciate the support and encouragement from our local community, and we look forward to meeting and working with more new friends and businesses over the course of this year. 2013 should prove to be very exciting for the City of Covington, as we enter our Bicentennial year. There are many great events planned for this year, and many exciting new projects are unfolding, such as the ongoing street and sidewalk repairs and the continued renovation of the Old Southern Hotel. Yes, a busy year is in the works for Covington, and Covington Weekly will continue to be a part of the celebration!

One Flower Of January

Galanthus (Snowdrop)



One of the flowers representing birth in January is the Galanthus, also known as the Snowdrop. Galanthus is derived from Greek, gala (milk) and anthos (flower). Most species flower in winter, before the vernal equinox. Galanthus nivalis is the best know representative of its species, being native to a large area of Europe,

from the Pyrenees, through France and Germany to Poland, then through Italy, Bulgaria, Greece and the Ukraine. The Romans were thought to have introduced the Snowdrop to the British Isles around the early sixteenth century. The Snowdrop contains an active substance called galantamine, which has shown to be successful in helping ease the symptoms associated with Alzheimer's disease.



The Pusztai Affair Controversial Potatoes

The Snowdrop also contains an active lectin or agglutinin named GNA (galanthus nivalis agglutinin), introduced to genetically modified potatoes as a toxin, making them resistant to the potato aphid. In 1998, World in Action, a British current affairs television program, aired an interview with Arpad Pusztai, a scientist researching the effects of the genetically modified potatoes. He claimed that his group observed damage to the intestines and immune systems of rats fed the genetically modified potatoes. He stated in the interview, "I would certainly not eat it," and "I find it's very unfair to use our fellow citizens as guinea pigs." His comments resulted in the so-called "Pusztai affair".

Farmers Market Recipes

is on

Covington Weekly

Fresh recipes inspired by ingredients found at the Covington Farmers Market

Winter Minestrone Soup

Ingredients:

 $1\ \mbox{cup}$ of mixed dried beans

- 1 medium yellow or sweet onion, chopped
- $2 \ {\rm cups} \ {\rm chopped} \ {\rm carrots}$
- 2 celery stalks, chopped
- 1 cup raw green beans, cleaned
- 1 clove of garlic, minced 2 cups chopped tomatoes
- 2 cups of vegetable stock $\,$
- 1 cup of water
- l cup of ditalini pasta or shell pasta
- 1 cup chopped zucchini, cubed
- l cup chopped fresh Swiss chard
- 2 tablespoons of tomato paste

fresh basil, oregano, and thyme, chopped

Cooking Instructions:

Celebrate National Soup Month with this hearty vegetable soup. This is a good slow-cook soup to warm up the kitchen on those cold days.

Saute the onions and carrots with oil in a large soup pot over medium heat for about five minutes. Add the garlic and continue to simmer for another minute. Season with a little salt and pepper.

Add the stock and beans, and bring to a boil. Reduce heat to a simmer, and add the celery. Cook on low heat for about two hours.

Add the green beans, tomatoes, zucchini, fresh chard and herbs. Cook for about another 30 minutes to an hour.

Add pasta and tomato paste. Increase the heat slightly but do not boil - the pasta will take a little longer to cook, about thirty minutes. You may want to add a little water at this point. Serve with a little fresh grated parmesan when the pasta is cooked, and a fresh sprig of basil for garnish , if you like.

Northern Cardinal Cardinalis cardinalis

The Northern Cardinal, a member of the subfamily Cardinalidae, is generally designated as the common cardinal or red bird. This species, named by colonists after the red robes and caps worn by the Roman Catholic Cardinals, is a resident of the eastern United States,



southern Canada and northern Mexico. Cardinals can be found in woodland edges, thickets, brushy swamps and gardens year round. They are considered accomplished songsters, singing all year long rather than just in spring. Male Northern cardinals are bright red, with a distinctive crest and a black mask around the eyes and chin. This red is created by carotenoid pigments in their diet. The females are more rust-brown, with tinges of red on the crest, wings and tail. Both sexes have stout, bright coralcolored beaks that are cone-shaped, perfect for their mainly granivorous diet of weed seeds and grains. They also eat fruit and insects, especially during breeding season. Pairs mate for life, and during courtship the male bird will feed the female seeds beak-to-beak. If the mating is successful, he may continue this feeding throughout the eggs incubation. These birds have also been known to sing to each other before nesting. A clutch of three to four eggs are laid, and two to four clutches may be produced each year. The male cares for and feeds the chicks while the female incubates the next clutch.

In preparing the nest, the male bird will often collect the materials while the female constructs the nest. She crushes the twigs with her beak and turns around in a circle, building the nest around her. She uses her feet to stomp and push the twigs into a cup form and her beak to weave the twigs together. The nest has three layers: course twigs and sometimes pieces of trash on the outside, covered in a leafy mat, then grapevine bark and finally a lining of grasses, soft stems, rootlets and pine needles.



Quote of the Week

"We have every right to dream heroic dreams.

Those who say that we're in a time when there are no heroes, they just don't know where to look."

- Ronald Reagan

Saturday

January 5



Last Quarter

Thank You from the Heart Celebrate National Thank You Month With DIY Cards



This is a great little project that will always be unique and fun. The youngsters will love scouring old magazines for cool fonts, and the end result is a unique card at virtually no cost. Remember the snow-flake cutout pattern a few issues ago? We used that for the back.



That's right. January is National Thank You Month, a reminder to show gratitude to our family and friends (or even Santa) after the holiday season. Some say in the world of emails and Facebook the old fashioned "thank you" card is outdated, but we say crafts to keep the kids busy and teach them important values will never go out of style. So here are a few ideas for simple card designs, recycling materials of course. We used past issues of Covington Weekly for our personal touch.



This is a classic card that is a favorite among grandparents. Nothing says "thank you" like smiling children, especially if it's a picture that didn't make it into the Christmas card. Be sure to use a picture that you have other copies of, as you will probably have to cut it to fit. This, of course, should be decorated with stickers, glitter, more cut-outs, and whatever else those little creative minds can conjure up.

The Month Of January

January is named after Janus, the god of gates and doorways, who is depicted with two faces looking in opposite directions. The name has its beginnings in Roman Mythology, rooted in the Latin word for door, "ianua", because January is the door to the new year.



Garnet



The garnet belongs to a group of silicate minerals used since the Bronze Age as talismans, gemstones, and abrasives. The stone earned its name from the Latin granatus, which means "seed-like," because garnet crystals found in the

rock were similar in shape and color to that of pomegranate seeds. The garnet is found exhibiting a variety of colors, one of the most common being the deep red or amber color. A colorless variety can be found, and other colors include orange, yellow, green, blue, purple, black and pink. Blue garnet is the rarest, discovered as recently as the late 1990's in Bekily, Madagascar. It is also found in certain areas of the continental U.S., Russia, Kenya and Turkey. Species of color-changing garnets exist due to the presence of a relatively high amount of vanadium, which results in a different appearance in sunlight as opposed to incandescent light.



National Hot Tea Month

January is National Hot Tea Month, and if you're out about town and looking for the biggest tea selection in the area, try Covington's own English Tea Room.









www.sttammanyartassociation.org



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Tuesday, January 15, 2013 8:30 am - 12 noon **Bogue Falaya Hall**

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Jan. 1 - 8, 2013

St. Tammany Parish Council Meeting – Thursday January 3, 6 pm @ the St. Tammany Parish Government Complex Public meeting concerning St. Tammany Parish Government. All are encouraged to attend. -21490 Koop Dr., Mandeville

NO COVINGTON FARMER'S MARKET ON WED. JAN. 2 HAPPY NEW YEAR!

Covington Farmer's Market – Saturday January 5, 8 am – 12 pm @ the 600 block of Columbia St. Fresh local produce, raw and prepared foods, plants and vegetables, live music by Joe Barbara beginning at 9:30. -600 block of Columbia St.

Covington Historic District Commission Meeting - Tuesday January 8, 6:30 - 7:30 pm @ City Council Chambers Public meeting concerning the Covington Historic District. Contact person Dominique Elzy, p&z@covla.com. - 222 Kirkland St.

Local Music: The Shiz



From the heart of the deep south, Lilli Lewis and Liz Hogan combine Louisiana Blues and Soul with Indie Rock to create The Shiz. Citing influences that range from Neil Young to the Indigo Girls, it can all be heard in rockers like "wrecking ball" and more intimate pieces such as "driftin'." Lewis and Hogan have been playing music together since 2004, debuting at Atlanta's discontinued Midtown Music Festival. Their collaborations remain a solid mix of jazz, soul and folk rock, and their first full-length album as The Shiz, "Where We Stand", was released in September of 2009. The current line up adds to the ever present dynamic sound with Andrew Robin on violin, Alan Craig on bass and Wade Hymel playing drums. The Shiz released the four track EP "I Am" in May of 2012, recorded by Ben Mumphry at Studio in the Country in Bogalusa, LA. The Shiz will perform at the Green Room on January 11th. web: www.shizrock.com e-mail: booking@shizrock.com

For music and gallery listings January 1-8, visit: www.CovingtonWeekly.com **Live Music At The English Tea Room**



The Tea Room supports the arts by featuring local musicians on Tuesdays & Wednesdays.



Tuesdays are a terrific day for brunch. Why?

While enjoying your freshly brewed tea, or any of the delicious menu favorites (the

quiche is a best seller), you can listen to the

subtle folk stylings of Timothy A.G. between

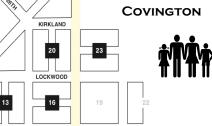
10:30 am and 12:30 pm. Remember, teas

can be good for digestion, and music is good

Harpist Jessica Meltz plays every Wednesday from 12:30pm - 2:30 pm. Celebrate National Hot Tea Month with the classic sound of the harp.



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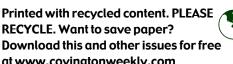
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Distribution Locations:

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