

FREE Covington Weekly

February 6 - 12, 2013

www.covingtonweekly.com



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Covington Weekly
 is on

Have A Safe Mardi Gras!!!

Mystic Krewe of Covington, Lion's Club and Lyra



Images from www.MardiGrasParadeSchedule.com

Fat Tuesday is here at last! Mardi Gras Day in Covington is a lively time. Everyone is out enjoying the city and a few local businesses are joining in the fun. The Lion's Club will start off at 10 am, following its traditional route. This year's theme will be "Bicentennial on the Bogue Falaya", celebrating this special year for the city. The 50 float parade will be headlined by the Covington High School Marching Band, and the Club's President will reign as Grand Marshall. The Knights of Columbus' Mystic Krewe of Covington will follow with the theme "Valentines from the Heart". This parade, originally the Krewe of Kaa Cee, first rolled in 1952 and was founded by the local Knights of Columbus. The name was changed to the Mystic Krewe of Covington in 1998, still continuing the "KC" tradition. The King's identity is never revealed publicly, and the Queen this year will be Mrs. Thomas E. McCain. Last but not least, Covington will be welcoming a new krewe this year! Formerly of Mandeville, the Krewe of Lyra's constellation has shifted, landing it on the streets of Covington! Established in 2010 as a women's social networking organization, the Mardi Gras Krewe opened their membership to men this year for more inclusive carnival fun! In light of this, the original theme "Girls Just Want to Have Fun" was changed to "Girls and Guys Just Want to Have Fun", a nod to Cyndi Lauper. This year's Queen is Toni McCord, and Elizabeth Moore will serve as Grand Marshall over the seven floats and three royal floats. **Check the back for parade route map!**

Saturday Art Openings

Annual Juried Members Exhibit at the STAA

The Annual Juried Members Exhibit will feature the works of the St. Tammany Art Association members February 9th - 28th. The juror this year will be Dale Newkirk. The opening reception will be this Saturday at the Arthouse, 320 N. Columbia Street.

"Fresh Art" Group Opening at Henry Hood Gallery

Henry Hood Gallery's first exhibit in the new year will be a group exhibition including artists Charles Blank, Andrew Boyd, Jean Flint, Robin Hamaker, Lucille Hunter, Lynda Katz, Michael Ledet, Maggie McConnell, Jeff Mickey, Nancy Perrilloux, Dennis Sipiorski, Ruth Sipiorski, Alexander Stolin, and Barbara Tardo. This show will be open February 7th with an opening reception February 9th from 6 - 9pm, and closing reception on April 7th.



Pictured Art: Ruth Sipiorski (top), Barbara Tardo (bottom left) and Andrew Boyd (bottom right) Artists showing at Henry Hood Gallery

Mardi Gras King Cake Martini Recipe

From Your Winos & Tacos Expert Mixologist

2 oz. King Cake Vodka
 1 oz. Goldschlager
 1 oz. Godiva white chocolate liqueur
 1/2 oz dark simple syrup or agave Shake. Serve straight up with a colorful purple, green and gold sugar rim and top with cinnamon sugar!
 Of course, no one can make it quite like the ladies and gentlemen behind the bar at Winos and Tacos. Come in and try it for yourself!



Farmer's Market Recipes

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

Squash and Swiss Chard

Ingredients:

- 1 yellow squash and 1 zucchini, sliced or cubed
- 1/2 a large or 1 whole daikon radish, chopped
- 8 - 10 leaves of Swiss chard, cut into strips
- 1/2 an onion, sliced
- 1/4 of a large bell pepper, diced
- 2 roma tomatoes, cubed
- about 5 cloves of garlic, minced
- oregano, basil, thyme and sage
- cayenne pepper
- course sea salt
- extra virgin olive oil
- fresh squeezed lemon juice



Cooking Instructions:

In a large pot, saute the garlic, onion, tomato and bell pepper with about a teaspoon of oil. Make sure to get all of the tomato insides in the pot. Add the herbs, a touch of pepper and salt. Cook over medium heat until they begin to break down, creating a good bit of liquid. At this point I added the finely chopped stems of the Swiss chard for a little texture, a little more moisture, and to pull some of that red color out. Add the squash and radish and mix a little, turn the heat down to medium-low, and cover for about five minutes. Mix and cover again for another few minutes. The squash and radish should be slightly cooked but not mushy. Add the Swiss chard, mix, and cover for about five more minutes. Can be searved over pasta or as a stand alone. Dress with fresh squeezed lemon juice.

Swiss Chard is an excellent source of vitamin C, K and A, as well as protein, dietary fiber and essential minerals. You can find local Swiss Chard at the Covington Farmer's Market.



"Oh, It's Gotta Be Carnival Time"

Rock N Blues Cafe Lundi Gras Extravaganza

Just a week and a half ago, Dr. John played his first gig on the north shore at Covington's newest music hot spot, Columbia Street Rock N Blues Cafe. This Monday, Al "Carnival Time" Johnson and the Louisiana All Stars Band bring Lundi Gras to downtown Covington on February 11th. Featuring King Cakes, a Costume Contest, and jazzy Second Line musicians, this party will have you ready for Fat Tuesday. "These guys represent the creme de la creme of the music business, both locally and nationally," according to former Louisiana State Music Commissioner Bernie Cyrus, who performs with the group. Doors open at 6 p.m. on February 11, tickets available at Columbia Street Rock N Blues during normal business hours. Call **985-246-8213** for details.

Quote of the Week

"Happiness is when what you think, what you say and what you do are in harmony."

- Mahatma Gandhi

Sunday
 February 10

 New Moon

Opalescence Day Spa & Skin Education Center

By Owner Sandy Thornhill, FNP-C

Opalescence Day Spa offers a unique experience where the music, scents and the art of touch therapy are combined to yield a relaxed, soothing and uplifting experience. The facials are developed to encompass all of these elements and are designed based on the needs of your skin. After an initial skin assessment is performed, products are chosen to improve, enhance and brighten your skin. Erin Corcoran, our Master Esthetician and Certified Educator, is very knowledgeable regarding the anatomy of the skin, skin conditions and products. She selects products which are safe and effective to use on specific skin types.

Massages are available including Swedish, deep tissue, pregnancy massage as well as upper body chair massages. Our Master Massage Therapist, Marletta, will perform an appropriate, safe and therapeutic massage while focusing on specific trigger points. She offers suggestions to assist the client in managing specific health issues. As the owner of Opalescence and an experienced Nurse Practitioner in Dermatology, I work diligently to ensure that the client is treated in a holistic manner. The products which I have chosen are safe and healthy for the skin. In my daily practice, I treat a variety of skin conditions in all age groups and populations. It is important for the client, along with the professional, to devise goals and develop a treatment plan to attain these goals. I want the client to understand why a specific facial is recommended as well as the benefits of using a specific product. As a team, we advocate a holistic approach to enhance mind, body and soul. Education is a major focus. We offer facials, microdermabrasions, peels, body scrubs and massages. Hair removal is offered using traditional waxing or sugaring.

Other services offered by Opalescence Day Spa:

- Opal Pure Cleansing · Oxygen Infusion · Lunch Break Mini Facials · Organic Lovers Hot Stone & Warm Mask · Acne Treatment · Reflexology Massage · Anti-aging & Pigmented Skin Treatments · Bridal Wedding Skin Packages ...and more!

'Like' Opal Escence Day Spa on Facebook to be entered in a drawing for free products! Check the back for store location.

The Month Of February

The Shortest Month

February is the only month with fewer than 30 days. It has 28 days in common years and 29 days in leap years. The Roman month Februarius is derived from the Latin februum, meaning purification.



The Violet is the flower of February, of the Viola genus in the violet family Violaceae. Newly opened viola flowers may be used as a garnish, or in stuffings for fish and poultry. A few species exhibit specific characteristics, like the cultivar "Rebecca", with a distinct vanilla flavor and hints of wintergreen. Some varieties of V. odorata add sweetness to desserts, fruit salads and teas, and the heart shaped leaves of the same species may be used as greens for salad.

The Amethyst is the birthstone of February. The name comes from ancient Greek, a- (not) and methustos (intoxicated), due to the idea that the stone prevented intoxication. It is a variety of quartz that gets its violet color from trace minerals, irradiation and iron impurities.



Jonathan Zander
 Macro of Amethyst Quartz

Don't Forget Valentine's Day!

Make Your Reservations For Valentine's High Tea At The English Tea Room available Feb. 9th - Feb. 16th



Featuring baked brie, chocolates and special finger sandwiches. In celebration of the month of romance the Tea Room is also offering a special dessert all February. The Chocolate Ciao Amaretto Creme Torte is infused

with tea to create a truly unique and exquisite taste sensation! The English Tea Room has a large assortment of loose teas and tea accessories too! This year, give her what she really wants - Tea!

985-898-3988
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Costume Contest!

Second Line!

Columbia St.

ROCK N BLUES LUNDI GRAS EXTRAVAGANZA

MONDAY FEB 11

AL "CARNIVAL TIME" JOHNSON

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The Louisiana All Stars

SAVE THE DATE!!!

MORE INFO TO BE ANNOUNCED

Sign Up For The E-Newsletter:
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FREE Covington Weekly

February 6 - 12, 2013

Covington Farmer's Market - Wednesday February 6, 10am - 2pm @ the Covington Trailhead Rain or shine, live "front porch jam", fresh local produce and prepared food. - 419 N. New Hampshire St.
Covington Business Association General Monthly Meeting - Wednesday February 6, 6 pm with 5:30 reception @ Mac's on Boston Join other local business owners to network and discuss Covington events and promotions. Complementary refreshments. - 324 E. Boston St.

Wine Wednesday - Wednesday February 6, 6pm - 8pm @ Winos and Tacos Free tasting from Artisan with wine, music and plenty of good times. - 321 N. Columbia St.

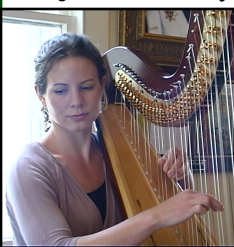
Covington Farmer's Market - Saturday February 9, 8 am - 12 pm @ the 600 block of Columbia St. Fresh local produce, raw and prepared foods, plants and vegetables, live music by Ed Whiteman and Friends, food demo provided by Suzie Banck, who will serve samples of King Cake and Gumbo Ya-Ya. - 600 block of Columbia St.

Fat Tuesday Parades in Covington - Tuesday February 12, starting at 10 am @ Downtown Covington Mystic Krewe of Covington, Lion's Club and Lyra! Map Below! - City of Covington

For music and gallery listings February 6 - 12, 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.



You can also hear Timothy at the Thai Kitchen on Thursday evenings from 5:00 to 7:00. Thai Kitchen is located at 1005 North Collins Boulevard and offers authentic Thai food for lunch, dinner and to go.



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Covington Business Association

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Be Kind To One Another This Mardi Gras Season!

CITY OF COVINGTON

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 Krewe of Covington
 Krewe of Lyra
FAT TUESDAY 2/12/2013

Winos & Tacos
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