



## 2nd Annual Jack 'O Lantern Contest The Arthouse Courtyard



st.tammanyartassociation

The rules are simple: drop off your Jack O 'Lantern between Thursday, October 25 and Friday, October 26 by 5pm. Awards will be presented in three categories: Children ages 6-11, Teens ages 12-17 and Adults ages 18 and up. Pumpkins may be carved or painted, and they will be placed on display in the Arthouse Courtyard. Ballots will be available during the Block Party, and voting will begin at 6:30 pm continuing through 8 pm. Winners will be announced at 8:30 pm. Pick up your pumpkins between 8:30 and 9:00 pm Friday night.

E-mail: [info@sttammanyartassociation.org](mailto:info@sttammanyartassociation.org)

Phone: 985-892-8650

### Last Block Party of 2012!

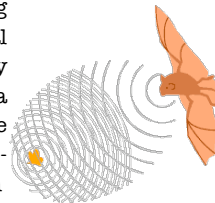
The last Block Party of 2012 will take place this Friday, October 26. It's a family event with custom and classic cars and trucks, great food, drinks and music. Don't forget to cast your vote in the 2nd Annual People's Choice Jack 'O Lantern Contest, brought to you by the St. Tammany Art Association. All submissions will be on display on the Arthouse Courtyard for your perusal.

Please remember that for reasons of public safety, City Ordinance prohibits pets from attending public events.



## Three Most Common Bats in Louisiana

Bats are among a small group of flying mammals, and is the only furred animal with this ability. Their wings are actually elongated hands that are webbed with a thin layer of skin, or membrane. There are close to 1000 species of bats in the world - 45 are native to the United States, 11 can be spotted in Louisiana. The three most common of these are the Hoary Bat, the Eastern Red Bat, and the Evening Bat. Bats use echolocation to maneuver in the dark, and also accurately determine the location, speed and direction of prey. The insect eaters of the North American bats belong to a sub-group called micro-bats. These bats survive mostly on moths, mosquitoes, gnats and true bugs. For this reason many people try to encourage bat populations around their homes or farms by building specially designed bat houses. Although often perceived as a vicious and dangerous creature, most bats are quite harmless insects and fruit eaters that tend to avoid human interaction. So far no one has spotted a vampire bat in Louisiana yet!



The Hoary Bat is a large, heavily furred bat, the most widespread in the Americas, occurring in most of southern Canada and southward through most of South America. It can also be found in Hawaii, Iceland, Bermuda and the Dominican Republic.

### Hoary Bat



Eastern Red Bat

The Eastern Red Bat is almost completely furred, except for the ears and parts of the wings. They forage regularly over the same territory on successive nights, and can frequently be seen feeding beneath street lights.

The Evening Bat is a small bat, weighing in at 7 - 15 grams, and is found throughout much of the midwest as well as northern Mexico. Colonies are generally small, but groups can reach up to 1000 in optimal environments.



Evening Bat

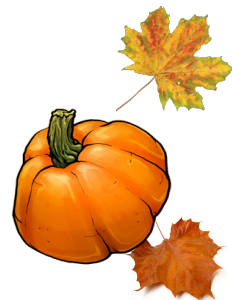
## Farmer's Market Recipes

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

### Pumpkin Tomato Basil Soup

#### Ingredients:

- 1 medium pumpkin, cubed
- 7 tomatoes, cubed
- 4 cups vegetable broth
- 8-10 carrots, sliced
- 1 medium onion
- 2-3 cloves garlic, chopped
- fresh basil, chopped
- 1 tsp salt
- pinch of pepper
- 1 tsp sugar
- 1/4 cup almond milk (optional)
- 1 loaf of your favorite bread



#### Cooking Instructions:

Place the vegetable stock, pumpkin and carrot in a large pot (reserve some vegetable stock to cook other ingredients). Bring to a boil, then reduce to simmer for about 30 minutes. Take remaining stock and cook onions and garlic until tender. Add tomatoes and cook a few more minutes. Puree the veggies and place them in the soup. At this time, add spices, sugar and almond milk (if using). Simmer for 10 minutes. Add fresh chopped basil last, serve with your favorite bread, or toast chunks of your favorite bread for homemade croutons.



### Support Local Farms



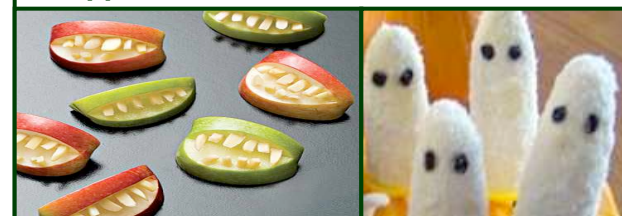
The Covington Farmer's Market is every Saturday from 8-12 at the 600 block of Columbia Street, and every Wednesday at the Covington Trailhead from 10 - 2, rain or shine. This Saturday's musical guest is RoseAnne Bivens. K & J Grilling will be slow cooking pulled pork with homemade worcestershire.

## Halloween Recycled Craft Ideas Halloween Votives & Spirit Jugs



Here's a great project for the home decorator/recycling enthusiast. Send the kids on a hunt for recyclable materials, such as clean milk jugs, individual milk or yogurt containers, jars from sauces, pickles or baby food. Grab up the paints and markers, set them down on a nice bed of newspapers and let them go! Glass jars make great candle holders for votives or tea lights. Cut a whole in the back of milk jugs to string in lights and make decorative lanterns. The possibilities are endless!

### Apple Bites & Coconut Banana Ghosts



These Treats are fun and easy to make! Create vampire or monster teeth out of apple slices, or try this fun recipe for Banana Ghosts! Slice a ripe banana in half widthwise, stick a popsicle in the cut half and place on some wax paper in the freezer for about three hours (or until frozen). Cook down about one ounce of white chocolate and spread over the frozen banana. Roll in coconut shavings for a cool look and use raisin for eyes, boo!

### Create Your Own Monster!



Recycling can be a fun way to get out those creative energies! Paper rolls can be made into anything - start a collection for upcoming seasons!

**Quote of the Week** **Monday** October 29  
"The beginning is always today."  
- Mary Shelley Full Moon

## Welcome New Covington Businesses

The City of Covington announces Ribbon Cutting ceremonies on Thursday, October 25 for the following new Covington businesses:

- 9:00 am - **Newman Comprehensive**, 215 E. Gibson Street
- 9:15 am - **Brooks Bike Shop**, 416 E. Gibson Street
- 9:30 am - **MSH Architects**, 229 E. Kirkland Street
- 9:45 am - **Home and Body**, 221 Kirkland Street
- 10:00 am - **Savoie Originals Gallery**, 405 N. Columbia Street
- 10:15 am - **History**, 317 N. Columbia Street
- 10:30 am - **Jed Malitz V2**, 228 N. Columbia Street
- 10:45 am - **Mac's On Boston**, 324 E. Boston Street



**Trickin' and Treatin' at the Covington Trailhead**

**FRANK LEVY'S STORIES IN MOTION**

**TRICK-OR-TREAT BAG DECORATING**

**TRICK-OR-TREATING**

**CARVED PUMPKIN CONTEST\***

419 N. New Hampshire  
Historic Downtown Covington  
985.892.1873  
GottaLuvCov@covla.com  
www.covla.com

City of Covington  
 CovTRAILHEAD

\*To participate in the carved pumpkin contest, bring your already carved/decorated pumpkin to the event. Prizes will be awarded for the most creative pumpkins.

Help feed families in need. The City of Covington requests that you bring canned or boxed food donations to support the Covington Food Bank.

Thank You Champagne Beverage For Your Sponsorship!

**SATURDAY, OCTOBER 27 • 10 AM - NOON**

## Balancing The Body's Chemistry

It is important to balance the body's chemistry for proper cell metabolism and optimal endocrine function. October begins a four week course directed by Glenn Davis and presented by Sunshine Garden Health Foods: A Holistic Approach to Balancing the Body's Chemistry using Herbs, Diet and Lifestyle to Facilitate Wellness. Week 1 covered the importance of balancing body pH, and Week 2 featured Pro Biotics: Establishing beneficial bacteria to aid in digestion and immune response. Week 3 covered Essential Nutrients: Amino acids, Omega 3 Fatty acids and Glyco Nutrients. Week 4 (this week) focuses on Adaptogenic Herbs for Endocrine Maintenance: Cardiovascular Health, Hormone Balancing, Immune Modulation and Nervous System Integrity. Space is limited, call Sunshine Garden at 985-893-1463 to reserve your spot. \$30/person.



## October Is Breast Cancer Awareness Month

### Blue Boy Herbs Presents Fall Herb Classes and Walks 2012

Herbalist Darrell Martin is offering fall classes for those interested in becoming proficient in using native medicinals. Each class will cover native plants used in specific body systems, including harvesting an herb and making a tincture. Classes are 9 a.m. - 2 p.m. with a vegetarian lunch included. Call to sign up for the available date of October 27. Phone: 601-798-218 E-mail: [blue.boy@datastar.com](mailto:blue.boy@datastar.com) Located 10060 Road 263, Carriere, MS 39426





www.covla.com

# FREE Covington Weekly

October 24 - 30, 2012  
Local Events

**Covington Farmer's Market - Wednesday October 24, 10am - 2pm @ the Covington Trailhead** Rain or shine, live "front porch jam", fresh local produce and prepared food. - 419 N. New Hampshire St.  
**Rockin' the Rails - Thursday October 25, 5 - 7:30 pm @ the Covington Trailhead** Rockin' the Rails is back on track, every Thursday in October! Don't miss Little Freddie King! - 419 N. New Hampshire St.  
**Friday Night Block Party - Friday October 26, 6:30pm - 9:30 pm**  
**Covington Farmer's Market - Saturday October 27, 8 am - 12 pm @ the 600 block of Columbia St.** Fresh local produce, raw and prepared foods, plants and vegetables, live music by RoseAnne Bivens, food demo provided by Kevin and Jeff of K & J Grilling, who will be serving slow smoked pulled pork loin with home-made worcestershire. - 600 block of Columbia St.  
**Trickin' & Treatin' - Saturday October 27, 10 am - 12 pm @ the Covington Trailhead** Fun for the whole family featuring Frank Levy's Stories in Motion, Trick-or-Treat bag decorating, Trick-or-Treating, and a carved pumpkin contest. Please bring a food item for donation to the Covington Food Bank.

**Nash & O'Flaherty, An Evening of Folk Music - Sunday October 28, 6:30 pm @ Sanctuary Illuminarie** Event starts with conversation and drinks at 6:30 pm. A suggested donation of \$20 is appreciated. For more information please call Adelita at (985) 273-0831.

**Galleries** (featured artists)  
**St. Tammany Art Association** 320 N. Columbia St. - Specters, Saints & Spirits: Discoveries from the New Orleans Museum of Art  
**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 Barfeld, 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 Oct. 24 - 30

**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 / Rick Samson & Friends @ Columbia St. Tap Room 8pm  
**Friday:** Gal Holiday & the Honky Tonk Revue @ the Green Room 7 - 10 pm / Soul Revival @ Columbia Street Tap Room 7pm / Four Unplugged @ Columbia Street Tap Room 10pm  
**Saturday:** RoseAnne Bivens @ Covington Farmer's Market 9:30am / Pot Luck String Band @ Marsolan's Old Feed Store Music Series 12 - 2 pm / Five Finger Discount @ Columbia Street Tap Room 10pm  
**Sunday:** Open Mic Poetry @ St. John's Coffeehouse 2pm  
**Tuesday:** Singer/Songwriter Timothy AG @ The English Tea Room 10:30 am - 12:30 pm

**Little Freddie King this Thursday!** Little Freddie King is an American delta blues guitarist who bases his style on that of Freddie King, his namesake. His own approach to country blues is original and unique to himself. Born Fread Eugene Martin in McComb, Mississippi, King moved to New Orleans when he was 14. He played the New Orleans Jazz and Heritage Festival for 32 consecutive years.



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**Wednesday Market**  
 10:00 am - 2:00 pm  
 The Covington Trailhead  
 419 N. New Hampshire  
**Saturday Market**  
 8:00 am - 12:00 pm  
 Covington City Hall  
 609 N. Columbia Street  
 www.covingtonfarmersmarket.org

**Sorellis at the Market**  
 Leslie Guy  
 CATERING - PRIVATE INSTRUCTION  
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 Save the Date!  
**INAUGURAL AUCTION**  
 SATURDAY, OCTOBER 27TH  
 11:00 AM

**HUGE MULTI ESTATE AUCTION**  
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 • EUROPEAN ESTATE MERCHANDISE  
 ENTERTAINMENT BY THE INVISIBLE COWBOY  
 CATERING PROVIDED BY THE LAKEHOUSE  
**PREVIEW TIMES:**  
 FRIDAY, OCTOBER 26TH 11:00 AM - 5:00 PM  
 SATURDAY, OCTOBER 27TH 10:00 AM - AUCTION  
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 www.covingtonbusinessassociation.org

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**Rockin' the Rails**  
**October 4 LOUIS PRIMA JR.**  
**October 11 MARCIA BALL**  
**October 18 LUTHER KENT**  
**October 25 LITTLE FREDDIE KING**  
**FREE CONCERTS**  
 5:00 pm - 7:30 pm  
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**EVERY THURSDAY IN OCTOBER**