

### Shop Local This Holiday Season

What does it mean to "vote with your dollar"? More and more people everywhere have decided to "vote" for stronger, healthier communities by shopping with locally owned businesses. This movement comes from the understanding that local businesses support long term sustainability rather than just short term wealth. How does supporting local business help support us? Locally owned businesses often purchase from other local businesses, service providers and farms. This, along with payroll, taxes and involvement in community events helps to support your local economy.

The unique character of Covington is defined to a large part by our wonderful local businesses, and the overall impression of a community is often characterized by this. A city's business district ties in closely with its tourism. "When people go on vacation they generally seek out destinations that offer them a sense of being someplace, not just anyplace." Says Richard Moe, past President of the National Trust For Historic Preservation. In other words, as far as tourism goes, it pays to be unique. Perhaps most importantly, supporting local business means supporting local people. When you shop locally, you are personally helping members of your community buy their family Christmas presents, sign their children up for art classes, or even give end-of-the-year bonuses!



### Three Great Local Businesses

#### The English Tea Room



The Tea Room serves over 100 loose leaf teas from around the world, as well as housing an incredible collection of one of a kind tea accessories.

#### Jewel's Cigar & Briar




Jewel's offers a wide selection of cigars, pipe tobacco and fine tobacco. Stop in and wish Pat and Jewel Clanton congratulations on their new baby grandson, Lane!

#### Mo's Art Supply & Framing




Mo's offers art supplies, art gifts, professional art restoration, custom framing and now office supplies! Get the perfect gift for any art enthusiast!




### Wildlife

### Bobcat

L. rufus floridanus





### Lookout




The bobcat (*Lynx rufus*) is a member of the cat family Felidae, and it ranges from southern Canada to northern Mexico, and most of the continental U.S. In southern Louisiana, the bobcat is an adaptable predator, living in wooded areas, swampland, and suburban environments. The bobcat is about twice as large as the domestic cat with a gray to brown coat, whiskered face, and black-tufted ears. The bobcat gets its name from its black-tipped, stubby tail, and it is on average the smallest of the four species of its genus. Adult bobcats stand 1-2 feet at the shoulders, and males average 21 lbs. while females average 15 lbs.

L. rufus breeds from winter into spring with a gestation period of about two months; kittens are born well-furred and with spots. The bobcat is largely solitary, but the range of males will often overlap. Females, however, rarely wander into the range of other females. A successful hunter, the bobcat adjusts its habits with regard to the activity of its prey, generally rabbit, hare, mice, squirrels, birds, fish and insects. Native American mythology often pairs the bobcat with the coyote, as the lynx and the coyote are associated with the fog and the wind, respectively. In this pairing, the two represent opposites, giving rise to a fluid type of dualism. As the fog and the wind are opposites, they both can offer advantages or disadvantages, depending on the situation. Dreams of the cougar, bobcat and lynx are thought to be indicative of superior hunting and stealth capabilities. European settlers admired the cat for both its ferocity and grace.





Bobcat



Lynx


## Farmers Market Recipes

Fresh recipes inspired by ingredients found at the Covington Farmers Market

### Roasted Squash & Sweet Potato Salad

**Ingredients:**


- 1 large yellow onion, sliced
- 1/2 medium butternut squash
- OR sweet pumpkin, peeled, seeded and diced
- 2 medium sweet potatoes
- OR sweet apples, sliced
- 4 - 5 cups of shredded greens (kale, collards)
- 1 tablespoon of extra virgin olive oil
- 1 1/2 teaspoons of sherry vinegar
- 1/2 cup of pecans




**Cooking Instructions:**

Preheat oven to 400 degrees. Toss sweet potatoes or apples with onions and 1 teaspoon of olive oil, spread on a baking sheet. Toss the squash or pumpkin with 1 teaspoon of olive oil, salt and pepper, spread this on a separate baking sheet. Place both in the oven, baking the sweet potato mixture 30 minutes and the squash 40 minutes, or until both are tender and lightly browned. Toss both halfway through cooking to avoid sticking to the baking sheet.

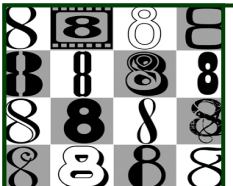
Meanwhile, toss greens with the remaining olive oil, the sherry vinegar, salt and pepper. When the squash and potatoes are ready plate the salad and serve with hot veggies on top, sprinkled with pecans.



### Support Local Farms



The Covington Farmer's Market is every Wednesday at the Covington Trailhead from 10 - 2, and every Saturday from 8-12 at the 600 block of Columbia Street, rain or shine. Julie and Joe Manuel will be performing this Saturday beginning at 9:30, and Acquistapace's Covington Supermarket will be out serving their famous Fried Turkey.



### Crazy Eights

Members Exhibit

st.tammanyartassociation

The Annual Crazy Eights Exhibition: All Members, All Miniatures opened last weekend, featuring artwork in all mediums no larger than 8 inches. All works are priced under \$300, making this show a holiday favorite. The exhibit will be on display through November 30th.

### Holistic Education Meeting


This month's meeting will take place at the Covington City Council Chambers on Thursday, November 15 from 7 - 8 p.m. Adrienne Ferguson will give a presentation on "Traditional Foods and the Lost Art of Fermentation" with a discussion to follow. Sponsored by the Holistic Center for Health and Healing, Inc., the event is free and open to the public. City Council Chambers are located at 222 Kirkland Street. More information: **985-630-2652**

### Quote of the Week

"Logic will get you from A to B.  
Imagination will get you anywhere."  
- **Albert Einstein**

### Tuesday



November 20



First Quarter

### Train of Hope a Success

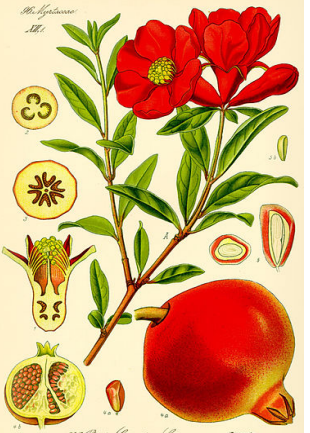
The Train of Hope ultimately collected 37 loaded pallets of supplies, filling an entire baggage car. The idea would have never become a reality without the businesses, individuals, public officials and community leaders who offered their time and generosity to help those in the aftermath of Sandy. To them, the organizers of Train of Hope offer gracious thanks.




Train of Hope is an initiative of the St. Tammany Parish Tourist & Convention Commission, the City of Slidell and Amtrak. Find out more at **www.trainofhope.net**

## November: National Pomegranate Month!

**A source of B5, vitamin C, potassium and natural phenols. The edible seeds are a good source of fiber and unsaturated oils. In the Ayurveda system of medicine, the seeds and juice are considered a tonic for the heart and throat.**





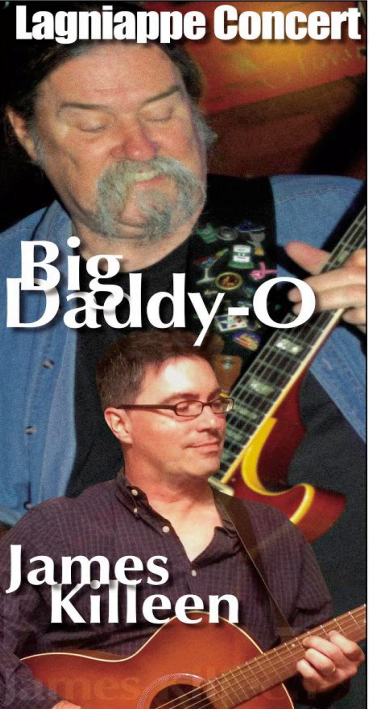
### Chrysanthemum

The name "chrysanthemum" is from the Greek language, chrysos (gold) and anthemion (flower). In 1999, a ruling of the International Code of Botanical Nomenclature set the defining species of the genus as *Chrysanthemum indicum*. The hybrid *Chrysanthemum morifolium* is derived primarily from this species, among others. This flower is the flower of November, and many countries regard the chrysanthemum as a beautiful reminder of autumn.

Asia has a history of using the flowers in a culinary capacity (generally, *C. morifolium*) for tea, rice wine and soup. The leaves are sometimes steamed or boiled as greens, and small flowers used as a garnish. *C. cinerariaefolium* produces pyrethrum, a natural source of insecticide. Pyrethrins attack the nervous system of insects, and they inhibit the female mosquito from biting. Because they break down easily in sunlight, they are less toxic to mammals and birds than many synthetic insecticides. Natural pyrethrum is the basis for the group of synthetic pesticides known as Pyrethroids, which are generally used in commercial applications.

### Sunset at the Landing




Friday, Nov. 16, 2012 6-9pm



### Big Daddy-O

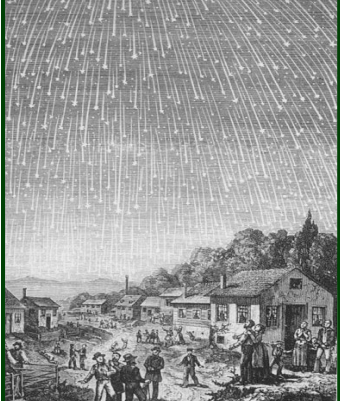

### James Killeen

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### The Leonids

The Leonids are viewed as the Earth moves through the stream of particles left from the passage of the comet Tempel-Tuttle. The name "leonid" designates the location of their radiant in the sky: the constellation Leo. The annual meteor shower may deposit 12 or 13



tons of particles across the entire planet. The peak of the Leonid shower is generally around November 18, but varies slightly, as the orbits of the comet trails are affected by other planets, giving them a different trail than the comet itself.

1889 engraving by Adolf Vollmy of a painting by Karl Jauslin, based on a first person account of the 1833 storm witnessed by Joseph Harvey Waggoner on his way from Florida to New Orleans.



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# FREE Covington Weekly

Nov. 14 - 20, 2012  
Local Events

**Covington Farmer's Market - Wednesday November 14, 10am - 2pm @ the Covington Trailhead** Rain or shine, live "front porch jam", fresh local produce and prepared food. - 419 N. New Hampshire St.

**Relay For Life Kick-Off of Northwest St. Tammany Parish - Thursday November 15, 6 pm @ Stone Creek Club & Spa** Relaying Through the Decades! For more information please visit [www.relayforlife.org/northweststtammanyla](http://www.relayforlife.org/northweststtammanyla). - Ochsner Blvd.

**Holistic Education Monthly Meeting - Thursday November 15, 7 - 8 pm @ Covington Council Chambers** Adrienne Ferguson, a nutritionist, will speak on "Traditional Foods and the Lost Art of Fermentation", discussion follows. Meetings are free and open to the public, sponsored by the Holistic Center for Health and Healing Inc. - 222 Kirkland St.

**Sunset at the Landing Concert - Friday November 16, 6 - 9 pm @ Columbia Street Landing** A lagniappe concert, added on because the originally scheduled Big Daddy-O and James Killeen was cancelled due to bad weather. Free and open to the public. - Columbia St. at the river

**Playmakers Theater Presents "Bell, Book and Candle" November 2 - 18** Fridays and Saturdays 8 pm, Sunday Matinee 2 pm @ Playmakers Inc. This bewitching romantic comedy takes place in 1953 in Gillian Holroyd's apartment in New York City. For ticket information call (985) 893-1671 or go to [www.playmakersinc.com](http://www.playmakersinc.com).

**Covington Farmer's Market - Saturday November 17, 8 am - 12 pm @ the 600 block of Columbia St.** Fresh local produce, raw and prepared foods, plants and vegetables, live music by Julie and Joe Manuel, and local Acquistapace's Covington Supermarket will be offering their fried turkey for the food demo. - 600 block of Columbia St.

**Fall Beautification Day! - Saturday November 17, 9 am - 12 pm meeting at the Covington Trailhead** Help the non-profit organization Keep Covington Beautiful replant the rest of the planters for downtown Covington! Be a part of something Beautiful! For more information contact Priscilla at [kcb@covla.com](mailto:kcb@covla.com) - 419 N. New Hampshire St.

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## Covington Live Music Listings for Nov. 14 - 20

**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 / Mike Epstein @ Columbia St. Tap Room 8pm

**Friday:** Open Mic Night @ St. John's Coffeehouse 7 pm / Preston Leger @ the Green Room 10 pm / Snapper & the Fishsticks @ Columbia Street Tap Room 10pm

**Saturday:** Julie and Joe Manuel @ Covington Farmer's Market 9:30am / Marcos Maciera + Crescent City Groove Trio @ the Green Room 10pm

**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 10pm

## Ox Lot Maintenance

Mayor Mike Cooper and the City of Covington staff are here to assist you and your business interests. Covington's Ox Lots are a unique and historic asset to the City, and they are maintained by the City's Public Works Office. If you have any issues or concerns with maintenance of the Ox Lots in Covington, you may contact the Public Works Office directly: Carl Rebouche, Director, contact Ann Hare by e-mail, [ahare@covla.com](mailto:ahare@covla.com), or call 985-898-4700

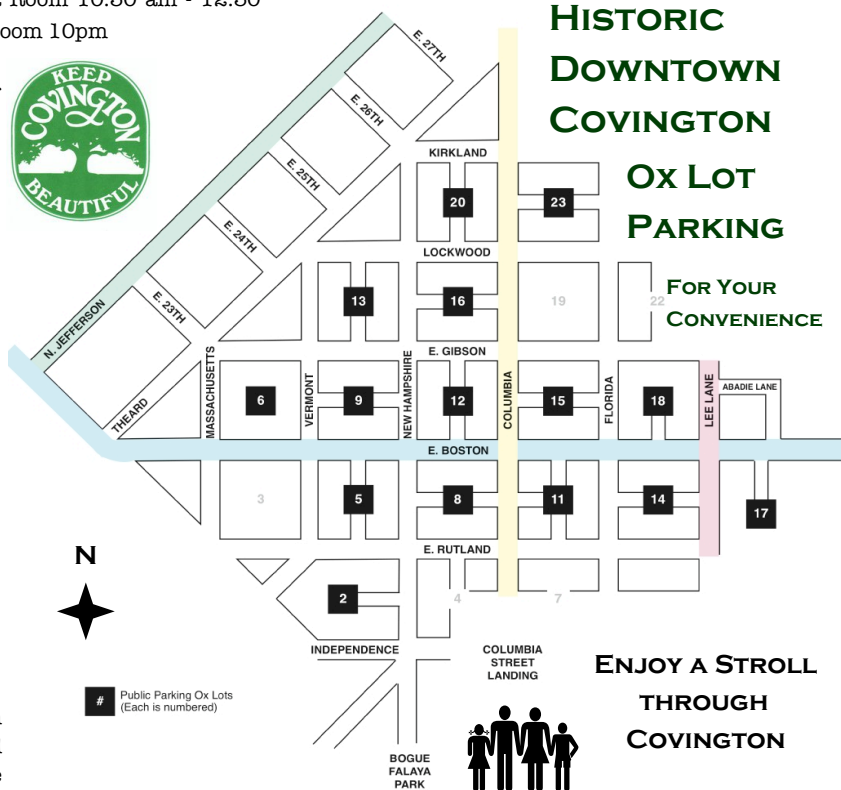
## Keep Covington Beautiful

It is the responsibility of everyone to keep their community safe and clean, not just those that are paid to do so (although their responsibility may be greater in the sense of using our tax dollars). Please help to keep our city clean and beautiful by picking up after yourself, or picking up after others if necessary.

## Street Improvements Underway

Use caution when travelling through downtown Covington and be aware of road and sidewalk construction over the course of the next few months.

**PARDON OUR PROGRESS!**  
[www.covla.com](http://www.covla.com)



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