

FREE Covington Weekly

June 20 - 26, 2012

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The Swallowtail Agrees...



...that the best flowers are at In Wood Gardens!

Photo courtesy Dan Cobb, taken at Inwood Gardens

Covington Time Bank

The time bank is a concept that allows individuals to barter their time with regard to the services they offer. No money is exchanged, and no monetary value is placed on the items or services offered. It is traded as an hour of time for an hour of time. Media 9 Productions is creating a new forum for anyone interested in participating in the Time Bank/barter and swap idea. When the group has enough members, we will meet and discuss how to put the idea into action. If you are interested, please visit the new facebook page:

www.facebook.com/covingtontimebank

Holistic Education Monthly Meeting

Please join us for this month's meeting, a presentation on "The Many Aspects of Tea and Health", by Jan Lantrip. Jan is a Registered Pharmacist with a degree from Northeast Louisiana University Pharmacy School, and she is a practicing compounding pharmacist who has worked many years in both hospitals and retail settings. She and her husband Tim are owners of the English Tea Room in Downtown Covington. Jan will speak about the nutritional value and benefits of tea. This will include a discussion of teas from around the world and how they are brewed and used. The meeting will be held from 7 pm to 8 pm Thursday evening at the Covington City Council Chambers, located at 222 Kirkland St. This lecture is free and open to the public.

Covington Downtown Historic District PUBLIC MEETING on Design Guidelines

Tuesday, June 26, 2012 - 6:30 pm

Presentation of the Historic District Design Guidelines with Business and Property Owners

City Council Chambers
222 Kirkland Street

To view the guidelines, please go to:

• www.covla.com

• Covington Public Library, 310 W. 21st Avenue, or the
• Covington Planning and Zoning Department, 317 N. Jefferson Avenue

The City of Covington is pleased to invite all historic district businesses and property owners to a presentation of the Historic District Design Guidelines. These guidelines will be incorporated into the new city-wide comprehensive plan and will assist in the ongoing efforts of historic preservation in Downtown Covington by providing applicants and the historic district commission with a clear, concise reference guide. The guidelines are available at the City's website (www.covla.com), in person at the Covington Public Library, or at the Covington Planning and Zoning Department. For more information please check the City's website or call the Planning Department at (985) 867-1214.

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Northshore Food Co-op

The preliminary meeting of the Northshore Food Co-op is Thursday June 28 at Columbia Street Natural Foods Market. The NFC seeks to establish a permanent location for the distribution of local produce, arts and crafts on a daily basis, as well as provide an outlet for educational programs and community interaction. Agenda items include discussion of a possible location, how the co-op will be structured, and procedures for selling items in a food cooperative.

The meeting will begin at 6:30, with a 6:00 reception. A pot-luck will be provided, and other food and drinks items will be available for purchase. Please check the Northshore Food Co-op Facebook page for updates, and bring your ideas!

www.facebook.com/NorthshoreFoodCoop



Wednesday Collection Day

Wednesday is now collection day for all garbage and recycling in the city of Covington.

Covington Pet Ordinance

The City of Covington would like to remind its citizens that pets are prohibited at all public events. Citizens are also reminded to clean up after their pets, and the ordinance will be enforced with a fine. Remember to practice responsible pet ownership.



Quote of the Week

"He that cannot forgive others breaks the bridge over which he must pass himself; for every man has need to be forgiven."

Thomas Fuller

Tuesday

June 26



First Quarter

Farmer's Market Recipes

Fresh recipes inspired by ingredients found at the Covington Farmer's Market, by Chef Leslie "Sorelli" Guy

Farmer's Market Ratatouille For 4

Collect:

- 2 large eggplant (G F Farms)
- 2 zucchini (Father and Sons Produce)
- 2 squash (Grow Farms)
- 6 creole tomatoes
- 5-6 leaves of basil (Sorelli's at the Market)
- 3-4 assorted bell peppers (Slice of Heaven Farm)
- 4 toes of garlic
- oil for cooking



Bring a pot of salted water to a boil. Cut an x on the bottom of the tomatoes and drop in the boiling water until they come back to a boil. Remove with a slotted spoon, allow to cool, then remove the skin. Get a base pot going with the oil, garlic and herbs, simmer on low. Chop and add tomatoes to the toasted garlic and herbs, keep at a low heat. Dice the peppers, squash and zucchini and cook on high in a separate skillet. Peel, dice and salt the eggplant, then let it sit in a strainer to drain excess juices. Once the vegetables are cooked in the skillet, add them to the tomato sauce that is cooking on low heat. Reheat the skillet and cook the eggplant until golden brown. Add the eggplant to the sauce, and salt and pepper to taste. Cook on low heat for about an hour. Keep stirring the mixture periodically while it cooks. Enjoy on bread or with pasta!

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.

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&
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Leslie Guy

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SORELLISCHEF@GMAIL.COM
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The Odyssey Project performed for Sunset at the Landing last Friday. L-R: Andrew Davis, Michael Hidalgo, Kimberly Houser

Mayor Cooper greets the driver and passenger of the car as it arrived at the Trailhead. They are driving from San Diego, California to Jacksonville, Florida.



Minddrive is an extra-curricular educational program for inner city high school students in Kansas City, MO. The program provides mentoring and a hands-on approach to education. The electric car pictured here

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was one of three vehicles built by the students. The entourage stopped in at the Covington Trailhead on their coast to coast drive. The Minddrive crew was greeted by the Mayor, and several children's summer camps attended to see the car and wish them well.



The engine runs on 30 lithium ion batteries that are wired in series. The car has one gear and is designed to travel at an optimum speed of 60 mph.

©©©© www.minddrive.org ©©©©



Roy's "Art"chery Shop

Now featuring carving tools, knives, basswood and his own folk art style of hand carved caricatures and animal sculptures. Artist Jessica Porter Blaum's creative, thought provoking oil paintings and Billy Porter's original Batik images will be on display all through May and June.

319 N. Columbia St. - (985) 893-1060

Covington Farmer's Market - Wednesday June 20, 10 am - 2 pm @ the Covington Trailhead

Rain or shine, live "front porch jam", fresh local produce and prepared food. - 419 N. New Hampshire St.

Holistic Education Meeting - Thursday June 21, 7 - 8 pm @ Covington City Council Chambers

This month's meet-up features the presentation "The Many Aspects of Tea and Health", by Jan Lantrip. She will speak about the health benefits of tea, and the nutritional and medicinal value of tea. More information about this event is on the front. - 222 Kirkland St. (City Council Chambers)

Covington Farmer's Market - Saturday June 23, 8 am - 12 pm @ the 600 block of Columbia St.

Fresh local produce, raw and prepared foods, plants and vegetables, live music by Roy Blaum.

"Princess Tam Tam" Presented by CAOTA - Saturday June 23, 6 pm @ the Center of Performing Arts

CAOTA presents it's Movie Night, featuring the Josephine Baker film "Princess Tam Tam". Admission is \$15 at the door, and all proceeds are used to bring music and musical guest into area classrooms. Food and drinks will also be available for purchase, coffee will be provided by Campbell's Coffee & Tea. - 201 N. Columbia St.

Historic District PUBLIC MEETING on Guidelines - Tuesday June 26 6:30 pm @ City Council Chambers

The City of Covington is pleased to invite all historic district businesses and property owners to a presentation of the Historic District Design Guidelines, to assist in the ongoing efforts of historic preservation in Downtown Covington. Please check the front for more information. - 222 Kirkland St.

Old Fashioned Family Fourth - Saturday June 30, 6:30 pm - 9 pm @ Bogue Falaya Park

Attendees will enjoy patriotic music, followed by a breathtaking firework display at dusk. LA Partyart will be providing free face paint for children, and the Kiwanis Club will be selling additional concessions. Attendees are welcome to bring their own picnic, and this event is free and open to the public.

Runners Choice has partnered with the City of Covington for the Family Fourth Fun Run & Walk, which will begin at 6 pm at Bogue Falaya Park. Registration begins at 5 pm. For more information call (985) 845-1948.

Middle School Madness For Ages 8-11 - Ongoing - @ the STPL Covington Branch

Crafts and activities for children ages 8-11. Register your child for the Library's ongoing series of summer events by going to the Library website, www.sttammany.lib.la.us

Own the Night Teen Events - Ongoing - @ the STPL Covington Branch

The Covington Branch of the St. Tammany Parish Library holds an open registration one week before each event by calling (985) 893-6280. Registration is required and limited to 12 teens ages 12-18, please. - 310 W. 21st Avenue

Live Music Listings - June 20 - 26

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 / Andy Breaux Acoustic @ Columbia St. Tap Room 8pm **Friday:** Jay Weber every Friday, 7pm - 9pm @ the Green Room / Haploid + Everyone She Knows @ the Green Room / Band Camp @ Columbia St. Tap Room 10pm **Saturday:** Roy Blaum @ Covington Farmer's Market / Eternal Absence + Saints of Helltown @ the Green Room / Chris LeBlanc @ Columbia St. Tap Room 10pm **Sunday:** Karaoke w/ DJ Bobby Blaze @ the Green Room / Open Mic Poetry (Every Sunday!) @ St. John's Coffeehouse 2 pm **Monday:** Mystery Movie Night @ the Green Room

Galleries (Featured Artists) St. Tammany Art Association 320 N. Columbia St. - SAA & St. Paul's Student

Exhibition **Henry Hood Gallery** 325 E. Lockwood St. - Laura Allums, Jean Flint, Robin Hamaker, Gail Hood, Lucille Hunter, Yvonne James, Lynda Katz, Jeff Mickey, Jean Seidenberg, Dennis Sipiorski, Ruth Sipiorski, Barbara Tardo, Sarah Wiseman **Brunner Gallery** 215 N. Columbia St. - Rick Brunner, Byron May **Heyer Gallery** 419 E. Lockwood St. - Jennifer Heyer-Tardo **Garcia.Dunn** 609 E. Boston St. - Sarah Dunn, Meghan Garcia **Tripolo Gallery** 323 N. Columbia St. - Bill Binnings, Shanna D' Antonio, Nancy Hirsch-Lassen, Robert Cook, Craig McMillin, Juli Juneau, James Michalopoulos, Al Ormsby, Rebecca Rebouche, Scott Ewen, Ken Tate, Gail Ruggiero, Scott Upton, Donna Duffy **Three Rivers Gallery** 333 E. Boston St. - Gail Glassman, Harriet Blum, Peggy Hesse, Suzanne King, Donald Maginnis, Valeric Stangl Melancon, John Preble, Max Ryan, Charles Macgowan, Robert Seago **Roy's "Art"chery** 319 N. Columbia St. - Roy Blaum, Jessica Porter Blaum, Billy Porter



320 N. Columbia St.



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