



Covington Bicentennial Kickoff

The City of Covington Celebrates 200 Years



Covington is planning an action-packed bicentennial kickoff event on Thursday, August 30, 5 - 8 p.m., at the Covington Trailhead. First on the list of entertainment is a battle of the bands featuring Covington High School and St. Paul's School. Next, Kermit Ruffins and the Barbeque Swingers take the stage around 6 p.m. BBQ and beverages will be available for purchase with proceeds to benefit the Covington Bicentennial Committee. L.A. Partyart will provide free face-painting for the kids, and admission is FREE.



Attendees are encouraged to bring their old photos of "Historic Covington" to the celebration. The photos will be submitted to the Covington Bicentennial Postcard Contest, and winning photos will be used to create a series of Bicentennial commemorative postcards for sale at local retailers. All photos will be returned to their owners after the winners are selected.

For additional information about this event, contact Sarah Chambless at schambless@covla.com or call (985) 892-1873.

Holistic Education Meeting

What Your Eyes Say About Your Health

On Thursday, August 16, 2012, John Osborne of Hattiesburg, MS will discuss using Iridology to improve your health. Iridology is the practice of examining the iris for markings and discoloration that may indicate possible health problems. Different sectors of the iris correspond to different areas of the body, and certain markings can indicate vulnerabilities in those areas. The meeting will be held from 7 pm to 8 pm at the Covington City Council Chambers, **222 Kirkland St.**

Free and Open to the Public

Vote for Covington!

Country Roads Favorite Things Survey

The City of Covington was nominated in the category of "Historic Antiques Districts" for the fourth annual Country Roads "Favorite Things" issue, due in February 2013. Support our wonderful city by voting for Covington!

see website for details

COUNTRY ROADS

ADVENTURES CLOSE TO HOME

www.countryroadsmagazine.com

Sunset at the Landing

Friday, August 17, 2012 6-9pm

Pine Leaf Boys

4x Grammy Nominated Cajun Music

Crispin Schroeder Band

BRING YOUR LAWN CHAIRS AND PICNIC DINNERS / FREE ADMISSION / INFO: 985.892.1873

ST. TAMMANY HOMESTEAD

Louisiana Black Bear

Louisiana's Endangered State Mammal



The Louisiana Black Bear is one of the 16 recognized subspecies of the American Black Bear, *U. americanus*. A longer, more narrow, flat skull and proportionally larger molars are what separates this state mammal from other black bears. They are large, bulky animals; adult males can weigh anywhere from 300 to 600 pounds, females may range from 120 to over 180 pounds. The black bear is a largely herbivorous omnivore that exploit a variety of foods, including insects. They are opportunistic feeders, eating almost anything readily available. Males may range over 100 square miles in search of food, refuge, den sites, and mates. Females breed at three or four years of age, giving birth in late January to early February, often while still in a hibernation-like state. Litter sizes range between one to four cubs.

The Louisiana Black Bear was formerly listed as a threatened species by the U.S. Fish and Wildlife Services in February of 1992, the same year it was pronounced the Louisiana State Mammal. The decrease in population is thought to be due to both diminishing habitat and conflicts between bear and man. A Black Bear Recovery Plan was introduced in 1995, and the first Black Bear Habitat Conservation Planning Maps for Louisiana were adopted for use in 2000. The map was recently updated in Spring of 2011, and over 831,000 acres have been enrolled in the NRCS Wetland Reserve Program for bear habitat restoration priority areas of Louisiana and Mississippi. With these efforts, their population is on the rise and the bears are beginning to make a comeback!

Most Native American tribes consider the bear to be a sacred animal. The bear symbolizes courage, strength, protection and life.

Quote of the Week

"What this country needs is more unemployed politicians."

- Edward Langely

Friday August 17

New Moon

Bidding Is Now Open!

Gulf Coast Bank's Auctions In August

www.AuctionsInAugust.com contains photos, donor and participant information, current bids on items, and online bidding for designated items. Please check the website for more information on the auction, or call (985) 646-6530.

Some of the outstanding local businesses you'll find in Gulf Coast Bank's 'Auctions in August':

SpeedDee

FOAD

English Tea Room

Pontchartrain Vineyards

GULF COAST BANK & Trust Company

Farmer's Market Recipes

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

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.

The Basics of Jelly & Jam

Making jellies and jams is a great way to preserve seasonal fruits and vegetables to enjoy year round! The first step is deciding which method to use. Jams use the entire fruit or vegetable, pulverized and cooked down. With jellies, just the juice is used - the fruit is cooked down and the poured through a "jelly bag" to create a clear product. (This process can be mimicked using a double layer of cheesecloth lining a colander.) Once the juice has been extracted it is processed in the same manner as the jam - sugar and other ingredients such as lemon juice and/or pectin is added depending on the recipe. The mixture is heated to a boil and jarred immediately for minimum spoilage. The distinctive consistency of both jams and jellies is created by the acids, pectin and sugars the fruit contains as well as heating. This interaction is incredibly important to the preservation and consistency of the product, and it is very important to follow each recipe without variation, until you get the hang of it. Recipes using honey are available, and raw sugar is advised.

Many fruits contain enough acid and pectin to make jellies or jams by just adding sugar. Some may be lacking in acid, pectin, or both. These would require added lemon juice and/or pectin, depending on the deficiency. Sometimes combining two or more fruits with varying levels can bring you to an even ground. Combining strawberries and red currants is an example of using high pectin fruits with low, to cut back or eliminate the need for any added pectin. Recipe books such as "The Blue Chair Jam Cookbook" are full of tasty ideas! And if you get frustrated, you can always stop by the Farmers Market and visit Just Jammin' for some local inspiration!

August 18th

Adoption Fair

Friday, Aug. 17th

Candlelight Vigil 6 p.m. - dusk

Minister Bonnie Poirier of Peaceful Planet Pets performs pet blessings. Open to the public.

St. Tammany Parish Humane Society

20384 Harrison Ave. Covington, LA 70433 (985) 892-PETS www.sthumane.org

Dog for a Dog Adoption Special: Purchase a hot dog for a 50% Off Adoption Coupon

25% Off all heartworm preventative

Raffle for a Canine or Feline Annual Check-up

Sponsor a Shelter Dog!

'Gimme a Break' Foster Fair: Foster a shelter pup for the weekend!



www.covla.com

CBA
covington business association

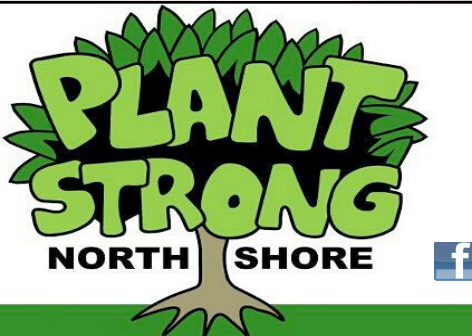


www.covingtonbusinessassociation.org

320 N. Columbia St.



st. tammany art association
www.sttammanyartassociation.org



20384 Harrison Ave.
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www.sthumane.org



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The Pine Leaf Boys are four time Grammy nominees from south Louisiana who are adding a new spice to Cajun music. They play old fashion dance hall standards while bringing the more obscure songs of the genre to a new audience. In 2009, the U.S. State Department invited the Pine Leaf Boys to tour the Middle East. The State Department then invited them in 2010 to play Latvia, Denmark and Slovenia. Friday, they will perform in Covington. Ironically, pine trees do not have leaves, and it is unclear whether the band corrects this misconception for audience members who are not familiar with conifers.

FREE Covington Weekly

August 15 - 21, 2012
Local Events

Covington Farmer's Market - Wednesday August 15, 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 August 16, 7 - 8 pm @ the Covington City Council Chambers John Osborne of Hattiesburg, MS discusses using iridology (reading the iris) to improve health in this educational seminar. Free and open to the public. - 222 Kirkland St.
Book Sale - Friday and Saturday, 9 - 5 pm @ Friends of the Library Help the St. Tammany Parish Library by attending the Friends of the Library Book Sale this weekend. Cash and check accepted - 106 S. Jahnoke Ave.
Sunset at the Landing - Friday August 17, 6 - 9 pm @ Columbia Street Landing The Crispin Schroeder Band opens for the Pine Leaf Boys. Bring your lawn chairs and picnic basket. Free and open to the public, but please no pets. - Columbia St. at the River
Covington Farmer's Market - Saturday August 18, 8 am - 12 pm @ the 600 block of Columbia St. Fresh local produce, raw and prepared foods, plants and vegetables, live music by Keenan Knight. - 600 block of Columbia St.

CYSA Open Registration for Fall 2012

Registration is now open for the Recreational Soccer 2012 Fall Season. Boys and girls ages 5 - 14 may register with CYSA online at www.covingtonsoccer.com or e-mail info@covingtonsoccer.com.
2nd Annual "Ultimate Tailgate Party" The Exchange Club of West St. Tammany parish will host their second annual "Ultimate Tailgate Party" on Saturday, August 25, 2012 at the Tchefuncta Country Club in Covington. Music by "Four Unplugged". The event will also include a live and silent auction. Ticket prices are \$50.00 each (includes all the drinks and BBQ you can handle). Sponsorships available. The Exchange Club's mission is the prevention of child abuse with the Danielle Inn as the primary beneficiary. For more information call (985) 898-1481, or visit www.sttammanyexchange.org.

Covington Live Music Listings for August 15 - 21

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 Breau Acoustic @ Columbia St. Tap Room 8pm
Friday: Everyone She Knows @ the Green Room 10pm / Category 6 @ Columbia Street Tap Room 10 pm / Open Mic Night @ St. John's Coffeehouse 7pm
Saturday: Keenan Knight @ Covington Farmer's Market 9:30am / The Wiz @ St. John's Coffeehouse 7pm / Dixie Blackhearts + Saints of Helltown @ the Green Room 10pm / The Chee Weez @ Columbia St. Tap Room 10pm
Sunday: Karaoke w/ DJ Bobby Blaze @ the Green Room / Open Mic Poetry @ St. John's Coffeehouse 2 pm

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St. Tammany Art Association 320 N. Columbia St. - The Summer Show
Henry Hood Gallery 325 E. Lockwood St. - Andrew Boyd, Wes Koon
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



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- STEVEN WRIGHT

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Covington Bicentennial
1813 Culture • Character • Community 2013



Let's Get This Party Started . . .
CELEBRATE COVINGTON 2013
at the Covington Trailhead
THURSDAY, AUGUST 30 • 5 PM - 8 PM
A host of surprises in store at this FREE Bicentennial kickoff event including

Kermit Ruffins
and the BBQ Swingers
Battle of the Bands
COVINGTON HIGH • ST. PAUL'S SCHOOL

BBO, beer and beverages available for purchase; proceeds to benefit the Covington Bicentennial Committee.
419 N. New Hampshire • Historic Downtown Covington • www.covla.com

