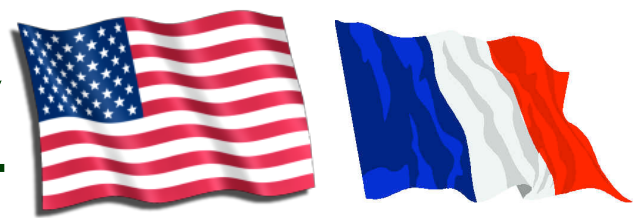


FREE Covington Weekly

July 18 - 24 2012

www.media9productions.com



Well Capping in Downtown - July 18th

On Wednesday, July 18th, in accordance with DHH regulations, the City of Covington will be capping an old, abandoned well in downtown Covington near Columbia, Theard, Gibson and New Hampshire streets. Slight street flooding may be noticed but will be insignificant. The work will be completed same day with no street closures anticipated.

Holistic Education Meeting - July 19th

You can take control of your wellness and enjoy improved health and vitality with Certified Pure Therapeutic Grade essential oils. Oils distilled from plants have been used for healing for over five thousand years and are currently prescribed by many doctors in France instead of pharmaceutical drugs. Learn how to use this safe and effective alternative approach to health, and avoid the side effects and high cost of "traditional" medicine.

Janice Ladnier of Gulfport, MS will present the lecture, "Essential Oils and Aromatherapy" on Thursday, July 19th from 7 - 8 p.m. at the Covington City Council Chambers, 222 Kirkland St. This lecture is free and open to the public. Bring a friend!

Little Shop of Horrors - July 13 - 29

The Playmakers Theater will offer a showing of their current play, "Little Shop of Horrors", to benefit STOPS on Thursday, July 19th. Call 985-893-1671 to reserve tickets, or visit www.playmakersinc.com. See events listing for play dates.



Sunset at the Landing - July 20

St. Tammany Homestead, the City of Covington and the Covington Farmer's Market present a free concert at the Columbia Street Landing on Friday, July 20 from 6 - 9 pm. This month's concert features Big Daddy-O and James Killeen. You are encouraged to bring lawn chairs and a picnic dinner, but remember, no pets are allowed. For more information, call (985) 892-1873.

The 6th Annual Bastille Day Celebration - July 21st

The St. Tammany Art Association and St. Tammany Homestead present a celebration of Louisiana's French Heritage for the 6th year in a row. This year's events include a lecture by Robin Leckbee Perkins titled "Life in Early Covington: Our French Heritage", starting 6:15 p.m. at the St. Tammany Art Association. The Waiter's Race starts at 7 p.m. at the Columbia Street Tap Room, ending at St. Tammany Homestead. Awards presented at the finish line. Stop by Lee Lane before 8 p.m. to vote for your favorite artwork in "My Eiffel Tower Art Contest". Winners and awards announced at 8 p.m. Also, judging takes place at Columbia Street Mercantile for the Audrey Hepburn Look-A-Like Contest! Winner announced at 8 p.m. For more information, please contact the St. Tammany Art Association at (985) 892-8650, or send e-mail to: info@sttammanyartassociation.org

Coffee with Mayor Cooper - July 25

If you ever sit around thinking about municipal projects and say to yourself, "I wish I could ask Mayor Cooper about this", here is your chance. The City of Covington is hosting "Coffee with Mayor Cooper at the Covington Trailhead" next Wednesday, July 25th. It is a perfect opportunity to ask about upcoming street and sidewalk projects, or thank the Mayor for pardoning Tabasco the rooster and naming him mascot of the Farmer's Market.

"This gathering gives our residents the opportunity to ask questions, state concerns or provide feedback in an informal setting where they can feel comfortable to do so." - Mayor Mike Cooper

Coffee with Mayor Cooper at the Covington Trailhead

PUBLIC INVITED



An opportunity for conversation, questions, answers

WEDNESDAY, JULY 25, 9 AM - 10 AM



The Rue Montorgueil in Paris

Claude Monet, 1840-1926

The Rue Montorgueil was painted on June 30, 1878 for a festival declared that year by the overnment to celebrate "peace and work". It was intended to be a symbol of recovery after the defeat of 1870. It was only two years later, in 1880, that the 14th of July was designated the French National Day from the storming of the Bastille.

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 now with CYSA online at www.covingtonsoccer.com. For more info, e-mail info@covingtonsoccer.com.

The Covington Youth Soccer Association strives to be an integral part of our community. Our goal is to develop and enhance the skills and maturity of our participants. We hope to produce kids with a true gift for soccer & love for the game.



The Exchange Club of West St. Tammany To Host The 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. The event will once again feature an LSU-Saints theme and provide some of the finest BBQ in the area. The BBQ competition will include winners in beef, chicken, ribs and pork as well as Grand Champion. Music will be provided by "Four Unplugged". The event will also include live and silent auctions. One of the hot live auction items will be a pair of LSU season tickets!

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. The Danielle Inn will be the primary beneficiary. For more information call (985) 898-1481, or visit www.sttammanyexchange.org.

Quote of the Week

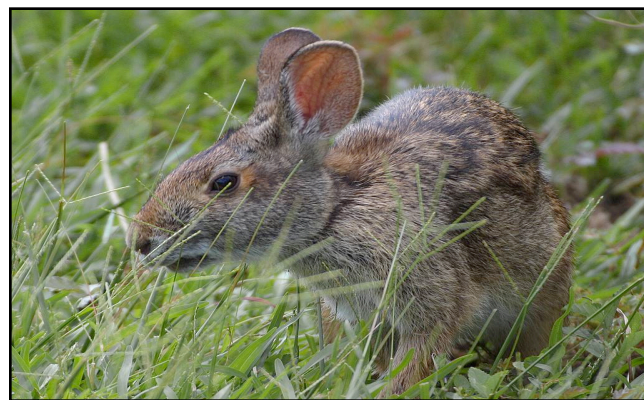
"The longer we dwell on our misfortunes the greater is their power to harm us."

- Voltaire

Wednesday July 18



New Moon



Sylvilagus aquaticus, a.k.a. Swamp Rabbit

Wildlife Lookout: Louisiana Swamp Rabbit

The swamp rabbit is a large cottontail rabbit found in the swamps and wetlands of the Southern United States, and it is among the largest members of the genus. It is usually brown, with the bottom of its stubby tail colored white. The adult rabbit weighs between 3 and 6 pounds for both male and female.

The swamp rabbit eats reeds, plants, and grasses native to its marshy habitat. They tend to nest above ground in small dens made of dead plants and lined with shed fur. The swamp rabbit is a skilled swimmer, often crossing streams, ponds and rivers. This cottontail will sometimes hide from natural enemies by sitting still in shallow water, exposing only its nose for air to breathe. The swamp rabbit can run over 45 mph when fleeing a predator, usually in an evasive zig-zag pattern.

The swamp rabbit has been known to terrorize Jimmy Carter, at least on one occasion. In the spring of 1979, Carter was fishing on a small pond on his farm, enjoying the solitude of nature. At some point, a visibly agitated swamp rabbit approached Carter's boat and tried to climb on board. Carter then tried to dissuade the rabbit from boarding his boat by splashing water with his paddle. The swamp rabbit was dubbed the "Killer Rabbit" by the tittering press, in honor of the mortally violent white rabbit in the film "Monty Python and the Holy Grail".

Farmer's Market Recipes

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

Farmer's Market Nachos

Collect:

- 2 bags corn chips (Ambrosia Live Food & Beverage)
- 1 pound of ground beef (Justin Pitts)
- 3 heads of corn (Justin Pitts)
- 1 jar black bean salsa (Teresa's Italian Cookies)
- 1 jar green or red salsa (Spanish R Us)
- 1 container creole cream cheese (Mauthe's Dairy)

Prep the corn by shucking and then cutting off the kernels. Place in a bowl and set aside. Begin cooking the ground beef. When the beef is cooked, add half of the black bean salsa and continue cooking for about 5 minutes. Keep mixture warm. In a separate pot, warm the creole cream cheese and add the corn to it. When this mixture is warmed, it is time to assemble the nachos. Lay the corn chips down first and sprinkle the meat and bean mixture on top. Add a layer of salsa, then a layer of the cheese and corn mixture. Repeat until all ingredients are used. For an extra kick, pick up some jalapenos from Slice of Heaven Farm!

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.



Northshore Food Co-op Plans Feasibility Study

The second meeting of the NSFC will take place Thursday, July 26th at Columbia Street Natural Foods at 6 p.m. Plan to attend and bring a friend. In the first meeting, the group decided to move forward with a feasibility study to get feedback from the community regarding the establishment of a food co-op in Covington. The study will focus on public education and consumer demand. Please bring any ideas you have about what should be included in the feasibility study. The formation of a committee to oversee the study is underway. Anyone interested in participating in this project can contact the Northshore Food Co-op through the Facebook page: www.facebook.com/NorthshoreFoodCoop



The 'Slice of Heaven Farms' Kickstarter Project

The Slice of Heaven Farm is a local organic farm that provides fresh produce for the Wednesday and Saturday Farmer's Markets. They also participate in the CSA program, which sells mixed produce boxes at a flat bulk price. To help meet their production demands, Slice of Heaven has started a greenhouse project on kickstarter. The deadline for their project is July 28th, and they will meet their goal with a little more help! You can donate to this project by finding "Slice of Heaven Farm" on kickstarter.com. Learn more about Slice of Heaven Farm by visiting sliceofheavenfarm.com, or 'liking' them on Facebook.

Covington Time Bank



The Time Bank is a system of barter and trade with a shift from economic directives to humanistic principles. Since every person is of equal value, their time is also of equal value and may be traded as such. The Covington Time Bank is a network of like-minded individuals who support this concept. Since the Time Bank is not influenced by money, it can operate in the absence of a working financial system. For more information, or if you would like to participate, please visit the website and facebook page: www.facebook.com/covingtontimebank www.media9productions.com/CovingtonTimeBank



www.covla.com

FREE Covington Weekly



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Covington Farmer's Market - Wednesday July 18, 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 July 19, 7 - 8 pm @ Covington City Council Chambers Janice Ladnier of Gulfport, MS will speak on, "Essential Oils and Aromatherapy." Take control of your health with Certified Pure Therapeutic Grade essential oils. Presentation is free and open to the public. - 222 Kirkland St.

Sunset at the Landing - Friday July 20, 6 - 9 pm @ Columbia St. Landing This month's concert features Big Daddy-O and James Killeen. Brought to you by the City of Covington, the Covington Farmer's Market and St. Tammany Homestead, the show is free and open to the public. You are welcome to bring lawn chairs and picnic dinners. For more information, call (985) 892-1873.

"Little Shop of Horrors" Play - Ongoing @ Playmakers, Inc. Equal parts rock opera, farce and horror/comedy with a simple moral of not only being careful what you wish for, but being wary of who's granting the wishes. Playmakers STRONGLY urges you to make your reservations early as our summer musicals sell out quickly. Show runs: July 13, 14, 15, 19, 20, 21, 22, 26, 27, 28, 29. The Thursday, July 19 performance benefits STOPS. Tickets are available online or can be reserved by calling 985-893-1671. www.playmakersinc.com - 19106 Playmakers Rd.

Covington Farmer's Market - Saturday July 21, 8 am - 12 pm @ the 600 block of Columbia St. Fresh local produce, raw and prepared foods, plants and vegetables, live music by Crescent City Celtic Band. - 600 block of Columbia St.

Bastille Day - Saturday July 21, 6 - 9 pm @ Historic Downtown Covington The St. Tammany Art Association presents Covington's 6th Annual Bastille Day Celebration! Events include "Life in Early Covington: Our French Heritage" (lecture by Robin Leckbee Perkins), Annual Waiter's Race, My Eiffel Tower Art Contest, and an Audrey Hepburn Look-a-Like Contest. For more information, contact the St. Tammany Art Association at (985) 892-8650 or visit: www.sttammanyartassociation.org

Covington Live Music Listings for July 11 - 17

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 / Jay Marino @ Columbia St. Tap Room 8pm **Friday:** Jay Weber every Friday, 7pm - 9pm @ the Green Room / x-Definition + Suns of Naki @ the Green Room / River City Hit Squad @ Columbia St. Tap Room 10pm / Open Mic Night @ St. John's Coffeehouse **Saturday:** Crescent City Celtic Band @ Covington Farmer's Market / Little Freddie King + Crescent City Groove Trio @ the Green Room / Soul Revival @ Columbia St. Tap Room 10pm **Sunday:** Karaoke w/ DJ Bobby Blaze @ the Green Room / Open Mic Poetry @ St. John's Coffeehouse 2 pm ○○○○○○ **Galleries** (Featured Artists)

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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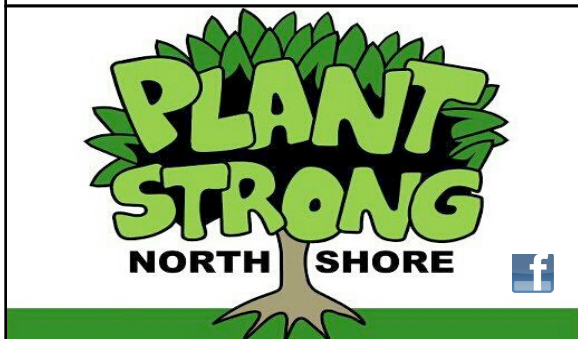
Leslie Guy

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Friday,
July 20
2012
6-9pm

DOWNTOWN COVINGTON • COLUMBIA STREET AT THE RIVER



Big Daddy-O
James Killeen

PHOTO: Gretchen G. Tufts

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St. Tammany Art Association & St. Tammany Homestead present

BASTILLE DAY
Celebration

Saturday, July 21st 6 - 9pm
Historic Downtown Covington

Waiters' Race, Eiffel Tower Art Contest,
Street Performers, Live Music, Fine Art, Culture,
& Community...with a French flair!

