

# FREE Covington Weekly

July 25 - July 31 2012

www.media9productions.com



## Covington Welcomes New Businesses

### Ribbon Cutting Thursday, July 26

The City of Covington announces ribbon cutting ceremonies for several new businesses on Thursday, July 26. Thai Kitchen (1005 Collins Blvd.) is scheduled for 9 a.m., followed by Fro Yo Factory (100 Tyler Square, Ste 3A) at 9:20 a.m. Next is the Nutrition Nook (506 S. Tyler St.) at 9:35 a.m., and ending with Stephanie Story Interiors and Motif (424 N. Columbia St.) at 9:50 a.m.



**Meet the Artist** On Thursday, July 26th, you will have the chance to meet artists Tanya Dischler and Tiffany Haricharan. The free event is from 5 to 7 p.m., featuring live music, wine, refreshments and door prizes. Brought to you by St. Tammany Homestead and Covington Three Rivers Art Festival, committed to bringing the locals together to enjoy art and their community. Sponsors include the Center of Performing Arts, St. Tammany Homestead and Acquistapace's Covington Supermarket.



**Discover the benefits of eating Local**

**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](http://www.facebook.com/NorthshoreFoodCoop)



**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](http://www.covingtonsoccer.com). For more information, e-mail [info@covingtonsoccer.com](mailto: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. The event features an LSU-Saints theme and provides 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 by "Four Unplugged". The event will also include a live and silent auction. 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](http://www.sttammanyexchange.org).

## Covington Consumer Alert

**Email Scam Using "City of Covington"** Many people are familiar with internet and email "phishing" scams, and it appears that one featuring "City of Covington" is circulating locally. Recently, a number of Covington residents received a bogus email from "Message Center" under the subject line, "A thank you from the City of Covington." The email states that the recipient has been issued a \$1,000 Visa Gift Card free of charge. The email prompts the recipient to visit a website to claim the gift card, and that website then prompts the visitor to sign up for different promotions. These emails are NOT from the City of Covington; they are a scam.



## GULF COAST BANK'S 5TH ANNUAL AUCTIONS IN AUGUST

Fundraising Event!

"Auctions in August" is Gulf Coast Bank & Trust's silent auction event hosted at all 16 branches. The items available for bidding are donated by various organizations and individuals to be auctioned for specific charities, schools or other non-profit groups. The auction is open to everyone, and each branch houses several unique items for bid, encouraging people to visit multiple branches for a complete auction experience.

Last year the bid list featured more than 1,000 items, raising approximately \$186,000 for more than 300 charities and schools. Bid items included gift certificates, household items, week-long beach vacations and even a Corvette.

[www.AuctionsInAugust.com](http://www.AuctionsInAugust.com) contains photos, donor and participant information, current bids on items, and online bidding for designated items. Donations are still being taken for the auction; donors pick their favorite charity to benefit from the sale of their item. Please check the website for more information on the auction, or call (985) 646-6530. Auction items will be available for bid at the beginning of August!

### Quote of the Week

"Not to know at large of things remote from use, obscure and subtle, but to know that which before us lies in daily life, is the prime wisdom."

- John Milton

### Thursday

July 26



First Quarter

### Wildlife Lookout: Alligator mississippiensis

The American Alligator (*Alligator mississippiensis*) is the largest reptile in North America, and ancestors of the Alligator appeared over 200 million years ago. The name comes from the early

Spanish explorers who called the creature "el legarto", or "big lizard". They range from central Texas to North Carolina, but Louisiana has the highest population, close to 2 million in the state.



The American Alligator was named the state reptile in 1983, and the highest population occur in the coastal marshes, as well as ponds, lakes, canals, rivers, swamps and bayous.



Females grow to an average of 9 feet in length and a weight of over 200 pounds. Males will grow to an average of 13 feet in length and over 500 pounds in weight. The largest American Alligator on record was taken at Marsh Island, Louisiana at 19 feet and 2 inches long. They grow about a foot per year, and only 10-20% of all hatchlings survive. Adult Alligators have no natural predator except for humans and other alligators, and they are capable of taking deer or cattle with little problem.

### This Week in History...

**July 25, 1909** - The world's first international overseas airplane flight was achieved by Louis Bleriot in a small monoplane. He asked the question, "Where is England?", took off from France, and landed near Dover, England, where he was greeted by British Police.

**July 26, 1953** - The beginning of Fidel Castro's "26 of July Movement." Castro declared that Cuba would never again be ruled by a dictator, then proceeded to establish a communist dictatorship.

**July 27, 1953** - The Korean War ended with the signing of an armistice by U.S. and North Korean delegates at Panmunjom, Korea.

**July 28, 1932** - The Bonus March eviction in Washington, D.C. Under the command of General Douglas MacArthur, Major Dwight D. Eisenhower and Major George S. Patton, U.S. Army troops attacked and burned the encampments of unemployed World War I veterans.

**July 29, 1923** - Albert Einstein speaks on pacifism in Berlin.

**July 30, 1863** - Automotive Pioneer Henry Ford was born in Dearborn Township, Michigan. "History is bunk," he once said.

**July 31, 1790** - The U.S. Patent Office first opened its doors and issued the first patent to Samuel Hopkins of Vermont for a new method of making pearlsh and potash. [historyplace.com](http://historyplace.com), [brainyhistory.com](http://brainyhistory.com)

## Farmer's Market Recipes

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

### BBQ Style Cilantro Pesto Shrimp w/Baked Squash

#### Collect:

- 1 lb of shrimp
- 1 jar of cilantro pesto (Sorelli's at the Market)
- 1 container of butter (Mauth's Dairy)
- 5 Jalapenos (Slice of Heaven)
- 3-4 lbs of squash (choose from variety of vendors)
- sundried tomato feta torte (Jennie Simmons)

Preheat the oven to 350 degrees. You will need two baking dishes, one deeper for the shrimp, and one shallow for the squash. Clean seeds and skin from the squash and slice it thin in half moon shapes. In the shallow dish, place the squash, a tbs of oil, crumbled feta torte, salt and pepper. Mix the ingredients until the squash is covered evenly. Push the squash tight in the pan. Release any air that you can and then bake. Take the deeper baking dish and put the washed shrimp in along with the cilantro pesto, 8 ounces of butter, sliced Jalapenos, salt and pepper. Cover the dish and bake for about 15 minutes. Uncover and stir the shrimp around. After another 15 minutes, the shells will start to pop off and both the squash and shrimp will be ready to serve.

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.

## Canning for Preservation

Home canning can be a little intimidating for some, but the procedures are really quite simple. One of the most important things to know about the product you are canning is its acidity levels, or pH. This is because spoilage organisms will survive higher temperatures in less acidic environments. A less acidic food (pH higher than 4.6) would be canned using the steam pressure method, which reaches temperatures of 240°F. More acidic foods (with a pH of 4.6 or lower) can be canned using a boiling water bath, only needing to reach 212°F.

Foods have traditionally been made more acidic for easier canning by adding other acidic elements, such as vinegar or lemon juice. Fermentation is another method used by canners. In these fashions many different foods have been preserved by canning; fruits, vegetables, even meats. Items for canning must be either a liquid substance (sauces, soups, oils, etc.) or must have a liquid added to it (brine, broth, syrup, pickling juice, etc.). Fill jars up to 1/4 to 1 inch from the top of the jar. This "headspace" is necessary to allow room for the food to expand as it is heated, pushing out the excess air and creating a vacuum seal. PLEASE NOTE that this is only recommended for jars that are intended for home canning use. These jars are labeled "Safe for Home Canning" and are heavy walled, specifically designed to withstand the rigors of home canning.

Current standards are published by the USDA and are the culmination of years of research in canning foods, allowing 0% spoilage. These standards include charts for temperatures and the length of time needed for canning most food items. The USDA standards for canning can be found on their website:

[www.usda.gov](http://www.usda.gov)

## Covington Time Bank



For some people, time is money. For others, time is an abstract concept manipulated as another means of control. The Time Bank is designed to shift our thinking of "work" from economic directives to humanistic principles. With a Time Bank, units of time are traded instead of currency, and every person's time is of equal value.

An hour of time for an hour of time. It's as simple as that, because no one person is worth more than any other person.

For more information, or if you would like to participate, please visit the website and facebook page: [www.facebook.com/covingtontimebank](http://www.facebook.com/covingtontimebank)

[www.media9productions.com/CovingtonTimeBank](http://www.media9productions.com/CovingtonTimeBank)



www.covla.com

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July 25 - 31, 2012

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## LOCAL EVENTS

**Covington Farmer's Market - Wednesday July 25, 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.

**"Little Shop of Horrors" Play - Last Weekend! @ 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. Tickets are available online or can be reserved by calling 985-893-1671. www.playmakersinc.com - 19106 Playmakers Rd.

**"Meet the Artist" - Thursday July 26, 5 - 7 pm @ St. Tammany Homestead** Meet the Artist is a free event featuring live music, wine, refreshments and door prizes. Meet artists Tanya Dischler and Tiffany Haricharan. Brought to you by St. Tammany Homestead and Covington Three Rivers Art Festival, committed to bringing locals together to enjoy art and their community. - 205 N. Columbia St.

**Northshore Food Co-op Meeting - Thursday July 26, 6 pm @ Columbia Street Natural Foods Market** The second monthly meeting will consist of discussion regarding the formation of a feasibility study. Public education and identifying need and interest are key in forming the study. The meeting is free and open to the public, please bring your ideas. - 415 N. Columbia St.

**Columbia Street Block Party - Friday July 27, 6:30 - 9:30 pm @ Downtown Covington** Free event, open to the public! Classic car show and family entertainment. Come out and see what downtown has to offer!

**Covington Farmer's Market - Saturday July 28, 8 am - 12 pm @ the 600 block of Columbia St.** Fresh local produce, raw and prepared foods, plants and vegetables, live music by Sweet Jones. - 600 block of Columbia St. ○○○○○○

### COVINGTON LIVE MUSIC LISTINGS FOR JULY 25 - 31

**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 / Casey Saba @ Columbia St. Tap Room 8pm **Friday:** Jay Weber every Friday, 7pm - 9pm @ the Green Room / Dash Rip Rock + Bruiser House of Surf @ the Green Room / Joey & the Jumpercables @ Columbia St. Tap Room 7pm / Supercharger @ Columbia St. Tap Room 10 pm

**Saturday:** Sweet Jones @ Covington Farmer's Market / Jimmy Robinson @ St. John's Coffeehouse 7 pm / Damien Youth @ the Green Room / Twilight Band @ 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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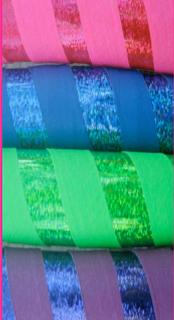
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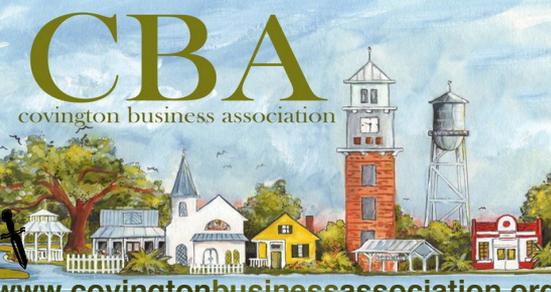
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CBA  
covington business association



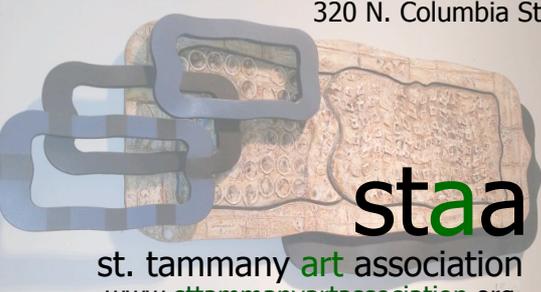
www.covingtonbusinessassociation.org

COLUMBIA STREET BLOCK PARTY

City of Covington  
Last Friday of the Month  
MARCH - OCTOBER  
6:30 pm - 9:30 pm



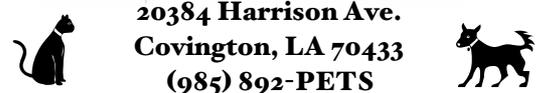
320 N. Columbia St.



staa  
st. tammany art association  
www.sttammanyartassociation.org

ST. TAMMANY HUMANE SOCIETY

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## ST. TAMMANY HOMESTEAD & COVINGTON THREE RIVERS ART FESTIVAL

proudly present

# MEET the ARTIST

FEATURING TANYA DISCHLER & TIFFANY HARICHARAN  
THURSDAY JULY 26, 2012



St. Tammany Homestead has been a local supporter of the arts for many years and it is our goal along with Covington Three Rivers Art Festival to bring the locals together to enjoy art and their community.

FREE • LIVE MUSIC • WINE & REFRESHMENTS • DOOR PRIZES  
located at st. tammany homestead  
205 n. columbia street • downtown covington 5:00 - 7:00

sponsored by: COPADA, ST. TAMMANY HOMESTEAD, Acquistapace's

QUESTIONS CONTACT: sarada@stonetitle.net or mwwittler@sthsia.com