

FREE Covington Weekly

August 1 - 7 2012

www.media9productions.com



St. Tammany Parish Mosquito Abatement Reducing the Risk of Exposure

Due to an increase in positive West Nile Virus samples, the St. Tammany Parish Government is taking proactive measures both in mosquito abatement efforts and by informing residents of ways to reduce risk of exposure. Here are just a few suggestions to protect yourself and your family from harm:



Aedes aegypti

Check the Time Mosquitoes are most active at dusk and dawn - try to stay indoors during these times.

Cover Up Wearing a long sleeve shirt, pants and socks will protect a large part of your body from attack. Cover your ears with a hat or bandana. Light-colored clothing is best.

Drain Standing Water Empty any standing water that you find in your yard. Buckets, cans, old tires, flowerpots and other like items can be a breeding ground for mosquitoes.

Natural Repellents:

- Citronella Oil**
- Lemon Eucalyptus Oil**
- Rosemary Oil**
- Lemongrass Oil**
- Pennyroyal (Plant/Oil)**



Please remember that 'natural' does not always imply 'safe'. Many people are sensitive to plant oils, and some are toxic to both humans and animals. Pennyroyal, for example, is toxic to cats, dogs and humans in larger doses/exposures. Seek expert advice before using any natural or synthetic product.

Don't Forget About Fido!



For dogs, mosquitoes are the cause of another problem: heartworms. Heartworms are caused by mosquito bites as well as ingesting the larvae. Make sure your dog has access to fresh, clean water, and refresh bowls that have been left out over night. Keep your pet on a preventative throughout the year to protect them. Consult your veterinarian to find an appropriate product for your dog.

The Covington Branch of the St. Tammany Parish Library Presents 'Growing Fall Vegetables: Cooler Temps and Extended Harvests' with Dr. Gerard Ballanco

Take your mind off the heat and humidity by signing up for this program. Attendees will learn how to prepare their vegetable gardens to produce a plentiful fall harvest throughout the growing season. Dr. Gerard Ballanco is a retired pediatrician from New Orleans. He is a Master Gardener living in Folsom, and he shares his knowledge and experience with the community in this presentation. The event is free and open to the public, and registration is required. The presentation is Thursday, August 2, from 6:00 to 7:30 p.m. at the Covington Branch. Seating limited to adults. To register, call **985-893-6280**, or visit the St. Tammany Parish Library Website.



Support Your Local Farms

Northshore Food Co-op: Identifying Need & Interest

The goal of the Northshore Food Co-op is to establish a permanent location for the distribution of local produce, arts and crafts. The second meeting was lively and informative, and discussion ranged from what can be done now to generate more interest in and promote the farmer's market (identify need), to the ultimate vision of the co-op as a community and educational center (identify interest). All input is welcome. Please check the FB page for posted minutes and ideas discussed.

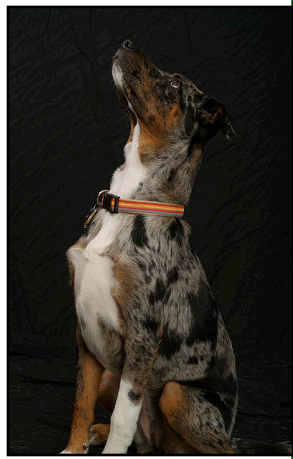
www.facebook.com/NorthshoreFoodCoop

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, and the City urges you NOT to open the correspondence.

The Louisiana Catahoula Leopard Dog

The Catahoula Leopard Dog is one of the oldest North American dog breeds, named after Louisiana's Catahoula Parish. The precise origins of the breed are unclear, but is likely that it originated in the 19th century when French settlers introduced the Beauceron and bred them with the dogs kept by Native Americans. The French described the native dogs as having haunting glass eyes, a prized trait among Catahoula owners. The name of the dog and the parish is thought to derive from a French interpretation of the Choctaw word for their own nation, 'Couthaugoula'.



Louisiana State Dog Louisiana Governor Edwin Edwards signed a bill in 1979 making the Catahoula the official state dog in recognition of its place in Louisiana history. In 2007, Centenary College of Louisiana voted the Catahoula the school mascot. In the novel, "Bobbie Faye's Very Bad Day" by Toni McGee Causey, a Catahoula was used by State Police to help the FBI track down Bobbie Faye.



Catahoulas come in many different colors, and the leopard-like coat is the result of the merle gene, which dilutes the color in areas that randomly present the characteristic of the gene. Some combinations include red leopard, blue leopard, black, gray, tri-color, quad-color and patchwork. They are loyal defenders of the home and loved as pets.

Quote of the Week

"And give me knowledge, so I may have kindness for all."

- excerpt, **Blackfeet (Siksika) Prayer**

Wednesday

August 1



Full Moon



"Auctions in August" is Gulf Coast Bank & Trust's silent auction event hosted at all 16 branches. The items available for bidding were donated by businesses, organizations and individuals. They are now available for auction to benefit specific charities, schools and 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.

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**.



Discover the benefits of eating Local

There Are Several Benefits To Eating Local Foods

Fresh Foods Taste Better (and last longer)

There's no comparison between fresh-picked produce and produce that was picked under-ripe and shipped thousands of miles to get to you. Not only does it taste better, but depending on how it's handled it will have more nutritious value as well.

Sustainable Growing = Relocalization

The best thing about eating local? You can personally know who is growing or preparing your food. Look for farmers who follow organic and sustainable growing practices. Get to know their methods and reasons for following them. Shopping locally allows you to connect and develop relationships within the community.

Small Farms Promote Variety

Ever heard of the Cherokee Purple, Lemon Drop or Ponderosa Red? These are just a few of the thousands of varieties of tomato. Some are not suitable for large commercial production and can only be purchased from small, local farms. Variety in plants promotes healthy, sustainable agricultural practices while preserving America's garden heritage.

Shopping Local Supports Your Local Economy

Spending your money locally with small local farms, restaurants and other mom and pop businesses is investing in our community. For every \$100 spent locally, \$68 returns to the community.

"Sow the seeds of Victory" During the World War II era, community gardens called Victory Gardens were encouraged to lower the price of vegetables needed by the US War Department.



Farmers Market Recipes

Fresh recipes inspired by ingredients found at the Covington Farmers Market, by Chef Sorelli

Pulled Coffee Roasted Pork Shoulder with Godiva Chocolate Fettucine



Collect:

- 1 pork shoulder (Justin Pitts)
- 1 bag of chocolate fettuccine (Sorelli's at the Market)
- 1/2 pound of ground coffee (Coast Roast)
- 1 pound of butter (Mauthe's Dairy)

Heat oven to 350 degrees. Mix 2 cups of the ground coffee with about 1/4 cup pink salt or regular salt together in a bowl. Rub the pork with the coffee and salt mix until you can't see any of the meat. In a skillet large enough to fit the pork shoulder, begin heating oil. Once the skillet is smoking, add the pork roast and sear it on all sides. Once the roast is seared, put it in a pan and cover with foil and cook until the internal temperature is 165 degrees. When the pork is close to being done, start to boil water for the pasta. Remove the pork from the oven and set on a separate plate. Get ready to use the juices from the pork to make a sauce. Heat a large skillet and pour the leftover juice in and get to a rolling boil for about 5 minutes. Add about 5 tablespoons of butter and let reduce another 2 minutes. Now pull some pork and add enough to the sauce we just made with the butter and pork juices. Add pasta to the boiling water for about two minutes, using a spoon to stir. Drain the pasta and add to the pork and sauce with a little salt and pepper to taste.

The Covington Farmers 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.

Visit the Covington Farmers Market online at www.covingtonfarmersmarket.org for each week's available items. The website contains a vendor's list, calendar, slide shows, a cookbook, and more! Sign up for the market letter from Charlene Lejeune. She will update you every week on the best market picks of vegetables, fruit, local farm-raised meats, seafood, dairy, local honey, potted herbs, baked goods, prepared foods and plants.



Greenhouse Project Funded!

Slice of Heaven Farm would like to send out a big Thank You to everyone who helped fund the Greenhouse Project on Kickstarter! They reached their goal, and they are ordering materials and clearing ground. They plan to document the process with photo updates. For those that contributed and chose a reward, Slice of Heaven Farm will bring that to the Farmer's Market for pick up to save on postage and fossil fuels. Contributors will be notified when pick up is ready. For more information, visit:

www.sliceofheavenfarm.com



Covington Time Bank

The basic concept of the Time Bank is based on the idea of relocalization and community building. Strong communities are those that work together, helping others and in turn, receiving help. The time bank works on the principle of giving an hour of time in exchange for an hour of time. Every individual's time is of equal value, and each individual has a unique skill or talent to offer.

The best thing about the time bank is that it does not require the exchange of money, or the attachment of monetary value. It exists entirely outside of the system of money; you simply discuss and agree to terms with the person you are exchanging time with. For more information, please visit the website and facebook page:

www.facebook.com/covingtontimebank
www.media9productions.com/CovingtonTimeBank



www.covla.com

FREE Covington Weekly

August 1 - 7, 2012

www.media9productions.com
MEDIA 9 PRODUCTIONS LLC © 2012

Local Events

Covington Farmer's Market - Wednesday August 1, 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.

Covington Business Association General Meeting - Wednesday August 1, 6 pm @ Seiler Bar General monthly meeting. The CBA is a non-profit organization representing and advancing the interests of local business. - 424 N. Columbia St.

Plant Strong Northshore Meetup - Thursday August 2, 6 pm @ Garcia's Mexican Restaurant Plant Strong is a resource for vegans and vegetarians, or anyone who loves veggies! This month's meeting will be at the new Garcia's on HWY. 190. - 200 River Highlands Blvd.

"Growing Fall Vegetables: Cooler Temps and Extending Harvests" presented by Dr. Gerald Ballanco - Thursday August 2, 6 pm @ St. Tammany Parish Library, Covington Branch Dr. Ballanco is a Master Gardener who will share his knowledge and experience with the community in this presentation. Please register beforehand, seating limited to adults. - 310 W. 21st Ave.

Covington Farmer's Market - Saturday August 4, 8 am - 12 pm @ the 600 block of Columbia St. Fresh local produce, raw and prepared foods, plants and vegetables, live music by Roy Gele. The Lola Deux food truck will be at the market Saturday. - 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. 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.

Covington Live Music Listings for August 1 - 7

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 / Rick Samson & Friends @ Columbia St. Tap Room 8pm **Friday:** Jay Weber every Friday, 7pm - 9pm @ the Green Room / 3 Stone Rabbits @ the Green Room 10pm / Open Mic Night @ St. John's Coffeehouse 7pm

Saturday: Roy Gele @ Covington Farmer's Market / Rotten Cores + Unnaturals @ the Green Room 10pm / Four Unplugged @ 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

Mayor's Council on Healthy Lifestyles

The Mayor's Council on Healthy Lifestyles is dedicated to improving the health and well-being of all residents and visitors to Covington. The main focus of the council is to establish a strong community network to implement practices and programs that truly affect positive lifestyle changes. The council supports the encouragement and promotion of healthy living through organized sports, events, nutrition and physical activities, with an emphasis on using natural resources.

If you'd like to be a part of the initiative to promote healthy living in our community, contact Becky Gelatt, owner of the Yoga School in downtown Covington by calling (985) 893-8834.

email: bkyglt@bellsouth.net.



THE APOSTLES WALKED EVERYWHERE THEY WENT.

fine teas from around the world
gifts
brunches / lunches
parties



734 E. Rutland St.
Covington, LA
(985) 898-3988

www.englishtearoom.com

Rosemary's Closet, LLC VINTAGE CLOTHING FOR MEN AND WOMEN RECORDS • 45s • LPs



Elizabeth Pfeffer Williams
OWNER

410 N. New Hampshire
ON THE COVINGTON TRACE (GIBSON ST. CURVE)
OPEN TUESDAYS & THURSDAYS
10 AM TO 4 PM

And by Appointment at **985-264-5085**



Jewel's Cigar & Briar Shop

201 N. New Hampshire St. - Covington La. 70433
(985) 892-5746

Imported Cigars
Full Line of Pipes & Accessories

Monday-Friday 10am-6pm - Saturday 10am-5pm

Visit us on "Jewel's Cigar Covington"



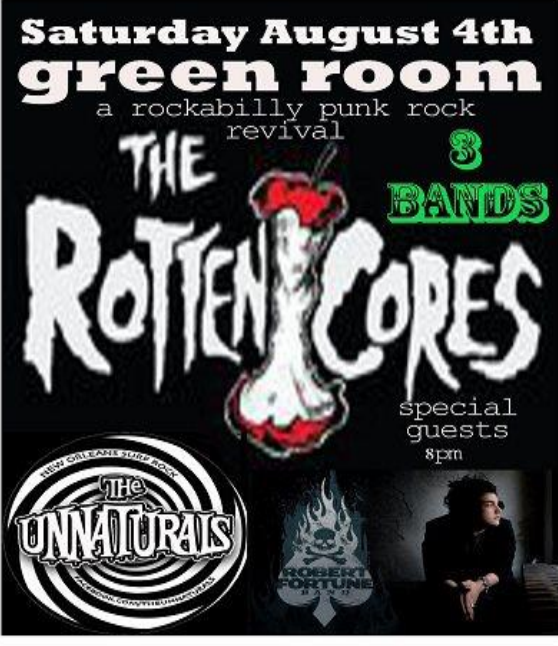
www.covingtonbusinessassociation.org



www.covingtonsoccer.com



www.sttammanyartassociation.org



www.sthumane.org



www.sthumane.org



www.foodbankcovington.org

Advertising with Covington Weekly
Scan this code with your phone

Call (985) 288-9609
or Email covweekly@media9productions.com
for advertising information



Sorellis at the Market
CATERING - PRIVATE INSTRUCTION

COVINGTON FARMER'S MARKET
SATURDAY AT COVINGTON POLICE DEPT. 8-12

SORELLISCHEF@GMAIL.COM
(985) 705-9594



Printed with recycled content. PLEASE RECYCLE. Want to save paper? Download this and other issues for free at www.media9productions.com

HISTORIC DOWNTOWN COVINGTON
OX LOT PARKING FOR YOUR CONVENIENCE

ENJOY A STROLL THROUGH COVINGTON

"EVERYWHERE IS WITHIN WALKING DISTANCE IF YOU HAVE THE TIME."
- STEVEN WRIGHT