

# FREE Covington Weekly

August 8 - 14, 2012

www.media9productions.com



## Vote for Covington!

### Country Roads Favorite Things Survey

Country Roads Magazine will be publishing its fourth annual "Favorite Things" issue in February of 2013. Cultural experts from Natchez to New Orleans share their favorite treasures, and nominees have been chosen in a wide range of categories representing the "Good Life" in Louisiana and Mississippi.

The City of Covington was nominated in the category of "Historic Antiques Districts." Support our wonderful city by voting for Covington in the Country Roads Favorite Things Survey!

see website for details [www.countryroadsmagazine.com](http://www.countryroadsmagazine.com)

## Renovation Has Begun...



Follow the progress at [www.southernhotel.com](http://www.southernhotel.com)

## Invitation to Bid

### City of Covington Cemetery Maintenance

Sealed proposals accepted until Aug. 21, 2012 @ 3 pm

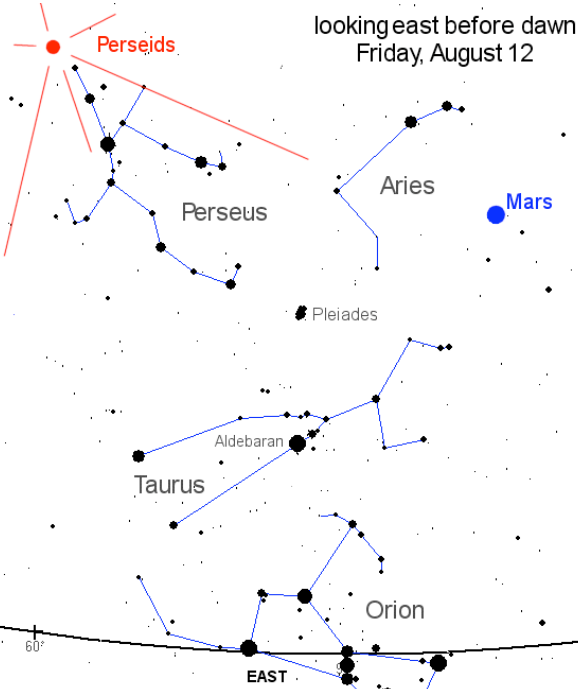
The City of Covington is seeking proposals for Maintenance of the City's cemeteries - Historic Cemetery No. 1 at the corner of Kirkland and Columbia, Wilson Cemetery and Garden of Pines on Columbia.

The Applicant shall provide proof of insurance coverages detailed on the City website, [www.covla.com](http://www.covla.com). Applicant must have a current occupational license and a Louisiana Landscape license. Sealed proposals accepted until August 21, 2012 at 3:00 pm. Proposals shall set forth the cost per month and should be submitted to Gina Hayes, Director of Administration, 317 N. Jefferson Ave., P.O. Box 778, Covington, LA 70433.

E-mail: [ghayes@covla.com](mailto:ghayes@covla.com).

## Perseid Meteor Shower

August 10/11, 11/12, and 12/13, 2012



looking east before dawn  
Friday, August 12

The Perseids are typically fast and bright meteors radiating from a point in the constellation Perseus the Hero. Considered by many to be the year's best shower, there are often 50 or more meteors per hour in a dark sky. The most meteors will occur between midnight and dawn with little interference from the waning crescent moon. At this time, the moon will also be near the bright planets Venus and Jupiter in the eastern predawn sky. Perseus was the famous Greek hero who killed the gorgon Medusa, rescued a chained Andromeda from Poseidon's sea-beast, the Kraken, and rode a winged steed named Pegasus.

## It's Hot Out There...

Everyone has noticed, it's very hot outside this summer. For those that have pets, make sure they have access to plenty of cool, fresh water. You should also have access to plenty of cool, fresh water. Stay hydrated, and try to protect yourself from over-exposure to the sun.

## American Green Tree Frog

### Louisiana State Amphibian

Adopting A State Amphibian Not As Easy As It Seems, Even If It's Easy Being Green



Apparently, Kermit the Frog was modeled after the American Green Tree Frog; it makes sense, he was always in the swamp, playing guitar, and I can see the facial similarities. The Green Tree Frog's notoriety and fame came easier than its place as Louisiana's State Amphibian, however. Back in April '93, Senate Bill 435 was introduced by Louisiana State Senators Johnson and Hainkel to promote the adoption of the green treefrog as the official state amphibian of Louisiana. The bill was the result of a contest held at the Louisiana Nature and Science Center, where student visitors voted for their favorite amphibian.

On its way to final approval, an amendment to Senate Bill 435 was introduced by Senator Crain. (cue dramatic theme) The amendment replaced the green tree frog with the bullfrog. Senator Cox jumped in the arena to suggest that the alligator would be a more suitable symbol. He changed his opinion when he came to the realization that alligators were reptiles and not amphibians.

Although the amendment to replace the green treefrog with a bullfrog was approved, it was later overridden when Senator Johnson proposed another amendment to restore the green treefrog to Senate Bill 435. Senator "Bullfrog" Crain was absent from the Senate at the time of this vote. There is some speculation that he was attending the Calaveras County Jumping Frog Contest.

On May 13, 1993, the Louisiana Senate voted 30-7 to adopt the green treefrog as the official state amphibian of Louisiana. The bill went on to the House for approval. There was more bad noise in the House, and the bill failed to pass on June 4. Noting that 24 members of the House were absent for the vote, the bill was re-submitted to a vote on June 9. The House voted 56-42 to adopt the green treefrog as the official state amphibian of Louisiana, after a 3 month legislative journey. On June 22, 1993, the legislation was signed by Governor Edwin Edwards.

Kermit the Frog received his star on the Hollywood Walk of Fame in 2002 with no controversy. We may never know if Kermit has an opinion on the difficulty the green treefrog faced in its adoption as Louisiana state amphibian, but this is a shining example of classic political sabotage with amphibian racial overtones. If they spent three months trying to decide on a state frog, what happens with serious issues? At least someone learned that the alligator is a reptile.

### Quote of the Week

"Educate and inform the whole mass of the people...They are the only sure reliance for the preservation of our liberty."

- Thomas Jefferson

### Thursday

August 9



Last Quarter

## Bidding Is Now Open!

### Gulf Coast Bank's Auctions In August

"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.



"The Shadow Reflection of Alcohol", by Oscar Quesada, is just one of the many fine auction items available. All items are online and waiting for your bid. You'll find art, gift baskets, jewelry, home decor, business services, clothing and accessories, food, gift certificates, pet services, sports equipment, vacations, resorts and much more.

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



[www.AuctionsInAugust.com](http://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.



## Farmer's Market Recipes

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

### Stuffed Ham Steak with Asparagus Beans

#### Collect:

- 2 1/4 cut ham steak (Justin Pitts)
- 1 container, sun dried tomato pesto (Nur's Kitchen)
- 1 bunch of Asparagus Beans (Slice of Heaven)
- 1 container of Chantrelles (Grow Farms or Sorelli's)



Heat the oven to 325 degrees. Put the ham steak on a cutting board. Using a meat pounder, pound the ham steaks on both sides of the meat until it is double the size it was before. Take the ham steaks and spread the sun dried tomato pesto on one side of the meat. Roll up the steaks and secure them with string or toothpicks. Add salt and pepper. Heat up an iron skillet and pour about a tablespoon of oil to cover the skillet. While the skillet is heating, clean the beans and chantrelle mushrooms. When the skillet is hot, add the ham steak and sear on all sides. Once the steaks are seared, add the mushrooms and sear. Last, add the beans to the skillet and stir everything around. Salt and pepper the veggies and add chopped garlic. Now add half a cup of water and put in the oven for about thirty minutes. When the internal temperature reaches 165 degrees, it is 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.

## Covington Farmer's Market

Visit the Covington Farmer's Market online at [www.covingtonfarmersmarket.org](http://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 newsletter 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. "Like" Covington Farmer's Market's new Facebook page at:

[www.facebook.com/CovingtonLAFarmersMarket](http://www.facebook.com/CovingtonLAFarmersMarket)

## Northshore Food Co-op

### Buying Clubs and Farm Festivals

At the second co-op meeting, discussion revolved around buying clubs and community events to promote the goal of a permanent location. The buying club is basically a group of people that pool funds to buy local organic produce, bulk items (nuts, grains, beans) and locally produced items such as furniture, non-toxic cleaning supplies, and prepared foods.

The Co-op is planning a quarterly "Farm Fest", possibly as soon as this fall. This will consist of a gathering at local farms with live music, food, crafts and informational booths. The NSFC would like input from the community at large, local businesses and civic organizations. The NSFC plans to help maximize the supply and demand of local produce and crafts through public education and cooperation with existing outlets. We're bringing local back.

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

## Covington Time Bank



The Time Bank is a pattern of reciprocal service exchange that uses units of time instead of currency. It is an example of an alternative to a monetary system. Some criticisms focus on the time unit's inadequacies as a form of currency and as a market information mechanism. That is the point, it is not meant to inform markets or act as a form of currency, it works outside of that system. The difference between time banking and traditional volunteering is that the time bank is reciprocal, for real goods and services. It has also been said that time banking has no organizational sustainability. I can tell you that it hasn't cost me a thing to tell others about the idea of time banking. There is no overhead at all, just two (or more) agreeable parties.

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## Local Events

**Covington Farmer's Market - Wednesday August 8, 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 Farmer's Market - Saturday August 11, 8 am - 12 pm @ the 600 block of Columbia St.** Fresh local produce, raw and prepared foods, plants and vegetables, live music by Tom Marron. - 600 block of Columbia St.

**"The Allemans" - Sunday August 12, 6 - 9 pm @ the Center of Performing Arts** Featuring: Reed Alleman Band, Austin Reed Alleman and Ben Alleman. Along with Robert Earl Longley (Guitar Wizard), Austin Clements and other guests. \$5 cover, refreshments available. Call (985) 727-4638 for more information. - 201 N. Columbia St. (St. Tammany Homestead Building)

**SewCialite Sewing - Wednesdays and Saturdays of every month, hours vary (call for details) @ Garcia.Dunn Gallery** You can sign up for Sewing 101 and Easy Alterations now for only \$35, seating is limited. Classes will be hosted at the Gallery with new classes being added every month. Private party booking available. View the schedule and sign up online at [www.garciadunn.com](http://www.garciadunn.com) or call (504) 638-2685. - 609 E. Boston 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](http://www.covingtonsoccer.com) or 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 Live Music Listings for August 8 - 14

**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:** Killahouse @ the Green Room 10pm / Chris Leblanc @ Columbia Street Tap Room 10 pm

**Saturday:** Tom Marron @ Covington Farmer's Market / Sonic Migration @ St. John's Coffeehouse 7 pm / Tyler Kinchen & the Right Pieces @ 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

Decorative separator line

## 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: [bkygt@bellsouth.net](mailto:bkygt@bellsouth.net).



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