

# FREE Covington Weekly

September 5 - 11, 2012

www.media9productions.com



## Hurricane Isaac

### Slow Moving Hurricane Tests Levee Work

Hurricane Isaac was officially a Category 1 storm, but its slow movement through the region turned it quickly into a water event. Households that sustained losses from Hurricane Isaac can begin applying for assistance by registering online at DisasterAssistance.gov or by calling 1-800-621-FEMA and 1-800-462-7585 for the hearing and speech impaired. These toll-free numbers will operate from 7 am till 10 pm, seven days a week, until further notice. Be safe and aware of local clean-up efforts and utility services taking place.

The Louisiana Department of Children and Family Services was granted a federal waiver on regulations concerning the Supplemental Nutrition Assistance Program (SNAP). For the month of September, the cards will also be covering hot, prepared foods for families affected by Hurricane Isaac. DisasterSNAP is available for those that need assistance but do not normally qualify.

## September Is National Preparedness Month

### Homeland Security Plans Open House Saturday

At the peak of hurricane season, the public needs information and answers. The Communications District and Homeland Security will be giving tours of the 9-1-1 Center and the Emergency Operations Center to inform the public on hurricane preparedness, how the 9-1-1 system works, and how calls are received and routed during emergencies in St. Tammany Parish.

The Open House will be at the Old Court House, 510 E. Boston Street, from 9 am to 12 pm on Saturday September 8. Light refreshments will be served. Please direct any comments or questions to Keitisha Young - Public Education Coordinator. 985-898-4911

## Justitia Omnibus Tammanend

### "Justice To All, Tammany"



Delaware Chief Tamanend is historically known as an arbiter of peace and a friend to the first European settlers, and he features prominently in our city logo. Our parish is named for the diplomatic figure, and although he was not canonized by the church, his popularity among the people brought his "saintly" status to public recognition.

Tamanend is seated on the Parish of St. Tammany, in between Abita Springs and Slidell, with the knee of the right leg resting on Covington. His seated position indicates a comfortable and inviting demeanor. In his right hand is a staff carrying the banner at top, and resting in Lake Pontchartrain at bottom. The staff is causing ripples in the water. In his left hand he holds the scales of justice, which appear to be imbalanced. Tamanend is positioned directly across from the viewer, giving eye contact, but turned slightly to the right. While engaging, it implies a sense of trepidation in contemplating future challenges.

## Louisiana State Gemstone

### Agate



In 1976, Louisiana designated Agate the State Gemstone, and Petrified Palmwood was chosen as the State Fossil that same year. In 2011, an amendment changed the classification of the Agate to "State Mineral", and pearl shell is now the State Gemstone. Agate is characterized by well-defined banding, a variety of translucent microcrystalline quartz called chalcedony. It is formed by chemical precipitation from silica rich solution in rock cavities. Gravel beds along the Amite River are some of the primary collecting areas for the Louisiana Geological Survey. Ancient traditions taught that Agate helped with poisonous bites and stings, eased the mind, and offered protection from inclement weather.

## Louisiana State Fossil

### Petrified Palmwood

Petrified Palmwood is also a variety of chalcedony. Texas named it the State Stone, but it is in fact a fossil. Specimens found in Louisiana come from the Oligocene Epoch, roughly 20 to 40 million years ago. Rod-like structures within the grain of the wood give it the spotted look. These structures appear as spots, tapering rods or lines, depending on the angle of the cut. Petrified Palmwood is common in the Toledo Bend area, and Native Americans used this material for making projectile points. This fossil is believed to promote a connection with Earth and Nature.



## Quote of the Week

"A society is defined not only by what it creates but what it refuses to destroy."

John Sawhill

Saturday  
September 8  
Last Quarter

## One Last Chance!

### End Bid Date Extended for Auction

Gulf Coast Bank and Trust has extended their Auctions in August to accommodate those who may have been misplaced due to Hurricane Isaac. The new end date for bidding is Friday September 7th.

[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.

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



GULF COAST BANK & Trust Company

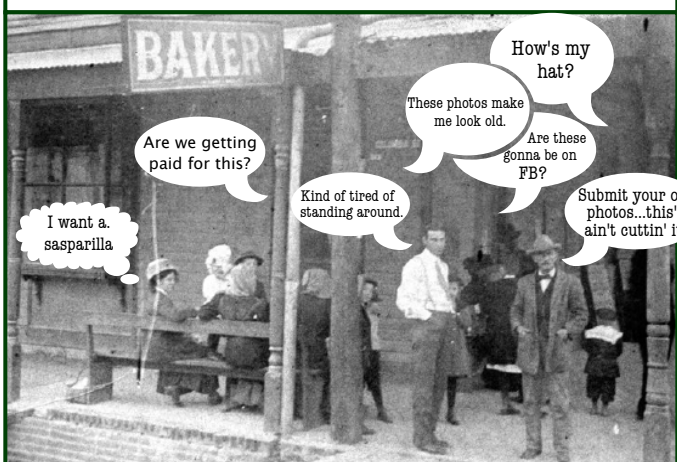
AUCTIONS IN AUGUST

## Submit Your Old Photos

### Bicentennial Postcard Contest Underway

Submit your old photos of 'Historic Covington' to the Covington Bicentennial Postcard Contest! 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](mailto:schambless@covla.com) or (985) 892-1873.



## Farmer's Market Recipes

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

### Summer Squash Soup with a Tomato Relish

Collect:

- 4 pounds squash (mix it up - many vendors have different types of squash)
- 2 pounds of mixed tomato (Father and Son Farms)
- 1 small jar of Orange Oil (Nucio's)
- 2 tablespoons of chopped garlic
- 1 onion chopped
- 4 cups veggie stock or water



Relish:

Dice the tomatoes in small pieces and add the one of the tablespoons of garlic to it. Salt and pepper to taste, add one cup of your orange oil and set in the refrigerator to marinate.

Soup:

Begin by chopping and de-seeding your squash. In a 4-6 quart pot, sear the onion and remaining garlic; cook down until onions are translucent. Lower the heat, add the chopped squash and cook till tender, salt and pepper to taste. Next add the stock or water, allow to boil for about twenty minutes. Next, take your pot off the stove and let it cool for about fifteen minutes, or until manageable. Puree this mixture in a food processor or blender until soup has a smooth consistency, and then return to the pot to be warmed back up. Taste for salt and pepper and serve with tomato relish drizzled on top.

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. This week market vendors Steve and Elizabeth Nuccio will prepare and sell muffalottas. Come out and enjoy some of the best Covington has to offer!



## Support Local Farms

Many local farms sustained damage with the recent flooding. Please do what you can to support our local producers because they work hard to provide our community with the invaluable resource of food.

## Blessed Thistle

### The Sacred Herb

This member of the daisy family has a long history of medicinal use, having been mentioned in both the Bible and Shakespeare's writing as a beneficial herb. The thistle gets its name from the French Emperor Charlemagne (742 - 814 AC). His army was being threatened with an epidemic of the bubonic plague when he told his men of a visit by an angel. This angel informed him that if he shot an arrow into the air, the arrow would land upon a plant that would cure the disease. His arrow found the Blessed Thistle, and although it was not the end of the plague, it has proved to be worthy of its name. Historically, teas made from Blessed Thistle have been said to purify the blood and increase circulation, being used to treat liver ailments, break up blood clots and relieve jaundice. Teas made from this herb are also used to reduce fevers associated with respiratory ailments, increase appetite, and treat febrile conditions. It was relied upon heavily by nursing mothers as it contains encinin, which aids in the production of breast milk. High calcium and iron content also helps to produce a richer, more superior milk. Extracts have been used for their considerable anti-bacteria and anti-yeast qualities to treat various skin conditions such as Candida albicans.



Cnicus benedictus

In modern research, cell cultures have shown cytotoxicity against cancer cells using Blessed Thistle extract. Studies have also shown anti-tumor activity in sarcomas. Compounds in this herb are reported to have anti-HIV properties.

St. Tammany Art Association presents

## HeART & Soul

Saturday, Sept. 8  
7-10pm

Open Bar · Martini Fountain · Food  
Silent Auction featuring Heart inspired artwork

TICKETS: \$35

320 N. Columbia Street  
Covington, LA 70433  
[www.sttammanyartassociation.org](http://www.sttammanyartassociation.org)  
985-892-8650





www.covla.com

# FREE Covington Weekly

September 5 - 11, 2012

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## Local Events

**Covington Farmer's Market - Wednesday September 5, 10am - 2pm @ the Covington Trailhead** Rain or shine, live "front porch jam", fresh local produce and prepared food. - 419 N. New Hampshire St.

**CBA General Monthly Meeting - Wednesday September 5, 6 pm @ Beck n Call Cafe** Monthly meeting of the Covington Business Association, open to the public. Drop by and find out what's going on in Downtown Covington! 5:30 reception, meeting at 6. - 534 N. New Hampshire

**Covington Farmer's Market - Saturday September 8, 8am - 12pm @ the 600 block of Columbia St.** Fresh local produce, raw and prepared foods, plants and vegetables, live music by We 3, food demo by market vendor Nuccio's. - 600 block of Columbia St.

**St. Tammany Parish 9-1-1 and Department of Homeland Security Open House - Saturday September 8, 9am - 12pm @ The Old Court House (510 E. Boston)** Tour the 9-1-1 Center and the Emergency Operations Center for important information on hurricane preparedness. Contact Keitisha Young - Public Education Coordinator - 985-898-4911. - 510 E. Boston St.

**"Quit Layers" and "Clear Skies!" Opening Reception - Saturday September 8, 6 - 9pm @ Henry Hood Gallery** Artists Maggie McConnell (mixed media and sculpture) and Suzy Moritz (oil on canvas) are showing through October 6. - 325 E. Lockwood St.

**HeART & Soul Fundraiser & Gala - Saturday September 8, 7 - 10pm @ The St. Tammany Art Association** Featuring an open bar, martini fountain, food, and a silent auction of Heart inspired artwork. Tickets: \$35 - 320 N. Columbia St.

### Catch the Games at Local Restaurants and Bars!

Ready to see your favorite teams get their game on? Check out some local businesses that are providing a worry-free game night with all the benefits! Columbia Street Tap Room, Buster's Place and The Green Room, just to name a few!!

### Covington Live Music Listings for September 5 - 11

**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 / H. G. Breland @ Columbia St. Tap Room 8pm **Friday:** Open Mic Night @ St. John's Coffeehouse 7:30pm / HAARP + Zombie Legion + The Devils

Rain @ the Green Room 10pm / Soul Revival @ Columbia Street Tap Room 10pm **Saturday:** We 3 @ Covington Farmer's Market 9:30am / Pot Luck String Band @ Marsolan's Old Feed Store Music Series / Marcos Macera + Crescent City Groove Trio @ the Green Room NO COVER 10pm **Sunday:** Karaoke w/ DJ Bobby Blaze @ the Green Room / Open Mic Poetry @ St. John's Coffeehouse 2pm

### Galleries (Featured Artists)

**St. Tammany Art Association** 320 N. Columbia St. - DIVA Exhibit and Auction **Covington Trailhead Museum** 419 N. New Hampshire

- David and Clariza Kern **Henry Hood Gallery** 325 E. Lockwood St. - Maggie McConnell, Suzy Moritz **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



www.covingtonbusinessassociation.org

320 N. Columbia St.



www.sttammanyartassociation.org



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



840 N. Columbia Street  
Covington, LA

Food - Health - Hope



rshank1@su.edu  
rgshank.wix.com/r-g-shank



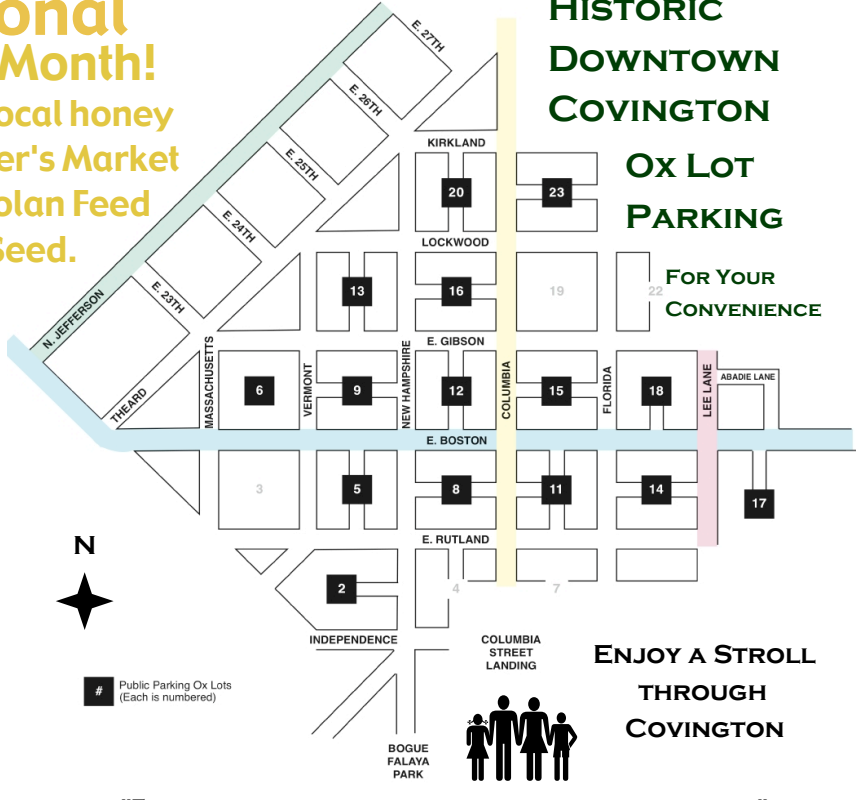
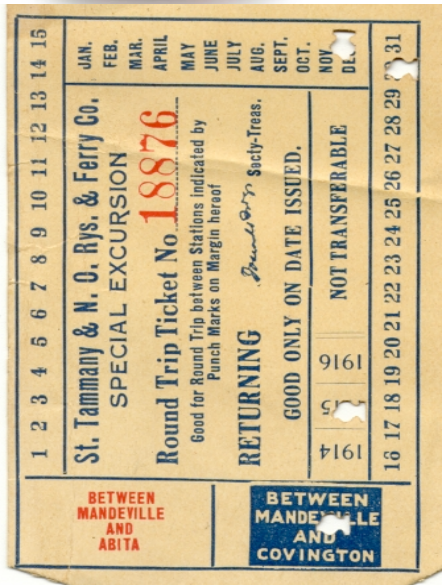
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**Food**  
1- buy it with thought  
2- cook it with care  
3- serve just enough  
4- save what will keep  
5- eat what would spoil  
6- home-grown is best  
don't waste it



**September Is National Honey Month!**  
Find fresh local honey at the Farmer's Market and Marsolan Feed and Seed.



Public Parking Ox Lots (Each is numbered)

**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

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