

FREE Covington Weekly

March 27 - April 2, 2013

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Covington Weekly
is on



Upcoming April Events

Rockin' the Rails Free Concert Series

Enjoy live music every Thursday in April from 5pm to 7:30pm at the Covington Trailhead. All concerts are free and open to the public. Concert-goers are invited to explore Downtown Covington after the show! For more information, visit www.covla.com.

Covington Art Market

This is a juried market featuring a variety of work from local and regional artists, including jewelry, crafts, photography, paintings and more. Saturday, April 6th, 9 am - 4 pm. For more information, visit www.sttammanyartassociation.org.

5th Annual Lion's Club Car Show

The Covington Lion's Club will be presenting their 5th Annual Car Show Saturday, April 6th at the Covington Trailhead. Awards for the top ten pre-1975 vehicles will be given, as well as a "Best of Show" and "Mayor's Award". Other entertainment includes a 50/50 raffle, door prizes, dash plaques, great oldies music and a ring-toss with various mechanical equipment.

St. Tammany Art Association's Spring for Art

Saturday April 20th from 6 - 9 pm the annual Spring for Art will be hitting the streets! In this event Covington galleries, merchants and professionals open their doors to display artworks by regional artists. Live music, wines, cheeses and more! Check for updates at www.sttammanyartassociation.org.

Bicentennial Events

Whisperings From the Past

Sunday April 7th, Cemetery Tours at the Covington Cemetery! Not suitable for small children, tours run from 5:30 pm - 8 pm. Email gottaluvcov@covla.com to reserve your time slot.

Bicentennial Golf Classic

The Covington Bicentennial Golf Tournament is scheduled for April 8th, 10 am at Money Hill! Visit www.covla.com for more details or to download a copy of the registration form.

Memories to Memoirs

Three local writers discuss how they mined the memories of their pasts to create original work. This wine and cheese event is free and open to the public, hosted by Center of Performing Arts on April 13, at 7 pm. Authors are Chris Garcia, Patricia Clanton, and David Arbo.

Covington Historic Treasures House Tour

Architectural Historian Sally Reeves has a presentation at Christ Episcopal Church beginning at 10:30 am on April 27th, followed by a light lunch break and home tours. Tickets are available at the day of the event and include a keepsake booklet and a wine and cheese reception. For more information about this event please contact Sue Osbon at 985-892-3700 or sueosbon@bellsouth.net.

Gearing Up For "A Taste Of Covington"

2nd Annual Event, April 4 - 7, 2013

The Covington Business Association presents "A Taste of Covington," a four-day food and wine experience in historic downtown Covington, April 4 through April 7, 2013. The top sponsor is the Southern Hotel, co-sponsored by Gulf Coast Bank, Glazer's Domaines & Estates and Acquistapace's Covington Supermarket. The event features a Vintner's Dinner, cooking demonstrations, the STAA Saturday Art Market, a Gallery & Merchant Stroll, and a Jazz Brunch to wrap up the exciting weekend.

We begin with the Vinter's Dinners on Thursday April 4th. Participants include Annadele's Plantation, Dakota Restaurant, Del Porto Ristorante, Gallagher's Grill, Lola Restaurant, Mac's on Boston, Seiler Bar and Toad Hollow. For \$75, the Vinter's Dinner includes a four course gourmet meal with wine pairings. Many of the Thursday dinners are already sold out; you can check atasteofcovington.com for availability and menu offerings.

The "Grand Tasting" will be Friday the 5th from 7 pm to 10 pm. This event is sponsored by Gulf Coast Bank and will take place in the wine warehouse at Acquistapace's Covington Supermarket. This event has been highly anticipated, and is already sold out.

Saturday the 6th offers day-long events starting with the Artist's Market at the Trailhead from 9 am to 4 pm, presented by the St. Tammany Art Association. From 5 pm to 6:30 pm, the Covington Trailhead hosts "Chef's Cooking Demos and Wine Tastings". Tickets are \$20 per person and are still available at the time of writing. Call the Trailhead Office for information, 985-892-1873. The CBA Merchant Stroll rounds out the evening from 7 pm to 10 pm. Twenty businesses in downtown Covington will serve different wine selections hosted by Glazer's Domaines and Estates, and the stroll is free and open to the public. There will be live music by local bands Bayou Blue, Christian Serpas, Steppin' Up, Amp'd Brass Band and Montage. Visit atasteofcovington.com for a list of participating merchants.

The 2013 Taste of Covington experience finishes with a Jazz Brunch on Sunday the 7th from 11 am to 2 pm. This event is presented by the Seiler Bar, and tickets are \$30 per person. Champagnes will be provided by Gerard Bertrand and the brunch will feature entertainment by Amp'D Brass Band. Please call 985-898-0353 for reservations, which are still available at the time of writing.

Check atasteofcovington.com for more information



photo by David Barfield

Farmer's Market Recipes

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

Borscht

Borscht is a soup of Ukrainian origin that is popular in many Eastern and Central European countries. In most of these countries, it is made with beetroot as the main ingredient, giving it a deep reddish-purple color. The soup is a staple part of the local culinary heritage of many Eastern and Central European nations.

Ingredients:

1 1/2 cups steamed cubed beets (see below for instructions)
Beet greens or Swiss chard, cut in strips
1 medium onion, chopped
2 tablespoons of fresh minced garlic
1 medium russet potato, cubed
1/2 cup of chopped radishes, diakon or red
1/2 cup of chopped carrots
3 cups vegetable broth
2 teaspoons red-wine vinegar
1/4 cup sour cream
1 tablespoon prepared horseradish
1 tablespoon fresh chopped parsley and dill
1/2 teaspoon salt
1/4 teaspoon freshly ground pepper
2 tablespoons extra-virgin olive oil



Instructions: Trim beets of greens and roots (if any) and peel off the skin with a potato peeler. If you have the greens save them to add to the soup, but if not you can replace them with Swiss chard. Cut into 1/2 inch cubes and place in a steamer basket over 1 inch of boiling water in a large pot. Cover and steam over high heat until tender, 10 to 15 minutes.

Heat oil in a large pot over medium heat. Add onions and garlic; cook, stirring, until beginning to brown, about 4 minutes. Add broth, carrots, radishes, potato, salt and pepper; bring to a boil. Reduce heat to a simmer, cover and cook until the potato is just getting tender, about 8 minutes. Add beets, herbs and vinegar; return to a boil. Cover and continue cooking until the broth is deep red and the potato is very soft, about 2 to 3 minutes more. Add the greens and cover, let sit for another minute, and then serve.

Combine sour cream and horseradish in a small bowl. Serve the soup with a dollop of the horseradish sour cream.

Easter at The English Tea Room

Children's Tea & Easter Egg Hunt

The English Tea Room celebrates Easter with a very special Easter High Tea, served all day March 25th through 30th. The Tea Room is closed on Sundays.

On March 29, The English Tea Room hosts "Easter Egg Hunt with Children's High Tea: A Mad Hatter Tea Party" featuring a children's tea, costumed characters, and of course the Easter Egg Hunt. Reservations are required for this event. Children under 2 are free, under 12 - \$15, 12 & over - \$25. Now featuring a special dessert: White Chocolate Easter Cheese Cake! Live music by Timothy Gates on Tuesdays from 11 am until 1 pm. March into the English Tea Room this month for some fun!

The English Tea Room is now Zagat rated! After you enjoy their delicious Soup of the Day or Spinach Quiche, you can share the dining experience at www.zagat.com.

Brooks' Bike Shop

A Full-Service Shop For Your Bicycle

As many folks know, Covington Weekly is delivered by bike in the downtown area, and that is generally our favorite part of the job. It's great to ride around Covington on a beautiful day and see friendly people. When our pedal-powered transportation began to show signs of needing a tune-up, we brought the bikes to Brooks' Bike Shop in downtown Covington. Pat Brooks opened the Bike Shop late last year, and his enthusiasm for biking is catching on.

Located conveniently on the Tammany Trace, just a half a block from the Covington Trailhead, Brooks' Bike Shop is a full-service facility, offering antique bikes, new and used bikes, repair, tune-ups and general maintenance, buy, sell or trade. You can also find a small selection of skateboards (mostly longboards, he tells us that's what the kids are looking for these days. My all-time favorite was always the standard Vision Gator). He carries other accessories and parts, and is always willing to order what you are looking for. Turn around time is quick, and we had our simple machines back within a couple of days, even with the weekend.

A full tune-up is only \$25 per bike, which is very reasonable for inspecting the brakes, chain, gears and tires and returning them to properly working order. When we got back in the saddle, they were riding like new! A highly recommended stop.



Visit Brooks' Bike Shop and see painting and photography from local artists.

Remember to Keep Covington Beautiful!

Quote of the Week

March 27 "If you want others to be happy, practice compassion. If you want to be happy, practice compassion."

- Dalai Lama XIV

Back To Nature: The Rise of Green Fitness

by Liz Bragdon at Our Place Studio

It's official: we are more overweight, more unhappy, more stressed, and more unhealthy than any generation in modern history. At the same time, our culture is oversaturated with diet advice, diet food, fitness gadgets, expensive exercise machines, and "state-of-the art" fitness facilities. What's wrong with this picture?

Many have been asking this question, and popular response has birthed the real food and organics movements, holistic health movements, and the DIY, sustainable living, and Green Energy movements, to name a few. Not surprisingly, it has also generated the Green Fitness movement, which encompasses a natural approach to exercise, food, and lifestyle, as, ultimately, our health is dependent on all of these factors.

MovNat, which focuses on natural movement physical education, encourages you to move like the human animal was born to move (and the way children do, naturally). Our natural human movement abilities include: running, walking, crawling, climbing, jumping, balancing, swimming, lifting and carrying, throwing and catching, pushing and pulling. Under these broad movement categories fall infinite numbers of movement combinations and variations that work together to build stamina, strength, balance, coordination, flexibility and power and can be adapted to suit any age or fitness level. You can practice in a gym, in your yard, a local park - anywhere that inspires you to explore your movement skills. Being in nature is especially rewarding, inviting mindfulness and asking you to adapt to meet the environment's demands, mentally and physically. Being in nature also increases focus and calm, dissipates mental and physical stress, and boosts your immune system. The best part? It's fun - a kind of invigorating, exuberant, health-building play.

Love your elliptical, spin cycle, and Body Pump? Great! Keep moving that body. But consider adding in some movement variety to expand your skillset, and increase all-over strength, coordination, power, and body intelligence. You may be surprised at what you discover.

At Our Place Studio, our Certified MovNat Instructors help people reclaim their natural movement skills for healthy lifelong movement power, function, and fun. In addition to MovNat, 'back to basics' style training include Parkour, Primal Move, Animal Flow, Exuberant Animal, and even Kettlebell training & Crossfit boxes. Mud-runs and other obstacle races are also part of this broader movement. There's something for everyone. Bottom line: if your current regimen is less than satisfying, it may be because it's missing the natural, healthy fun that moving and playing like the human animal you are brings to your life. What are you waiting for? Let's play!

Find out more about Our Place Studio at opcovington.com

Tuesday

April 2



Last Quarter

Covington's Yoga School

Become A Yoga Instructor

Founded in 1991 by Becky Gelatt, the Yoga School is one of the most established schools of yoga thought and practice that has continually offered the highest quality of yoga training in the Gulf Coast area. This training is for those interested in an opportunity to experience and produce innovative teaching at the highest level. The intention of The Yoga School is to offer an integrated curriculum that provides a comprehensive program for training professional yoga teachers prepared to teach different populations in a variety of settings, safely, successfully and compassionately. Their focus is on quality, excellence and integrity in providing a complete education in the art, science and philosophy of yoga. The program is designed to preserve the wisdom of the ancient tradition while adapting the principles to meet the needs of our contemporary society and lifestyles.

985-893-8834 yogaschoolcovingtonla.com

I am not a toy!



I am an animal being!

Every year around Easter, rescue organizations like House Rabbit Society note a considerable increase in rabbit rescue. Rabbits are sensitive creatures with specific needs, and they may not be an ideal pet for a typical suburban family environment. Rabbits and small children don't really make a good pair, and the most passive child can be very stressful for the timid animals. A child's natural response to something cute and fluffy is to cuddle and hold it. Since rabbits are prey animals, being lifted from the ground and restrained can be frightening for them. This environmental stress may cause health problems in the rabbit, leading to illness or premature death. In the proper environment, domesticated rabbits live for about 10 years. Many of these rescue organizations have launched public service announcement campaigns to inform people of what they may not know about the fuzzy creatures. It is a good idea to inform yourself about any new responsibility that you take on. Their suggestion? Try a chocolate rabbit, or a stuffed animal instead. Have a Happy Easter!

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