



September 18 - 24, 2013

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Three Rivers Art Festival Poster Art Released Covington Weekly Receives Special Honor



The poster art for the 2013 Three Rivers Art Festival was created by talented local artist Jamie Owens of T.J. Owens Jr. Art. Jamie has participated in the Three Rivers Art Festival the last several years, and so far in 2013, he's been involved with the New Orleans Jazz and Heritage Festival, the Bay Saint Louis Festival, and the Baton Rouge Art Melt, among other events.

Jamie's method incorporates slivers of vinyl hand-cut and machine-cut into pieces that are then layered and fit together to create the art. He uses reflective vinyl in the works to create visual effects from different lighting. This unique process came to him while he was thinking of a way to use the scraps from his vinyl sign making business.

In this particular piece, there are layers of hidden symbolism and meaning. It is titled "Encompassing Silhouettes", and it is meant to convey the past, present and future of Covington in celebration of the Bicentennial year. The 1917 Ford Fire Truck was actually used in the Bicentennial Parade, modeled after a photo taken by David Barfield. A silhouette in the window represents the past of Covington, while the children sitting on the curb symbolize the future. The silhouettes standing on the sidewalk represent Covington present (holding a copy of Covington Weekly, and we're honored to be included!). We think Jamie did a fantastic job on this event poster. The Three Rivers Art Festival will be around in November, so be sure to look for it! For a detailed explanation of the symbolic elements in the artist's own words, please visit Jamie's website:

www.TJOwensJrArt.com

KCB River Sweep & Clean Green Race

Keep Covington Beautiful (KCB) is sponsoring its annual Bogue Falaya River Sweep, a litter clean-up on the Bogue Falaya River, on Saturday September 21st. KCB invites volunteers to bring their canoes and kayaks to the Menetre (4th Avenue) Boat Launch at 8:00 a.m. KCB will provide trash bags, gloves and litter grabbers for the paddlers, who will collect litter in and along the river from the boat launch to the Boston Street Bridge and back to Bogue Falaya Park.

This year following the clean-up will be a fun new event, the Covington Clean & Green River Run canoe and kayak races! The races will benefit KCB's major project, the Blue Swamp Creek Nature Trail located at the Covington Recreation Complex, along with helping to support KCB's other projects.



A limited number of canoes and kayaks will be available for both of the events. They will be assigned as paddlers sign up. Event day volunteers and paddlers are always welcome but canoe/kayak availability cannot be guaranteed. Race entry forms with race divisions and race sponsorship opportunities are available at www.keepcovingtonbeautiful.org or by contacting KCB. Race entry forms, with payment by check only, can be submitted to KCB by mail or dropped off at Campbell's Coffee & Tea, 516 S Tyler St. KCB can be contacted by phone at 985-867-3652 or email at kcb@covla.com.

Prizes will be given for the largest item and the most unusual item collected in the clean-up and to winners of all race divisions. Everyone is invited to come by the park to watch the events, to meet KCB members and volunteers and to learn how to get involved with KCB's beautification, environmental education, recycling and litter prevention efforts. Volunteers needed! Not a paddler? No problem!



985-867-3652 www.keepcovingtonbeautiful.org

Farmer's Market Recipes

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

Slice of Heaven Farm - Favorite Eggplant Side Dish

- 4 cups of diced eggplant (Asian or globe) with skin on
- 1/2 cup water or 3 Tbsp of olive oil
- 1/4 cup soy sauce/tamari
- 1/4 rice vinegar
- 3 cloves of garlic, minced



Heat up a wok on medium-high with either the oil or water (both work - I use water to make it a low-fat side dish). Add the diced eggplant and stir to coat. Let it cook and absorb the oil/water for about 5 minutes. Add the soy sauce, rice vinegar and minced garlic. Stir around to coat everything and cook for another 7 minutes or so, until the eggplant is cooked and has thoroughly soaked up the sauce. Serve hot.

Sign up for Slice of Heaven Farm's e-newsletter for more great recipes!

Peach Scotch Bonnet Pepper Fermented Hot Sauce

- 18 fresh Scotch Bonnet peppers, sliced and seeded
- 1 large peach, skin & pit removed
- 6 fresh jalapeno peppers, sliced
- 6 cloves garlic, crushed
- 1/2 onion, minced
- 3/4 teaspoon unrefined sea salt
- live culture starter



Scotch Bonnets from Slice of Heaven

Take the peppers, peach, garlic, onion and salt and puree in a food processor, or mince by hand, to a nice thick mash.

You can use a store bought culture, or if you have any non-pasteurized fermented products you can 'skim' a culture off of them. Prepare according to instructions and mix in a blender.

Pour mixture into a jar or glass bowl and cover loosely. Set in a dark place for 5 - 7 days, stirring daily to keep it from separating. The mixture may expand up to 30% during fermentation, so watch for overflow! It should begin to produce a sour smell within the first couple of days.

Pour the mixture through a course strainer and press to get the liquid from the solid. Bottle the liquid as the hot sauce, and save the paste in a jar refrigerated for use as a chili paste!

Tips: When cleaning the peppers, cut the stems but leave about half of the peppers with their 'crowns'. This adds a complex smokey flavor to the sauce.

Leave some seeds from the Scotch Bonnets for a hotter sauce (it will be pretty hot already!) Learn more about fermenting! Class below!

Sunset at the Landing Free Concert Series Friday at the Columbia Street Landing

Friday, Sept. 20, 2013 6-9pm

John Eubanks
Wendell Brunious
Clint Strong
Mark Brooks

Margaret Marston

BRING YOUR LAWN CHAIRS AND PICNIC DINNERS / FREE ADMISSION / INFO: 985.892.1873

The Sunset at The Landing Concerts are part of a free concert series sponsored by the City of Covington, St. Tammany Homestead and the Covington Farmers Market. All are invited to bring lawn chairs, blankets and picnics, or to explore the many fantastic restaurants downtown



Covington has to offer. This month's show features John Eubanks Jazz Quartet with Wendell Brunious, Clint Strong and Mark Brooks beginning at 7:00. Opening the show will be singer/songwriter Margaret Marston beginning at 8:00.

Quote of the Week

"If you tell the truth, you don't have to remember anything." - Mark Twain

Fall is here! Fall Equinox Sunday September 22nd

Thursday

September 19



Harvest Moon (Full)

10 Benefits of Yoga - Celebrate National Yoga Month By Yoga Instructor Liz Bragdon at Our Place Studio

Yoga is good for you. Physicians, neuroscientists and psychologists are providing us with an ongoing stream of research demonstrating that yoga, practiced appropriately with a skilled teacher, is beneficial for every aspect of your health. Regular yoga practice can help improve physical, mental and emotional health and may help prevent and assist in treatment of some of our most common modern diseases. Here are 10 proven ways yoga benefits you:

- 1) Anyone can do it. A skilled, educated instructor can adapt the poses to suit your abilities and needs. There are classes for every age group and for populations with specific needs. You can do yoga sitting in a chair or laying on a bed, if need be. As my teacher always said: "If you can breathe, you can do yoga."
- 2) Through proper breathwork and breath/body awareness, you are learning how to naturally release tense muscles, de-stress and regulate your mental and emotional states. Asana (focused movement practice), pranayama (breathing practices) and meditation literally alter your brain structure - helping you be less reactive and experience more harmony, within and without.
- 3) Yoga boosts your immune system. Scientific studies provide evidence that yoga can affect expression of various immune-related genes in our cells and therefore, influence how your genes affect your health.
- 4) Your spine loves yoga. People who practice yoga experience a reduction in back pain and discomfort and show less evidence of spinal disc degeneration.
- 5) Your heart loves yoga. Dozens of studies demonstrate that yoga helps reduce the risk factors for heart disease.
- 6) Lubricate your joints! Want to move freely through life? In yoga, we move all of the joints: ankles, knees, hips, shoulders, spine...keeping them lubricated and healthy, and keeping you comfortably on the move.
- 7) Physical practice stretches and relaxes muscles. Mindful breathing practices and savasana (relaxation) help your mind let go of distracting, anxious thoughts and slow your heart rate, preparing you for sleep. Regular meditation practices can also release mental and physical tension, so that you fall asleep easier.
- 8) Stay younger. Yoga, it seems, helps preserve the length of telomeres - structures in our cells that, when too short, cause the cell to die. Yoga helps preserve their length. More yoga for me, please!
- 9) Chronic inflammation is bad news and can be triggered by stress, a sedentary lifestyle, and poor diet. The good news? Regular yoga practice has been shown to lower blood levels of inflammation-promoting cells.
- 10) Yoga is an amazing, fun adventure you take with yourself. Every pose is an exploration - of your limits and your potential, of your body's endless ability to adapt, to move intelligently and gracefully, of your mind's reactions, of the ebb and flow of your breath. It's an adventure everyone should take. You can replace your car, your phone, your house - but you can't replace your body. At every moment, you are moving through the world in a unique and precious vehicle- you. Enjoy, explore, be amazed at what you can do. Have fun! Whether you choose yoga, hiking, dancing, martial arts or any other practice - marvel and explore. Your body is one-of-a-kind, keep it as healthy as you can! keep it moving, love it - and it will love you right back.

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Scrumptious Scones!

The English Tea Room is offering a seasonal twist to their delicious house-made scones. In addition to their usual favorites like vanilla and savory herbed cheddar scones, they will highlight new specialty scones each week of fall. These include flavors such as decadent dark chocolate covered cherries, honey and oats multigrain, exquisite pistachio and white chocolate and fragrant pumpkin spice. Like their page on Facebook and follow them on Twitter to hear about the new flavors of the week announced on Mondays. You won't want to miss any of these!

Fermentation Class at Holistic Life Approach Back By Popular Demand! Presented by Karen Boudreaux



The Natural Probiotic - Introduces beneficial bacteria to balance our intestinal flora. Our Standard American Diet produces severe deficit in our Modern Gut also affecting our immune system health. Fermented foods and beverages are "alive" with flavor and nutrition in the most literal sense. Eating fermented foods is incredibly healthy, directly supplying your digestive tract with living cultures essential to breaking down food and assimilating nutrients. They re-establish a healthy inner ecosystem and are alkaline and cleansing! Come taste and take home a sample! Wednesday September 25, 11:30 am - 1 pm at Holistic Life Approach, 107 N. Theard Street in downtown Covington, across from Aquistapace's. \$15 per person. Phone: 985-267-8119

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Covington Weekly

Covington, LA September 18 - 24, 2013

Covington Farmer's Market - Every Wednesday, 10 am - 2 pm @ the Covington Trailhead Stop by for lunch! Rain or shine, live "front porch jam", fresh local produce and delicious prepared foods. - 419 N. New Hampshire St.

Sunset at the Landing Concert Series - Friday September 20, 6 pm - 9 pm @ Columbia Street Landing Bring a picnic dinner and chairs for Margaret Marston and the John Eubanks Quartet. Free concert! - 100 N. Columbia St.

Keep Covington Beautiful Bogue Falaya River Sweep + Covington Clean & Green River Run - Saturday September 21, 8 am - till @ Menetre (4th Ave.) Boat Launch Paddlers will collect litter in and along the river from the boat launch to the Boston Street Bridge and back to Bogue Falaya Park. Canoe and kayak race to follow the clean up, to benefit the Blue Swamp Creek Nature Trail. See article on front for more details and contact information. - **Menetre (4th Ave.) Boat Launch**

Covington Farmer's Market - Every Saturday, 8 am - 12 pm @ the 600 block of Columbia St. Fresh local produce, raw and prepared foods, plants and vegetables. Live music by Olga Wilhelmine at 9:30, and the Chefs Frenzt will drive their food truck Lola Deux to the market. - **600 block of Columbia St.**

Old Feed Store Music Series - Saturdays, 12 pm - 2 pm @ Marsolan's Feed & Seed The Old Feed Store Music Series continues this Saturday at Marsolan's with Last Chance Bluegrass Band, right after the Farmer's Market. Admission is free, and seating is limited. Bring a chair! - **315 E. Gibson St.**

Covington Brewhouse Brewery Tours - Every Saturday, 10 am - 2 pm @ Covington Brewhouse Free tours of the brewhouse - covingtonbrewhouse.com for info.

Music with the Maestro - Tuesdays, 6 pm @ The Lake 94.7 Local music program featuring Robert Sturcken of Center Of Performing Arts - **94.7 FM on the radio dial**

Covington Yoga in Bogue Falaya Park - every Tuesday and Thursday, 8 am - 9 am @ Bogue Falaya Park Experience the outdoors and feel good in mind, body and spirit. Bring water and a mat, if you have one. All levels welcome, donation based. Contact Paige Schneider for more info, (719) 963-5366. - **213 Park Drive**

Fermentation Class at Holistic Life Approach - Wednesday September 25, 11:30 am - 1 pm @ Holistic Life Approach Karen Boudreaux presents this popular class on making your own probiotic foods. \$15 per person. See article on front for more details and contact information. - **107 N. Theard St.**

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Live Music Around Town

English Tea Room 734 E. Rutland St. - Tues. - Acoustic High Tea Featuring Live Music by singer/songwriter Timothy Gates 11 am - 1 pm

Green Room 521 E. Boston St. Wed. - Open Mic Night @ 9 pm Thurs. - Ladies Night w/ DJ Tay Tay @ 9 pm Fri. - Singer/Songwriter Showcase @ 9 pm Sat. - DJ Dizzi @ 9 pm Sun. - Karaoke w/ DJ Bobby Blaze Mon. - Live Music with The Vagabonds Tues. - Service Industry Night

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DJ Dizzi

Columbia St. Rock 'N Blues Cafe 407 N. Columbia St. Wed. - Karaoke 9 pm Thurs. - Comedy Night w/ Corey Mack 9pm + Booty Bounce Bingo Fri. - Bottoms Up 10pm Sat. - DJ 1point5 11 pm Sun. - Beer Pong Tournament

KARAOKE Wednesday
Every Thursday Night
 Corey Mack
Rock N Blues Cafe + Booty Bounce Bingo
Friday Bottoms Up 10 pm
Saints Sunday Plus
BEER PONG TOURNAMENT

Winos and Tacos 321 N. Columbia St. - Wed. Free Wine Tasting 6 pm Thurs. - Christian Serpas & Ghost Town 7pm Fri. - Water Seed 9pm Sat. - Mia Borders 9 pm No Cover / All Shows!

Wine-Down Wednesday 6 - 8 pm
Thursday
Christian Serpas & Ghost Town
WATER SEED FRIDAY 9 PM
Mia Borders

For the full music calendar, visit: www.covingtonweekly.com

Covington Weekly Distribution Locations:

2nd & Charles, Acquistapace's Covington Supermarket, Bayou Barber, Beck-N-Call Cafe, Behrens & Associates Real Estate / Elizabeth Pale Piner CPA, Blue Willow Bed & Breakfast, Brooks' Bike Shop, Camellia House Bed & Breakfast, Campbell's Coffee & Tea, Candy & Tobacco Discounts, Chimes Covington, China City, Coffee Rani, Columbia Street Natural Foods Market, Columbia Street Rock-N-Blues Cafe, Columbia Street Tap Room, Country Inn & Suites, Covington Massage & Wellness Centre, Covington Trailhead Museum & Visitors Center, Downtown Deli, The English Tea Room, Garden Inn, Gilisbar Inc., Good Dog Naturally, Gulf Coast Bank & Trust, Hampton Inn, Hebert's Cleaners, Hi-Ho BBQ, History Antiques & Interiors, Homewood Inn & Suites, Jewel's Cigar & Briar, Lola's Restaurant, Mac's on Boston, Marsolan's Feed & Seed, Matina Bella, Mellow Mushroom Covington, Mo's Art Supply, Motif / Stephanie Story Interiors, New Orleans Food & Spirits, Nonna Randazzo's Italian Bakery, O'Keefe Feed & Seed, Opalescence Day Spa, Our Place Studio, PJ's Hwy 190, PJ's Hwy 21, PJ's Hwy 25, PJ's in St. Tammany Parish Hospital, Roy's Knife & Archery Shop, St. John's Coffeehouse, St. Tammany Art Association, St. Tammany Homestead, St. Tammany Humane Society, St. Tammany Parish Library, Studio 311 Salon, Sunshine Garden Health Food Store, Toad Hollow, Winos and Tacos, Yaquez Restaurant, Yoga School

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