

Covington Weekly

October 10 - 16, 2012

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Rockin' the Rails

October 4
LOUIS PRIMA JR.

October 11
MARCIA BALL

October 18
LUTHER KENT

October 25
LITTLE FREDDIE KING

COVINGTON TRAILHEAD

FREE CONCERTS
5:00 pm - 7:30 pm
419 N. New Hampshire
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EVERY THURSDAY IN OCTOBER

Marcia Ball this Thursday! 2012 Grammy Nominee for her latest album 'Roadside Attractions' and 2012 Blues Music Award winner, Marcia Ball is a sensational blues singer and pianist, with elements of zydeco, swamp blues, Louisiana blues and boogie woogie. She was inducted into the Louisiana Music Hall of Fame in April of this year.



Yappy Hour At The Tap Room

HOWL-O-WEEN Costume Contest

Wednesday, October 10
6:30 pm - 8:30 pm

Alkaline pH	
Raw Spinach, Raw Broccoli, Artichokes, Brussel Sprouts, Red Cabbage, Raw Celery, Cauliflower, Carrots, Potato Skins, Alfalfa Grass, Cucumbers, Collards, Seaweed, Onions, Asparagus, Lemons and Limes , Ionized Water	10.0
Olive Oil, Herbal and Green Tea, Lettuce, Raw Zucchini, Sweet Potato, Raw Peas, Sprouted Grains, Raw Eggplant, Alfalfa Sprouts, Raw Green Beans, Beets and Greens, Blueberries, Pears, Mangoes, Papayas, Figs and Dates, Tangerines	9.0
Apples, Almonds, Avocados, Tomatoes, Fresh Corn, Mushrooms, Turnip, Olives, Soybeans, Bell Peppers, Radish , Rhubarb, Pineapple, Cherries, Millet, Wild Rice, Strawberries, Apricots, Canteloupe, Honeydew, Peaches, Oranges, Grapefruit, Bananas	8.0
Fresh Unsalted Butter, Fresh Raw Cream, Raw Milk, Margarine, Oils (other than Olive), Most Tap Water (Municipalities adjust tap water to +/- 7.0)	7.0
Yogurt, Fruit Juices, Cooked Spinach, Most Grains, Soy Milk, Coconut, Eggs, Fish, Tea, Kidney Beans, Lima Beans, Plums, Processed Juices, Rye Bread, Brown Rice, Barley, Cocoa, Rice and Almond Milk, Oats, Oysters, Salmon, Tuna, Goat's Milk	6.0
Cooked Beans, Chicken and Turkey, Beer, Sugar, Canned Fruit, White Rice, Pinto Beans, Navy Beans, Garbanzos, Lentils, Black Beans, Salted Butter, Rice Cakes, Wheat Bran, Rhubarb, Molasses	5.0
Coffee, White Bread, Peanuts, Pistachios, Beef, Blackberries, Cranberries, Prunes, Wheat, Tomato Sauce, Buttermilk, Cream Cheese, Popcorn	4.0
Lamb, Pork, Wine, Shellfish, Pastries, Cheese, Soda, Black Tea, Pasta, Pickles, Chocolate, Vinegar, Synthetic Sugars, Processed Foods, Tobacco Smoke, Stress, Insomnia, Microwaved Foods	3.0

Acidic pH

Saturday Art Openings

St. Tammany Art Association

Specters, Saints and Spirits: Discoveries from NOMA

Celebrating the spirit of Halloween, the St. Tammany Art Association presents Specters, Saints and Spirits: Discoveries from the New Orleans Museum of Art, an exhibition of works from NOMA's permanent collection. The works of art in this exhibition focus on cemeteries, the spiritual world and voodoo.



Featuring works spanning the past century. Ina Fandrich will present insight on the symbolism in the exhibit as well as fascinating information on our own native voodoo icon, Marie Lauveaux!
320 N. Columbia St.

Savoye Originals

Covington's newest gallery will be having it's grand opening this Saturday as well. Steven Savoye learned the art of woodwork from working at his fathers shop, where he developed an appreciation for details and material. He feels that the pieces he creates reflect his quirky sense of humor and his passions: woodworking, the great outdoors, and New Orleans. All of Savoyes work is created from salvaged and reclaimed materials - no two pieces are alike. 405 N. Columbia St.



Tripolo Gallery

The Unlikely Naturalist

This solo exhibition promises to be a sensory feast that chronicles the artist's recent travels across the southeast and the stunning paintings this trip inspired. 323 N. Columbia St.



Quote of the Week

Before I wandered as a diversion. Now I wander seriously and sit and read as a diversion.

- Walker Percy, "The Moviegoer"

Tuesday
October 16



New Moon

What's All This About Body pH?

Maintaining a balanced pH is necessary for everything from beautiful rose bushes to a healthy fish tank or a properly balanced pool. We tend to forget a balanced body pH is important as well - perhaps most important. The table to the left is a list of common foods with their pH qualities listed, from most alkaline at the top to most acidic at the bottom. The body works to constantly maintain an ideal blood pH of 7.4. This balance is regulated by the continual cell osmosis of 5 major electrolytes: sodium, potassium, calcium, chloride and bicarbonate. The kidneys work to maintain an electrolyte balance, and lungs remove acidic carbon dioxide from the blood and replace it with alkalizing oxygen. Balancing the body pH is a challenge because every cell produces waste that is acidic. This is where the pancreas and liver come into play, neutralizing acids with their high alkaline juices. Dehydration and waste overload can threaten these organs, as they maintain a pH between 7.8 - 8.8 and are susceptible to damage from acidity. The most important contributor to body pH is diet. For example, a diet high in meats, dairy and processed foods creates an acidic environment, whereas a diet consisting of fresh, raw fruits and vegetables would be more alkaline. What are the benefits of a properly balanced pH? The body's metabolic functions will occur more efficiently and effectively. When the body is too acidic or too alkaline, it spends most of its energy trying to get back to the ideal pH. An acidic environment also causes stress to the liver, making proper cleansing of toxins difficult. In a balanced pH, you have more energy, as your body is operating at maximum efficiency. Your immune system is stronger, able to fight off sicknesses and disease. Your body metabolizes food and burns calories optimally, helping to lose weight. Complications of the kidneys, liver and pancreas are usually due to issues of acidosis, (highly acidic blood). Studies have shown that cancer cells thrive in acidic environments, and they may actually be stunted or reversed by simple alkaline treatments. Harsh chemicals and environmental toxins may also contribute to an acidic body pH. These are all factors to consider in working toward the goal of improving and aiding the body's metabolic processes through holistic methods and natural remedies.



October Is Breast Cancer Awareness Month



Farmer's Market Recipes

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

Shrimp Sandwich


Collect:

- 1 lb shrimp (Shrimp Man)
- 1 container of hummus (Nur's Kitchen)
- 1 bottle of lemon oil (Nuchio's)
- 1 bag of sprouts (Betty Rue)
- 1 container of skordalia (Mother Teresa Cookies)
- 1 loaf of your favorite bread (Winfield Farms)
- 1 bunch of green onions (Father and Son Farm)

Preheat oven at 350 degrees. Begin by cleaning and deveining the shrimp. Allow to marinate in lemon oil, salt, pepper and garlic for one hour in the fridge to absorb flavors. Now heat a skillet until a little smoke comes off the pan. Add enough lemon oil to cover the bottom of the skillet about a quarter of an inch. Cook the shrimp in this with chopped green onions until they are firm and pink. Using your favorite bread start preparing your sandwich cut in the style of your liking and toast in the oven - watch carefully so as not to burn. On the top half of the bread spread the skordalia evenly and sprinkle on the sprouts. Next spread the hummus across the bottom half of the bread. Add the shrimp and onion mixture to the bottom on top the hummus and marry the top and bottom in a beautiful delicious ceremony. Recipe should make four sandwiches, depending on the type of bread chosen.

There are also tomatoes and fresh greens at the market, if you'd like to dress it up a little bit!




Support Local Farms



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. Come out and enjoy some of the best Covington has to offer!

Balancing The Body's Chemistry

It is integral to balance the body chemistry for proper cell metabolism and optimal endocrine function. October begins a four week course directed by Glenn Davis and presented by Sunshine Garden Health Foods: A Holistic Approach to Balancing the Body's Chemistry using Herbs, Diet and Lifestyle to Facilitate Wellness. Week 1 covered the importance of balancing body pH. Week 2 (this week) features Pro Biotics: Establishing beneficial bacteria to aid in digestion and immune response. Week 3 covers Essential Nutrients: Amino acids, Omega 3 Fatty acids and Glyco Nutrients. Week 4 focuses on Adaptogenic Herbs for Endocrine Maintenance: Cardiovascular Health, Hormone Balancing, Immune Modulation and Nervous System Integrity.



The next class is Wednesday, October 10 at 7:00 p.m. Space is limited, please call Sunshine Garden at 985-893-1463 to reserve your spot. Classes are \$30.00 per person.



Scutellaria officinalis **Verbena hastata**

Blue Boy Herbs Presents

Fall Herb Classes and Walks 2012

Herbalist Darrell Martin is offering fall classes for those interested in becoming proficient in using native medicinals. Each class will cover native plants used in specific body systems, including harvesting an herb and making a tincture. Classes are 9 a.m. - 2 p.m. with a vegetarian lunch included. Call to sign up for the available dates of October 13 and 27. Phone number: 601-798-2186 E-mail: blue.boy@datastar.com Located 10060 Road 263, Carriere, MS 39426



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staa
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www.sttammanyartassociation.org



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FREE Covington Weekly

October 10 - 16, 2012
Local Events

Covington Farmer's Market - Wednesday October 10, 10am - 2pm @ the Covington Trailhead Rain or shine, live "front porch jam", fresh local produce and prepared food. - 419 N. New Hampshire St.
Rockin' the Rails - Thursday October 11, 5 - 7:30 pm @ the Covington Trailhead Rockin' the Rails is back on track, every Thursday in October! This week it's Marcia Ball! - 419 N. New Hampshire St.
Yappy Hour - Friday October 10, 6:30 - 8:30 pm @ Columbia Street Tap Room A special hour for dogs and their owners benefitting the St. Tammany Humane Society. Dog and kid friendly, food and drink specials, 50/50 raffle, an adoptable dog Mutt Strut, and a Howl-o-ween Costume Contest! - 424 N. Columbia St.
Covington Farmer's Market - Saturday October 13, 8am - 12pm @ the 600 block of Columbia St. Fresh local produce, raw and prepared foods, plants and vegetables, live music by Olga Wilhelmine, food demo provided by award winning chefs Keith and Nealy Frentz in their food truck, Lola Deux. - 600 block of Columbia St.
Spectors, Saints and Spirits: Discoveries from the New Orleans Museum of Art - Saturday October 13, 6 - 9 pm @ the St. Tammany Art Association Celebrating the spirit of Halloween is an exhibit of works from NOMA's permanent collection, art focusing on cemeteries, the spiritual world and voodoo. Ina Fandrich, noted author and voodoo historian, will present insight on the symbolism in the exhibit. The exhibit will be up until November 3rd. 320 N. Columbia St.
Grand Opening of Savoye Originals Gallery - Saturday October 13, 7 - 10 pm @ Savoye Originals Gallery Discover one of a kind furniture and art in Covington's newest gallery. - 405 N. Columbia St.
The New Orleans to Northshore Show - Saturday October 13, 8 pm @ the Fuhrmann Auditorium An evening of comedy and music, with Ricky Graham, Jefferson Turner and Lisa Picone! For ticket information please call 504-250-5537 or visit www.eventbrite.com.

Covington Live Music Listings for Oct. 10 - 16

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 @ Green Room
Thursday: Ladies Night with DJ Gene @ Green Room / High String Revival @ Columbia St. Tap Room 8pm
Friday: Marcos Maciera + Crescent City Groove Trio @ Green Room / Rick Samson @ Columbia Street Tap Room 5-7pm / Contraflow @ Columbia Street Tap Room 10pm
Saturday: Olga Wilhelmine @ Covington Farmer's Market 9:30am / Pot Luck String Band @ Marsolan's Old Feed Store Music Series / @ Columbia Street Tap Room 10pm
Sunday: Open Mic Poetry @ St. John's Coffeehouse 2pm

Galleries (featured artists)
St. Tammany Art Association 320 N. Columbia St. - NOMA Exhibition
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
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, Valerie 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



CORKS 'N' CANVAS & St. Tammany Art Association

Fall for Art

Saturday, October 20th, 6 - 9pm
Historic Downtown Covington


Downtown Covington's 23rd Annual Fall for Art will include a Sidewalk Artist Paint Out, Instant theater with Frank Levy, Ghost Story Telling, live music by Big Fun Brass Band, Crescent City Sound Women's Acapella Group and much more.

Ox Lot Maintenance

Mayor Mike Cooper and the City of Covington staff are here to assist you and your business interests. Covington's Ox Lots are a unique and historic asset to the City, and they are maintained by the City's Public Works Office. If you have any issues or concerns with maintenance of the Ox Lots in Covington, you may contact the Public Works Office directly: Carl Rebouche, Director, contact Ann Hare by e-mail, ahare@covla.com, or call 985-898-4700

Keep Covington Beautiful

It is the responsibility of everyone to keep their community safe and clean, not just those that are paid to do so (although their responsibility may be greater in the sense of using our tax dollars). Please help to keep our city clean and beautiful by picking up after yourself, or picking up after others if necessary.



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Wednesday Market
10:00 am - 2:00 pm
The Covington Trailhead
419 N. New Hampshire

Saturday Market
8:00 am - 12:00 pm
Covington City Hall
609 N. Columbia Street



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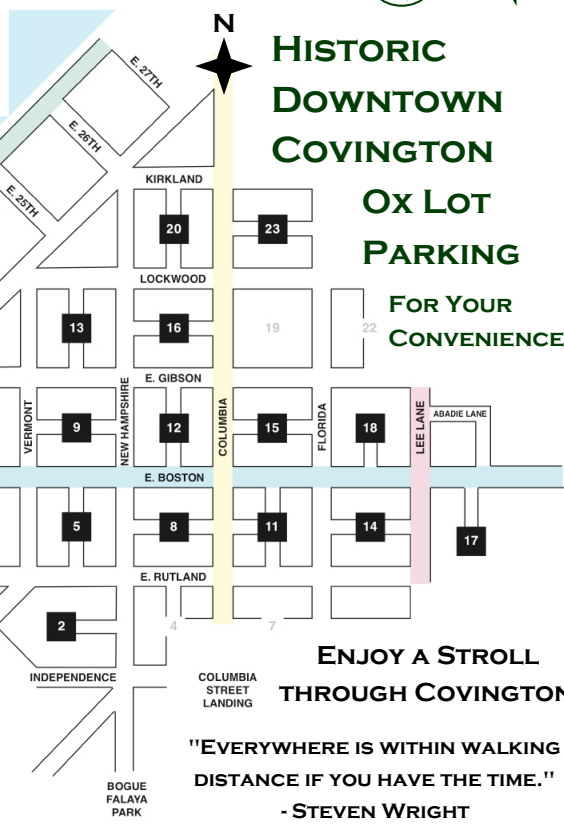
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- STEVEN WRIGHT