

FREE Covington Weekly



October 17 - 23, 2012

www.media9productions.com

Fall For Art In Downtown Covington

st.tammanyartassociation

And what a busy Fall For Art it will be! All day artist paint out and kids' art contests, Children's Instant Theater with Frank Levy, and a performance by Dancescape Studio. Amedee Frederick, the Creole Blues Man, will be playing at the 200 block of Lee Lane, and Tyler Kinchen & the Right Pieces will be at the end of Columbia Street by the Landing. The music will keep on going all night at the Art House, with Northlake Academy of Music Kids' Choir, Crescent City Sound Women's Acappella Chorus and the Big Fun Brass Band, who will do a Second Line Parade from Columbia Street to Lee Lane! All this and more, check www.sttammanyartassociation.org or stop in at the Art House, 320 N. Columbia St., for more artist listings, events and more information on Fall For Art.

HENRY HOOD GALLERY

"EVOLUTION"



by Ruth Siporski

Henry Hood Gallery is featuring "EVOLUTION" by Ruth Siporski, a collection of Wall Sculpture and Ceramic Totems. Ruth handbuilds forms from slabs that give her work a two-dimensional, sleek look. Many layers of color, sanding, carving & rubbing are used to achieve the final result. Ruth's father was an architect, to which she attributes her "architectronic" style. To Ruth, "Form always wins over function".



Three Rivers GALLERY

Three Rivers Gallery features the art of Roy Pfister and Roy Robinson. Other artists showing include Harriett Blum, David Barfield, Gail Glassman and John Preble. 333 E. Boston Street.

SAVOYE ORIGINALS Gallery

Stop in Covington's newest gallery and take in Steve's custom conversation pieces. Unique style with a sense of humor. 405 N. Columbia St.

New work by artist Laurie Pennison will be on display in the French Mix with Ghost-Story Telling at 7:00. 228 Lee Lane



Rosemary's Closet

Rosemary's Closet will feature early 1900's framed sheet music cover art by Albert Barbelle, Andre de Takacs, Frederick Manning and Edward H. Pfeffer. Ghost Story-Telling at 7:30. 410 N. New Hampshire

BROOKS BIKE SHOP

Grand Opening!
Thursday, October 18
10 am - until

Buy, sell, trade, rental and repair. Specializing in antique, non-traditional and vintage bikes. Free bike rentals all day for the Grand Opening! Featuring artwork by Ruby Tuesday, 'T-bone' Thomas Oliver, Amber Chambers and Madeline Dutel. Music by Pat Brooks, Peter Wegman, Derek Wohltmann.

Fall for Art



Saturday, October 20th
6:00 - 9:00pm
Historic Downtown Covington

All Day Artist Paint-Out
Kids' Art Contest
Brass Band, Kids Choir
Women's Acappella Chorus
and more!



Fall Special October 15 - 20

A classic English entree of bangers and mash with onion gravy and a side of fresh mixed greens. A blend of Apple and Hot Cinammon makes the Apple Cinnamon Spice Tea a delicious fall favorite. Ghost story-telling at 8:15 for Fall For Art!



Quote of the Week

"Progress is impossible without change, And those who cannot change their minds cannot change anything."

- George Bernard Shaw

Sunday
October 21



First Quarter



Holistic Education Meeting

A Program for the Holistic Minded

This Thursday from 7 - 8 pm Dr. Lisa Chambers Pate, a licensed Naturopathic Physician, will present "The Path to Wellness is In Your Hands". Discussion will follow. Dr. Chambers Pate utilizes the body's innate ability

to heal itself by identifying and treating the underlying cause of illness. Using biomedical treatments, Dr. Pate treats the whole person, looking at genomic makeup to work on prevention or biochemical abnormalities that may have led to the patients disease. Holistic Education Meetings are held the third Thursday of every month at the Covington Council Chambers, 222 Kirkland St. These meetings are free and open to the public, and all are encouraged to invite a friend.

Farmer's Market Recipes

Fresh recipes inspired by ingredients found at the Covington Farmer's Market, by Chefs David and Torre Solazzo of Ristorante del Porto

Pickled Pumpkin

Ingredients:

- | | |
|---------------------------|-------------------------|
| 1 medium pumpkin, cubed | 1 tbs allspice |
| 6 cups white wine vinegar | 6 large bay leaves |
| 2 cups sugar | 1 tbs peppercorns |
| 3 cups water | 3 tbs mustard seeds |
| 3 tbs salt | 8 cloves garlic, sliced |
| 1 cinnamon stick | 1 shallot, sliced |
| 4 juniper berries | |

Cooking Instructions:

Combine all ingredients, except for the pumpkin in a stainless steel pot. Bring to a boil, continue to boil for 10 minutes. Add the pumpkin. Let boil until semi-soft (about 12 minutes). Remove pumpkin and cool on sheet pan. Cool pickling liquid. Add pumpkin to cool liquid. Store in a glass jar in the refrigerator.

Lemon Grass Tea by Nick Usner of Grow Farms

Ingredients

- 1 tsp lemongrass



Cooking Instructions:

Pour the water over the lemongrass and steep for 5 minutes. Sweeten as desired, makes one cup of tea.



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, and Week 2 featured Pro Biotics: Establishing beneficial bacteria to aid in digestion and immune response. Week 3 (this week) 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. Space is limited, please call Sunshine Garden at 985-893-1463 to reserve your spot. \$30.00/person

October Is Breast Cancer Awareness Month



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 date of October 27. Phone: 601-798-218 E-mail: blue.boy@datastar.com Located 10060 Road 263, Carriere, MS 39426

Friday, Oct. 19, 2012 6-9pm

Carl LeBlanc

Camile Baudoin and friends
(the early years....)
Johnny Scurlock- drums
Greg Villafranco-keyboards
6-7 p.m.

DOWNTOWN COVINGTON • COLUMBIA STREET AT THE RIVER



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FREE Covington Weekly

October 17 - 23, 2012
Local Events

Covington Farmer's Market - Wednesday October 17, 10am - 2pm @ the Covington Trailhead Rain or shine, live "front porch jam", fresh local produce and prepared food. - 419 N. New Hampshire St.
Brooks' Bike Shop Grand Opening! - Thursday October 18, 10 am - till @ Brooks' Bike Shop In collaboration with Rockin' the Rails, Covington's very own bike shop is having its grand opening! Free food, free drinks and free bike rentals all day! - 419 E. Gibson St.
Rockin' the Rails - Thursday October 18, 5 - 7:30 pm @ the Covington Trailhead Rockin' the Rails is back on track, every Thursday in October! Don't miss Luther Kent! - 419 N. New Hampshire St.
Holistic Education Meeting - Thursday October 18, 7 - 8 pm @ Covington Council Chambers Dr. Lisa Chambers Pate will present "The Path to Wellness is In Your Hands," discussion will follow. Free and open to the public, please bring a friend. - 222 Kirkland St.
Sunset at the Landing Concert - Friday October 19, 6 - 9 pm @ Columbia Street Landing This month's Concert at the Landing is sure to be a hit, starting off with Camile Baudoin and friends Johnny Scurlock on drums and Greg Villafranco on keyboards. Then we end the night off with Carl LeBlanc, a Covington favorite. Bring your lawn chairs and don't forget to check out Covington's restaurants before or after!
Covington Farmer's Market - Saturday October 20, 8am - 12pm @ the 600 block of Columbia St. Fresh local produce, raw and prepared foods, plants and vegetables, live music by The Lucky Dogs, food demo provided by Chad Landry of Chez Bubba, serving items off the menu that highlight their special BBQ sauce. - 600 block of Columbia St.
Fall For Art! - Saturday October 20, 6 - 9 pm @ Downtown Covington Fall For Art is finally here! We have covered a lot of the events, but there's still more! Please check www.sttammanyartassociation.org or stop in at the Art House, 320 N. Columbia St. for more info!

Galleries (featured artists)

St. Tammany Art Association 320 N. Columbia St. - Specters, Saints & Spirits: Discoveries from the New Orleans Museum of Art
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, Craig McMillin, Juli Juneau, James Michalopoulos, Al Ormsby, Rebecca Rebouche, Scott Ewen, Ken Tate, Gail Ruggiero, Scott Upton, Donna Duffy, Barbara Hansen **Three Rivers Gallery** 333 E. Boston St. - Roy Robinson, Roy Pfister, Becky Burt, Harriett Blum, Robert Baumgartner, David Barfeld, Rick Esquivel, Gail Glassman, Peggy Hesse, John Hodge, Suzanne King, Patrick Lera, Charles Macgowan, Donald Maginnis, Valerie Stangl Melancon, John Preble, Francie Rich, Max Ryan **Roy's "Art"chery** 319 N. Columbia St. - Roy Blaum, Jessica Porter Blaum, Billy Porter **Fall For Art! Special Art Exhibits**
Saturday 6 - 9 pm **MSH Architects** 229 E. Kirkland St. - Stephen Krentel **The French Mix** 228 Lee Lane - Laurie Pennison **Del Porto** 501 E. Boston St. - Bernard Mattox **Brooks Bike Shop** 419 E. Gibson - Ruby Tuesday, "T-bone" Thomas Oliver, Amber Chambers, Madeline Dutel **Copper Rooster** 222 Lee Lane - Luana Kathy Perez, Mary de Silva **Savoye Originals** 405 N. Columbia St. - Steve Savoye



Luther Kent this Thursday! Luther Kent is a New Orleans blues singer known for his big soulful voice and his big horn-based group Luther Kent & Trick Bag that mixed swinging blues with New Orleans R&B. Kent was actually born Kent Rowell, and began his professional singing career at the age of 14.

Covington Live Music Listings for Oct. 17 - 23

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 / Mike Epstein @ Columbia St. Tap Room 8pm **Friday:** Open Mic Night @ St. John's Coffeehouse 7pm / The Justin McCain Project @ Columbia Street Tap Room 10pm **Saturday:** The Lucky Dogs @ Covington Farmer's Market 9:30am / Pot Luck String Band @ Marsolan's Old Feed Store Music Series 12 - 2 pm **Fall For Art, 6 - 9 pm in Downtown Covington!** Northlake Academy of Music Kids' Choir, Crescent City Sound, Women's Acappella Chorus and Big Fun Brass Band will all be playing intermittently at the St. Tammany Art Association! Amedee Frederick, the Creole Blues Man @ the 200 block of Lee Lane / The Shiz @ The Green Room / Roy "Mad Dog" Blaum @ Mo's Art Supply / Pat Brooks, Peter Wegman & Derek Woltmann @ Brook's Bike Shop / Tyler Kinchen & the Right Pieces @ St. Tammany Homestead / Center of Performing Arts / Max Sanders-Rigaud @ Simply Divorce / Little Freddie King @ The Green Room 10pm **Sunday:** Open Mic Poetry @ St. John's Coffeehouse 2pm **Tuesday:** Singer/Songwriter Timothy AG @ The English Tea Room 10:30 am - 12:30 pm

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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



"Covington Farmers Market"
www.covingtonfarmersmarket.org



Leslie Guy

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www.covingtonbusinessassociation.org

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st. tammany art association
www.sttammanyartassociation.org



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Rockin' the Rails

October 4
LOUIS PRIMA JR.

October 11
MARCIA BALL

October 18
LUTHER KENT

October 25
LITTLE
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COVINGTON TRAILHEAD

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