

FREE Covington Weekly

Oct. 3 - 9, 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
Historic Downtown Covington
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www.covla.com

City of Covington
COVTRAILHEAD

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EVERY THURSDAY IN OCTOBER

The Great Horned Owl

The Great Horned Owl is large predatory bird, approximately 25" tall with a four and a half foot wingspan. These owls range from Alaska and Northern Canada eastward and southward throughout the Americas. Colors vary with their habitat, from nearly white in the arctic, to dark brown and gray, mottled and streaked below, setting off a white throat. The widely spaced tufts at the ears give the great horned owl its name. Its call is a distinctive ho-ho-hoo=hoo=hoo, varying between four and five syllables. The female's call is slightly higher in pitch. The Great Horned is very adaptable in terms of habitat, and they live in deciduous, coniferous and mixed forests, as well as rainforests, prairie, deserts, swamps and urban areas. They tend to prefer areas with less human activity, but may be found in park-like areas in developed areas. Mated owls tend to keep permanent territories, and they generally mate for life. The crushing force of the talons is approximately 300 pounds per square inch, greater than that capable of the human hand. In this regard, the Great Horned Owl is comparable to the much larger Golden Eagle in some cases. Owls have binocular vision which allows them to spot prey very precisely in low light. Their eyes are as large as a human's, but they are immobile in their circular bone sockets. To compensate, the owl can turn its head a full 270 degrees in order to see in different directions without turning its body.



Bubo virginianus



The Great Horned Owl's ears are not located in the same position on both sides of the head. The right ear is typically higher and at a slightly different angle. By positioning the head until a sound is the same in both ears, both the horizontal and vertical direction of the sound source may be pinpointed. They eat other birds and small/medium sized animals.



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Farmer's Market Recipes

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

Muffelatta Torta and Sausage Frittata with Crispy Turnips and Apple Butter Toast for Two

Collect:

- 1 Dozen Eggs (Grammy's Fresh Yard Eggs)
- 1 8oz Container of Muffelatta Torta (Jeanie Simmons)
- 1 Loaf of Oat Pecan or Seedilicious Whole Wheat Bread (Windfield Farms Bakery)
- 1 lb Ground Pork Sausage (Justin Pitts)
- 1 Jar of of Apple Butter (Abundant Life Kitchen)
- 1 lb Turnips (Father and Son Vegetables)
- 3 tablespoons of butter or oil for potatoes and Frittata

To begin, parboil turnips about twenty minutes until fork tender. Heat oven to 350 degrees. Set aside turnips when cooked and cool completely (set in fridge to cool faster). Next, crumble sausage and cook approximately 4 ounces in a non-stick pan or iron skillet that will be used for cooking eggs next. When Turnips are cool, heat another pan with 1 1/2 tablespoons of butter and oil. Begin to warm pan on a medium heat. Dice the turnips to 1/2 inch cubes and toss with salt and pepper before adding to the pan so it will be even. Cook turnips till golden brown and crispy on each side, flipping carefully. Next, whisk 4 eggs with a splash of milk to give a little extra fluffiness. Add salt and pepper to taste. The sausage should be cooked, drained and set on the side waiting to be added to the eggs. Using same pan, add remaining butter or oil and begin warming to a medium heat. Add eggs once it is hot again. While eggs are cooking do not disturb or move them. Let them cook until there is a noticeable crust forming around edges. Add the sausage and crumble about 1/4 to 1/2 of the Muffelatta Torta, to your preference. Put the pan in the oven on the top shelf and let cook about ten minutes. While frittata is cooking, cut and toast the bread. Spread the apple butter on the toast. Once the egg is cooked on top the frittata is ready to be plated. Use a rubber spatula to remove the omelet, as well as the turnips.

Rockin' the Rails In October 2012

The City of Covington is pleased to announce its seventh Rockin' the Rails FREE concert series at the Covington Trailhead. The concerts will take place every Thursday in October from 5:30 to 7:00 pm. Sponsors include Champagne Beverage, Covington Brewhouse and La Quinta Inns and Suites. Presented by the City of Covington Office of Cultural Arts and Events. Attendees are encouraged to bring their own chairs and picnic blankets, beer, wine and beverages will be available for purchase during the event. For more information, contact Sarah Chambless, Office of Cultural Arts and Events, at schambless@covla.com.

St. Tammany Art Association Presents

COVINGTON art MARKET

presented by st.tammanyartassociation

The Covington Art Market is a juried art market that will be held on the first Saturday of every other month from 9 am to 1 pm at the Covington Trailhead in downtown Covington. The market will feature a variety of work from local and regional artists, including jewelry, crafts, photography, paintings and more. Be sure to attend the first market of this season on Saturday, October 6th! For additional information, or if you are interested in participating in the art market, contact the St. Tammany Art Association at (985) 892-8650 or e-mail info@sttammanyartassociation.org. Artist applications may be found online at www.sttammanyartassociation.org

St. Tammany Parish Fair

Fall is here and it's time for the Parish Fair! This year's theme is the "Bicentennial Celebration", 200 years in Louisiana History. On Thursday, Oct. 4, all exhibits will be open for viewing at 10 am, with an evening Gospel Night on the main stage starting at 6 pm. Friday is Parish Fair Day with a parade that begins on Jefferson Avenue at 10 am. Friday at the fairgrounds features a cheerleading and dance team competition from 1 to 4 pm, then listen to the Doug Owens Band and Thunder Creek on the main stage. Saturday night features Chance Casteel, the New Orleans Saintsations, and Christian Serpas and Ghost Town.

Quote of the Week

Monday
October 8
Last Quarter

"Peace cannot be achieved through violence, it can only be attained through understanding."
- Ralph Waldo Emerson

The Teas of Fall

A Tea Tasting Featuring Four Delicious Teas
Thursday, October 4
4 - 6 pm

Featuring Apple Spice Black Tea, African Autumn Rooibos, Pomegranate Madagascar White Tea and Pumpkin Spice Chai Latte. Includes a free Kangen Water demonstration by Ellen LaRocca. Please RSVP, \$15/guest includes teas, food that compliments each tea, Kangen water, and a 20% discount on teas purchased at the event. To reserve your spot, call 985-898-3988, or e-mail info@englishtearoom.com.

English TEA ROOM

Mellow Mushroom Covington Presents

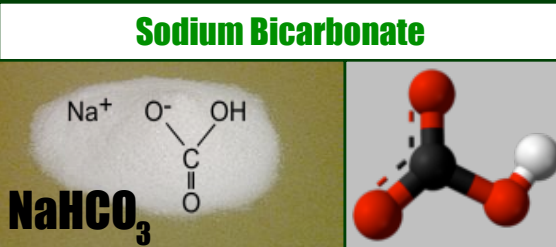
3rd OCT 06 MELLOW FEST 2012 Annual

BEER & WINE GARDEN

- St. Arnold
- Noia
- Lazy Magnolia
- Tin Roof
- Bayou Teche
- Sierra Nevada
- Sam Adams
- Abita
- Parish Brewing
- Harpoon
- Heimer Brau/ Covington Brewhouse
- ...and more

MUSIC FOOD & FUN

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More commonly known as baking soda, this mineral has a long history of use in cooking, cleaning and medicine. Sodium bicarbonate is composed of particles of sodium interspersed with particles of bicarbonate - a mild base. The formula reacts with certain acids in the stomach and blood by neutralizing them. It is prescribed as an antacid to treat acid reflux, gout and uric acid kidney stones, and is one of the ingredients used in hemodialysis, helping to regulate and maintain body pH. Sodium bicarbonate serves a very important purpose in the intestinal tract, where acids from the stomach spill out into the small intestine. The acids are potentially dangerous, as our intestines do not have the thick, acid-proof lining our stomach does. Our pancreas naturally produces sodium bicarbonate to counter-balance these stomach acids, but this can be depleted. One other use can be to aid recovery from vigorous work outs. Exercise produces lactic acid in the body that can interfere with muscle contractions and energy production. Whenever you introduce a new chemical compound into your system, it is best to inform yourself of all possible reactions and side effects that should be considered. Even natural compounds like sodium bicarbonate can be toxic when mixed with other chemical compounds. Talk to your health care provider before beginning any new treatment.

Sodium

Sodium ions are used against potassium ions to build up charges on cell membranes, allowing transmission of nerve impulses when the charge is dissipated.

Be Kind To One Another.



www.covla.com

FREE Covington Weekly Local Events

October 3 - 9, 2012

Covington Farmer's Market - Wednesday October 3, 10am - 2pm @ the Covington Trailhead Rain or shine, live "front porch jam", fresh local produce and prepared food. - 419 N. New Hampshire St.

Covington Business Association General Monthly Meeting - Wednesday October 3, 6 - 9 pm @ Center of Performing Arts Join other local business owners to network and discuss downtown Covington events and promotions. 5:30 reception with complimentary food and drinks. The St. Tammany Homestead Building. - 201 N. Columbia St.

Rockin' the Rails - Thursday October 4, 5 - 7:30 pm @ the Covington Trailhead Rockin' the Rails is back on track, every Thursday in October! This week it's Louis Prima Jr., son of the original "King of Swing"! - 419 N. New Hampshire St.

Beer Tasting & Food Pairing - Thursday October 4, 7 pm until @ Mellow Mushroom Covington Enjoy a 5 course meal from Mellow Mushroom's seasonal menu, custom paired with beer from salad to dessert. \$30 per person. - 1645 N. Highway 190

Covington City Classic - Saturday October 6, 8 am - 12 pm @ Bogue Falaya Park Glisbar Inc. hosts it's 2nd Annual Covington City Classic! Race registration begins at 7 am, 1 mile fun run starts at 8, and the 5K starts at 8:15 am. All proceeds from the race will benefit the Youth Service Bureau of St. Tammany. To find out more information about the race, please visit www.gilsbar.com. - 213 Park Dr.

Covington Farmer's Market - Saturday October 6, 8am - 12pm @ the 600 block of Columbia St. Fresh local produce, raw and prepared foods, plants and vegetables, live music by The Steve Anderson Group. - 600 block of Columbia St.

Covington Art Market - Saturday October 6, 9 am - 1 pm @ the Covington Trailhead The St. Tammany Art Association and the City of Covington partner to bring this bi-monthly juried art market to Covington. Featuring a variety of work from local and regional artists including jewelry, crafts, photography, paintings and more.

Pet Loss Grief Gathering - Saturday October 6, 9 am until @ the St. Tammany Humane Society Pet loss grief gathering the first Saturday of every month at STHS. Because saying goodbye is never easy.

Mellow Fest - Saturday October 6, 2 pm - 9 pm @ Mellow Mushroom Covington Mellow Mushrooms' 3rd Annual Mellow Fest! Featuring live music, food, fun and a Beer & Wine Garden with beer from local and regional microbreweries. \$15 donations for the Beer & Wine goes to the Hospice Foundation of the South! - 1645 N. Highway 190

"Frame of Mind" Art Exhibit & Gala - Saturday October 6, 7 - 10 pm @ St. Tammany Art Association National Alliance on Mental Illness (NAMI) St. Tammany will host "Frame of Mind" Art Show & Gala, featuring works of art from client artists within our community living with mental illness. Their goal is to raise public awareness, provide education about mental illness, and create a venue for the artists to showcase their work. Proceeds from art sales will go to the artists. The Gala will include food and drink, music and a silent auction. Tickets are \$40 in advance, \$50 at the door. - 321 N. Columbia St.

Two Events, One Beautiful Location

The gorgeous Sanctuary Illuminarie, an oasis in old Covington, will be hosting two concerts this weekend on the serene property. First will be singer, songwriter and piano virtuoso Eliza Rickman on Friday, and master story-teller, singer and songwriter Danny O'Flaherty brings a little Irish our way on Saturday. Both events start with conversation and drinks at 6:30 pm. A suggested donation of \$20 is appreciated. For more information please call Adelita at (985) 273-0831.

STAA Bicentennial Exhibit - Deadline October 15

The St. Tammany Art Association is sending out a Call To Artists who would like their work considered for an invitational exhibit for the Bicentennial Exhibition at the Art House, March 9 through April 6, 2013. The STAA is looking for work that celebrates Covington, all media will be considered. The committee requests that you submit images of your work and a statement of your proposed work. Submit your information to info@sttammanyartassociation.org.

Covington Live Music Listings for Oct. 3 - 9

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 / Lost in the 60's @ Columbia St. Tap Room 8pm **Friday:** Open Mic Night @ St. John's Coffeehouse 7pm / Twilight the Band @ Columbia Street Tap Room 10pm **Saturday:** The Steve Anderson Group @ Covington Farmer's Market 9:30am / Pot Luck String Band @ Marsolan's Old Feed Store Music Series / Bad Dogs @ 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. - Degas Pastel Society Exhibit **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

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CBA
 covington business association



www.covingtonbusinessassociation.org

320 N. Columbia St.



staa

st. tammany art association
 www.sttammanyartassociation.org



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Sanctuary

Illuminarie
 Presents: Saturday
 October 6th
 6:30 pm

\$25 a person
 Reservations:
 (985) 273-0831

DANNY O'FLAHERTY
 IRISH BALLADEER



Sanctuary Illuminarie
 presents:
 Eliza Rickman

The Date: Friday, October 5th, 2012
 The Time: 6:30pm
 Tickets: 20.00
 Reservations: 985-273-0831



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

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