



July Is Park And Recreation Month Grilling, Picnicking, Staying Cool & Bug-Free

The Covington area has several great features for those that like the outdoors. From the trace to nature trails, park benches and rivers, there are many great spots for outdoor activities. A few simple things can make everyone's experience a great one. Remember to pack some protection from the sun, as the rays are harshest this time of year. Look for shady spots, especially if there are children or older folks present. They can be more susceptible to heat stroke, or overheating. Drink plenty of water, it is important to stay properly hydrated.

The other trick about dealing with the outdoors is what to do about bugs. If you are setting up to picnic or grill, you can always put citronella candles at the perimeter of your area. Essential oils containing lemon grass and pennyroyal may also help to keep insects away. Incense containing citronella or other essential oils may also be effective. Always remember to pick up after yourself. It is everyone's job to keep our environment clean and beautiful. Extinguish all cooking fires, coals, etc., before leaving your site and deposit trash in the proper receptacle.



Some of Covington's great park areas (clockwise from top left)- Bogue Chitto Park - 1025 N. Columbia St., Bogue Falaya Wayside Park - 213 Park Drive, Columbia Street Landing - 100 N. Columbia St., Hubie Gallagher Park - 1000 W. 15th Ave., 1st Avenue Park - 401 E. 1st Ave. @ S. Jahncke Ave., Covington Trailhead - 419 N. New Hampshire St.

National Blueberry Month

Pick-Your-Own Farms & Farmer's Market

June and July are the best months for blueberries, so get them before they are gone! There are several pick-your-own berry farms in the area, down Hwy. 21 right outside of Covington on the way to Bush. It's a fun afternoon with the kids, and they generally have other types of berries like blackberries and huckleberries. Some close their season in mid July, but you can still find berries at the Saturday Farmer's Market.



The Many Health Benefits Of Blueberries

Blueberries are one of the most powerful antioxidants, essential to optimal health. As with all fruits and vegetables, the best way to maximize the benefits of this berry are to obtain it organic and eat it raw. Blueberries contain many important phytonutrients that function as antioxidant and anti-inflammatory compounds that act on the whole body system, from cardiovascular to blood sugar regulation and digestion.

Blueberry intake has been shown to regulate total cholesterol and protect blood components from oxygen damage. Routine consumption of blueberries also shows a significant relationship to the regulation of blood pressure. Recent studies show that blueberries may help improve cognitive function, including memory. They are also beneficial in regulating blood sugar and promoting overall eye health.

Always consult your nutritionist or general health care provider for any issues of health or diet, but don't overlook this little blue berry!



What Exactly Are Phytonutrients Anyway?

Phytonutrients are organic chemical compounds that are components of fruits, vegetables, grains, legumes, nuts and teas. The different phytonutrients present relate to the color exhibited by the fruit or vegetable. One of the best understood of these compounds are the Carotenoids, the red, orange and yellow pigments in fruits and vegetables. These compounds in particular appear to protect against certain cancers, heart disease and age related macular degeneration. They achieve this by serving as antioxidants, enhancing immune response, enhancing cellular communication, repair DNA damage and detoxify carcinogens.

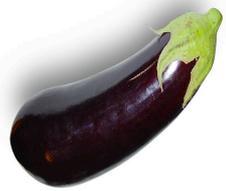
Farmer's Market Recipes

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

Baked Eggplant Parmesan Crisps

Ingredients:

- 1 large eggplant, cut in 1/4 in thick slices, skin on
- 1 medium yellow onion, minced
- 2 stalks of green onion, minced
- 3 large tomatoes, minced
- about 4 or 5 toes of garlic, minced
- extra virgin olive oil or butter
- Salt
- Cayenne pepper
- Parmesan



A combination of all or some of the following herbs: basil, oregano, thyme, parsley & fennel (or anise) -- chopped fresh or dried, add to taste

Directions:

Preheat your oven to 375 degrees. Begin to heat a small portion of oil or butter, about a tablespoon, in a large frying skillet on medium heat. Start by searing both sides of your eggplant slices. This should only take a moment - you are just softening them and allowing them to absorb a little oil. Do this in small batches to allow the slices to lay down flat on the skillet. You may need to add a bit more oil and butter as you go - but not too much or your eggplant will become greasy. Set these slices aside on a plate covered for a few minutes. After you have gone through all of eggplant it is time to saute the minced onion and garlic, along with some of the herbs and seasonings. Cook this down for a few minutes, and then add the chopped tomatoes. Lower the heat, cover, and let this cook down to an almost mushy consistency. Meanwhile, sprinkle your eggplant slices with some more herbs and parmesan. Make sure you cover both sides of the slices thoroughly. Place the slices on a lightly greased (with oil or butter) stainless steel baking sheet and bake at 375 degrees for 15 - 20 minutes, or until golden brown. Remove from the oven and let cool slightly. Plate the Eggplant Parmesan Crisps and top with the sauted vegetables. Serve immediately, with a little parmesan and/or feta sprinkled on top. Enjoy!

Quote of the Week

"Facts do not cease to exist because they are ignored."
- Aldous Huxley

Monday
July 22nd
Full Moon

"Share the Health" Talk with Laura Warner, CPT, CHN Building Hormone Health With Nutrition

What we eat not only affects our waistline, but also our hormones. We can't expect our endocrine system to work optimally if we're eating foods high in sugar, trans fats and processed foods. Sugary foods and trans fats disrupt our hormones, and they can no longer keep our body on an even keel, blocking youthful energy and the health we so desire.

When we eat diets high in sugar, we produce excess insulin and cortisol. High levels of insulin and cortisol disrupt other hormones such as estrogen, progesterone and testosterone. If one hormone is out of balance, it will have an affect on all of the others. And remember - we all have these hormones, men and women, just in different proportions. We can help our bodies by supporting these body systems with proper nutrition and supplementation with vitamins, herbs and minerals:

Thymus - essential to overall health, fights yeast & other pathogens. It is especially needed the PMS week for women as it is at this time that the immune system is weakest. Herbal support for the thymus: Rose hips, Echinacea and Reishi mushrooms.

Pituitary gland - regulates general hormone production for growth, tissue repair and the reproductive cycle of the body, by telling other members of the endocrine system to work harder or slow down. This is done with hormones it produces as well the ones it governs. Proper protein and trace minerals are vital to the function of the pituitary.

Pancreas - part of the digestive and endocrine system. Eating foods high in sugar forces the pancreas to work harder producing insulin. Digestive enzymes help support the pancreas.

Thyroid Gland - Heat processed or solvent extracted oils (vegetable & polyunsaturated oils) are among the worst offenders when it comes to disrupting thyroid function. The most common commercial source of these oils? Soybean. Thyroid hormones regulate every cell in the body, so it is important to read labels and know what oils you are consuming. Sea vegetables like kelp, Irish moss and dulse are all nourishing to the thyroid.

Adrenal glands - located just above the kidney. The most common reason for adrenal fatigue is stress and overuse of stimulants such as caffeine, sugar and refined foods. Healthy adrenal glands are especially important for menopausal women. Vitamin C, E, B complex, magnesium and calcium help to nourish weak adrenal glands.

Liver - While not part of the endocrine system, the liver stores the nutrients needed to feed the endocrine system, as well as helping to detoxify extra or unhealthy hormones. A diet high in fiber, low in sugar and unhealthy fats allows for easy bonding of toxins in the intestinal tract allowing more filtering of estrogen. Vitamin B and the minerals iron and magnesium are important to liver health. Herbs: Alfalfa, burdock, yellow dock, milk thistle, and Siberian ginseng.

Overall hints for regulating hormones (this info pertains to both men & women): Exercise- moderate weight training and cardio are vital to keeping bone density and hormone balance. Exercise also helps with stress reduction. A diet high in omega 3 fatty acids and adequate levels of protein. Using enzymes to ensure absorption of proteins is very important.

Want to learn more? Laura is a Certified Holistic Nutritionist and Personal Trainer who practices out of Our Place Studio. You can reach her at: 985.875.1182 or visit: www.opcovington.com for more info.

Next week, please join us at Share the Health, July 23, 12-12:45 for The World of Living Foods & Beverages, presented by Susan Tarasova & Nanette Schoenwe. All proceeds benefit The Covington Boys and Girls Club. Suggested donation: \$10

985-778-3448

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Friday,
July 19,
2013
6-9pm

6pm
Jerry Hess
solo guitar



7pm
Freeman, Garcia & Casteel
bluegrass trio



8pm
Liquid Bridge rock

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Columbia Street Landing Concert Sunset At The Landing Series This Friday

The Sunset At The Landing Series continues for July with three hours of three great performances. Jerry Hess starts the show off at 6 pm. Hess, a veteran of the Abita Springs Opry, is also a Farmer's Market favorite, and he is one of the area's best pickers. At 7 pm, Freeman, Garcia & Casteel take the stage with a bluegrass trio. Chance Casteel, who is the "Casteel" in Freeman, Garcia and Casteel, will also be playing at the Green Room Friday night after the Landing show with his project, "Beware Of Bear". Finally, Liquid Bridge take the stage at 8 pm and rock the night out.

The Concerts at the Landing are presented for free by the City of Covington, St. Tammany Homestead and the Covington Farmer's Market. Attendees are encouraged to bring lawn chairs and picnic dinners, but don't forget the great venues that are available after that show is over! Winos and Tacos, the Green Room, Columbia Street Rock N Blues and the Tap Room will be getting into full swing after the Landing concert is over. Call 985-892-1873 for more info.

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Playmakers Theater Presents Jekyll & Hyde

"Jekyll & Hyde" is based on the novella "The Strange Case of Dr. Jekyll and Mr. Hyde" by Robert Louis Stevenson. It concerns a brilliant doctor whose experiments with human personality create a murderous counterpart. Convinced the cure for his father's mental illness lies in the separation of man's evil nature from his good, Dr. Henry Jekyll unwittingly unleashes his own dark side, wreaking havoc in the streets of late 19th Century London as the savage, maniacal Edward Hyde. This rendition of "Jekyll & Hyde" is directed by Adolfo Rodriguez, with music directed by Gail Adams. The show will run July 12th - 28th on Thursday, Friday and Saturday at 8 pm. Sunday matinees will be at 2 pm. Reservations can be made by phone at 985-893-1671 or by ordering online at

www.playmakersinc.com

Pets for Patriots at Humane Society Pet Adoption Program for Veteran Partners

St. Tammany Humane Society joins Pets for Patriots "Pet Adoption Program for Veterans Partners" with nationwide charity to give shelter dogs and cats a second chance at life with veterans and service members. STHS partnered with Pets for Patriots, Inc., a not-for-profit that connects last-chance shelter pets with our country's loyal service men and women, to increase the adoption of adult and other at-risk homeless pets by veteran and service members of the United States military. Working with Pets for Patriots, St. Tammany Humane Society gives local veterans, service members and their families the gift of unconditional friendship and love while providing millions of dogs and cats a second chance at life. Individuals are welcome from all United States armed forces and at any stage of their careers. To apply as a Patriot Adopter or to learn more about Pets for Patriots, go to:

www.sthumane.org/pets-patriots

Furry Bundles O' Joy In Need of Loving Homes



It's that time of year again for... kittens! Many kittens are born unexpectedly and end up in rescue shelters. This can put a strain on the shelters as they try to find these little precious creatures good homes. If you have a home suitable for a cat and are looking for a new forever friend, please consider adopting a rescue cat from a local facility.



Covington Weekly

Covington, LA July 17 - 23, 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.

Covington Farmer's Market - Saturday July 20, 8 am - 12 pm @ the 600 block of Columbia St. Fresh local produce, raw and prepared foods, plants and vegetables. Live music by The Low Amps at 9:30, Chef Austin Smith of Pastazz will prepare samples of Ravioli with Parsley and Basil Oil. - 600 block of Columbia St.

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

Old Feed Store Music Series - Saturdays, 12 pm - 2 pm @ Marsolan's Feed and Seed Live music after the Farmer's Market! - 314 E. Gibson St.

Share the Health Educational Series - Tuesday July 23, 12 pm - 12:45 pm @ Our Place Studio This weeks' talk is by Susan Tarasova and Nanette Schoenewe with "The Wonderful World of Living Foods and Beverages. This talk will benefit the Boys and Girls Club. - 338 N. Vermont St.

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

Playmakers Theater Presents "Jekyll & Hyde" - Running July 12 - 28, @ the Playhouse "Jekyll & Hyde" will run July 12th - 28th on Thursdays, Fridays and Saturdays at 8 pm, with a special opening Friday the 12th. Sunday matinees will be at 2 pm. Reservations can be made by phone at 985-893-1671 or by ordering online at www.playmakersinc.com. - 19106 Playmakers Rd

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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 A. G. 11 am - 1 pm

Thai Kitchen 1005 Collins Blvd. - Karaoke by Request! Fri. - singer/songwriter Timothy A. G. on Acoustic Guitar for live music at lunch

Green Room 521 E. Boston St. - Wed. - Open Mic Night 9 pm Thurs. - TBT w/ DJ Dizzi 9 pm Fri. - Beware of Bear 10 pm Sat. - DJ Calypso 10 pm Sun. - Karaoke w/ DJ Bobby Blaze Mon. - Happy Hour 2-9 pm Tues. - Service Industry Night

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Winos and Tacos 321 N. Columbia St. - Wed. Free Wine Tasting featuring Chinese & J. Sharp of Water Seed (piano and flute duo) 6 pm - 9 pm Thurs. - Billy and the Lagniappe Band 7 pm Fri. - The Upstarts 9 pm Sat. - The Telegraph Salesmen 6 - 9 pm + John Lisi and Delta Funk 9 pm No Cover All Shows!

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John Lisi and the Lagniappe Band

John Lisi and the Lagniappe Band

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