

Rockin' the Rails Free Concert Series
Rockin' Every Thursday in October at Covington Trailhead
The public is invited to these free concerts every Thursday in October, from 5 - 7:30 pm at the Covington Trailhead. Many local organizations and businesses participate to provide refreshments and food for this event. This week's concert features The Yat Pack! Bring your blankets and lawn chairs! www.covla.com

Sunset at the Landing Concert
Free Concert at Columbia Street Landing Friday
Sunset at the Landing Concert
Fri., Oct. 18 from 6 -9 p.m. at the foot of Columbia Street in Covington. The concert is free and all are encouraged to bring chairs and refreshments. The event is sponsored by St. Tammany Homestead, the City of Covington and the Covington Farmers Market. This month's show features David Torkanowsky Trio with Thais Clark, beginning at 7:00. Opening the show will be The Douglas Bradford Quartet beginning at 6:00.



Friday, Oct. 18 2013 6-9pm

David Torkanowsky Trio featuring Thais Clark
Douglas Bradford's: atlas obscura
Rex Gregory - alto saxophone
Douglas Bradford - guitar
Aryeh Kobrinsky - bass
Cody Brown - drums

Exploring the British Empire: Australia
The English Tea Room Continues Theme Dinner Series



English TEA ROOM

G'day Mate! The English Tea Room's Exploring the British Empire dinner series is heading for Australia! The port date is Friday, October 18th at 7:00 pm. Dinner includes a four course meal of Australian cuisine, tea selections as well as speaker on the history and culture of the land. \$24 per person including tax and gratuity. Call now for reservations!
(985) 898-3988 info@englishtearoom.com

Herbs for Life Series at Holistic Life Approach
"The Nervous System" Presented by Sharon Murphy
The nervous system is involved in every process within the body. Cells talk to each other, and the jittery message that is sent to our digestive system while we have an argument at dinner, look for a better job, lose a loved one or watch negative news on TV will eventually result in damage somewhere in the body. At the very least our negative thoughts inhibit the healthy functioning of the entire body-mind-spirit complex that we are as human beings. Herbs that sooth and calm will be the focus of this talk.
Join Sharon Murphy, Certified Holistic Herbalist, at Holistic Life Approach this Saturday October 19th from 10 am - 11:30 am for the continuation of this informative series. To learn more about Sharon, please visit holisticlifeapproach.com. Cost is \$15, **107 N. Theard Street, (985) 276-8119.**

This Stage of Love Premieris November 1st
An Original Musical From Center Of Performing Arts
Fuhrmann Performing Arts and the Center of Performing Arts present "This Stage Of Love," written by Robert Sturcken of Center of Performing Arts and directed by Ed Morvant. Join us as we follow the cast through the experiences of taking part in a play inside of a play. When a once famous director wants to get back into the spotlight his cast learns more than they could expect about theater and about themselves as well. From the auditions to curtain call we see the excitement, trauma, drama and most of all the LOVE that being in the theater provides.
Lead actors Thomas Braud and Mallory Bogle head a 21 person cast including performers from recent local productions of "Les Miserables" and "Jekyll and Hyde". This is the inaugural cast and run of "This Stage of LOVE", and promises to be a fun ride.
New Orleans theater notable Ed Morvant directs and choreographs "This Stage of LOVE" as part of the Fuhrmann Performing Arts Society's fall schedule. The show will run November 1 - 3 and 8 -10 at the Fuhrmann Auditorium, located at 317 N. Jefferson Ave. Friday and Saturday evening shows start at 8 p.m. and Sunday matinees will start at 2 p.m.
For more information or to purchase tickets, contact COPA at 985-276-0465 or visit the website, www.fpa-theater.com.



FUHRMANN
PERFORMING ARTS

THIS STAGE OF LOVE

Written by Robert Sturcken
Directed by Ed Morvant
November 1, 2, 3, 8, 9, 10, 2013

Fridays & Saturdays 8 PM • Sunday Matinee 2 PM
\$20 at door • \$18 online FPA-Theater.com
Call 985-276-0465 for Reservations

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Three Rivers Gallery Hosts Opening for Carol Hallock
Join Three Rivers Gallery for an opening reception of "Louisiana Landscapes" by Carol Hallock this Saturday, October 19th from 6 - 9 pm.
The oil paintings of Lacombe artist Carol Hallock will be featured in Louisiana Landscapes Exhibition for the month of October at the Three Rivers Gallery in Covington. These beautiful Louisiana Landscape paintings, emphasizing the loose painting style which she has become know for, are characterized by her vibrant colors and remarkable technical facility. Her alla prima, plein air style is the perfect accompaniment to the landscapes and waterscapes found near her home. Hallock explores her seemingly everyday environment and transforms them into timeless artworks. The artist will be present to talk at the opening reception about her latest series of new works.
Carol Hallock was born in Baton Rouge, and is a graduate of LSU. Her work can be found in collections and galleries across the country. She has been published in multiple books and has several videos on The Art of Loose Painting which are shown on over 140 channels across the country. She also teaches workshops nationally and internationally.
Other artist showing at Three Rivers Gallery include David Barfield, Suzanne King, Harriet Blum, Dennis Sipiorski, John Preble, Louis Morales, Mary Helen Seago, Mary Monk, Max Ryan, Mickey Asche, Roy Pfister and Valerie Stangl Melancon. Three Rivers Gallery is located at 333 E. Boston Street in downtown Covington.



Tripolo Gallery Hosts Opening for Scott Ewen
Tripolo Gallery will host an opening reception with Abita Springs native, Austin Texas-based artist Scott Ewen. Scott is a figurative and landscape oil painter who has quickly become Tripolo Gallery's most collected and popular artist. The reception will be held this Saturday, October 19th from 6 - 9 pm.



Quote of the Week
"Let us not satisfy our thirst for freedom by drinking from the cup of bitterness and hatred."
- Martin Luther King Jr.

Friday
October 18

Full Moon

"Mantra: The Transformative Power of Sound" By Kelli Simon
Share the Health Series Continues at Our Place Studio
Most people, when asked, will say they have never chanted a mantra. The word "mantra" itself can be confusing, as it can be heard in reference to everything from fitness to finance. Mantra is a Sanskrit word that means a repeated sound made up of a syllable, syllables, or words. When defined that way, it becomes easier to see how we bring chanting and sound into our everyday life. Who hasn't been behind a slow driver repeating, "Go go go!" and what Saints fan hasn't chanted "Who Dat?"
The words we say, especially those that we repeat, can influence us in positive and negative ways. Think about how you feel, alone in your car, singing along to your favorite song on the radio: don't we all have perfect voices when we sing alone in the car? And how is it on those days when you look in the mirror and start reciting a list of your flaws: bad hair, dark circles, etc. Those sounds and words have a personal meaning for you; they convey an intention and have a certain power. They can change the way you feel.
In light of the power that sound has, it isn't surprising to see mantra and chanting are omnipresent in almost every culture in the world. It can be found in African and Native American tribal chants. In the Jewish tradition, it is called "cantillation". Here in Covington, the public is welcome to listen to the monks out at St. Joseph Abbey as they chant vespers every evening at 5:30. In the Indian tradition, chants are usually from Sanskrit texts.
Many Sanskrit chants come from a text called the Vedas, which can be translated as "that which can be learned". Though some of the chants can be pages long, most mantras derived from the text are single words or syllables. These mantras are focused and concentrated sound, that when repeated, are meant to have an effect on the body and mind. Just like music can be used to set a mood, mantras can help you relax or energize, calm or focus. This type of mantra can be used to help with insomnia or refocus and energize during the winter doldrums.
So, next time you are stuck in traffic or misplace your keys, try changing your mantra. Put on your favorite song, or chant "Om" or "Who Dat?" and see how your experience transforms.
Kelli Simon is a Certified Vedic Chant Teacher and yoga practitioner. You can contact her at simonkelli@gmail.com.
Share the Health is an educational series being held every Tuesday in October from 6:30 - 7:15 pm at Our Place Studio, 338 N. Vermont Street. Each class is donation based, and all proceeds go to a charity of the speakers choice. The next talk on October 22nd will feature Tiffany Conner presenting "Change the Breath, Change the Mind" to benefit the Haiti Mission.
For more information about Share the Health, visit opcovington.com

The Walker Percy Book Club
Beginning In November At The English Tea Room
The English Tea Room presents a reading of Walker Percy's "The Moviegoer" beginning Thursday, November 7. Meetings will be held the first and third Thursday of the month at 2 p.m. For more details, call 985-898-3988.

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Award - Winning Business Resource Workshop
'Tis The Season For Your Business Tuesday October 22
The City of Covington and the Covington City Council Economic Development Committee will host the third installment of their award-winning Covington Business Resource Workshop series on Tuesday, October 22, from 9 a.m. to noon (8:30 a.m. registration) in the Bogue Falaya Hall of the Greater Covington Center, 317 N. Jefferson Avenue. The purpose of the workshop is to give local business owners the tools and expertise they need to help their business thrive, and to give potential business owners the resources they need to begin a successful new enterprise. This workshop will focus on business growth and marketing techniques that will help local businesses close out the year with great success, and continue to grow in the years to come. Presenters at the workshop include SCORE, SLU Small Business Development, and Dian Lusher of Dynel Inc.
"Covington recently received a Community Achievement Award for our Business Resource Workshops from the Louisiana Municipal Association. We were awarded first place in the Economic Development category. Business owners are truly getting useful information from the panel of experts at our workshops, information that they can use to grow and improve their business," says Councilman Larry Rolling, Chairman of the Covington City Council Economic Development Committee. This event is free and open to the public. Pre-registration is recommended, as seating is limited. Register at www.lsbdc.org. Refreshments will be provided by the Covington Business Association. For additional information about this event, please contact Councilman Larry Rolling, District D, at (985) 234-9527 or RollingDistrictD@aol.com. www.covla.com

Concerned Citizens of St. Tammany Victory
St. Tammany Coroner Galvan To Resign
The Concerned Citizens of St. Tammany, a local non-profit organization, has been instrumental in driving the unfolding political drama of Parish Coroner Dr. Peter Galvan. Their efforts to unseat him through a recall petition were successful in raising awareness, and Galvan will be resigning this Friday, October 18th, in light of Federal charges.
The goal of CCST is to champion transparent and good governance. CCST promotes the idea of term limits, at-large council members, clarity of lines of responsibility within Parish Government and the placement of an Inspector General for St. Tammany Parish. Find out more about this group by checking their website www.ccstp.org and liking them on Facebook.

Farmer's Market Recipes
Fresh recipes inspired by ingredients found at the Covington Farmer's Market
Fricot a la Poule (Chicken Fricot)

Ingredients:
1 chicken
2 tlbsp butter
1 large Vidalia onion
1 small bunch shallots
3 garlic cloves
1 tlbsp flour
12 cups water
5 cups diced potatoes
3 cups diced carrots
sea salt to taste
cayenne pepper to taste
rosemary, thyme and marjoram

Directions:
Section the chicken and brown the pieces in butter over a medium flame. Get all the sides golden. Remove the chicken and saute the onion and garlic in the butter. Add the flour and saute the onion and garlic for a few more minutes. Add the water, the chicken, spices and herbs. Simmer the mixture until the chicken is tender. Add the potatoes and carrots and cook for another 20 minutes to 1/2 an hour.
Some variations include using game hens or field birds, and any variety of vegetables may be used or substituted. Dumplings are sometimes added; in this case the flour may be omitted.

KOMMUNITY
A KOMMUNITY ACTION PROJECT

POWERED BY KOMMUNITY GIRLS
YOU + ME + ACTION

Kommunity Power, Ignite! October 21 - 28, Kombucha Girl! Living Beverages is sponsoring a Food Drive for the Covington Food Bank with the support of our awesome downtown Covington businesses. There are specific needs right now: baby formula, baby food, baby/toddler diapers, baby wipes, and fresh produce. Fact: Did you know? Sharing and giving actually boosts your immune system - everyone benefits when we share with each other. Let's do this! The following businesses are accepting donations on behalf of the Food Bank. Pop in and give them some donations and love! A few are offering special thank you gifts to folks who donate. This list of participating businesses is still growing, so look for our fliers and boxes sporting the Kommunity Power! logo all over town, beginning Monday, October 21. Current List of Participating Businesses:
Columbia St. Health Food Store - 415 N. Columbia St.
Covington Farmer's Market - Wednesday, Oct. 23 at the Trailhead and Saturday, Oct. 26, next to the Courthouse
Our Place Studio - 338 N. Vermont St
Shop Soul Boutique - 529 E. Boston St.
Winos & Tacos - 321 N. Columbia St.
For more information, call the Kombucha Girls: Susan Tarasova / 985.502.4128 & Liz Bragdon / 985.778.3448
kombuchagirlbeverages@gmail.com



Covington Weekly

Covington, LA October 16 - 22, 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 - 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 Joe and Julie Manuel beginning at 9:30, and chefs Keith and Nealy Frenz will drive 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, right after the Farmer's Market. - 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

Share the Health Educational Series - Tuesday October 22, 6:30 - 7:15 pm @ Our Place Studio Featured speaker is Tiffany Conner with "Change the Breath, Change the Mind." Suggested donation/\$10, to benefit Haiti Mission. - 338 N. Vermont St. www.opcovington.com for more information



Election Day Saturday October 19

This proposition is a millage renewal, not a new tax, and it generates approximately \$1.1 million of the fire department's \$1.8 million budget. Voting for this proposition will not raise your taxes, voting against will cut funding by more than 60%. The CFD responds to more than 1,500 calls annually, 3 1/2 minute average response time.

"Protecting your tax dollars along with your lives and property is vital. We have taken steps to save money and use our funding efficiently, including consolidating Police and Fire Dispatch centers to keep costs low. On October 19, you have the opportunity to let your voice be heard on the proposition to renew funding for the Covington Fire Department. Voting is a privilege and we encourage you to participate." - Mayor Mike Cooper

Live Music Around Town

Columbia St. Rock 'N Blues Cafe 407 N. Columbia St. Wed. - Karaoke 9pm Thurs. - Comedy Night w/ Corey Mack 9pm + Booty Bounce Bingo Fri. - Maxie & the Tricks 10pm Sat. - Melo-D 10pm Sun. - Saints Sundays + Beer Pong

Karaoke Wednesday

The Tricks Band Friday

SAINTS SUNDAY

Corey Mack Every Thursday Night

COLUMBIA STREET ROCK N BLUES Cafe

Melo-D Saturday

English Tea Room 734 E. Rutland St. - Tues. - Acoustic High Tea Featuring Live Music by singer/songwriter Timothy Gates 11 am - 1 pm Fri. - Classical Harpist Jessica Meltz 12pm - 2pm www.englishtearoom.com

GREEN ROOM Service Industry Night Every Tuesday

THE SCORSESES AND THE RETURN OF ISH THE BAND THE GREEN ROOM OCTOBER 18 DOORS 9PM

THE VAGABONDS LIVE MUSIC MONDAYS WITH Vagabonds @ THE GREEN ROOM

Green Room 521 E. Boston St. Wed. - Open Mic Night @ 9pm Thurs. - Ladies Night w/ DJ Tay Tay @ 9pm Fri. - The Scorsese's + ISH @ 10pm Sat. - @ 9pm Sun. - Karaoke w/ DJ Bobby Blaze Mon. - Live Music/The Vagabonds Tues. - S.I.N.

GREEN ROOM WEDNESDAYS LIVE MUSIC OPEN MIC

THE SCORSESES AND THE RETURN OF ISH THE BAND THE GREEN ROOM OCTOBER 18 DOORS 9PM

THE VAGABONDS LIVE MUSIC MONDAYS WITH Vagabonds @ THE GREEN ROOM

Winos and Tacos 321 N. Columbia St. - Fri. - Sat. - Mississippi Rail Company 9pm Sun. - Gospel Music Brunch w/Crispin Schroeder

Mississippi Rail Company Saturday Night 9 pm

GOSPEL BRUNCH OCTOBER 20th 11am to 2pm Live Music featuring Crispin

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

Covington Weekly Distribution Locations:

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THIS STAGE OF LOVE

Written by Robert Sturcken
Directed by Ed Morvant

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LEARN MORE:
www.keeptcovingtonbeautiful.org
www.facebook.com/Keep-Covington-Beautiful
kcb@covla.com 985-867-3652

Covington Business Association

Next General Meeting is
November 6
6:00 pm at:
SEILER BAR
434 N. COLUMBIA
www.covingtonbusinessassociation.org

Share the Health RETURNS WITH A FALL SCHEDULE
Informal, Educational Talks on Health-Related Topics

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