October 16 - 22, 2013

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

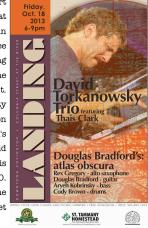


businesses participate to provide refreshments and food for this event. This week's concert features The Yat Pack! Bring your blankets and lawn chairs! www.covla.com

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 features David Torkanowski Trio with Thais Clark, beginning at 7:00. Opening the show will be The Douglas Bradford Quartet beginning at 6:00.



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



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!

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

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

(985) 898-3988

info@englishtearoom.com

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.





Friday

October 18

O

Full Moon

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.

"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

Support Local! Covington Weekly

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 ${\bf Covington} \ {\bf City} \ {\bf Council} \ {\bf Economic} \ {\bf Development} \ {\bf Committee}.$

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

12 cups water

2 tblsp butter 5 cups diced potatoes

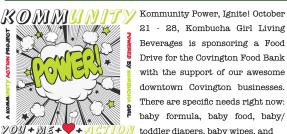
1 large Vidalia onion 3 cups diced carrots

1 small bunch shallots sea salt to taste

3 garlic cloves 1 tblsp flour rosemary, thyme and marjoram $\,$

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.



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/ wipes, and toddler diapers, baby wipes, and

fresh produce. Fact: Did you know? Sharing and giving actually boosts your immune system - everyone benefits when we share $% \left(1\right) =\left\{ 1\right\} =\left\{ 1\right\}$ 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 $% \left(1\right) =\left(1\right) +\left(1\right$ 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

N. Theard Street, (985) 276-8119. This Stage of Love Premiers November 1st An Original Musical From Center Of Performing Arts FUNRMANN Fridays & Saturdays 8 PM • Sunday Matinee 2 PM \$20 at door - \$18 online FPA-Theater.com Call 985-276-0465 for Reservations

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 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

through

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.





Covington **Business** Association

Next General Meeting is

November 6 6:00 pm at:

SEILER BAR www.covingtonbusinessassociation.org

Join us every Tuesday evening in October • 6:30-7:15 featuring home-grown experts and educators in diverse areas of health and wellness.

\$10 Suggested Donation • All Proceeds Benefit Local Charities Visit our website for details.

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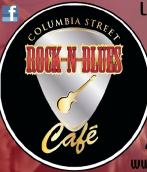


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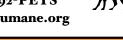
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Covington Farmer's Market - Every Wednesday, 10 am - 2 pm @ the Covington Trailhead Stop by for lunch! Rain or shine, live "front porch jam", fresh local produce and delicious prepared foods. - 419 N. New Hampshire St.

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 Frentz 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.

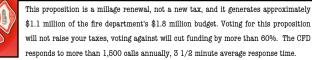
Covington Brewhouse Brewery Tours - Every Saturday, 10 am - 2 pm @ Covington Brewhouse Free tours of the brewhouse - covingtonbrewhouse.com for info.

Music with the Maestro - Tuesdays, 6 pm @ The Lake 94.7 Local music program

featuring Robert Sturcken of Center Of Peforming 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



"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







Fri. - Classical Harpist Jessica Meltz www.englishtearoom.com Green Room 521 E. Boston St. Wed. - Open Mic Night @ 9pm Thurs. - Ladies

Night w/DJ Tay Tay @ 9pm Fri. - The Scorceses + ISH @ 10pm Sat. - @ 9pm Sun. -



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



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

Covington Weekly Distribution Locations: 2nd & Charles, Acquistapace's Covington Supermarket, Bayou Barber, Beck-N-Call Cafe, Behrens & Associates Real

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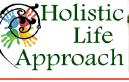
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November 1, 2, 3, 8, 9, 10, 2013

(317 N. Jefferson Ave., Downtown Covington Friday & Saturday 8 p.m. Sunday matineé 2 p.m. \$20 at the door – \$18 online www.fpa-theater.com

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