



Rockin' The Rails Free Concert Series

Rockin' Every Thursday In October At The 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 Terrance Simien & the Zydeco Experience! Bring your blankets and lawn chairs!

www.covla.com

FINAL Final Friday Block Party Of 2013

The Last Block Party Of The Year Is This Friday

The last Columbia Street Block Party of the year will be this Friday, October 25th. The October Block Party traditionally has a Halloween theme, be sure to wear your costumes!



Family Halloween Event At The Covington Trailhead

Trickin' and Treatin' at the Covington Trailhead

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SATURDAY, OCTOBER 26 • 10 AM - NOON

Celebrate Oktoberfest At The Covington Brewhouse

Local Brewery Introduces New Owners



Friday, October 25th 5 - 9 pm
www.covingtonbrewhouse.com

The Covington Brewhouse, which has been in business for 8 years, has recently changed ownership. Former SSA teacher David Arbo and a group of local investors purchased the craft brewery last month from previous owner Rob Mingo. The new owners are introducing some changes to the Brewhouse,

including new brews such as the Anonymous IPA, making its debut now. Other plans include the possibility of introducing a tap room to the brewery and becoming a distributor of their beers. Covington Brewhouse is another example of craft brewery's resurgence in Louisiana, especially on the Northshore.

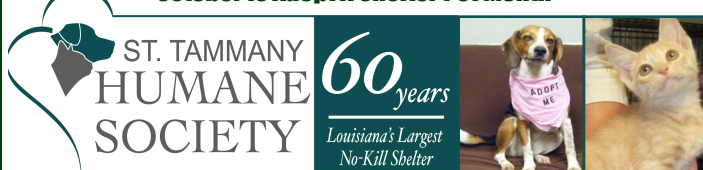
Covington Brewhouse and Beck-N-Call Cafe present Oktoberfest 2013 at the Brewhouse, 226 E. Lockwood Street across from the Covington Trailhead on Friday, October 25th. Meet the new owners from 5 - 9 pm!

Biktober Fest At Brooks' Bike Shop



Brooks' Bike Shop will host a one-way ride from Mandeville to Covington in conjunction with Covington Brewhouse's Oktoberfest! The tour will include stops at the local breweries along the way, and conclude at Covington Brewhouse. Riders will meet at Brooks' Bike Shop, 416 E. Gibson Street, at noon on October 25th. Check Brooks' Facebook page www.facebook.com/BrooksBikeShop for more information and schedule updates!

October Is Adopt A Shelter Pet Month



The ASPCA has designated October National Adopt A Shelter Pet Month. The St. Tammany Humane Society is celebrating 60 years as Louisiana's largest no-kill shelter. Stop in and meet a new friend. www.sthumane.org

Coffee With Mayor Cooper October 30th

Conversation and Coffee at the Covington Trailhead

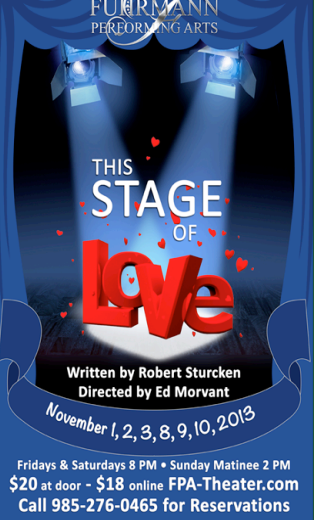
The City of Covington and Mayor Mike Cooper will host the quarterly event "Coffee with Mayor Cooper" on Wednesday, October 30th. The Mayor will also introduce the new Covington Chief of Police Timothy Lentz. The event will take place from 9 a.m. to 10 a.m. at the Covington Trailhead.

"These gatherings are a great opportunity for our citizens not only to get the scoop on what is going on in Covington, but also to ask questions, state concerns and provide feedback, all in an informal setting where they can feel comfortable to do so," says Mayor Mike Cooper.

This is not a press conference, but merely a conversation between administration and citizens. Attendees may wish to bring chairs as seating is limited. Coffee and pastries will be provided. For more information visit www.covla.com

This Stage of Love Premieres November 1st

Pre-Order Tickets Online Now!



The Fuhrmann Performing Arts Society and Center of Performing Arts (COPA) present an original musical production by Robert Sturcken called "This Stage of LOVE". The play follows its 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 expected 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.

Quote of the Week

"I have discovered that a person does not have to be this or to be that or to be anything, not even oneself. One is free." - Walker Percy

Saturday

October 26



Last Quarter

"Master Tonic: An Essential Natural Home Remedy For Cold & Flu Season" By Susan Tarasova

Share the Health Series Continues at Our Place Studio

Master Tonic is considered a modern day "anti-plague" tonic. Doctors, holistic health professionals and others who utilize Master Tonic claim that it can cure the common cold, some chronic conditions, diseases, and antibiotic-resistant infections. Master Tonic can be an invaluable tool in your arsenal of natural cold and flu season remedies and is simple to make at home. It is composed of onions, garlic, ginger, horseradish, and hot peppers, traditionally prepared in a liquid base of apple cider vinegar. Drink 1-2 oz. once daily as a preventative measure, and 1-2 oz. three- to five times daily when treating a cold, flu or other illness. Here's a quick breakdown of the main ingredients and some of their benefits:

- Garlic**- broad spectrum antibiotic, antiviral, and antifungal
- Onions**- have diuretic, antibiotic, and anti-inflammatory properties, can be an effective expectorant, and are rich in quercetin.
- Horseradish**- antibacterial and anti-parasitic, stimulates the immune system, has warming properties, acts as an expectorant.
- Ginger**- antimicrobial, anti-inflammatory, immune system booster, warming
- Hot Peppers**- boost the immune system, nasal decongestant, warming properties, pain-relieving, vitamin C.
- Raw Unfiltered Apple Cider Vinegar**- natural antiseptic, anti fungal, great for digestion, detoxification.

Kombucha Girl Living Beverages is taking pre orders for their next batch of Master Tonic. If you are interested in reserving some please email kombuchagirlbeverages@gmail.com or send a message on their Facebook page.

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 29th will feature Dr. Janice Posey presenting "Acupuncture, Herbal & Food Therapy: What It Can Do For Your Pet" to benefit St. Francis Animal Sanctuary. For more information about Share the Health, visit opcovington.com

Master Tonic Ingredients

- 1 part fresh garlic
- 1 part fresh white onions
- 1 part fresh ginger root
- 1 part fresh horseradish root
- Raw Unfiltered Apple Cider Vinegar
- 1 part fresh hot peppers
- Plain kombucha (optional)

Instructions

Chop all ingredients finely or use a food processor. Thoroughly mix ingredients together in bowl. Fill glass jar 3/4 full of ingredients. Add ACV (or 1/2 ACV, 1/2 kombucha) to fill container. Cover with plastic lid. Shake vigorously. Let sit for 2 weeks out of direct sunlight, shaking as often as possible, but at least once a day. Strain through a cotton cloth, jar liquid (does not need to be refrigerated), save ingredient pulp to use in salad dressings, marinades, or anything else!



Southern Harpist Returns To The English Tea Room

Enjoy The Sounds Of The Harp With Your High Tea

LSU graduate Jessica Meltz has performed with the Acadiana Symphony Orchestra, the Rapides Symphony Orchestra, and the Starkville Symphony. Jessica provides music for a wide variety of events, and you can listen to her every Friday from 12 noon until 2 pm at The English Tea Room. **985-898-3988**

Farmer's Market Recipes

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

Homemade Whole Wheat Pumpkin Spice Bread

Ingredients:

- 1 medium-large pumpkin (roughly 1 cup of puree)
- 1 3/4 cups whole wheat pastry flour
- 1/2 cup of honey
- 1/2 cup of olive oil
- 2 eggs
- 1/2 teaspoon cinnamon
- 1/2 teaspoon of ginger powder
- 1/4 teaspoon nutmeg
- 1/4 teaspoon clove
- 1/2 teaspoon kosher salt
- 1 teaspoon baking soda
- 1/4 cup of hot water
- Optional: raw sugar for sprinkling

Directions:

Step 1.) Make a pumpkin puree. To start, clean, cut open and deseed the pumpkin, scooping out all the insides. Cut into chunks small enough to fit in a steamer basket or pot. Steam for about 20 - 25 minutes, until a toothpick can easily pierce the skin. Add water while steaming as needed. When done, let cool and cut off the skin. Puree the remaining pumpkin meat, and voila, pumpkin puree!

Step 2.) The rest of this recipe is rather easy. Preheat your oven to 325 degrees and grease a 9x5 inch loaf pan.

In a large bowl mix oil and honey together; add the eggs, and beat well into the mix.

Stir in the pumpkin puree, vanilla, ginger and spices. Mix this well, and then gently and slowly stir in the flour, just until mixed. You don't want to over mix here or it will become too dry. In another small bowl mix the baking soda with hot water and add to the batter, mixing in the same slow and gentle manner. Spread batter evenly in the loaf pan and sprinkle with a little cinnamon.

Bake for about an hour. Check to see if it is done by inserting a toothpick in several spots in the middle. It should come out clean when done.

Sprinkle with raw sugar (optional) and allow to cool on a rack before slicing. Voila! Homemade Pumpkin Spice Bread!





Covington Weekly

Covington, LA October 23 - 29, 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.

Rockin' the Rails at the Covington Trailhead - Thursday October 24, 5 pm - 7:30 pm @ the Covington Trailhead Featuring Terrance Simien and the Zydeco Experience. Free concert, bring your chairs! - 419 N. New Hampshire St.

Octoberfest/Biketoferfest/Final Friday Block Party - Friday October 25th, 12 noon - 9 pm @ Covington Biketoferfest kicks off at Brooks' Bike Shop at noon on Friday. The bicycling brew pub tour ends at the Covington Brewhouse for their Octoberfest celebration at 5 pm, coinciding with the Final Friday Columbia Street Block Party! See front for more info. - Downtown Covington

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 The Lucky Dogs beginning at 9:30, and the Covington Brewhouse will have tastings to celebrate Octoberfest. - 600 block of Columbia St.

Trickin' and Treatin' at the Covington Trailhead - Saturday October 26, 10 am - 12 noon @ the Covington Trailhead Frank Levy's Stories in Motion, Halloween arts and crafts, trick-or-treating and a kid's cooking demo. - 419 N. New Hampshire 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 with Driskill Mountain, 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 Dr. Janice Posey with "Acupuncture, Herbal and Food Therapy: What It Can Do For Your Pet" Suggested donation/\$10, to benefit St. Francis Animal Sanctuary. - 338 N. Vermont St. www.opcovington.com

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THIS STAGE OF LOVE

November 1, 2, 3, 8, 9, 10, 2013
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Friday & Saturday 8 p.m.
Sunday matinee 2 p.m.

\$20 at the door - \$18 online
www.fpa-theater.com

Call (985) 276-0465 for reservations

Written by Robert Sturcken
Directed by Ed Morvant

Presented by Center Of Performing Arts & The Fuhrmann Performing Arts Society

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