



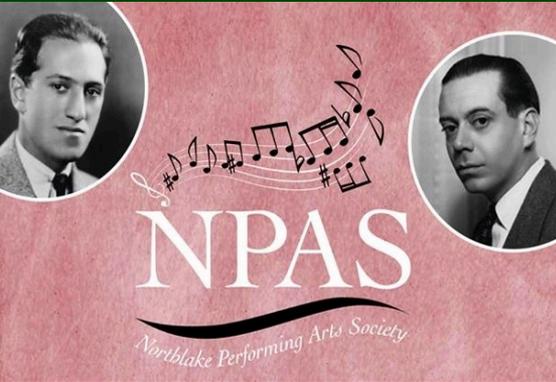
Rockin' the Rails Free Concert Series

Rockin' the Rails had a great start to the October season last week with Charmaine Neville and her band. 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 Lost Bayou Ramblers! Bring your blankets and lawn chairs! www.covla.com



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The Music of Cole Porter & George Gershwin Northlake Performing Arts Society 2013-14 Season



The Northlake Performing Arts Society (NPAS) opens their season with the well known music of Cole Porter (1891 - 1964) and George Gershwin (1898 - 1937). Both American composers were classically trained and drawn to the Broadway musical stage. Both are most well known for the works in the 1920s and 1930s. You will hear hits from Cole Porter, including "I Get a Kick Out of You", "I've Got You Under My Skin", "In the Still of the Night", and music from his most successful musical, Kiss Me Kate. The Gershwin tunes include music from the musicals Funny Face, Nice Work If You Can Get It, and of course his opera, Porgy and Bess. Performances will be held at the Fuhrmann Auditorium in the Greater Covington Center Friday October 11th at 7:30 pm and Sunday October 13th at 3 pm. The English Tea Room will be providing refreshments for both events. For more information, please check www.npas.info

St. Tammany Art Association's 23rd Annual Fall for Art Showcasing Covington's Cultural Arts District Saturday October 12th



This Saturday the St. Tammany Art Association (STAA) will transform downtown Covington into a performance and gallery space for their Annual Fall for Art. Made possible with the generous support of the title sponsor Gulf Coast Bank & Trust, supporting sponsor Champagne Beverage Company and the on-going support of the City of Covington, the STAA is looking forward to this event's 23rd year. Over 40 participating galleries, merchants and businesses will showcase new work by dozens of artists from around the Southeast Region. Art demonstrations, live music, and dance performances will be featured along the route. Columbia Street, Lee Lane and a portion of New Hampshire Street will be closed to vehicle traffic from 5:30-9:30pm.

This year the STAA has added several live art demonstrations, including Metalwork by John Perilloux, Wheel Throwing by Javier B. Armenta and printmaking by SLU's Palmetto Press. A live dance performance by Dancescape Studio will be on Columbia Street, and Brooks' Bike Shop will have a BMX bike demonstration. There will be more live musical performances throughout downtown as well: the Abita Blues Band and Sharon Schlech & the Rebel Yell on Lee Lane; R&R Revue, Timothy Gates, The Big Bottom Bog Stompers, NOLA Jitterbugs, Robert Calmes and Reed Alleman Band on Columbia Street; Mumblebee on Boston Street and En Passant on New Hampshire. "We are excited to present another Fall for Art event on the Northshore and show-off our many talented artists and performers, as well as showcase our great shops, galleries and restaurants in downtown Covington" says STAA Executive Director, Cindy Pulling. This event is free and open to the public. For more information, or to volunteer for this fun event, contact STAA at 985-892-8650 or email info@sttammanyartassociation.org. Brochures with locations and contact information for each participating business will be available the week of the event at STAA and area businesses. www.sttammanyartassociation.org

Fall for Art Happenings Around Town

Three Rivers Shows Carol Hallock & Gallery Artist

Three Rivers Gallery (333 East Boston Street) will feature the works of Carol Hallock and gallery artists, including David Barfield, Suzanne King, Harriet Blum, John Preble, Louis Morales, Mary Helen Seago, Mary Monk, Max Ryan, Mickey Asche, Roy Pfister and Valerie Stangl Melancon.



Carol Hallock

Henry Hood Gallery Shows Featured Artists



325 E. Lockwood St. Covington, LA 70433



Henry Hood Gallery features Andrew Boyd, Lynda Katz, Maggie McConnell, Laura Mitchell, Robin Hamaker, Dale Newkirk, Jeff Mickey, Jean Flint, Gail Hood, Dennis Sipiorski, Ruth Siporski, Barbara Tardo and Wes Koon.

Tripolo Gallery Shows Featured Artists

Tripolo Gallery features Donna Duffy, Craig McMillin, Scott Ewen, Rebecca Rebouche, Gale Ruggiero, Ken Tate, Al Ormsby, Juli Juneau, Kevin LeBlanc, Joel Blazek, Laura McCombs, and Danny Saladino.



Scott Ewen

Other Art Happenings



Heather Vallaire

Local and regional artists will have their work on display at over 40 participating businesses. Peggy Hesse will have a number of new pieces at History Antiques & Interiors on Columbia Street. Uncommon Market, recently opened on N.Lee Lane, will be open late with new work from featured artists Michael Vezse, Dee Bumgarner and Wess Foreman. Shop Soul Boutique will feature many local artists, including Heather Vallaire, Gabriel Shaffer, Amber Damare and Corey Ryan. Rosemary's Closet will be open late as well, showing off vintage clothing and accessories, LP's and framed sheet music from the early 1900's.

There will be a judging for the Annual Fall for Art Youth Art Contest at Covington Massage & Wellness Centre. The contest is for artworks created by residents in grades 7th-12th.

Full List of Live Entertainment & Artist Showings at www.facebook.com/StTammanyArt

New Covington Chief of Police Announced

Mayor Mike Cooper Addresses Citizens:



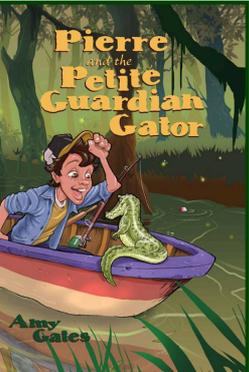
After extensive review and consideration of the 14 candidates interested in the City of Covington Police Chief position, Mayor Mike Cooper has selected former St. Tammany Parish Sheriff's Office Chief Deputy Timothy A. Lentz to serve as Chief of Police. "Chief Lentz has the education, experience, leadership abilities, and other qualities which make him best suited for this important position for our city. With his high level of enthusiasm and professionalism, I am confident in his ability to leverage relationships with other law enforcement agencies and rally the community behind the department," Mayor Mike Cooper.

With thirty years of experience at the St. Tammany Parish Sheriff's Office, Chief Lentz has extensive training in all aspects of local, regional, state, and Federal law enforcement practices and protocol. He earned a Masters Degree in Criminal Justice from Loyola University in New Orleans. He and his family are longtime residents of the Covington area.

"I have followed Tim throughout his career at the STPSO. He is driven to succeed in everything he does. Tim shares my philosophy for building a police department that develops leadership opportunities from within, as well as, my desire for promoting a positive working environment. Additionally, Tim will advance the development of a highly trained, professional, community-oriented police department. He will be a welcome addition to my administration as I have full trust and confidence in him to lead the department," Mayor Mike Cooper.

Chief Lentz will assume the position next week after completing City pre-employment requirements, Civil Service acknowledgements, and confirmation of the appointment by the Covington City Council. www.covla.com

Local Teacher Debuts Children's Book A Kids' Adventure In Cajun Country



"Pierre and the Petite Guardian Gator" is a journey through the bayous, marshes, fields and streams through the experiences of the folks that live there. You'll find plenty of local and community flair with trips to the market, family gatherings and festivals, plus the timeless wisdom of the Petite Guardian Gator. Mrs. Amy Gates is a teacher of 20+ years, currently teaching Gifted at Lancaster Elementary School.

Order your copy of Mrs. Gates' new book online at: www.vesuviuspress.com/giftShop.aspx

Quote of the Week

"To live is the rarest thing in the world. Most people exist, that is all."
- Oscar Wilde

Friday

October 11



First Quarter

"Nutrition For a Good Night's Sleep" By Laura Warner

Certified Holistic Nutritionist & Personal Trainer at Our Place Studio

The pineal gland, a light-sensitive, pea-sized structure located within the brain, is where melatonin (our main sleep-regulator hormone) is produced. Adequate amounts of melatonin can only be produced, however, if you have enough serotonin. Guess what serotonin's top two enemies are? The common beverage and sweetening items, caffeine and aspartame. Aspartame contains an amino acid (phenylalanine) which converts to the stimulants dopamine and adrenaline. These two stimulants lower levels of serotonin and tryptophan, which negatively affects melatonin production.

A pro-serotonin diet includes: avoiding aspartame, limiting caffeine intake, not skipping meals, eating grass-fed meats, free-range chicken and wild fish (these will all contain more tryptophan than corn-fed animals), as well as eggs and dairy products, bananas, pumpkins, and nuts. Eating healthy fats, such as those in grass-fed meats, avocados, olive and good nut oils, will also increase the availability of tryptophan. Vitamins and minerals to include in a sleep-friendly diet would be calcium, magnesium, B vitamins and vitamin D.

If your adrenal glands are on overload, your sleep is also going to be sketchy, disruptive and unproductive. The adrenals regulate the stress hormone, cortisol, which we need in order to function - but cortisol is often pushed to extremely high levels due to our fast-paced, high-stress lifestyle. Cortisol levels should be highest in the morning and lowest between 12:00 AM - 3:00AM. When we're under intense stress, eating a poor diet or ill, levels stay high day and night. When levels are high at night, we get that "second wind" or we wake up too early in the morning around 3:00 or 4:00 AM. We need a healthy balance of cortisol; too much, we become wired and tired. Too little, we become exhausted throughout the entire day.

A few symptoms of adrenal fatigue include: dependence on caffeine and sugar for energy, dark circles on the inner half of the eyes, and increased weight gain in the mid-section.

To maintain healthy adrenals, avoid processed foods, refined sugars, corn syrup, caffeine, gluten, and limit alcohol. Eat foods that contain protein and fiber for both breakfast and lunch, which will help you get over that afternoon slump and keep you from craving sugar and caffeine. Other foods you may want to add are: asparagus, avocados, cabbage, celery, cucumbers, and low glycemic fruits. Supplements to support your adrenals include: Vitamin C, Vitamin E, B complex (especially B-5), magnesium and calcium.

While there are many factors that can disrupt our sleep, focusing on eating healthy foods and giving our body the nutrients it needs can make a big difference in improving the quality of our sleep and therefore, the quality of our everyday life.

Laura Warner, a certified Holistic Nutritionist and Personal Trainer with Our Place Studio, spoke for the first Share the Health. You can contact her at: **985.875.1182** 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 will feature Susan Tarasova presenting "Beat Flu Season: Make Your Own Master Tonic" to benefit the Covington Food Bank.

For more information about Share the Health, visit opcovington.com

Farmer's Market Recipes

Fresh recipes inspired by ingredients found at the Covington Farmer's Market
Greens & Peppers Stir Fry

Ingredients:

- 1 pound of greens of your choice
- 2 - 5 Hungarian hot wax peppers, minced, to taste (Watch it - they're hot!)
- 2 tablespoons of minced sweet pepper
- a few toes of garlic, minced
- apple cider or balsamic vinegar
- fresh squeezed lemon juice
- kosher salt
- cayenne pepper



Greens - Slice of Heaven Farm

Directions:

This is a simple and tasty side dish, or can be made into a meal by serving over rice or quinoa. Start by heating about a quarter inch of salted water in skillet over medium-low heat. As it begins to bubble, add the garlic and hot peppers, and a small pinch of cayenne. Bring up the heat to medium, stir and mix well. Let this cook for a few minutes as it pulls out the juices from the garlic and peppers. Stir in the greens, in parts if you have too, mixing them in as the wilt. Once the greens are mixed, add a splash of apple cider vinegar (would give more of a tartness) or balsamic vinegar (more of a sweetness). Serve drizzled with fresh squeezed lemon juice and maybe topped with some toasted almonds.

The greens chosen will add different flavors to your stir fry. Arugula, for instance, would add a peppery flavor, where radish greens have a slight bitterness, and mustard greens, undoubtedly, a mustard flavor. These dishes are always fun for trying out different greens, and coming up with good combinations!

This Week at the Farmers Market

Covington Farmers Market
Wednesday 10 am - 2 pm at the Covington Trailhead
Saturday 8 am - 12 pm at the 600 block of Columbia Street

Saturday

Live Music by Cassie Krebs

Cooking Demo by J & K Grilling w/ the BBQ Rig



Sign up for their free e-newsletter for weekly updates!
www.CovingtonFarmersMarket.org



www.covla.com

Covington Weekly

Covington, LA October 9 - 15, 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 Cassie Krebs beginning at 9:30, and J&K Grilling will drive their mobile Bar B Que Rig 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 with Hazel and the Delta Ramblers, 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 15, 6:30 - 7:15 pm @ Our Place Studio Featured speaker is Susan Tarasova with "Beat Flu Season: Make Your Own Master Tonic". Suggested donation/\$10, to benefit The Covington Food Bank. - 338 N. Vermont St. www.opcovington.com for more information

Fall For Art - Saturday October 12, 6 pm - 9 pm @ Downtown Covington Experience the best local art, music, food and entertainment at Downtown Covington's premiere fall event brought to you by the St. Tammany Parish Art Association.

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Next Wednesday!

Pups & Pizza Yappy Hour

Wednesday, October 16th
6:30 pm - 8:30 pm
Mellow Mushroom
1645 Highway 190, Covington

Halloween Costume Contest
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Thurs. - Comedy Night w/ Corey Mack 9pm + Booty Bounce Bingo Fri. - Tyler Kinchen & The Right Pieces 10pm Sat. - 9pm Sun. - Saints Sundays + Beer Pong Tournament

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Saints Sundays Plus
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Friday Night 9 pm

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Covington Weekly / Media 9 Productions LLC, 2013

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