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FREE!

October 22 - 28, 2014

Covington Businesses Post Poetry Boxes Local Businesses Welcome Community Art Project



Patrick Brooks of Brooks' Bike Shop.

Poetry boxes are appearing across the parish, and Covington businesses are happy to support the community art project. The idea originated with Robin Hurston, resident of Covington, who participated in a similar project in Oregon. Poems are collected from the public and displayed in the boxes, changed on a monthly basis. Three boxes are installed in Covington with more on the way.

The boxes offer a creative channel for the public, adding to the concept of community-building through interaction with the arts. Currently, Covington has poetry boxes at Brooks' Bike Shop (on the Covington Trace near Gibson Street), at the corner of Walker Alley and Lee Lane, and at Tripolo Gallery on Columbia Street.

"It's a plus to our local culture - creative outlets like this help to reinvigorate the arts by presenting work in a non-intrusive way that the viewer can engage at their leisure," said Donna Duffy, owner of Tripolo. She added that it is refreshing to see other arts represented in the project, to avoid over saturation of one particular artistic discipline.

Once the boxes are in place, a map will be created and made available to the public, detailing all locations. If you are interested in submitting poetry, or procuring a box for your business or neighborhood, you may contact Covington Weekly by e-mail, or visit our website.

E-mail: covweekly@mediag9productions.com

3rd Annual Biketoberfest Saturday



Mayor's Council On Healthy Lifestyles To Host Community Resource Fair Celebrating The 20th Anniversary Of The Trace



The Covington Mayor's Council on Healthy Lifestyles (MCOHL) is pleased to announce their participation in the Tammany Trace 20th Anniversary Celebration - Saturday, November 1st. MCOHL will be hosting a free "Community Resource Fair" at the Covington Trailhead, 419 N. New Hampshire Street, 9:00 a.m. to 1:00 p.m. The event is free in conjunction with the Trace anniversary celebration and the community is encouraged to attend. The MCOHL event will provide valuable information on available community resources for all ages through education, demonstrations, and activities related to healthy lifestyles. Exhibitors in the fair will be health professionals and businesses from the local community.

"The Mayor's Council on Healthy Lifestyles has received an enthusiastic response from our business community with over 20 registered participants. This Resource Fair will serve to encourage healthy living as a way of life in our City," Mayor Mike Cooper.

Covington businesses are invited to partner with MCOHL. Businesses interested in participating can email mayorscouncil.cov@gmail.com, or contact Becky Gelatt at (985) 893-8834 or Sandy Matthews at (985) 871-6036.

Tammany Trace Celebration Saturday November 1

Come Celebrate the 20th Anniversary of the Tammany Trace. Whatever your style, the Trace Anniversary Celebration has it, with fun for the whole family. This moving celebration kicks-off in the morning on Saturday, November 1st and will travel through each of the Trailheads. Along the way, you will experience music, art, food, dancing and more fun for the whole family. Don't forget to grab your passport, visitors who make it to each Trailhead will be entered into a special drawing! To find out more about the event, call 985-898-3011.

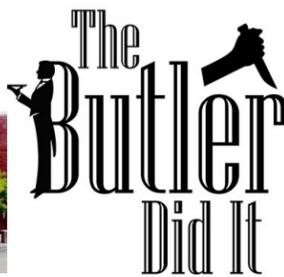
Covington events begin at 8 am with the Covington Farmer's Market at the 600 block of Columbia Street. The Covington Trailhead presents a musical performance by We 3 to accompany the St. Tammany Art Association's Art Market, and the Mayor's Council on Healthy Lifestyles hosts a resource fair with participating businesses. Tours of the Covington Brewhouse will be available, along with a chance to register for a Grand Prize! Don't miss the Kick Off Ceremonies with Parish President Pat Brister and Covington Mayor Mike Cooper at 10 am (at the trailhead.) More information at www.tammanytrace.org

CODA Debuts "The Butler Did It" Community Theatre Aspect Unique To Downtown

Just over a year ago, Robert Sturcken debuted "This Stage of Love," a play he wrote and produced for the Center of Performing Arts, his studio/educational/performing arts arena. COPA is located at the corner of Columbia and Rutland, on the south end of the Heritage Bank building. When Sturcken installed a full stage and lighting set up, he envisioned building a true community theatre that could host established productions as well as plays by relatively unknown but talented local writers.

After several successful musical and stage productions, COPA continues the community theater vision with James Lejeune's "The Butler Did It." Lejeune is a recent graduate of SLU and a resident of Springfield, LA. COPA is happy to announce one final dinner event for the year, with a murder mystery spin! On Friday, November 7th, come see the stage debut of local playwright James Lejeune's comedic whodunit, The Butler Did It! Follow the antics of six quirky butlers in this fast-paced murder mystery. COPA will feature a hearty dinner salad with your choice of either grilled chicken or shrimp, served with rolls and butter. Coffee and dessert served at intermission! Free water and soda, cash bar available. Tickets and more information on upcoming productions are available on their website:

www.centerofperformingarts.net



Quote of the Week

"A gentle word, a kind look, a good-natured smile can work wonders and accomplish miracles."

- William Hazlitt

Early Voting Oct. 21 - 28th

New Moon



Thursday 23rd

Simple Stretch Series: Basic Back Line & Lower Body Complex

By Liz Bragdon, Yoga Instructor/ Movement Coordinator
Our Place Studio

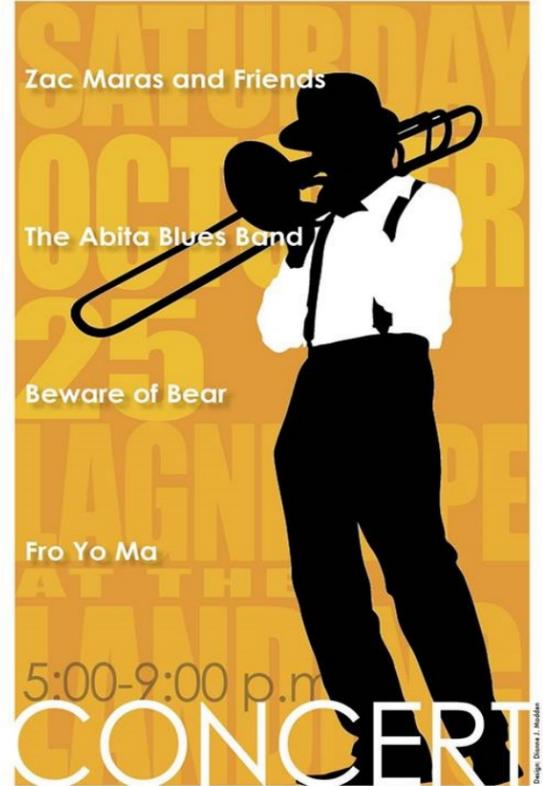
What I've found in 27 years of practice and 10 of teaching is that I keep coming back to the simplest moves and poses...think of them as building blocks for helping generate greater movement ease and complexity. When clients exhibit movement dysfunction, I turn to these basic activities, and when clients are more mobile and strong, I can always offer them more challenging variations. And for those of you dealing with hyper-mobility issues, approach these activities with the mindset of moving more slowly, mindfully and with the intent to control and stabilize vs. the intent to fall into or overextend in the stretch.

This particular series addresses aspects of the lower body & back line complex. I've found it particularly beneficial for those who spend too much time sitting and those who do exercise, but address a limited number of movement planes...think walking, running/jogging or lifting weights only, etc. The body will adjust to whatever demands you put upon on it. If for years you've spent your days sitting in a chair behind a desk and done little to unwind that...then your movement range will adapt to that limited 'form': range of motion decreases all over, muscles weaken and/or shorten, the core becomes lax and the posture, rounded over. Tight hamstrings and back ache are common related issues. But that's only the stuff you tend to notice. Once you start moving again in ways you've not moved since you were a child, you realize the movement potential you've squandered. The hip and shoulder joints have amazing range of motion - the most of all the joints - which is supported by a balance of stability/strength.

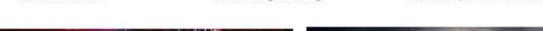
Movement is not only good for your physical health in every single way, inside and out, it's also alleviates symptoms of depression and anxiety and increases feelings of happiness and wellbeing. Common sense, really. Movement is medicine. And it's free and fun! For this series, you'll need a strap, belt or a rope.

A few tips before you go to the video and give these activities a try: 1) Be where you are. Do not force past resistance in the muscles and joints - approach the current boundaries to movement in your body gently and mindfully. Over time, you will see progress. For every individual, it's different. 2) Breathe - conscious breathing increases mindfulness and supports the movements. Breathing not only keeps you alive (you know - that whole oxygen thing), it can help you defuse tension and stress in the body and the mind. 3) Although these are very simple and gentle exercises, if you have any questions or concerns about trying them out, please consult your physician.

Liz Bragdon is a Yoga and Movement Educator at Our Place Studio, located at 338 N. Vermont St. The video for this article can be found on our website at: www.covingtonweekly.com/?p=12548



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Covington Police Department Year End Review CPD Releases Statement Through NIXLE



"The Covington Police Department has worked hard over the past year to rebuild the trust of our citizens and transform itself into a more professional and efficient organization. I would like to thank our community for the support it has given, and I commend Chief Lentz for his effort and dedication in providing the highest level of service to our community." - Mayor Mike Cooper

In December of last year, Mayor Cooper and Chief Lentz conducted an agency-wide inspection of the police department to establish a baseline from which to track progress and evaluate changes over time. On the first anniversary of his hire, Chief Lentz and Mayor Cooper again conducted an agency-wide inspection of the Covington Police Department this morning, and what they saw was a vastly different police force.

Cooper and Lentz thanked all of the officers for adopting a community oriented policing philosophy and building relationships with the citizens they serve. Chief Lentz noted that every officer has worked tirelessly to rebuild trust within the community and has helped continue to make Covington a desirable and safe place to live.

"During my acceptance speech, I said that change is coming, it's coming fast, and it's inevitable. I truly believe that we are a better police department today than we were a year ago. The men and women of the Covington Police Department have embraced the reforms we have made, and I couldn't be prouder of them. We will continue to make the Covington Police Department the best it can be and make our citizens proud of what we have accomplished." - Chief Tim Lentz

Read the statement in its entirety: covingtonweekly.com or sign up for the NIXLE Alert System.

What's A NIXLE Alert System?

Nixle's mission is to enable secure communication channels between residents and local public safety agencies to create safer and more informed communities. Nixle was introduced to the public in 2009 and has grown to support over 7,000 public safety and government agencies at the local, county, and state level. Each week, Nixle delivers millions of emails and text messages from official agencies to the residents they serve. Info at www.nixle.com

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FREE! **October 22 - 28, 2014**

Happening This Week In Covington

Covington Farmer's Market - Wednesdays 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 - Saturdays 8 am - 12 pm @ 600 block Columbia St. Local, fresh produce meats & prepared foods, plants & more! This week features a cooking demo from Chompers BBQ. Wish Ann & Jan a happy 7 years of markets!!

Covington Brewhouse Tours - Saturdays 10 am - 2 pm @ Covington Brewhouse Free tours of Covington's own brewery. - 226 E. Lockwood St.

Music with the Maestro - Tuesdays 7 pm @ The Lake 94.7 FM Local music program featuring Robert Sturcken of Center of Performing Arts with local musicians.

Artists At The Galleries

Henry Hood Gallery "Earth, Water & Trees: Andrew Boyd photographs & Gail Hood paintings - 325 E. Lockwood St. **Tammany Art Association** - "Views from New Orleans: Selections from the New Orleans Museum of Art" 320 N. Columbia St. **Tripole Gallery** Featuring Paula Blackwell, Morgan Cameron, Robert Cook, Tracey Davis, Molly Duet, Donna Landry Duffy, Michael Eddy, Elizabeth M. Haskins, Steve Hasslock, Ken Tate, Craig McMillin and Michael Zavison. - 323 N. Columbia St. **Three Rivers Gallery** "For the Love of Louisiana" New Works by Elayne Kuehler & gallery artists. - 333 E. Boston St.

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