

FREE Covington Weekly

Support Local!

Covington Weekly

is on



November 13 - 19, 2013

www.covingtonweekly.com

Northshore Families Helping Families Touch a Truck Kids Can Explore All Of Their Favorite Things On Wheels



TOUCH A TRUCK



INAUGURAL FUNDRAISER BENEFITING NORTHSHORE FAMILIES HELPING FAMILIES

Providing programs & support to individuals with disabilities to build an inclusive community

Join Northshore Families Helping Families for an event with music, food and fun at Touch a Truck this Saturday, November 16th from 10 am - 1 pm. Kids and kids-at-heart will have an opportunity to discover and explore all of their favorite things on wheels. There will be a variety of vehicles from emergency to construction to racing and more. Other activities include a video game truck, a sail boat craft station, several inflatables, as well as music. Several food vendors will be ready to fulfill families' lunch and snack needs to make it easy to stay and enjoy the fun! Touch a Truck will be held on the First Baptist Church Covington Campus, 16333 Highway 1085 in Covington. Tickets are \$5 per person, children under 3 are free, and can be purchased in advance via credit card through Northshore Families Helping Families' website at www.fhnorthshore.org. Tickets will also be available for purchase via cash or check the day of the event. There is no rain date for Touch a Truck, and ticket sales are considered a donation.

Northshore Families Helping Families (NFHF) is a nonprofit 501(c)3 corporation that serves as a resource center for individuals with disabilities and their families, staffed by individuals with disabilities and their families. NFHF is one of ten regional resource centers established by Act 378 of 1989, the Louisiana Community and Family Support Act. For more information, please check www.fhnorthshore.org.

KCB Volunteers to Plant Downtown Planters

Keep Covington Beautiful (KCB) will be continuing the re-planting of the downtown planters this Saturday morning. If you are interested in volunteering, please contact KCB at:

kcb@covla.com

(985) 867-3652

Gifts For The Holidays At Holistic Life Approach

www.HolisticLifeApproach.com



Karen Boudreaux is the owner of Holistic Life Approach, the culmination of a "whole person" approach to health and wellness. Karen is excited to celebrate her 6th month in the Covington community by offering a Gift Basket for the holidays as well as two educational seminars this Saturday featuring presenters Sharon Murphy and Janice Ladnier.

The Shoulder Triggerpoint Pillow is meant to drape evenly over your shoulders offering therapeutic weight to gently relax all neck and shoulder muscles and create gentle acupressure on the tender points. The pillow can also be used as Hot & Cold therapy. It measures 13.5" x 16", and weighs approximately 3.7 pounds. Holistic Life Approach is offering Gift Certificates for 60 Minute Massage (\$75.00) and 90 Minute Massage (\$105.00). A perfect idea for the person on your list that can use a relaxing, therapeutic massage. (Can't we all?)



The Gift Basket - \$125.00 (\$155.00 value) Gift certificate for a 90 Minute Therapeutic Massage & Mother Earth Trigger Point Pillow.

Holistic Life Approach Hosts Classes This Saturday

Herbs For Health Series - Urinary System Presented By Sharon Murphy

The Urinary System is one of the ways the body gets rid of its waste material. The kidneys work in conjunction with the liver, lungs, skin and bowel to keep the entire body functioning properly. It also regulates the pH of the body, which keeps us from getting too acid or alkaline. When the pH is out of balance, the whole body shows signs of distress. This class will consider some of the common problems associated with the urinary system. Cost is \$15 per person.

Join certified herbalist Sharon Murphy of Resource for Life this Saturday, Nov. 16th from 10 am - 11:30 am for the 5th class continuing the series of 7 classes.

Looks And Feel Younger With Essential Oils Presented By Janice Ladnier

Are you concerned about putting toxic substances on your body that you wouldn't want in your body? Looking for new ways to pamper yourself? Do you like to create all natural hand-made spa products as gifts for special friends? Create your own all natural spa products and experience the healing benefits of essential oils, used for thousands of years to improve and maintain health and beauty. Make your own organic deodorant, foot and body scrub, moisturizing balm, perfume, skin toner, after shave, bubble bath, body wash bath salts, and much more, using scents of your choice. All supplies and containers provided. Choice of up to three body care products included with class, \$25 per person.

The class will be held at Holistic Life Approach this Saturday, Nov. 16th, from 1 pm - 3 pm. RSVP to Janice at EssentialWellness4@gmail.com or 228-731-7731.

Quote of the Week

"Self-reliance is the only road to freedom, and being one's own person is its ultimate reward."

- Patricia Sampson

Sunday

November 17



Full Moon

Goodbee Plumbing: Preparing Your Pipes For Winter

Are your pipes protected from damage by freezing? Hard freezes are something most south Louisianians don't worry about too much, which means they often catch us off guard. A good idea is to make sure any exposed water pipes are insulated with pipe wrapping materials (can be found at most hardware stores). On nights where a freeze is expected, detach and drain any outdoor hoses. You may also want to make sure that the members of your household know the location of the master shut-off valve (usually located where the water line enters your house), just in case a pipe does burst.

For any plumbing questions or concerns, call your locally owned and operated plumber with 18 years experience in repairs, remodels and drain cleaning,

Goodbee Plumbing Inc. Scott & Allison Harrison take pride in getting each job done right, fair, and cost effectively. www.goodbeepumbinginc.com



985-893-1883

Third Business Resource Workshop a Huge Success

Award Winning Workshops To Continue In 2014

The City of Covington and the Covington City Council Economic Development Committee held their third Covington Business Resource Workshop on Tuesday, October 22, 2013. The programs are geared toward providing 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, entitled "Tis the Season For Your Business", focused 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. The program was very well received by over 50 attendees. Presenters at the workshop included Jim Shea and Beth Alston with Northshore SCORE, Scott Uffman, Business Consultant for LSBDC Southeastern, and Dian Lusher of Dynel Inc.

"Our 3rd Covington Business Workshop, 'Tis the Season for Your Business', was informative for our business community and will help our businesses end this year on a successful note," Larry Rolling, Covington City Councilman - District D and Chairman of the Council's Economic Development Committee.

The Covington Business Workshop series recently received a Community Achievement Award, placing first in the Economic Development category from the Louisiana Municipal Association. "We are so proud of the tremendous acclaim these workshops have gained, both from our local community and from our municipal leaders statewide," Councilman Larry Rolling. These events are free and open to the public. The next business workshop will be held in early 2014.

For additional information, contact Councilman Larry Rolling, District D, at (985) 234-9527 or RollingDistrictD@aol.com. www.covla.com

Pictured: Presenters at the workshop Northshore SCORE, LSBDC Southeastern, and Dian Lusher of Dynel Inc with Councilman Larry Rolling.



Shop Local This Holiday Season

www.historyantiquesandinteriors.com



At History Antiques & Interiors, Every Piece Has A Story

History Antiques & Interiors opened in the Fall of 2012, offering antiques and interiors 'with a story'. History is located on the city's famous Columbia Street, right in the heart of Historic Downtown Covington. Owner Lisa Wilson scours the world looking for the most unique finds. Her inspiration is her fascination with history told through the story of the people, their homes, customs and traditions.

The English dressing table pictured here is no exception. Estimated to have been built around 1760, the solid oak construction and Cathedral carved knee-hole makes this piece distinct and highly collectable. So much so that the previous owner left a handwritten note in the drawer, explaining the appraisal of an auctioneer in Ashville, TN.

The English Tea Room Offers Holiday Events

Nutcracker & Teddy Bear Teas A Great Treat For The Season

Christmas is The English Tea Room's favorite time of year, and they are inviting you and your loved ones to celebrate with them! The Tea Room will present their 3rd Annual Nutcracker Tea and 10th Annual Teddy Bear Tea. The Nutcracker Tea includes Christmas High Tea with ballet dancers and a visit from Santa.

The Teddy Bear Tea is a Christmas High Tea with holiday craft time and a visit from Santa. Both events are \$30 per person, and children under 2 are free. Prepaid reservations are required. info@englishtearoom.com



(985) 898-3988

Kelly Wheeler, Loan Officer With NOLA Lending

"We're With You Every Step of the Way"

Kelly Wheeler is a state-licensed loan officer with NOLA Lending Group in Covington. Kelly has extensive knowledge and experience with a broad range of loan programs such as: Rural Development, Conventional, FHA, VA, ARMS, Jumbos, Bond and other specialty programs. Due to the volume and quality of loans NOLA Lending handles, Kelly can provide extremely competitive rates.



Kelly Wheeler

All aspects of the loan process are conducted at NOLA's home office - processing, underwriting and closing - all done locally. Kelly even attends all her closings to make sure everything goes smoothly. You live, you work, and you play locally, shouldn't you use a local lender?

Kelly is also a native to St. Tammany Parish and is committed to being involved in her community. She is a member of the CBA and volunteers for New Heights Therapeutic Riding Center.

Whether purchasing your new home or refinancing to put yourself in a better position financially, Kelly will be with you every step of the way. For more information give Kelly a call at 985-630-8201, or email her at kwheeler@nolalending.com.

www.nolalending.com

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Put Your Best Foot Forward Members Exhibit Now On Display At St. Tammany Art Association



The annual members' exhibit displays the works of STAA member artists throughout the entire gallery. This show takes a new approach to past years' Crazy 8's Miniatures show. Members were invited to submit works in any media entirely containable within 144 square inches (one square foot), including frame or presentation. The square foot can be filled however the artist sees fit. The Art Association has encouraged the artists to be creative and fun, resulting in an excellent show. The St. Tammany Art Association will have this exhibit on display until December 7th. What a great way to shop local this holiday season and support local artists!

www.sttammanyartassociation.org

320 N. Columbia St. Historic Downtown Covington

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Holistic Life Approach

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www.HolisticLifeApproach.com
karen@HolisticLifeApproach.com

Covington Weekly

Covington, LA November 13 - 19, 2013

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 @ the 600 block of Columbia St.
Keenan Knight begins at 9:30, and award winning chefs Keith and Nealy Frenztz will drive their food truck Lola Deux to the market. - **600 block of Columbia St.**

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

Holistic Life Approach Educational Series - Saturday November 16, 10 am - 11:30 am & 1 pm - 3 pm @ Holistic Life Approach Presenters Sharon Murphy and Janice Ladnier, see front article for details - **16333 Hwy. 1085**

Northshore Families Helping Families "Touch A Truck" - Saturday November 16, 10 am - 1 pm @ First Baptist Church Covington Campus Benefit for NFHF with music, food and fun! Tickets \$5/person. - **107 N. Theard St.**

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**

2nd & Charles (Formerly Books-a-Million) Announces Charlie-Con 2013
Where can you find: Steam Punk Airship Pirates, an Anime Dance Troop, Storm Troopers, The Rebel Legion, Trekkies, Whovians, Medieval Knights, Comic Artists, Local Authors, Cos-players, PokEmon Players, and Kid's Activities? CHARLIE-CON, that's where! Your Day of Awesome starts at 12pm this Saturday, November 16! Admission is FREE, the environment is family friendly and the fun is unlimited!

Local teacher and children's author Amy Gates will be signing copies of "Pierre and the Petite Guardian Gator" at the 2nd & Charles event Charlie-Con, this Saturday, November 16, 2013.

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Massage & Wellness Centre

Marie Humphries #LA5075, Melissa Pearson #LA2968, Kelly McGee #LA3569

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Available Through The Holidays!
Thank You To All Who Attended the Wellness Fair!
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Covington Business Association

Next General Meeting is
December 4
6:00 pm at:
WINO'S & TACOS
321 N. COLUMBIA
www.covingtonbusinessassociation.org

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Live Music Around Town

Columbia St. Rock 'N Blues Cafe 407 N. Columbia St. Wed. - Karaoke @ 9pm
Thurs. - Comedy Night w/ Corey Mack @ 9pm Fri. - Zombie Legion + Gristnam + Slave to the Day @ 9pm Sat. - "Kaffeind" feat. Short Circuit + 1Point5 + Killahouse @ 9pm Sun. - Saints Sunday + Beer Pong Tournament

ZOMBIE LEGION
Columbia Street Rock & Blues
407 N. Columbia St. Covington, LA
Friday Nov. 15 2013

KAFFEIND
AN ALL EDM EVENT
ROB DJ SERVICES
DJ SETS: SHORT CIRCUIT, POINT, KILLAHOUSE
TIME: 9PM-2AM AGES: 18+ COVER: \$5

SAINTS SUNDAY
COLUMBIA STREET ROCK-N-BLUES Cafe
BEER PONG TOURNAMENT

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

Green Room 521 E. Boston St. Wed. - Open Mic Night @ 9pm Wed. - Ladies 80's Night w/DJ Tay Wrex Fri. - Davey Crockett & the Wild Fronteir + The Phantoms + The Mockingbirds @ 9pm Sat. - DJ 9 Tails & Melo-D present Neon Night Glow @ 9pm Sun. - Karaoke w/ DJ Bobby Blaze Mon. - Metal Monday Tues. - Movie Night

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DJ STALES & DJ DIZZI PRESENT NEON NIGHT GLOW
10 cover / 15 w/ neon on tee w/ neon melo-d shirt
GREEN ROOM 11/16/13

Winos and Tacos 321 N. Columbia St. - Fri - Remedy Krewe @ 9 pm Sat. - The Stooges @ 9 pm

Remedy Krewe
STOOGES BRASS BAND
STOOGESBRASSBAND.COM

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

Covington Weekly Distribution Locations:

Acquistapace's Covington Supermarket, Bayou Barber, Beck-N-Call Cafe, Behrens & Associates Real Estate / Elizabeth Pale Piner CPA, Blue Willow Bed & Breakfast, Brooks' Bike Shop, Camellia House Bed & Breakfast, Campbell's Coffee & Tea, Candy & Tobacco Discounts, Chimes Covington, China City, Coffee Rani, Columbia Street Natural Foods Market, Columbia Street Rock-N-Blues Cafe, Columbia Street Tap Room, Country Inn & Suites, Covington Massage & Wellness Centre, Covington Trailhead Museum & Visitors Center, Downtown Deli, The English Tea Room, Garden Inn, Gilsbar Inc., Good Dog Naturally, Gulf Coast Bank & Trust, Hampton Inn, Hebert's Cleaners, History Antiques & Interiors, Holistic Life Approach, Homewood Inn & Suites, Jewel's Cigar & Briar, La Quinta Inn Hwy. 21, Lola's Restaurant, Mac's on Boston, Marsolan's Feed & Seed, Matina Bella, Mellow Mushroom Covington, Mo's Art Supply, Motif / Stephanie Story Interiors, New Orleans Food & Spirits, Nonna Randazzo's Italian Bakery, O'Keefe Feed & Seed, Opalescence Day Spa, Our Place Studio, PJ's Hwy 190, PJ's Hwy 21, PJ's Hwy 25, PJ's in St. Tammany Parish Hospital, Roy's Knife & Archery Shop, St. John's Coffeehouse, St. Tammany Art Association, St. Tammany Homestead, St. Tammany Humane Society, St. Tammany Parish Library, Studio 311 Salon, Sunshine Garden Health Food Store, Toad Hollow, Winos and Tacos, Vazquez Restaurant, Yoga School

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Girls Night Out

Friday, November 22, 7-9 pm
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