



November 20 - 26, 2013

www.covingtonweekly.com

## Girls Night Out At Our Place Studio

Kick Your Feet Up And Enjoy A Night Out With The Girls



Friday, November 22, 7-9 pm

Trunk Show by Shop Soul Boutique  
Drinks & Light Eats from  
Kombucha Girl & Nourished  
by Nanette • Bellydance Lessons  
Chick Flick, Friends & Fun!

\$55 pp

includes either Mini Mani or Mini Massage

Space is limited. Please call or drop by and make your reservation.  
Payment due in full upon booking. No refunds.

985.875.1182

338 N. VERMONT • OPCOVINGTON.COM

Girls Night Out! - what girl doesn't need one? Join Our Place Studio this Friday, November 22, 7-9 pm, for 2 hours of good old-fashioned girl-time fun, including spa services, trunk show, belly dancing, food & drink prepared by local brewers & chefs, a chick flick, and four fantastic door prizes! You'll shimmy & shake with Pandorium Belly Dance Company, enjoy a fab trunk show a la bohemian-gypsy jewels with Shop Soul Boutique & Zingara Jewels, bliss out with your choice of a mini-mani or mini-massage, and live up your life with sparkly living beverages from Kombucha Girl and delicious raw foods from Nourished by Nanette. Door Prizes include one-month of membership to Our Place Studio, along with an organic foot scrub & reflexology session, a one hour private belly dance class from Pandorium, a \$25 gift certificate from Shop Soul Boutique, and a sample of delicious, health-full beverages from Kombucha Girl. And everyone who attends receives a gift certificate for \$10 off a massage from Our Place. Come play with us! Local Fun Rocks!!! Call 875-1182 or come by to make your reservation, please, as space is limited - cost is \$55 per person. Drop-ins are welcome Friday night, but availability cannot be guaranteed. Our Place Studio is located at 338 N. Vermont St in downtown Covington.

Learn more at [opcovington.com](http://opcovington.com)



## Go Treasure Hunting at Rosemary's Closet - Shop Local

When you enter Rosemary's Closet, a smile is a sure sign of appreciation. The shop is filled with fun, quality vintage clothing and accessories for both men and women. Get ready for a chilly winter with a warm coat and scarf! There are also purses, gloves, lingerie, ties and much more to be found. Rosemary's Closet is Magazine Street vintage with Covington prices!



410 N. New Hampshire - On The Trace

For music lovers, you may also find that perfect LP or 45 which brings back so many memories. Featuring holiday classics such as Nat King Cole's "Christmas Songs" or "Christmas With Patti Page". It goes perfect with a crackling fire and a hot cup of coco, and they make excellent gifts for the nostalgic in your life. Finding the shop is an adventure in itself. Located along the St. Tammany Trace where lumber trains once traversed Covington, the shop is tucked away off the street on this quite little trail. After finding the corner of Gibson Street and North New Hampshire, look behind the brick Farmer Law building to see the shop. You can truly go "treasure hunting" in Rosemary's Closet and find that perfect vintage outfit or accessory while appreciating the reasonable prices!



## Covington Massage & Wellness Centre Offering Holiday Special

Covington Massage & Wellness Centre was founded in February 2013 with a goal of reaching out to the community, increasing awareness about the benefits of massage, and helping clients find their path to wellness through both education and relaxation. The Centre is comprised of three certified massage therapist - Marie Humphries of Therapeutic Touch Massage, Melissa Pearson of Master of Massage and Kelly McGee of Northshore Chair Massage. They are offering a special on 60 minute massages for the holidays - Buy 2 massages, and get the 3rd one 1/2 price. This special is also available as a gift card. For more information, call 985-875-2030 or visit [www.covingtonmassagewellness.com](http://www.covingtonmassagewellness.com).

## Shop Local - Roy's Knife & Archery Shop



Roy's Knife & Archery Shop has the largest selection of hunting, fishing & archery equipment in town. Roy also sells his own hand carved figurines, pictured here.



319 N. Columbia Street (985) 893-1060

## English Tea Room Booking For Seasonal Events

Nutcracker & Teddy Bear Teas  
Christmas High Tea Events

info@englishtearoom.com

(985) 898-3988

## 3rd Annual Nutcracker Tea

The Nutcracker Tea includes Christmas High Tea with ballerinas and a visit from Santa! Reservations are \$30/person, and children under 2 are free. Prepaid reservations are required. Available dates and times: Sunday, Dec. 8th at 11 am; Sunday, Dec. 8th at 2 pm; Sunday, Dec. 22nd at 11 am; Sunday, Dec. 22nd at 2 pm. Call (985) 898-3988.

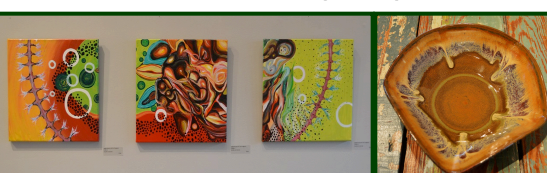
## 10th Annual Teddybear Tea

The Teddybear Tea includes the Christmas High Tea with craft time and a visit from Santa. Reservations are \$30/person, and children under 2 are free. Prepaid reservations are required. Available dates and times: Sunday, Dec. 1st at 11 am; Sunday, Dec. 1st at 2 pm; Sunday, Dec. 15th at 11am; Sunday, Dec. 15th at 2 pm. Call (985) 898-3988.



## st.tammanyartassociation

presents  
**Put Your Best (Square) Foot Forward**  
Annual Members' Exhibit Showing Through December 7



### 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](http://www.sttammanyartassociation.org)

320 N. Columbia St. Historic Downtown Covington

### Mary Helen Seago At Three Rivers Gallery



Three Rivers Gallery presents Southern Wild, featuring artwork by local artist, Mary Helen Seago. Her latest series expresses the emotional uplifting effect of the southern setting. Her innate connection to the flowers and the creative process is strongly influenced by the life-cycle of the flower and its relation to the earth. This show also features unique metal sculptures in abstract shapes. These elegant and exquisitely balanced structures transcend the austere aesthetics of minimalism with warmth, humanity and a strong influence of nature.

Southern Wild: an exhibition of artwork by Mary Helen Seago will run from November 16 - December 7, 2013.  
333 E. Boston St. [www.threeriversgallery.com](http://www.threeriversgallery.com)

## Quote of the Week

"Every time you spend money, you're casting a vote for the kind of world you want."

- Anna Lappe

Monday

November 25



Last Quarter

## Fun Ideas For Thanksgiving Crafts From History Antiques



### So Who Says Decorating Pumpkins Is Just For Halloween?

Or how about pinecones? If there's one thing most of us have in excess in our yards, it's pinecones. Why not put them to use this year? History Antiques & Interiors did. Sadler Ward, a new addition to the staff and craftworker of Ward Craftwork and Design, created these adorable pinecone turkeys with feathers and a little creativity. Try it yourself - or skip the labor and pick one up today!



AT HISTORY ANTIQUES & INTERIORS!

## O'Keefe's Feed & Seed - Gardens For The Food Bank

Local Feed Store Supports Food Bank By Installing Vegetable Gardens



O'Keefe's Feed & Seed, located on Columbia Street right next to the Covington Food Bank Thrift Store, has planted a lovely garden at the Food Bank. The vegetables harvested from the garden will be used for distribution. O'Keefe's has a great selection of plants and vegetables - stop in and say thanks for supporting our community! The Covington Food Bank serves families in need in St. Tammany, Tangipahoa and Washington Parishes. Along with the Food Bank, they also offer a thrift store and low-cost dental work. [www.covingtonfoodbank.org](http://www.covingtonfoodbank.org)

## Farmer's Market Recipes

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

### Daikon Radish & Sweet Potato Soup

#### Ingredients:

- 1 medium daikon radish, chopped
- 1 medium sweet potato, chopped
- 1/2 onion, chopped
- 3 green onions, chopped
- 5-10 toes of garlic (preference)
- 1/2 cup purple cabbage, chopped
- fresh ginger, chopped (preference)
- salt, to taste
- cayenne pepper, to taste
- 1/4 teaspoon paprika
- amethyst basil (garnish)



**Soup Base:** Use bouillon cubes, or make your own with your favorite herbs and spices.

#### Cooking Instructions:

Bring your water to a boil with either the bouillon or your own base. Once the water is to a boil, throw in all ingredients and bring back to a boil, then reduce to a simmer. Cook to your desired firmness of vegetables. Serve with salad greens and Honey Lime Vinaigrette and your favorite bread.

### Honey Lime Vinaigrette

#### Ingredients:

- 2 limes (juiced)
- 2 tablespoons local honey
- 1/2 teaspoon salt
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon cumin
- dash paprika
- 1/2 cup olive oil
- lemon basil

#### Cooking Instructions:

Mix all ingredients, minus olive oil. Slowly stir in olive oil. Shake vigorously. Serve over your favorite greens. Try: kale and bok choy, or other asian greens.

## Covington Heritage Foundation

Preserving our Legacy...

JOIN NOW

Membership Kickoff Celebration!

"Behind Closed Doors" Thursday, December 5 • 6pm

featuring Parish Archivist Robin Leckbee Perkins' presentation "Settlers, Scalawags and Survivors: Movers and Shakers in Early Covington"

Center of Performing Arts  
201 N. Columbia St. corner Rutland  
Reception at 6pm, lecture at 7pm

Hors d'oeuvres, wine, and music of the era by Steppin' Up  
Special Founding Membership rate, one time only \$20 for family or individual

# Holistic Life Approach

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# Covington Weekly

**Covington, LA November 20 - 26, 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.**  
Cripsin Schroeder begins at 9:00, and Eric Acquistapace of Acquistapace's Covington Super Market will be sampling their fantastic fried turkey that will be available for Thanksgiving. - **600 block of Columbia St.**

**Covington Brewhouse Brewery Tours - Every Saturday, 10 am - 2 pm @ Covington Brewhouse** Free tours of the brewhouse - [covingtonbrewhouse.com](http://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**

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**Kelly Wheeler**  
Loan Officer  
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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

**NOVEMBER 23<sup>RD</sup> 2013**

**NEW HEIGHTS FOOTBALL FOR CHARITY**  
12:00 PM IN COLUMBIA STREET TAP ROOM  
LSU VS TEXAS A&M

**THANKS GIVING**  
Customer Appreciation  
11:27:13 WEDNESDAY  
FREE JAWBALAYA PARTY  
SERVED 8:00 PM - 11:00 PM  
SPECIAL APPEARANCES BY: DJ HOLLYWOOD  
JAGER NIGHT PROMO  
JAGER GIRLS WILL BE SERVING SPECIALS

**MELO-D PRODUCTIONS PRESENTS THANKSGIVING THROWBACK WITH DJ DIZZI**  
THE GREEN ROOM  
521 E. BOSTON ST.  
COVINGTON LA 70433  
18+ 9PM - 2AM \$10  
FACEBOOK.COM/MELODPRODUCTIONS  
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## Covington Massage & Wellness Centre

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

### Holiday Special

**BUY 2 MESSAGES & GET THE 3RD HALF PRICE**  
Available in Gift Certificates, Call to Find Out More  
www.covingtonmassagewellness.com  
www.facebook.com/CovingtonMassageWellnessCentre  
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985-875-2030

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st.tammanyartassociation presents

## Put Your Best ft<sup>2</sup> Forward!

CALL FOR INTERIERS  
November 9 - December 7, 2013

**Now SHOWING**

## HISTORY ANTIQUES & INTERIORS

Tuesday - Saturday  
10 am - 4:30 pm  
(985) 892-0010  
317 N. COLUMBIA ST.  
COVINGTON, LA

Where every piece has a story...  
[HistoryAntiquesAndInteriors.com](http://HistoryAntiquesAndInteriors.com)

Lunch Served 11am til

## ROCK-N-BLUES Cafe

**Karaoke Night Every Wednesday**  
**Comedy Night Every Thursday**  
**LSU & Saints Games**  
(985) 892-9949  
407 N. Columbia Street  
www.RockNBluesCafe.com

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. - Band Camp @ 9pm Sat. - Football Madness @ 9pm Sun. - Saints Sunday + Beer Pong Tournament

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## English TEA ROOM

ZAGAT rated!

**FRIDAY BAND CAMP**  
NOVEMBER 22 10PM

**FOOTBALL MADNESS**  
TIGERS VS TEXAS A&M  
SAT NOV 23  
Featuring: DJ HOLLYWOOD | VJ KURYVY  
Columbia Street Rock 'N Blues, 407 North Columbia Street, Covington, LA 70433

**SAINTS SUNDAY**  
NEW MENU & GOLF DAY DRINK SPECIALS

**COLUMBIA STREET ROCK-N-BLUES Cafe**  
Gulf Coast Beer Pong TOURNAMENT

## CENTER OF PERFORMING ARTS

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for more information give us a call!  
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COVINGTON, LA 70433  
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**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

## Girls Night Out

Friday, November 22, 7-9 pm  
Trunk Show by Shop Soul Boutique  
Drinks & Light Eats from Kombucha Girl & Nourished by Nanette • Bellydance Lessons  
Click Flick, Friends & Fun!

**our place**  
\$55pp includes either Mini Mani or Mini Massage  
Space is limited. Please call or drop by and make your reservation.  
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**Green Room** 521 E. Boston St. Wed. - Open Mic Night @ 9pm Wed. - Ladies 80's Night w/DJ Tay Wrex Fri. - Singer Songwriter Showcase @ 9pm Sat. - Burlesque Show and Costume Party w/The Stray Cats @ 9pm Sun. - Karaoke w/ DJ Bobby Blaze Mon. - Metal Monday Tues. - Movie Night + Drink Specials All Week!

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Singer/Songwriter Showcase

**Saturday**  
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Wed.-Thurs. 4 pm - 10 pm  
Fri. 11 am - 12 am  
Sat. 4 pm - 12 am

**Winos and Tacos** 321 N. Columbia St. - Fri - Khris Royale @ 9 pm Sat. - James Martin Band @ 9 pm

**James Martin Band**

For the full music calendar, visit: [www.covingtonweekly.com](http://www.covingtonweekly.com)

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**Be Kind To One Another**

## staa

320 N. Columbia St.