



Happy Thanksgiving!

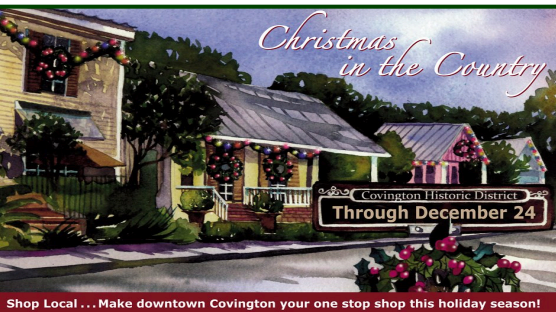


Thank You to all of our readers! Have A Happy Thanksgiving and please support local business by supporting our advertisers!
Christmas In The Country - Historic Downtown Covington

Join the Covington Business Association, City of Covington and businesses throughout Historic Downtown Covington for Christmas in the Country, starting the day after Thanksgiving and continuing all the way through Christmas Eve!
Look for special shopping events, strolling musicians, carolers, refreshments and door prizes. Shops are beautifully decorated and glowing with the warmth of the holidays.
Holiday shoppers can enjoy an old world shopping experience in a romantic holiday setting, while discovering everything from couture fashions to original fine art, home furnishings, and antique treasures in dozens of boutiques and galleries. Shoppers will also find weekly specials and entertainment, especially within the tax-free original art shopping area of the Covington Cultural District, all sponsored by the Covington Business Association, Lee Lane Merchants, and Covington Downtown Economic Development.

Most shops are open 9am-5pm Monday through Saturday, some open on Sundays. Shoppers will enjoy taking a break at luxurious spas and salons, getting an on-the-go fresh lunch, or staying for an evening of fine dining and entertainment at the city's award-winning restaurants and nightclubs.

For more information, visit www.covla.com.



Shop Local... Make downtown Covington your one stop shop this holiday season!

Shop Local This Holiday Season
History Antiques & Interiors Offering New Retail Items

History Antiques & Interiors is now carrying a lovely new line of candles by Blue Ridge Parkway! Carolina Mountains and Coastal scents make great holiday gifts and add a fragrant touch to your home! Stop by today, located on historic Columbia Street.



Therapeutic Touch Massage - Give The Gift Of Wellness This Holiday Season

Therapeutic Touch Massage Studio is offering a special holiday deal this Saturday only of \$10 off a 60 or 90 minute massage. This is available in a gift card and can be ordered online at her website, www.therapeutictouchmassagestudio.com. Located



in Covington Massage & Wellness Centre.

Vintage Christmas Albums At Rosemary's Closet

Rosemary's Closet is featuring holiday classics on LP's & 45's such as Nat King Cole's "The Christmas Songs," "A Cabbage Patch Christmas" or "Christmas With Patti Page". Rosemary's Closet has a fantastic selection of vintage clothing & accessories for women & men. Stop by and knock off a few things on your list!



Covington Massage & Wellness Centre Offering Christmas Special

Covington Massage & Wellness Centre is 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.

New CPD Chief Tim Lentz Addresses Citizens On School Terrorizing

Covington Police Chief Tim Lentz announces the arrest of two teenagers this past Friday afternoon who are now charged with terrorizing. Late Friday afternoon, the administration of Covington High School alerted the Covington Police Department that two students made a verbal threat towards the school. The school administration immediately detained the students and our police officers were brought in to investigate.

Through our subsequent investigation it was revealed that the boys had access to a weapon(s) in their homes. As a result, the 14 year old and 15 year old were charged with R. S. 14:40.1 Terrorizing, and after securing judicial approval, booked into the Florida Parish Detention Center.

St. Tammany Parish Public Schools Superintendent W. L. "Trey" Folse, III and Police Chief Tim Lentz would like to commend the students that brought this information to the attention of administrators. We encourage any student that has knowledge of someone planning to harm others to bring it to the attention of a teacher or administrator of the school. We take every threat seriously, whether real or a hoax, and each situation will be investigated fully.

Out of an abundance of caution, when school returns after the Thanksgiving break, the police department will have extra officers at the school to ensure everyone's safety. www.covla.com

Follow The Heart To STAA
Thomas Mann's "Trajectory Heart" Travels Covington



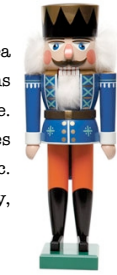
Thomas Mann's 'Trajectory Heart' is now at the site of the Saturday Farmer's Market, on the grounds of the Covington Police Department until December 2. Trajectory Heart will be at the St. Tammany Parish Emergency Center from December 2 through December 13, then at the St. Tammany Parish Art Association from December 13 through December 17. "Icons: Personal Visions" opens Saturday, December 14 from 6-9 p.m.

The English Tea Room Offers Seasonal Tea 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 Teddy Bear 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.



Gift Of The Earth: doTERRA Essential Oils
By Marie Humphries, Independent Product Consultant

doTERRA is Latin for "Gift of the Earth"

The company was created in 2008 by a group of health-care and business professionals who shared personal experiences of the life-enhancing benefits of essential oils and had a common vision of bringing a new standard of therapeutic-grade essential oils to the world. The use of aromatherapy and essential oils dates back more than 10,000 years.



Aromatherapy, also called essential oil therapy, is the inhalation of plant oils, called essential oils, for improved physical, mental, and emotional well-being. Aromatherapy is one of many ways you can enjoy the therapeutic benefits of essential oils. We do not smell with the nose; we smell with the brain. With the sense of smell, aromatherapy can be used to relax or stimulate the nervous system. The olfactory bulb, located on the superior surface of the nasal cavity, is the only place in the body where the central nervous system is exposed and in direct contact with the environment. When olfactory receptors are stimulated, impulses travel along olfactory nerves to the brain. Essential Oils are concentrated liquids that contain natural aromatic compounds which are extracted by distilling seeds, bark, roots, flowers, stems and other parts of plants. Essential Oils are highly concentrated and are 50-70 times more potent than dry herbs. Essential oils are the regenerating, oxygenating and immune defense properties of plants. Essential oils are so small in molecular size that they can quickly penetrate the skin. Within 30 seconds of applying to skin the oil is absorbed in your bloodstream and starting to circulate in the body. Essential oils can affect every cell in the body within 20 minutes and then be metabolized like other nutrients. Essential oils are so concentrated that only small amounts, or drops, are used. Essential oils enter the body either through absorption through the skin or through mucous membranes by inhalation. Warmth and massage enhance absorption.

As a massage therapist, I use essential oils to enhance treatment effectiveness and to create an inviting atmosphere-the pleasant aroma helps clients relax and feel welcome the moment they walk into the room.

If you would like to learn more about essential oils or attend one of my essential oil classes you can call me at 985-590-7490 or email me at mariesmassagetherapy@yahoo.com.

Marie is an Independent Product Consultant for doTERRA Essential Oils, and is the owner of Therapeutic Touch Massage Studio. She and two fellow massage therapists have partnered in forming Covington Massage & Wellness Centre on Columbia Street in Downtown Covington. See her ad for more information.
www.mydoterra.com/mariehumphries

Quote of the Week
"Keep your eyes open to your mercies. The man who forgets to be thankful has fallen asleep in life."
- Robert Louis Stevenson
Monday
December 2
New Moon

Mayor Cooper Announces Covington Heritage Foundation

"It is with tremendous enthusiasm and support that I introduce the Covington Heritage Foundation (CHF), pioneered by persevering members of Covington's former Bicentennial Committee with a strong desire to carry forth the mission to Preserve Covington's Culture, Character and Community," Mayor Mike Cooper.

Since 1982, the City of Covington's Division of St John has been recognized as an historic district by the United States Department of Interior Heritage Conservation and Recreation Service and is designated as such on the National Register of Historic Places. Recently celebrating Covington's 200th Birthday, members of the city's Bicentennial Committee charged with the responsibility to commemorate Covington's historical distinctiveness for the community and acknowledging an all encompassing city-wide history, felt compelled to continue their impetus of conserving and archiving that history indefinitely.

"Working on the Bicentennial has set the momentum for CHF, bringing with it the realization that we must continue to preserve all historical aspects and neighborhoods that weave the exquisite fabric of Covington for future generations to appreciate. We've put together an energetic Board, all eager to serve," Sharon Nunez, Covington Heritage Foundation Board President. Sharon has a Master of Preservation Studies degree from Tulane University's School of Architecture and has been instrumental in taking the lead to establish the Covington Heritage Foundation.

The Covington Heritage Foundation will host a membership drive and kickoff celebration open to the public on Thursday, December 5th, 6:00 p.m., at the Center of Performing Arts, 201 N. Columbia Street, featuring the presentation "Settlers, Scalawags and Survivors: Movers and Shakers in Early Covington" by Robin Leckbee Perkins, Parish Archivist at 7:00 p.m. For a one-time special inaugural Founding Membership rate of \$20.00 (per family or individual), new members will also enjoy complimentary hors d'oeuvres, wine, and live jazzy music of the era by Steppin' Up. For additional information, contact Sharon Nunez at (985) 892-2254 or Suzanne King at (985) 867-5660.

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

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Sign Up For Our Free E-Newsletter: www.covingtonweekly.com

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

For The Love Of Cornbread
Cornbread Stuffing

- Ingredients:**
4 cups cubed cornbread
1 tablespoon butter
3-6 toes garlic, minced
1/2 cup diced celery
1/2 cup chopped bell pepper
1 cup chopped onion
1 egg, beaten
1 cup of your favorite broth
2 tablespoons chopped cilantro
2 tablespoons chopped parsley
1 teaspoon chopped oregano
1 teaspoon chopped thyme
1 teaspoon chopped marjoram
salt and pepper to taste



Cooking Instructions:
Let cubed cornbread dry 24 hours on a baking sheet. Preheat the oven to 350 degrees and grease your baking dish. Use your preference of glass or metal, just keep in mind that cooking times will vary slightly. In a saute pan, melt the butter and saute the garlic, celery, onion and bell pepper. Cook a few minutes, until the onion is translucent. Add veggies and all other ingredients into a bowl and stir to combine. Pour mixture into the baking pan/dish, and bake for approximately 30 minutes.

On the cornbread:
There are plenty of great cornbread recipes out there, and both Bob's Red Mill and Arrowhead Mills market gluten-free cornbread mixes. Variations on the stuffing include using other types of bread, like Seven Grain at the Covington Farmer's Market. Windfield Farms, also at the market, has several types of bread to choose from.
Don't forget Beck N Call Cafe will be at the Covington Farmer's Market this Saturday to demonstrate the many different ways to use your Thanksgiving leftovers. Gobble gobble!

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Covington Weekly

Covington, LA Nov. 27 - Dec. 3, 2013

Happy Thanksgiving!

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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.**

Thanksgiving Customer Appreciation Jambalaya Party - Wednesday, 8:30 pm - til @ Columbia Street Rock N Blues Cafe Get a head start on Thanksgiving with a Rock N Blues Customer Appreciation Party: Jambalaya, 3 DJs and Jager Girls + a laser light and video show from Rock It Productions. - **407 N. Columbia St.**

Covington Farmer's Market - Saturdays, 8 am - 12 pm @ the 600 block of Columbia St.
Sweet Jones begins at 9:00, Beck N Call will be demonstrating ideas for the Thanksgiving leftovers and sampling dishes. - **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.

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**

Christmas In The Country - November 29 - December 24 @ Historic Downtown Covington Holiday shoppers can discover everything from couture fashions to original fine art, home furnishings, and antique treasures in dozens of boutiques and galleries. - **Historic Downtown Covington - www.covla.com**

Put Your Best Square Foot Forward - Now Showing, 10 am - 4 pm @ the St. Tammany Parish Art Association Stop in the Art Association to see the members' exhibit currently showing. Also, the Art Association is currently showing ornaments created by member artists. Local art is tax free in the Covington Cultural Arts District! - **419 N. New Hampshire St.**

Follow the Traveling Trajectory Heart - Now Showing, 10 am - 4 pm @ 600 Block of Columbia Street Thomas Mann's 'Trajectory Heart' is now at the site of the Saturday Farmer's Market, on the grounds of the Covington Police Department until December 2. Trajectory Heart will be at the St. Tammany Parish Emergency Center from Dec. 2 - Dec. 13. - **600 Block of Columbia Street (Covington Police Department)**

Covington Massage & Wellness Centre

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

Holiday Special

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503 North Columbia Street, Covington
985-875-2030

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Marie Humphries
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Live Music Around Town

Columbia St. Rock 'N Blues Cafe 407 N. Columbia St. Wed. - Thanksgiving Customer Appreciation Night @ 8:30pm Thurs. - Comedy Night w/Corey Mack @ 9pm Fri. - Fly By Nite @ 10pm Sat. - Molly Ringwalds @ 9pm Sun. - Saints Sunday + Beer Pong Tournament

THANKSGIVING
Customer Appreciation
11/27/13
WEDNESDAY
FREE JAMBALAYA PARTY
SERVED 8:30 PM - 11:30 PM (1ST COME 1ST SERVE)
SPECIAL APPEARANCES
BY DICKIE BONES
JAGER NIGHT FROM:
JAGER GIRLS WILL BE SERVING SPECIALS

FRIDAY 29
Fly by Nite
Covington take over
KILLHOUSE
sugarbear

MOLLY RINGWALDS
SATURDAY 30
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407 N. Columbia Street
www.RockNBluesCafe.com

Christmas at COPA

Sunday, December 15 from 5 - 7:30 p.m.
Come and enjoy the sounds of the season with musical performances by the students of Center Of Performing Arts and Northlake Christian School.
Admission: \$5 or a toy donation for Toys for Tots
For more information contact COPA at 985.727.4638

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our Place

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Holiday Specials
in next issue.

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Green Room 521 E. Boston St. Wed. - Thanksgiving Eve Party @ 9pm Thurs. - Thanksgiving Throwback @ 9pm Fri. - Stone Rabbits + Midtown Violets @ 9pm Sat. - Beware of Bear + The Cons & Prose @ 9pm Sun. - Karaoke w/ DJ Bobby Blaze Mon. - Metal Monday Tues. - Movie Night + Drink Specials All Week!

THANKSGIVING EVE PARTY
WEDNESDAY NOV 27TH
THE GREEN ROOM
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COVINGTON LA 70433

Beware of Bear
Saturday 9pm

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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

Winos and Tacos 321 N. Columbia St. - Wed. - Pre Thanksgiving Party with DJ Strategy Fri - Flow Tribe @ 9 pm Sat. - @ 9 pm

Winos and Tacos
Pre-Thanksgiving Party with DJ Strategy
Friday

Flow Tribe

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

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