



**Holistic Life Approach**

**Karen Boudreaux**  
LMT#5214 AADP  
Holistic Health Coach  
(985) 276-8119  
107 N. Theard St.  
Covington, LA

**Therapeutic Massage Health & Wellness Coaching & Classes**  
www.HolisticLifeApproach.com  
karen@HolisticLifeApproach.com

**Covington Weekly**  
Covington, LA November 6 - 12, 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 Business Association General Meeting - Wednesday November 6, 5:30 pm - 7 pm @ the Seiler Bar** Monthly meeting of the Covington Business Association. To recognize and promote local business. All business owners operating in Covington are invited to join. - **434 N. Columbia St.**

**Anonymous IPA Beer Stroll - Friday November 8, 6 pm - til @ Covington Brewhouse**  
Starting at the Brewhouse and strolling to Brooks' Bike Shop, The Tap Room, Rock N Blues Cafe, ending at the Green Room - **covingtonbrewhouse.com** for info.

**Covington Farmer's Market - Saturdays, 8 am - 12 pm @ the 600 block of Columbia St.**  
Fresh local produce, raw and prepared foods, plants and vegetables. Vintage Jazz beginning at 9:00, and market vendors Steve and Elizabeth Nuccio will sample and sell muffalottas. - **600 block of Columbia St.**

**Covington Massage & Wellness Centre Wellness Fair - Saturday Nov. 9 & Sunday Nov. 10, 10 am - 7 pm (Sat.) & 10:30 am - 5:15 pm (Sun.) @ Covington Massage & Wellness Centre**  
The Wellness Fair takes place during the Three Rivers Art Festival. There are many seminars available with a variety of health related topics. See the front article for the schedule of presentations. - **503 N. Columbia St.**

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

**Three Rivers Art Festival - Saturday Nov. 9 & Sunday Nov. 10, 10 am - 5 pm (both days) @ Downtown Covington**  
Arts, crafts, music and food throughout downtown Covington. Full lineup at **www.threeriversartfestival.com**. - **503 N. Columbia St.**

**Old Feed Store Music Series - Saturdays, 12 pm - 2 pm @ Marsolan's Feed & Seed**  
The Old Feed Store Music Series concludes the fall 2013 series this Saturday at Marsolan's Feed and Seed with the Potluck String Band. - **315 E. Gibson 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**

**THIS STAGE OF Love**  
November 1, 2, 3, 8, 9, 10, 2013  
(317 N. Jefferson Ave., Downtown Covington)  
Friday & Saturday 8 p.m.  
Sunday matinee 2 p.m.  
\$20 at the door - \$18 online  
**www.fpa-theater.com**  
Call (985) 276-0465 for reservations  
Presented by Center Of Performing Arts & The Fuhrmann Performing Arts Society

Written by Robert Sturcken  
Directed by Ed Morvant

**Covington Business Association**  
Next General Meeting is **November 6 6:00 pm at: SEILER BAR 434 N. COLUMBIA**  
**www.covingtonbusinessassociation.org**

**Covington Massage & Wellness Centre**  
Marie Humphries #LA5075, Melissa Pearson #LA2968, Kelly McGee #LA3569  
**WELLNESS FAIR**  
November 9th & 10th, 2013  
During The Three Rivers Art Festival  
For Schedule Information, Please Check  
**www.covingtonmassagewellness.com**  
**www.facebook.com/CovingtonMassageWellnessCentre**  
503 North Columbia Street, Covington  
985-875-2030

Because their last memory...  
...should be at home with you

**Lap of Love VETERINARY HOSPICE & In-Home Euthanasia**  
(985) 956-8662  
DrLedet@LapofLove.com  
www.LapofLove.com

**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**

**PROVIDING END OF LIFE CARE WITH COMPASSION, DIGNITY AND LOVE**

**COLUMBIA STREET ROCK-N-BLUES Cafe**  
Lunch Served 11am til  
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 Sat. - Amedee Frederick & the Creole Man @ 12pm + Big Daddy-O @ 3pm FREE SHOWS Sun. - Pops Daddy-O The Big Mustache @ 2pm FREE SHOW

**Rosemary's Closet, LLC**  
VINTAGE CLOTHING FOR MEN AND WOMEN  
Records • 45s • LPs  
410 N. New Hampshire  
ON THE COVINGTON TRACE (GIBSON ST. CURVE)  
OPEN TUESDAYS & THURSDAYS  
10 AM TO 4 PM  
And by Appointment at **985-264-5085**  
Like us on Facebook

fine teas from around the world...  
gifts parties  
brunches / lunches  
high tea all day!  
Monday - Saturday  
9 am - 6 pm  
(985) 898-3988  
734 E. Rutland St.  
Covington, LA  
**www.englishtearoom.com**

**English TEA ROOM**  
ZAGAT rated!

**Big Daddy-O**

**SAINTS SUNDAY**  
NEW HINDI-GAZE DAY DRINKS/STEALS

**COLUMBIA STREET ROCK-N-BLUES Cafe**  
Full Coast Beer Drink  
**BEER PONG TOURNAMENT**

"a traditional barber shop"  
New! Now offering the services of  
**3 Professional Barbers!**  
**Less Wait Time!**  
352 E. Boston Street  
Covington, LA 70433  
504.931.5060  
**Walk-Ins Only**

**BAYOU BARBER**  
**www.bayoubarber.com**

**ROY'S KNIFE & ARCHERY SHOP**  
Hunting & Fishing Equipment  
Sharpening Available On Premises  
Hand-Crafted Original Carvings  
319 N. COLUMBIA ST.  
COVINGTON, LA 70433  
(985) 893-1060

**Amadee Frederick**

**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!  
\$55pp 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

**our place** PERSONAL FITNESS & BODYWORK STUDIO

**NEW LOCATION!**  
**massage dat**  
30% Off First Massage  
It's a great day for a massage!  
**ANN ROTH LMT** LA 7106  
**985.276.9842**  
INFO@MASSAGEDAT.COM  
417 W. 21ST AVE • COVINGTON, LA

**Green Room** 521 E. Boston St. Wed. - Open Mic Night @ 9pm Fri. - Dash Rip Rock + Bruiser's House of Surf @ 9pm Sat. - The Abita Stumps @ 4pm Sun. - Karaoke w/ DJ Bobby Blaze Mon. - Metal Monday Tues. - Movie Night

**Dash Rip Rock** Green Room FRIDAY NOV 8TH 2013  
521 Boston St. Covington, LA 985 892 2225  
**www.greenroommusic.com**

**Bruiser's House of Surf**

**The Abita Stumps** karaoke lovers unite! sundays @ the green room

**GOODBEE PLUMBING**  
• Repairs  
• Drain Cleaning  
• Video Inspection  
• Water Heater  
• Backflow Specialist  
• Gas Inspections  
Licensed & Insured LMP 4583  
12251 Arc Rd. Covington, LA  
**893-1883**  
Fax: 893-5252  
"WE CLEAN YOUR DRAIN, NOT YOUR WALLET!"  
**www.goodbeeplumbinginc.com**

**Pierre and the Petite Guardian Gator**  
Amy Gates

Available Now At: **www.vesuviuspress.com/giftShop.aspx**

**Winos and Tacos** 321 N. Columbia St. - Fri - The Upstarts @ 9 pm Sat. - "Gospel Brunch" - Crispin Schroeder Band @ 11 am - 2 pm + MickeyB3 @ 4:30 - 7:30 pm + Soul Project @ 9 pm Sun. - Jeremy Jazz Trio @ 2 - 5 pm

**Crispin Schroeder Band**

**MIKEY B3**

**Three Rivers Art Festival Music Line Up**

**Winos & Tacos**  
**Soul Project**

Live Music Every Weekend!  
Made-from-Scratch Menu Using Local Ingredients!

**Winos & Tacos**  
Tequila, Taqueria AND Wine Bar

321 N. Columbia St.  
**985-809-3029**

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

Advertising with **Covington Weekly** is simple and effective.  
print, e-newsletter, social media, web archive  
phone: **985-288-9609**  
e-mail: **covweekly@media9productions.com**  
Covington Weekly / Media 9 Productions LLC, 2013

Support Local!

**Covington Weekly Distribution Locations:**  
2nd & Charles, 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, Gilisbar Inc., Good Dog Naturally, Gulf Coast Bank & Trust, Hampton Inn, Hebert's Cleaners, Hi-Ho BBQ, History Antiques & Interiors, Homewood Inn & Suites, Jewel's Cigar & Briar, 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

Printed with recycled content. Please Recycle.  
Download this and other issues at **www.covingtonweekly.com** and sign up for our weekly e-newsletter!

**Be Kind To One Another**

**staa**  
320 N. Columbia St.

**st.tammanyartassociation**  
**www.sttammanyartassociation.com**