Lovington Weekly FREE November 6 - 12, 2013

Covington Three Rivers Art Festival 2013

The 2013 Three Rivers Art Festival takes place on November 9 & 10 (Saturday and Sunday) from 10 am to 5 pm daily in Historic Downtown Covington. Featuring regional arts and crafts including painting, photography, woodwork, jewelry and much more! New for 2013, this year's festival features a food court and a music stage with some of the best entertainment in the area. For a full list of booths, food and music, see the map on www.ThreeRiversArtFestival.com their website:

Put Your Best Square Foot Forward STAA Announces Annual All Members' Exhibit st tarmanyart association

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during The Three Rivers Art Fest!	N
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BEVERAGE COMPANY, INC.	You Don't Have to be SQUARE You Just Have to be There!
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The St. Tammany Art Association invites you to their annual membership exhibition, Put Your Best Square Foot Forward. This exhibit is opening on the weekend of November 9th and 10th during the Three Rivers Art Festival, and will remain on display in the gallery until December 7th.

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, promising an excellent exhibit. The St. Tammany Art Association will be open for Three Rivers Art Festival from 10 am - 5 pm both days. 320 N. Columbia St.

www.sttammanyartassociation.org **Covington Brewhouse Anonymous IPA Beer Stroll**



Brewhouse Introducing New Beer This Friday Covington Brewhouse is releasing their new Anonymous IPA this Friday in Downtown Covington! The night starts ANONYMOUS at the brewery at 6pm with a free beer and tour, then strolling down to Brooks' Bike Shop, Columbia Street Tap Room, Columbia Street Rock-N-Blues Cafe and ending at The Green Room! www.covingtonbrewhouse.com

Three Rivers Poster Art Has Bicentennial Theme



This year's Three Rivers Art Festival poster art was created by local artist T.J. "Jamie" Owens. The piece was created in honor of Covington's Historic Bicentennial Year, featuring many symbols that represent the past, present and future of Covington. Jamie's unique style has gained attention at such events as the New Orleans Jazz & Heritage Fest, Bay St. Louis Fest and the Baton Rouge Art Melt. Meet Jamie at the Three Rivers Art Festival this weekend.

Walker Percy Book Club First Meeting Thursday

The English Tea Room presents a reading of Walker Percy's "The Moviegoer" on Thursday, November '7. The book club meetings will be held every first and third Thursday of the



www.covingtonweekly.com

Covington's First Wellness Fair This Weekend Presented by Covington Massage & Wellness Centre

On November 9th & 10th, Covington Massage & Wellness Centre will host their first Wellness Fair. Events include presentations from various practitioners on health related topics, and Massage Therapists will be offering chair massage for \$1/minute throughout the day. Light healthy refreshments will be served between classes and various wellness products and gift certificates for massage services will be available for purchase throughout the weekend.

The event begins Saturday November 9th at 10 am with a presentation on Chakra Balancing by Paige Schneider, a local Yoga Instructor, Reiki Practitioner, and Metamorphosis Technique Teacher. At 12 pm Marie Humphries & Dina Pace will present the basic uses of Essential Oils and a Medicine Cabinet Makeover. From 2:30 - 3:30 pm, Tammy Shea will present "Paleo 101: The Basics of the Paleo Diet and Lifestyle", and from 4:30 - 5:30 pm, Donna Caire (LMT and certified abdominal massage therapist) will be giving a presentation on the importance of massaging the belly. The day will end with a Meeting of the Alliance of Northshore Massage Therapists hosted by Melissa Pearson from 6 - 7 pm. This is a quarterly meeting of Licensed Massage Therapists who practice in the Northshore area. Contact Melissa at melissakpearson@gmail.com if you are interested in joining the group.

The Wellness Fair begins again on Sunday, November 9th, starting with Kelly McGee presenting Applications for Herbal Medicine with basic information about teas, tinctures, infusions and topical applications from 10:30 - 11:30 am. From 12 - 12:45 pm Susan Tarasova of Kombucha Girl Living Beverage will talk about the benefits of drinking and eating fermented foods and beverages. At 1 pm Danny Burke, a local Hanna Somatic Educator, will present a 30 minute discussion of Somatics followed by a 90 minute Somatics movement class. From 3:30 - 4:15 pm Cerenna Timphony presents The Sugar Blues, addressing the effects of sugar consumption on emotional health. Terri Puglia presents the quantum energetic technology of the Amethyst BioMat from 4:30 - 5:15 pm.

There is no fee to attend, however a \$5-10 donation per class is suggested. Anyone interested in attending the presentations should reserve a seat by calling 985-875-2030, or e-mail Kelly McGee at kem lmt@yahoo.com. For more information on presenters and the event, check www.covingtonmassagewellness.com or their Facebook page www.facebook.com/CovingtonMassageWellnessCentr

Covington Massage & Wellness Centre Wellness Fair November 9th & 10th 503 N. Columbia Street Downtown Covington

Quote of the Week "Convinced myself, I seek not to convince." - Edgar Allan Poe

The Benefits of Traditional Chinese Medicine For Your Pets Share the Health Series at Our Place Studio With Dr. Janice Posey

practice of Traditional Chinese Medicine (TCM) has a history of over 5,000 years. TCM is a complete and logical philosophy of medicine which views each individual patient as a whole entity, rather than focusing on specific areas of pain or disease. Lifestyle, exercise, food choices, stress, environment, and constitution are considered when seeking a pattern of disease to treat. TCM incorporates a variety of highly effective

modalities including acupuncture, herbal and food therapy. The practice of treating companion animals with TCM has only recently flourished, originating in the U.S. about 35-40 years ago.

Saturday

November 9

First Quarter

Janice E. Posey, DVM (985) 898-3623

Acupuncture, herbal and food therapy are very effective in treating conditions such as arthritis, hip dysplasia, disc disease, allergies and itching, incontinence, constipation, diarrhea and vomiting, as well as seizures, anemia, and urinary tract infection. These modalities can often replace the repeated use of antibiotics and steroids, and also help our pets avoid surgery in certain conditions, such as arthritis and disc disease. Behavioral conditions, such as anxiety and fearfulness, can be controlled and can even turn your aloof and sometimes aggressive kitty into a purring "pussycat". Powerful herbal formulas and specific foods are used to treat various kinds of cancer, which can allow your pet to live a longer. 11-12 year-old Labrador Retriever, developed a grapefruit-size mass in her abdomen, which in exploratory surgery was found to be inoperable, because it wrapped around major vessels. She was started on Stasis Breaker herbal formula and placed on a high protein, no carbohydrate food with antioxidants. Her coat became glossy and she was a happy dog engaged in life for two more years before she succumbed to her disease. Heidi was a 6-year-old dachshund, who had been treated with acupuncture for disc disease/herniation for 3 years before Hurricane Katrina, then moved to Covington and was treated successfully with TCM by Dr. Posey until October, 2012 at the age of 16 when she developed Cushing's disease, and her owner decided it was time to let her go. Through the skilled application of TCM, we can help extend the life of our pets in a healthy, natural way. Want to learn more or make an appointment for your pet? Contact Dr. Janice Posev, DVM, TCVM, of Veterinary Holistic Healing LLC, located at 315 Lee Lane in Covington, 985-898-3623.

Support Local!

Covington Weekly is on

Shop Local This Holiday Season



Vintage clothing for women & men; hats, scarves, gloves, purses, ties & more. Vintage records, 45s & LPs too! There's treasure to (985) 264-5085 find, and it's waiting for you!

Roy's Knife & Archery



Hunting, fishing, archery equipment, hand-carved wooden figurines and local art, sharpening on premises. (985) 893-1060

History Antiques & Interiors



Beautiful porcelain, art work, silver, rugs and furniture that all have a story to tell! (985) 892-0010



Farmer's Market Recipes

Fresh recipes inspired by ingredients found at the **Covington Farmer's Market Spicy Sweet Potato Fries**

Ingredients:

4 - 5 sweet potatoes, cut lengthwise into 'fries'

1/4 - 1/2 teaspoon cayenne 1/4 teaspoon salt 1/4 teaspoon paprika extra virgin olive oil

Instructions:

Preheat oven to 425 degrees. Brush a baking pan with olive oil and place in the oven as oven heats. Combine all ingredients with one tablespoon of olive oil in a large mixing bowl and coat the cut potatoes evenly. When the oven is to temperature, carefully remove the baking pan and spread the coated fries on the pan. Be careful, they will sizzle a little and may pop. Bake for 15 minutes, stir around trying to flip all fries over, bake for another 15 minutes and repeat. Bake until crispy and serve hot!

Stuffed Sweet Potatoes With Shrimp

Ingredients:

2 cups of water	salt
2 large sweet potatoes	prepared salsa
2 tablespoons minced garlic	sour cream
l green onion, chopped	
1 tablespoon butter	

month at 2 pm, from November 7th on. For more information about the Walker Percy Book Club, call 985-898-3988.



The English Tea Room Offers Holiday Events Nutcracker & Teddy Bear Teas A Great Treat For The Season

 $\ensuremath{\mathsf{Christmas}}$ 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 (985) 898-3988 reservations are required.



English info@englishtearoom.com

Running Through This Weekend Enjoy a performance of Robert Sturcken's original play, This Stage Of Love, directed by Ed Morvant. Buy tickets online at FPA-Theater.com, or call 985-276-0465 for reservations and showtimes.



Dr. Posev's presentation concluded Our Place Studio's Fall Share the Health Series. For more information about this educational series, please visit the studio's website at opcovington.com. To speak with a trainer at the studio, call (985)875-1182. Articles on past lectures may also be found at covingtonweekly.com.

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1/2 lb shrimp, peeled, deveined and chopped 2 tablespoons fresh chopped cilantro

Instructions:

Bring water to a boil in a medium pot. Pierce potatoes and add to pot, simmer on medium heat for 15 - 20 minutes, or until soft. Meanwhile, saute garlic and green onion with butter in a large skillet over medium heat. Then add shrimp, cilantro (save some to top) and salt. Brown shrimp on both sides. Remove from heat and add 1 1/2 to 2 cups of salsa, mix and cover.

Remove potatoes from water and slice about half-way through lengthwise. Push the insides in with a spoon to form a pocket. Stuff each with the shrimp mix, top with a dollop of sour cream and cilantro

This Week At The Farmer's Market



Poppy Tooker, radio host and author of the new book, Louisiana Eats!, will be at the Market for a book signing. Vintage Jazz begins at 9:00, and market vendors Steve and Elizabeth Nuccio will sample and sell muffalottas.

www.covingtonfarmersmarket.com



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e-mail: covweekly@media9productions.com

Covington Weekly / Media 9 Productions LLC, 2013

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

Music Line Up

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, Gilsbar 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, Opalescense 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 Printed with recycled content. Please Recycle. Tacos, Vazquez Restaurant, Yoga School Be Kind o One Another Download this and other issues at www.covingtonweekly.com and sign up for our weekly e-newsletter!

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

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

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

Staa 320 N. Columbia St.

st_tammanyartassociation