

Tax-Free Shopping At The Trailhead

Saturday, December 1st at the Trailhead

COVINGTON art MARKET

presented by st. tammany art association

Working in partnership with the City of Covington, the St. Tammany Art Association proudly presents the Saturday Art Market. Stop by the Covington Trailhead and get your holiday shopping underway. This juried art market will feature a talented group of artists working in various mediums including painting, photography, jewelry, wood, fiber, metal and more. There will be great gift items such as soaps, wall-hangings, pottery and purses, just to name a few. All works for sale are created by regional artists, so you can support the arts and shop locally!

Better yet, because Downtown Covington is a Cultural Arts District, all original art is Tax Free! So come on out this Saturday, support local artists, make fabulous holiday purchases and enjoy a day of festivities.

Enjoy The Farmer's Market, Too!

Double your market experience this Saturday. The Covington Farmer's Market features seasonal vegetables and prepared foods. This week, harpist Jessica Meltz will perform at 9:30, and Mac's on Boston will serve seasonal samples from their menu.



Pictured above: Amethyst radishes from Slice of Heaven Farms. Local farms feed our community.

Lighting Up The Holiday Season

Lighting of the Oaks

CELEBRATE THE SEASON WITH THE CITY OF COVINGTON

**SATURDAY
DECEMBER 1, 2012
4:00 PM**

**510 E. Boston Street
Covington**

- ★ FREE Family Event
- ★ Christmas Caroling
- ★ Santa's Arrival
- ★ Lighting of the Majestic Oaks

Thank You CLECO

End an exciting day of outdoor Markets by enjoying the Lighting of the Oaks. Help ring in the season with this family event featuring Santa himself!

Quote of the Week

"Failure to prepare is preparing to fail."

- John Wooden

**Wednesday
November 28**



Full Moon

Farmers Market Recipes

Fresh recipes inspired by ingredients found at the Covington Farmers Market

Mushroom Stuffed Cabbage Rolls

Ingredients:

- 1/2 cup uncooked brown rice
- 1 head of cabbage
- 1/2 red pepper, diced
- 1/2 yellow pepper, diced
- 2 cloves of garlic, minced
- 1 small onion, diced
- 2 pounds mushrooms, sliced
- fresh parsley, chopped
- fresh cilantro, chopped
- 1 1/2 cup tomato sauce
- juice from 1/2 fresh squeezed lemon



Cooking Instructions:

Preheat your oven to 350 degrees. Cook the rice according to package instructions. Saute the onion, garlic, peppers, mushrooms and herbs in a little oil on medium heat. Add the cooked rice and salt and pepper to taste. Set aside.

For the cabbage, you will want to cut off the leaves from the base at the bottom and use 12 - 15 of the the biggest, longest leaves. Place these in a pot of boiling water to soften them.

Mix the tomato sauce with the lemon juice. No heat is required for this step.

Once the cabbage leaves are soft enough to work with, strain them and allow them to cool enough to handle. Lay them out flat and scoop a large spoonful of the rice and veggie filling in the middle of each leaf. Fold in the sides and roll them up. Place these rolls in a deep baking dish with a lid, seam down, and smother with the tomato sauce. Cover and bake in the oven for 40 - 45 minutes.



Did You Know?

Mushrooms are an excellent source of protein, and they contain high levels of selenium, which may help prevent cancer growth.

Pet Tips For The Winter Months

It's starting to get cold outside - is your pet prepared? Here are a few tips to help you and your furred friend get the most out of the cold weather!

Make sure your pet has a cozy, warm place to sleep. A blanket or pet pillow works nicely for this.

If your pet is on a regular grooming schedule, you may want to leave the hair a little longer for the winter months. The extra hair will help in cold weather! If you own a short-haired animal, consider a pet-sweater or coat that covers from the base of the tail to the belly. For many dogs, this coverage is necessary to withstand any length of time outdoors in freezing weather.



These two look very smart in their winter attire.

If your pet spends a lot of time outdoors, you will want to increase their food to keep them healthy and active. The metabolism will speed up as their bodies burn more calories to keep warm. Puppies may be more difficult to house train during the winter, as they are less tolerable of the cold than adult dogs. It may be necessary to paper train them until they become less sensitive to the weather. If your dog is sensitive to the cold due to illness, breed type or old age they should remain indoors as much as possible, and please remember to keep your pets inside on below-freezing nights. As always, be sure to consult your veterinarian for any specific questions you have.

Animal Safety In Cold Weather

Antifreeze is poisonous to both dogs and cats. Remember to clean any leaks or spills to avoid potential harm. If you suspect that your pet was exposed to a poisonous substance, contact your veterinarian, or the emergency animal clinic if it is after business hours.

Sometimes outdoor cats crawl underneath the hoods of vehicles to sleep near the engine for warmth. It is always a good idea to check before starting your vehicle on cold mornings, especially if you know there are outdoor cats in the area.



Decoupage - Making Gifts Personal

We all want our gifts to represent how much we care. We hunt for that perfect gift that says "I think you're special" and "I thought of you", or even "I was paying attention." Sometimes it's a funny scarf or a beautiful centerpiece, but other times it can be difficult to find the "gift with their name on it". That's when home-made crafts really shine.

The art of decoupage most likely originates from East Siberian tomb art, where they layered felts to decorate the final resting place of the deceased. This was cultivated by the Chinese in the 12th century and became wildly popular in Europe during the 18th century, where it was called "Japanning", hinting at its Oriental background. It's a fairly simple process, and it produces amazing results. You can take any object: furniture, boxes, chests, journals, or picture frames to name a few, and paste layer after layer of cut colored paper to the surface in any order or design you like. Traditionally, a Decoupeur (person who makes decoupage), would seal each layer with multiple coats of varnish to create a 3D inlay look. They apply about 30 to 40 layers, then sand it down to a polished finish.

Today this process can be simplified using a special decoupage paste, which can be found at most craft stores. You can use scrap-booking materials, personal mementos, fabric, photos and more. The end result is a beautiful, unique gift that will be cherished.



An antique decoupage purse.

Recycled Stuff Tip

Gift bags and wrapping paper are very easy to save and re-use.



Aloe Vera "The Hand of God"



Aloe vera, also known as True Aloe, Burn Aloe or First Aid Aloe is a very well known and revered plant throughout the world. Thought to originate in Africa, Aloe vera quickly gained popularity as a beneficial medicinal plant. The "gel" inside the thick, fleshy leaves are used to aid the healing of cuts, burns and rashes. Aloe vera juice may also be taken internally, and it is said to regenerate internal tissues and organs in the same way it regenerates skin tissue. Indian cuisine incorporates aloe in some desserts and drinks. Aloe vera can kill certain bacteria, fungi and viruses. It dilates capillaries, increasing blood flow. Aloe contains anesthetic and anti-inflammatory properties, and it speeds the healing process and growth of new cells.



As always, it is a good idea to consult your physician for any medical issue of concern.

While the gel can be very affective in healing minor cuts and burns, external application may actually slow healing for more serious lacerations.



The Nutcracker Rooibos is a delightful Christmas blend of Rooibos and almonds with a hint of Papaya. Absolutely delicious, it is caffeine free and full of health benefits. Rooibos is known to fight cancer, boost the immune system, treat allergies and digestive disorders, and to promote good health and longevity. There are a few spots available for the 2nd Annual "Nutcracker Tea", stop in or call the English Tea Room for your reservations today!



www.covla.com

FREE Covington Weekly

Nov. 28 - Dec. 4, 2012

Covington Farmer's Market - Wednesday November 28, 10am - 2pm @ the Covington Trailhead Rain or shine, live "front porch jam", fresh local produce and prepared food. - 419 N. New Hampshire St.
Christmas Extravaganza - Friday, Saturday and Sunday November 30 - December 2, 10 am @ the Covington Fairgrounds 20 Louisiana food booths, regional arts and crafts. A holiday favorite!
Covington Farmer's Market - Saturday December 1, 8 am - 12 pm @ the 600 block of Columbia St. Fresh local produce, raw and prepared foods, plants and vegetables, live music by harpist Jessica Meltz beginning at 9:30, and Covington restaurant Mac's on Boston will serve seasonal samples from their menu. - 600 block of Columbia St.
Saturday Art Market - Saturday December 1, 9 am - 1 pm @ the Covington Trailhead Featuring paintings, photography, jewelry, pottery, soaps and more, all made by regional artists. All original art is tax free! - 419 N. New Hampshire St.

Covington Bike Tour - Saturday December 1, 10:30 am starting @ Brook's Bike Shop Brook's monthly bike adventure brings us to the heart of Downtown Covington. Free bike tour. Don't have a bike? Brook's does rentals! - 416 E. Gibson
Book Signing, "Heaven & Hell" by Kenneth Ziegler - Saturday December 1, 12 - 2 pm @ Books-a-Million Mr. Ziegler will be signing his book and might read an excerpt or two! - 401 N. HWY 190
Lighting of the Oaks - Saturday December 1, 4 pm @ St. Tammany Parish Emergency Operations Center (old City Hall) Free family event in Downtown Covington, the lighting of the majestic oaks with Christmas Caroling and Santa's arrival! - 510 E. Boston St.

You're Invited to Christmas in the Country

Come shop Downtown Covington this Holiday Season! With unique shops, fabulous restaurants and a home-town atmosphere, it's a one-stop-shop for a Merry Christmas!

Galleries (featured artists)
St. Tammany Art Association 320 N. Columbia St. - Crazy Eights
Covington Trailhead Museum 419 N. New Hampshire - David and Clariza Kern
Henry Hood Gallery 325 E. Lockwood St. - Maggie McConnell, Suzy Moritz
Brunner Gallery 215 N. Columbia St. - Rick Brunner, Byron May
Tripolo Gallery 323 N. Columbia St. - Bill Binnings, Craig McMillin, Juli Juneau, James Michalopoulos, Al Ormsby, Rebecca Rebouche, Scott Ewen, Ken Tate, Gail Ruggiero, Scott Upton, Donna Duffy, Barbara Hansen
Three Rivers Gallery 333 E. Boston St. - Roy Robinson, Roy Pfister, Harriett Blum, Robert Baumgartner, David Barfield, Gail Glassman, Peggy Hesse, Suzanne King, Charles Macgowan, Donald Maginnis, Valerie Stangl Melancon, John Preble, Max Ryan
Roy's "Art"chery 319 N. Columbia St. - Roy Blaum, Jessica Porter Blaum, Billy Porter

Covington Live Music Listings for Nov. 28 - Dec. 4
Wednesday: Front Porch Jam @ the Wednesday Covington Farmers Market (Covington Trailhead) / Harpist Jessica Meltz @ The English Tea Room 12:30-2:30pm / Open Mic Night @ The Green Room
Thursday: Ladies Night with DJ Gene @ The Green Room
Friday: Open Mic Night @ St. John's Coffeehouse / Double Bass Project @ the Green Room 10 pm / The Tricky Dixies @ Columbia Street Tap Room 10pm
Saturday: Harpist Jessica Meltz @ Covington Farmer's Market 9:30am / Bujie & the Highrise + xDefinition + Syllable Seven @ the Green Room 10pm
Sunday: Open Mic Poetry @ St. John's Coffeehouse 2pm / Karaoke with DJ Bobby Blaze @ the Green Room 9pm
Monday: All Requests with DJ Jacob Durr @ the Green Room
Tuesday: Singer/Songwriter Timothy AG @ The English Tea Room 10:30 am - 12:30 pm / 80's Night Dance Party @ the Green Room



CBA
covington business association

www.covingtonbusinessassociation.org

320 N. Columbia St.



staa
st. tammany art association
www.sttammanyartassociation.org

840 N. Columbia Street
Covington, LA

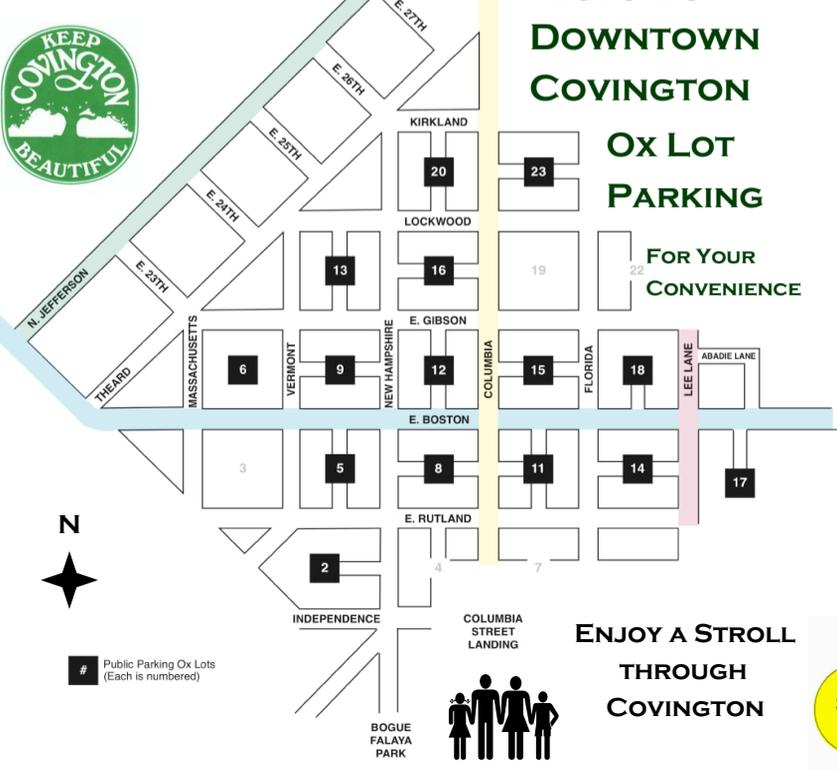
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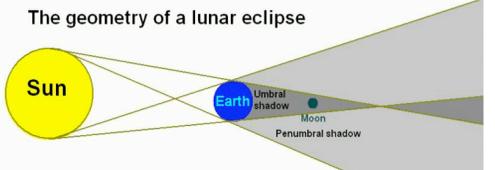
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A Penumbral lunar eclipse will occur on November 28, and it will be the last eclipse of the year. It will be visible in Alaska, Hawaii, New Zealand, Australia and most of Asia.



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STAA Art Market
 Saturday, December 1st - 9 to 1
 at the Covington Trailhead

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