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To: Adams, ChaneyChaneyAdams@gov.sc.gov
Date: 10/30/2015 9:34:07 AM
Subject: MidlandsLife: How to eat mindfully through Halloween; Vanessa Driscoll Bialobreski's Farm to Table Events; Fall's next big throwback

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COLUMBIA, SC - Oct 23, 2015

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Wall Dogs & Ghost Signs

By [Tom Poland](#)
A Southern writer

They Beautifully Preserved The Past
You've seen ghost signs, an old-fashioned advertisement painted onto a rough and unforgiving canvas, a brick wall.

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A Conversation with Vanessa
Driscoll Bialobreski

Farm to Table Event Company

When I came back home I saw that there was a new movement in Columbia that wasn't here when I left. People had started

caring about farm-fresh food, farmers, and local chefs.

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Pumpkin Chili

By Kay MacInnis
Registered dietitian

I love this time of the year because you can put pumpkin in everything: muffin, breads, cakes, pies, soups and stews, even hummus.

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Crying Foul Over Peeps

By Amy Coward

M&Ms. Snickers. Kit Kats. I grabbed a bag of each for Halloween even though we usually only have 2 or 3 trick-or-treaters.

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Corduroy – fall's next big throwback

By Brian Maynor
Style Coach

Since the 70's are such a popular period of inspiration for fashion designer, it comes as no surprise that one of the hottest fall trends is a throwback to that era.

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I Think I Can, I Think I Can

By Leigh Thomas

I had a laugh-out-loud moment last week when I was telling my son the news about then-Head Coach Steve Spurrier's sudden retirement, which had broken the night before.

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The Great Pumpkin Patch Dip

By Jan Pinnington

Founder of Healthy Hands Cooking

Want to know why Linus is still waiting for the Great Pumpkin? Because we turned him into a yummy, creamy, healthy, dip.

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How to Eat Mindfully Through Halloween

Stop cravings and binges in their tracks!

When your body is deprived of fuel, it will crave the quickest source of fuel available...sugar!

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