

From: MidlandsLife <acooper=midlandsbiz.com@mail175.atl61.mcsv.net>
To: Adams, ChaneyChaneyAdams@gov.sc.gov
Date: 12/5/2015 10:02:00 AM
Subject: MidlandsLife: Celestial Delights, Weather Folklore; Trees shouldn't be the only things sparkling this time of year

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COLUMBIA, SC - Dec 5, 2015

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Celestial Delights, Weather Folklore, & More

By Tom Poland
A Southern writer

Stargazers, here's an early Christmas gift for you.

A sprinkling of stars salt a sky of cobalt and a feathery ring of light circles a cloud-covered moon. All in all, it's a portrait of evening transitioning to pitch-black night.

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Trees shouldn't be the only things sparkling this time of year

By Brian Maynor
Style Coach

Now that the holiday season is in full swing, it's time to start thinking about all of the holiday parties you have on the books and how to look great at every one.

Here are a few ways to dress up your holiday looks with metallic accents.

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A Jack Russell Adventure

By Amy Coward

We're dog people.

Despite the messiness, the expense and the headaches, for the last 20 years or so, we've had a dog or two (or three at one point). I know. It's kind of nuts.

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Cranberry-Glazed Pork Roast

By Kay MacInnis
Registered dietitian

Thanksgiving has come and gone and now the busy season is at full speed, which means food is everywhere.

[More...](#)

Fueling the Off-Season: How to Hit the Reset Button

Kristen Tice-Zeismer
Owner, Elite Nutrition & Performance

Fueling the Off-Season: How to Hit the Reset Button

Now that the training season has come to close for most athletes, it's time to start planning for next season!

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Citrus Green Smoothie

By Jan Pinnington
Founder of Healthy Hands Cooking

Sore Throat? Low Energy? Try this fresh tasting Citrus Green Smoothie.

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Wordless News

By Maria Fabrizio
Local illustrator + designer

The San Bernardino shooting is the second mass shooting today and the 355th this year

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