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**To:** Adams, ChaneyChaneyAdams@gov.sc.gov  
**Date:** 11/6/2015 1:29:38 PM  
**Subject:** MidlandsLife: My 5 Favorite Fall Places in Columbia; A Devine Night Out; The Weekend Recharge; Chomp!

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**COLUMBIA, SC - Nov 6, 2015**  
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## My 5 Favorite Fall Places in Columbia

By [Jillian Owens](#)

Yeah! FALL!

If you're trying to get excited about fall, it helps to have some lovely places that become even more enjoyable this time of year.

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## Roasted Root Vegetables

By [Kay MacInnis](#)  
[Registered dietitian](#)

Remember, you don't have to keep doing vegetables the way you always have. The roasting process enhances the sweet taste of vegetables while minimizing the

slightly strong taste that some of them have.

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## The Weekend Recharge

By [Brian Maynor](#)  
Style Coach

With a rainy, dreary week it's nice to look forward to the weekend when you don't have to get up at the crack of dawn or leave the house if you don't want to.

Weekends are all about relaxing and recharging.

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## A Devine Night Out

[For the holidays, shop local. Shop Devine.](#)

Columbia's FIRST event of the holiday season on Thursday, November 12th, 5-8pm. [More...](#)

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## Chomp! Café Au Lait-ivator!

By [Ron Aiken](#)

There is no doubt among any of us that "Café au lait" sounds much more awesome than "coffee with milk."

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## Easy Broccoli Soup

By Jan Pinnington  
Founder of Healthy Hands Cooking

This is a family favorite.

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## Wordless News

By Maria Fabrizio  
Local illustrator + designer

Australia Deploys Sheepdogs to Save a  
Penguin Colony

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