

Your LIFE

THE GRAND RAPIDS PRESS
TRENDS & TECH • HEALTH • FOOD • THE WEEKEND • MOVIES & MORE • GO FOR IT • PEOPLE

YOUR LIFE LINES

TAKE A HIKE Autumn Amble in Aman Park

There's never a dull moment in Aman Park. Located on the north side of Grand Rapids, Michigan's annual Autumn Amble Festival is the city's largest celebration of the season. The festival is held on the north side of the park, featuring a variety of activities, including a 5K race, a 10K run, and a 15K walk. The festival is held on the north side of the park, featuring a variety of activities, including a 5K race, a 10K run, and a 15K walk.

THE TICKET Cheetah Girls at Van Andel

The Cheetah Girls, featuring Adeline Baker, Kelly Williams and Kaitlyn Williams, will perform at 7 p.m. Oct. 11 at Van Andel Arena. Tickets are \$10. Tickets are available at the arena box office. Ticketmaster.com. 800-745-3232 or Ticketmaster.com. Events will close in 10 minutes.

FUNDRAISING After hours at the zoo

Lansing Historical Community House is holding an after-hours event at the zoo. The event is held on the north side of the park, featuring a variety of activities, including a 5K race, a 10K run, and a 15K walk. The event is held on the north side of the park, featuring a variety of activities, including a 5K race, a 10K run, and a 15K walk.

COOKING For soups and salads

Good ingredients start with good produce. To get the most out of your produce, it's important to know how to store it. For soups and salads, it's important to know how to store your produce. For soups and salads, it's important to know how to store your produce.

SONGS GUIDE Messia performs at Soaring Eagle

One of my favorite composers is George Messiaen. He was a French composer and pianist. He was a French composer and pianist. He was a French composer and pianist.

YOUR TV TIP Major laughs

The laugh track is still a controversial topic. Some people think it's necessary, while others think it's unnecessary. The laugh track is still a controversial topic. Some people think it's necessary, while others think it's unnecessary.

IF YOU GO

A Grand Rapids event is taking place on the north side of the park. The event is held on the north side of the park, featuring a variety of activities, including a 5K race, a 10K run, and a 15K walk.

KENTWOOD OPERATION DISHES OUT BLIS

HIGH-END PRODUCTS ENHANCE CHEFS' BEST RECIPES

BY LARRY WEISSER
Kentwood's chefs are looking for simple ways to make their dishes stand out. They're looking for simple ways to make their dishes stand out. They're looking for simple ways to make their dishes stand out.

"I don't like to do a lot of fancy things with my recipes, but I like to use good ingredients," says Chef [Name]. "I don't like to do a lot of fancy things with my recipes, but I like to use good ingredients."

Chef's Picks
Kentwood's chefs are looking for simple ways to make their dishes stand out. They're looking for simple ways to make their dishes stand out. They're looking for simple ways to make their dishes stand out.



Storing green tomatoes can be simple, safe

Q I have all green tomat...
A To store green tomatoes, it's important to know how to store them. To store green tomatoes, it's important to know how to store them.

DINNER IN 40 MINUTES

PREPARATION: In a large pot, combine...
COOKING: Bring to a boil, then reduce...
SERVING: Serve hot with a side of...

FAVORITES UNIQUE COMBINATIONS ADD FLAVOR



Moroccan lamb rack: This dish uses a generous coating of BLIS Moroccan...
Chicken with Thai peanut sauce: This dish is a perfect example of unique combinations...

Tabbouleh margarina: This dish is a perfect example of unique combinations...
BLIS products are available at: Grand Rapids Grocery, 406 1/2 Adams St. N.E., Grand Rapids, MI 49503

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SALLY FORTH
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