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Best REAL ESTATE COMPANY

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DECEMBER 25, 2018

The **Rockin' Free Shopper**

Tire King WE OFFER **\$29.95**

Oil Change Special
Synthetic Blend up to 5 quarts.
Comes with 14pt. inspection & courtesy vacuum

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JIMMY BUTLER AUTO SALES, INC.

Cricket Golf Carts For Sale Here!

Storage Plus+++
Portable Utility Buildings, Trailers, Carports

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John Hughey
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Deal OF THE week

\$500 DOWN*
*with approved credit

for any vehicle on the lot

'09 Subaru LEGACY \$6,900	'14 Hyundai SONATA \$10,900	'12 Nissan ALTIMA \$8,500	
'11 Hyundai ELANTRA Leather, Roof \$6,900	'11 Jeep COMPASS \$8,900	'15 Chevrolet MALIBU \$15,500	
'14 Chevrolet SILVERADO LTZ Z71 WAS \$29,900 \$28,900	'11 Ford EDGE SEL \$11,500	'15 Nissan ALTIMA \$15,500	
'14 Ford FUSION TITANIUM WAS \$14,500 \$12,900	'11 Chevrolet TRAVERSE \$11,500	'12 Volvo S60 Leather, Roof, Navigation \$9,900	
'10 Hyundai SONATA Sunroof \$6,900	'06 Caddilac DTS 1 Owner, Low Miles \$5,900	'08 Chevrolet EQUINOX sport, leather, roof, loaded \$8,500	'14 VW JETTA \$10,900

HUDSON AUTO BROKERS, INC.

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549-7123 DECEMBER 24, 2018 - DECEMBER 30, 2018 549-5615
We Accept WIC Vouchers, EBT, Credit & Debit Cards

ON THE BUTCHER'S BLOCK

FAMILY PACK JUMBO CHICKEN WINGS \$2.79 LB	PORK BOSTON BUTTS \$1.49 LB	PORK BABY BACK RIBS \$3.69 LB
SMOKED HOG JOWLS \$1.69 LB	AUNT BESSIE'S CLEANED CHITTERLINGS \$11.99 5 LB	CAROLINA PRIDE COCKTAIL SMOKIES 2/\$4.00 14 OZ

THIS WEEK'S GROCERY SPECIALS

MAYFIELD ICE CREAM 2/\$7.00 48 OZ	GROWN IN IDAHO POTATOES CRINKLE, STEAK, SHOESTRING, HAND CUT, POTATO PUFFS 2/\$5.00 28 OZ	KRAFT BBQ SAUCE ORIGINAL, SMOKED, BROWN SUGAR, TERIYAKI, HONEY 5/\$5.00 18 OZ
MAXWELL HOUSE COFFEE \$5.99 24-30 OZ COLUMBIAN, ORIGINAL, SMOOTH, MASTER	COKE 12 PACK 3/\$10.00	TIDE LAUNDRY DETERGENT ORIGINAL, FREE & GENTLE, 2X DOWNY, FRESH CORAL, FRONT LOAD \$6.99 50 OZ
K-CUPS \$5.99 3.7-4.12 OZ 12 CT HOUSE BLEND, MORNING, FRENCH ROAST, HAZELNUT	2 LITERS 4/\$5.00	
RED BARON PIZZA SUPERME, 4 MEAT, PEPPERONI, SAUSAGE, 4 CHEESE 3/\$10.00 15-23 OZ	DEL MONTE PASTA SAUCE MEAT, FOUR CHEESE, MUSHROOM, GARLIC & ONION, TRADITIONAL 5/\$5.00 24 OZ	COTTONELLE BATH TISSUE ULTRA CLEANCARE \$6.49 12 PK

LOCALLY OWNED & OPERATED

HOW WE STACK UP!

- No newspaper reaches as many readers in Colleton County and surrounding areas as **THE PRESS AND STANDARD & THE ROCKIN' SHOPPER**
- No magazine reaches as many readers in Colleton County and surrounding areas as **THE PRESS AND STANDARD & THE ROCKIN' SHOPPER**
- 14,500 copies of **THE PRESS AND STANDARD & THE ROCKIN' SHOPPER** are delivered to subscribers and readers each week!
- **THE PRESS AND STANDARD & THE ROCKIN' SHOPPER** and magazines are available on our website 24/7!



EVERYTHING IN ONE PLACE....

FROM NEWS
TO
HELP WANTED
TO
GARAGE/YARD SALES
TO
PETS
TO
EQUIPMENT...

WE HAVE IT ALL!

The Press

1025 BELLS HWY.
WALTERBORO, SC 29488
843-549-2586

HOLIDAY DEADLINES

**Our office will be closed
December 25th
and January 1st**

ADVERTISING DEADLINES
For the 12/27 Press: **12/20 by 5pm**
For the 1/3 Press: **12/27 by 5pm**

The Press and Standard
843-549-2586
1025 Bells Highway | Walterboro, SC 29488

**Has Christmas Left You
Short On Cash This Year?**

**Let Us
Help!**

Loans as low as \$500 & up to \$5,000
Subject to credit policies.

Eastern Financial Services, Inc.
The Hometown Advantage
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Virginia Roessler, President | Ernie Hughes

217 Robertson Blvd. • Walterboro, SC

**SEARCHING FOR
PHOTO ENTHUSIASTS!**
Do You Love Photography?



Would you like to see your photos published in The Press and Standard, The Shopper or walterborolive.com?

Please send photos to
Katrena McCall at
editor@lowcountry.com

Include your name, number and a brief caption for the photo.

If your photo is published, you will be given photo credit.

Help make your hometown news source even better by being a part of recording Colleton County history.

The Press and Standard

1025 Bells Highway | Walterboro, SC 29488 | 843-549-2586 | walterborolive.com



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CLASSIFIEDS

RATES

Personal Items for Sale Under \$500: FREE!
(25 words or less)

Personal Ads: \$10.00
(25 words or less)

Business Ads: \$25.00
(25 words or less)

Add'l Words: 20¢ per word

ASK ABOUT OUR HEAVILY DISCOUNTED RATES FOR MULTIPLE RUNS!

DEADLINES

The Press & Standard:
Friday 4:00 p.m.

The Rockin' Shopper:
Wednesday 4:00 p.m.

REACHING MORE THAN 90,000 IN PRINT AND MORE THAN 35,000 ON-LINE VIEWERS WEEKLY.

PLACE YOUR AD TODAY, CALL AMANDA!

P: 843-549-2586
F: 843-549-2446
pressclass@lowcountry.com

EMPLOYMENT

Needed for yard work & misc labor 843-217-1660, please leave message. (12/18)

PARALEGAL/LEGAL SECRETARY
Law firm has an excellent opportunity for an organized, detail-oriented paralegal or legal secretary with three years of litigation experience preferred. Software programs include Client Profiles CX, dictation, Outlook, Excel, Word, Adobe Acrobat, and Sage Timeslips. This position requires heavy office support such as: filing in Federal and State Court, performing on-line legal research, calendaring court dates, answering phones, filing and file organization, mail processing and typing minimum of 45 words per minute. The ideal candidate is professional in appearance, has a great command of the English language and is a strong proofreader, a quick learner and self-starter. This is an hourly full-time position. Office hours are flexible, 8-5 or 9-6. Mail resume and cover letter to:
Law Firm
Paralegal/Legal Secretary Position
PO Box 1515
Walterboro, SC 29488 (1/3)

SERVING AMERICA'S VETERANS

AVS

VETERANS VICTORY HOUSE provides exceptional quality health care in a friendly setting.

Veterans Victory House is looking to add new team members! We are looking for:

- **Floor Nurses RN/LPN (FT SIGN ON BONUS!)**
- **Certified Nursing Assistants (FT SIGN ON BONUS!)**
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- **Part-Time Occupational Therapist**
- **PRN for Speech/Language Pathologist**
- **Licensed Social Worker**
- **RN Supervisor**
- **Assistant Director of Nursing**

Apply online at: www.hmveteranservices.com

SERVICES

REPAIR/MAINTENANCE

Lowcountry Handiman painting, carpentry, plumbing, yard work, trash removal, pressure washing, roof washing, etc. Call 843-562-6985 (12/18)

A+ Stephens Do All
Painting & all home improvements, re-roofs/metal, pressure washing
843-866-7528 or 843-908-2811 (TFN)

A1 PAINTING & REPAIR
Fixed Incomes & Rental Properties - we save you money. Roofing Repairs or Replaced. Call 843-810-9176 (1/1)

LANDSCAPING

Tree Trimming & Removal Services.
Flexible & Reliable. Call Tim at 843-908-2793

Splinter Wood Works
Refinishing, minor repairs & caneing. Tom Whitacre - Operator
843-542-4260.

REAL ESTATE FOR SALE

LAND/LOTS FOR SALE

5 Acres of Land For Sale on Hwy 61. Close to I-95. Asking \$35,000 or best offer. Call 843-599-4912 for details or to set up appointment to view. (12/18)

For Sale - 1 acre land, uncleared, on Cannon Rd. \$6,500. Call Terry at 843-599-9584 (12/27)

2 lots left for sale by owner, 6.04 acre home sites, DHEC approved, located at Deliverance Road and Big Easy Lane, near Bells Crossroads. \$24,000 each. 843-729-3453 (12/27)

For Sale by owner after 20 years. 341 acres. House sleeps 10, cook house, barn, tractor shed, 2 duck ponds, dove fields, deer stands, huge timber value, excellent road system, security system, shown by appointment only. No leases or agents. 12 miles from I95. For more info including drone videos call 843-729-3453. Asking 1.9 million. (1/8)

MOBILE HOMES FOR SALE

MOBILE HOME FOR SALE. In the country, 3 bedroom, 2 full baths, on beautifully shaded 1 acre lot. Within 4 miles of Cottageville. \$69,500. Call for details or appointment 843-754-9958. (12/25)

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No Red Tag Sales!
OVER 30 MOBILE HOMES at AFFORDABLE PRICES ALL THE TIME!
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REAL ESTATE FOR RENT

REAL ESTATE FOR RENT

Place your Classified! Call Amanda at 843-549-2586

APARTMENT

EDISTO TERRACE APTS: 1 BR Units Available NOW! Section 8 vouchers accepted. Units designed for persons with disabilities subject to availability. Only a \$25 application fee! Stop by the office, between the hours of 9am-5pm on Mondays, 9am-1pm on Tuesdays and Thursdays, and 2pm-6pm on Wednesdays, located at 180 Mabel T. Willis Blvd. or call (843) 538-5657 for more info. You'll love to call Edisto Terrace HOME! Credit and background check required. Equal Housing Opportunity. Professionally managed by Partnership Property Management, an equal opportunity provider and employer. Apply Today! (1/8)

STUDIO APARTMENT W/ GARAGE FOR RENT. Cottageville, SC in a peaceful, safe secure neighborhood. \$600 per month with \$600 deposit. Call 202-607-9126. (1/10)

APARTMENTS FOR RENT at 200 State Street-Walterboro. Asking \$350 for 1 bedroom & \$500 for 2 bedroom. Contact Ted Remley at 843-908-9926. (1/3)

HOMES FOR RENT

FOR RENT. 4 bedroom, 3 bath home in the country. \$890 per month plus \$890 security deposit. No animals. Call 843-562-6079 or 843-909-2405. (1/17)

HOME FOR RENT
No pets, no smoking, Partially furnished & decorated. \$1,300 per month. Shown by appointment. Call 843-217-1127. Credit check and employment history required. (12/4)

For Rent 2 BR 1 BA. 1st month's rent + deposit required. No pets. Call 843-835-8561 (12/25)

For Rent - 2 Bedroom house on river - Cannon Rd., no pets, \$850 per month + \$850 deposit. Call Terry 843-599-9584 (12/27)

MOBILE HOMES FOR RENT

DOUBLE WIDE TRAILER FOR RENT at Academy Road-Walterboro. Asking \$750 plus \$750 deposit. Contact Ted Remley at 843-908-9926. (1/3)

FOR RENT: NICE 2BR MH. Call: 843-538-5112 or 843-898-9080. (12/27)

FOR RENT. Newly renovated mobile home. 3 bedroom, 2 bath. \$790 per month plus \$790 deposit. Call 843-562-6079 or 843-909-2405. (1/8)

MERCHANDISE

The Press and Standard
ALL ACCESS = PRINT + DIGITAL
WE HAVE YOU COVERED WITH THE MOST UP TO DATE NEWS!
1025 BELLS HWY. - WALTERBORO, SC 29488 - 843-549-2586

APPLIANCES

PELLET STOVE FOR SALE. Everything included: Fittings & Pellets. Call 843-835-8561. (1/17)

CLOTHING/JEWELRY

FOR SALE
1 Womens black suede, fringed, three-quarter length western jacket, size:XL - \$100
1 Womens beaver fur, three-quarter length jacket, size: M/L - \$75
1 Women faux leopard, three-quarter length jacket, size: 1X - \$50
1 Box assorted womens Vintage Avon Jewelry - \$50
Call 843-538-3913 (1/17)

BLACK DIAMOND GOLD RING FOR SALE. \$5000. Size 7 1/2. Call 843-599-1383 (1/17)

FIREWOOD

OAK FIREWOOD. Season & Green. Call Dale at 843-908-2049 (1/10)

FREE SEASONED OAK FIREWOOD. Call 843-217-1802 (1/3)

FURNITURE

ROLL TOP DESK. \$50. Call 843-549-7910 (12/18)

KITCHEN TABLE with 4 CHAIRS cane bottom. Asking \$125. Call 843-549-7910 (12/18)

2 SOFA SETS \$125 each. Call 843-549-7910 (12/18)

FOR SALE Queen sized sofa that pulls out to Queen sized bed. In good shape. Asking \$125. Call 843-782-3092 or 843-908-3623. (12/25)

PETS

FREE TO CAT LOVER. Spayed and declawed. Orange with gold eyes. Approx. 4 years old. Inside Only. Call 843-754-8276. (12/27)

AUTOMOTIVE

FULL SET OF TIRES 215-60-15, Two 205-60-14 & Two 215-70-15. \$25 each. Call 843-893-6384. (12/27)

CARS/ TRUCKS/ SUV'S

FOR SALE Black 1997 Mazda Miata. In great shape w/original top, low mileage and runs great. \$4,950 or reasonable offer. 843-599-7099. (12/25)

I WOULD LIKE TO INVITE YOU TO STOP BY AND SEE ME!

Dane Roessler

FAMILY

CHEVROLET Ford GMC

5866 W Jim Bilton Blvd St George, SC 29477 just 20 miles up I95!

We have clean CarFax vehicles starting as low as \$4,990 and up. Our rates are as low as 0% on new and 2.9% on used with extended terms offered W.A.C. We finance everyone and help rebuild credit! Ask for details. We offer \$1,000 above Kelly Blue Book for your trade. We also deliver to Walterboro and can sign the paperwork at your home!

Call or text me at 843-729-6982 or email me at greatdane@lowcountry.com

WE BUY USED CARS AND TRUCKS

2013 JEEP GRAND CHEROKEE LAREDO
Local Trade, Excellent Condition, Must See!
\$12,990

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CHEVROLET Ford GMC

We Buy used cars and trucks
Call Dane @ 843-729-6982

2015 FORD F-150 SUPER CREW LARIAT 4X4
Only 44k Miles, Loaded With All The Goodies!
\$36,990

FAMILY

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2016 FORD F-150 SUPER CREW XLT 4X4
Only 29k Miles, Fully Loaded, Excellent Condition
\$33,990

FAMILY

CHEVROLET Ford GMC

We Buy used cars and trucks
Call Dane @ 843-729-6982

2016 HYUNDAI TUCSON ECO
Only 22k Miles, Like New Condition
\$18,990

FAMILY

CHEVROLET Ford GMC

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GENERAL



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Check out our ad online at
<http://walterborolive.com/iga>

PRICES EFFECTIVE
DECEMBER 26 - JANUARY 1, 2019
 WE RESERVE THE RIGHT TO LIMIT QUANTITIES AND TO CORRECT PRINTER'S ERRORS.

We gladly accept all Major Credit
 Cards, EBT Cards and Debit Cards!

FAMILY PACK (WHOLE ONLY)
SMOKED HOG JOWLS
\$1.19 LB.

BONELESS
LONDON BROIL ROAST
\$2.99 LB.

FAMILY PACK FRESH
FRYER THIGHS
89¢ LB.

(8-12 CHOPS)
RIB HALF PORK LOINS
\$1.29 LB.

FAMILY PACK BONE-IN
TENDER PORK STEAKS
\$1.49 LB.

(8-12 CHOPS)
LOIN HALF PORK LOINS
\$1.39 LB.

- FAMILY PACK BONELESS TOP ROUND STEAKS**LB. **\$3.19**
- FAMILY PACK TENDER CUBED BEEF STEAK**LB. **\$3.49**
- FAMILY PACK THIN CUT BREAKFAST STEAK**LB. **\$3.99**

FAMILY PACK CENTER CUT LOIN CHOPSLB. **\$1.99**

FAMILY PACK WAFER THIN CENTER CUT PORK CHOPSLB. **\$2.49**

FAMILY PACK PORTERHOUSE STEAKSLB. **\$4.29**

FAMILY PACK TENDER COUNTRY STYLE PORK RIBSLB. **\$1.69**

5 LB. BAG AUNT BESSI CLEANED CHITTERLINGSEA. **\$14.99**

FAMILY PACK SLICED SMOKED HOG JOWLSLB. **\$1.49**

24 OZ. BOX (REG. HOT OR POLISH) ROGERWOOD SMOKED SAUSAGE **3 FOR \$10**

FAMILY PACK T-BONE STEAKS
\$3.99 LB.

5 LB. MEAT SALE!

- 5 LB. PACK FRESH PORK NECKBONES**EA. **\$4.99**
- 5 LB. PACK FRESH PIG TAILS**EA. **\$6.99**
- 5 LB. PACK FRESH FRYER LEG QUARTERS**EA. **\$3.99**
- 5 LB. PACK FRESH TURKEY NECKS**EA. **\$4.99**
- 5 LB. PACK SMOKED HAM HOCKS**EA. **\$8.99**
- 5 LB. PACK SMOKED NECKBONES**EA. **\$8.99**

(SINGLE PACK) FRESH PORK BOSTON BUTTS
\$1.19 LB.

Farm Fresh Produce

- FRESH GREEN CABBAGE**LB. **59¢**
- (10 PER BAG) JUICY FLORIDA ORANGES**EA. **\$2.99**
- (LOOSE) SWEET POTATOES**LB. **49¢**

(3 LB. BAG) MEDIUM YELLOW ONIONS
\$1.50 EA.

(5 LB. BAG) RUSSET POTATOES
\$2.50 EA.

- (LOOSE) WAXED RUTABAGAS**LB. **79¢**
- (1 LB. BAG) BABY PEELED CARROTS**EA. **\$1.29**
- (3 LB. BAG) ASST. VARIETIES EASTERN DELICIOUS APPLES**EA. **\$2.99**

Super Thursday Sale Prices Good December 27th Only!

FAMILY PACK FRESH PORK SPARE RIBS
\$1.65 LB.

FAMILY PACK FRESH PORK FINGER RIBS
\$2.25 LB.

FAMILY PACK FRESH LEAN GROUND BEEF
\$1.95 LB.

2 LB. BAG (41-50 CT.) I.Q.F. WHITE SHRIMP
\$9.95 EA.

(10-14 CHOPS) ASSORTED PORK CHOPS
\$1.00 LB.

FAMILY PACK FRESH FRYER WINGS
\$1.95 LB.

5 LB. BAG GULF PACIFIC PAR-BOILED RICE
\$2.00 EA.

4 LB. BAG IGA SUGAR
\$1.85 EA.

8 OZ. MAXWELL HOUSE INSTANT COFFEE
\$3.75 EA.

59 OZ. ASST. FLAVORS BRIGHT 'N EARLY
85¢ EA.

12 OZ. (REG. ONLY) ARMOUR TREE T
\$1.50 EA.

FRESH CRISP LETTUCE
\$1.25 EA.

MONEY IN MINUTES WITH WESTERN UNION WIRE TRANSFERS & MONEY ORDERS

MONEY IN MINUTES WITH WESTERN UNION WIRE TRANSFERS & MONEY ORDERS

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WE APPRECIATE YOUR BUSINESS...THANK YOU FOR SHOPPING YOUR LOCAL GENERAL IGA!

MONEY IN MINUTES WITH WESTERN UNION WIRE TRANSFERS & MONEY ORDERS

MONEY IN MINUTES WITH WESTERN UNION WIRE TRANSFERS & MONEY ORDERS

12 OZ.
**DIXIE LILY
RED
FIELD PEAS**
2 FOR \$3

15 OZ. GREEN BEANS, SWEET PEAS OR OUR FAMILY WHOLE KERNEL CORN 10 FOR \$5	6 PACK JIFFY CORN MUFFIN MIX 2 FOR \$6
--	---

64 OZ. APPLE MANGO, APPLECRANBERRY OR OLD ORCHARD APPLE JUICE 2 FOR \$3	18 OZ. ASST. FLAVORS KRAFT BBQ SAUCE 5 FOR \$5
--	---

ASST. VARIETIES 38.8 OZ., 12 CT. MCCAFFEE OR MAXWELL HOUSE K-CUPS \$5.99 EA.	25 OZ. (RED OR WHITE) WELCH'S SPARKLING JUICE \$2.99 EA.
---	---

24 OZ. TEXAS PETE HOT SAUCE 2 FOR \$6	24 CT. GREEN TEA OR LUZIANNE FAMILY SIZE TEA BAGS 2 FOR \$4
--	--

10.5 OZ. ASST. VARIETIES ROTEL TOMATOES 5 FOR \$5	15 OZ. SPINACH, MUSTARDS, KALE OR MARGARET HOLMES COLLARDS 3 FOR \$2
--	---

12 OZ. DIXIE LILY BLACK EYE PEAS 5 FOR \$5	24 OZ. (MILD OR MEDIUM) FOOD CLUB CHUNKY SALSA \$1.89 EA.
---	--

48 OZ.
**CRISCO
VEGETABLE OIL**
4 FOR \$9

2.8-3 OZ. BACON BITS OR
HORMEL BACON PIECES.....2 FOR \$4

12 OZ. CHILI SAUCE OR
IGA COCKTAIL SAUCEEA. \$1.39

12 OZ.
IGA CHICKEN WING SAUCE ..5 FOR \$5

46 OZ.
IGA KOSHER DILL PICKLES ..EA. \$2.99

24 OZ.
VALUTIME SYRUPEA. \$1.99

6 PACK ASST. FLAVORS
KOOL-AID BURSTS4 FOR \$5

4 PACK
FOOD CLUB FRUIT CUPS ..2 FOR \$4

15 OZ. PEACHES, PEARS OR
LIBBY'S FRUIT COCKTAIL ..4 FOR \$5

15.8 OZ.
BUSH'S BLACK EYE PEAS5 FOR \$4

10 OZ.
IGA HOT DOG CHILI4 FOR \$3

24 OZ. ASST. VARIETIES
DELMONTE PASTA SAUCE ..5 FOR \$5

2 OZ. 3-CHEESE, SHELLS & CHEDDAR OR
FOOD CLUB MAC & CHEESE5 FOR \$4

12 CT.
IGA TACO SHELLSEA. \$1.29

12-17 OZ. ASST. VARIETIES
CHI-CHI'S TORTILLAS2 FOR \$3

10.5 OZ. CREAM OF CHICKEN OR MUSHROOM, TOMATO OR
VALUTIME CHICKEN NOODLE SOUP 10 FOR \$5

15 OZ. (VANILLA, HAZELNUT OR FRENCH VANILLA)
FOOD CLUB CREAMER.....EA. \$2.99

22 OZ. ASST. FLAVORS
FOOD CLUB TOASTER PASTRIES EA. \$2.49

7-8.5 OZ. ASST. VARIETIES
BUGLES OR CHEX SNACK MIX ..2 FOR \$4

5.5 OZ. ASST. FLAVORS
PRINGLES2 FOR \$3

12 OZ. OATMEAL, ICED OATMEAL OR
VALUTIME CHOCOLATE CHIP COOKIES ..4 FOR \$5

16 OZ.
NABISCO PREMIUM SALTINES ..2 FOR \$4

22 OZ. SALAD DRESSING OR
FOOD CLUB SQUEEZE MAYONNAISE..2 FOR \$3

48 OZ. CREAM CHEESE, 5-FLAVOR OR
LEMON POUND CAKEEA. \$10.99

12 OZ.
VALUTIME SQUEEZE HONEY2 FOR \$5

18 PACK/12 OZ. COORS, COORS LIGHT, MILLER LITE,
BUD OR BUD LIGHT BEER ..EA. \$13.95

24 OZ.
PAWS DOG BISCUITS2 FOR \$3

8.5 LB. JUG ASST. VARIETIES LIGHT WEIGHT
TIDY CAT CAT LITTEREA. \$10.00

8 ROLL PACKAGE
SIMPLY DONE PAPER TOWELS ..EA. \$4.99

12 ROLL
SIMPLY DONE BATH TISSUE EA. \$3.99

120 CT.
SIMPLY DONE NAPKINS.....EA. 99¢

23-45 CT. TRASH BAGS OR
HEFTY TALL KITCHEN BAGS.....EA. \$6.99

64 OZ.
GAIN LIQUID FABRIC SOFTENER EA. \$2.49

75 OZ. ASST. SCENTS
XTRA LAUNDRY DETERGENT2 FOR \$4

5 LB. BAG
**BLUE RIBBON
LONG GRAIN
RICE**
3 FOR \$6

2 LITER ASST. FLAVORS COKE & COKE PRODUCTS 5 FOR \$5	24 OZ. HUNTS KETCHUP WOW! 5 FOR \$5
--	---

10 OZ. IGA CANNED CHICKEN BREAST \$1.69 EA.	16 OZ. REG OR THIN SPAGHETTI OR MUELLER'S ELBOW MACARONI 5 FOR \$5
--	---

6 OZ. ASST. FLAVORS GELATIN ON JELL-O PUDDING MIX 4 FOR \$5	24 PACK/5 LITER DEER PARK WATER 2 FOR \$7
--	--

20 OZ. DIXIE LILY YELLOW GRITS 5 FOR \$5	5 LB. BAG PLAIN OR ADLH SELF-RISING FLOUR \$1.99 EA.
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30 CT. VALUTIME FOAM PLATES 5 FOR \$5	25-48 CT. SIMPLY DONE PAPER PLATES 2 FOR \$5
--	---

24 CT. SIMPLY DONE FOAM CUPS 5 FOR \$5	25 FT. ROLL VALUTIME ALUMINUM FOIL 69¢ EA.
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30 OZ. (REG. ONLY)
**KRAFT
MIRACLE
WHIP**
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3 POPULAR EATING PLANS YOU'LL SEE IN THE NEW YEAR

(Family Features) If you're thinking about revamping how you eat in the new year, you might want to think twice about the trendy dairy-free plans that crop up on your social media feed - as they could leave you missing out on nutrients you need.

Three of the most popular and health-promoting eating plans of the moment - the Mediterranean Diet, Dietary Approaches to Stop Hypertension (DASH) Diet and Flexitarian Diet - all include dairy milk as an important component, and according to a study in the "Journal of the American Dietetic Association," it's hard to get nutrients you need without it.

New research also suggests adding an extra serving of dairy to the Mediterranean Diet makes it even more nutritious, boosting amounts of calcium, vitamin D and potassium without exceeding recommendations for nutrients to limit, like saturated fat and sodium, according to a study published in "The Journal of the American College of Nutrition." A second new study found not only does incorporating more dairy improve the quality of the diet, it benefits health, as well - specifically improving blood pressure and levels of good cholesterol (HDL) compared to a standard low-fat diet, according to research in "The American Journal of Clinical Nutrition." While the Mediterranean Diet typically includes around two servings of dairy a day, these studies built in 3-4.

The DASH Diet, long known for its positive effects on heart health, includes three servings of low-fat or fat-free dairy per day. Good news for fans of whole milk: it may be just as effective when it includes full-fat dairy, too, according to recent research in "The American Journal of Clinical Nutrition." Researchers found a DASH diet that included whole milk and other full-fat dairy products lowered blood pressure just as much as the traditional version.

As a high-quality, complete protein, dairy milk is also an important part of the Flexitarian Diet, which encourages more plants and less meat. Many plant-based proteins are incomplete, which means they don't provide some of the building blocks your body needs. Dairy milk is also an important source of calcium, as substituting milk with non-dairy calcium sources like fortified soy milk or leafy greens can lead to gaps in other key nutrients such as protein, vitamin D, phosphorus, riboflavin, potassium, magnesium, vitamin A and vitamin B12, according to a study in the journal "Nutrition Research."

Instead of eating in a way that could leave you at risk of nutrient deficiencies, opt for a more balanced approach to the new year and consider a plan that includes dairy milk. Visit MilkLife.com for more information and milk-inspired recipes.



5 TIPS FOR STAYING ON TRACK IN THE NEW YEAR



(Family Features) While many people often wish maintaining good health was as easy as following an equation, health doesn't have a start or end date. Once the allure of the new year wears off, it can be easy to let those resolutions go by the wayside.

When you focus on making small, positive changes, you can move your health goals forward throughout the year, no matter where you are on your health journey. To help stay on track, consider these easy-to-implement ideas from registered dietitian Annessa Chumbley:

Write it down. Using a nutrition journal and keeping a record of everything you eat and drink can help track progress and reveal small changes that need to be made. Alternatively, downloading a fitness tracking app can help keep you accountable digitally. With a variety of options available for most operating systems, there is almost certain to be one to meet your needs, whether you're looking for a companion app to track progress or something more in-depth to help guide you through workouts and meal planning.

Start your day with protein. A high-quality protein source can set the stage for sustained energy levels throughout the day. Having an on-the-go source of protein on-hand, such as Premier Protein's ready-to-drink chocolate and vanilla shakes featuring 30 grams of protein and 160 calories and 1 gram of sugar, can help ensure you're starting the day with a proper foundation for success.

Hydrate all day. Hydration is a foundation of good health. Before bed each night, put a 16-ounce bottle of water in the bathroom then drink it first thing in the morning for a daily energy boost. For an easy and healthy way to add flavor to your water during the day, consider putting an herbal tea bag of your choice in it. For example, Chumbley recommends ginger as a digestion-helper, mint as a caffeine-free way to awaken and chamomile to calm.

Make healthy swaps. Looking for alternatives is an easy way to eat healthy. Consider swapping out heavier carbs for vegetables such as grilled Portobello mushrooms as pizza crust or zucchini noodles instead of pasta. Swap mayo for avocado when eating egg, chicken or tuna salad. You can also use the sweetness of ripe bananas to decrease the need for added sugar in recipes like cookies, muffins and pancakes. For an additional nutrition boost, consider adding a scoop of gluten-free protein powder like Premier Protein's line of 100% Whey Powders, which are available in chocolate or vanilla milkshake flavors and feature 30 grams of protein and 3-4 grams of sugar per scoop, plus no artificial flavors, colors or sweeteners.

Get moving. Commit to stepping outside and taking a daily walk. Whether it's 1 mile or a walk around the block, you can burn calories and receive the added benefits of mental clarity, increased energy and improved digestion.

"Use these tips as one small thing that can make a powerful positive impact on your day," Chumbley said. "Choose one of these and do it every day. Keep the strategy simple so you'll be more likely to stick with it. When implementing these health tips, think 'progress' not 'perfection.' If you are progressing, you are successful."

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CHURCH

A Host's Guide to Holiday Gatherings

FAMILY FEATURES

Gearing up for a big crowd at your holiday festivities can provide moments of excitement, stress, fun and plenty of other emotions as the big dinner draws near. This year, avoid any nagging feelings of doubt with this step-by-step guide to prepare for large gatherings.

Plan in advance. Even if you're typically the last-minute type, the hectic holiday season is no time to wait until a few days ahead of the celebration to throw meals and more together. Instead, be sure to put together a guest list and send invites at least a few weeks out. Take inventory of supplies like silverware, plates, serving dishes and any accessories you'd like to feature at the table. Make an outline of the food each guest is bringing, or, if you'll supply all the food, ensure there will be plenty for everyone – don't forget to take into account special diets or allergies.

Make a list. Planning only takes you so far if you don't write everything down. Once the menu is determined, list out what you'll need to make the magic happen. Don't forget to jot down easily overlooked items that can be picked up the day of, such as ice.

Remember to thaw. One surefire way to make the big day a big disaster is to forget to thaw your main course. If you're planning to roast a turkey – perhaps the most common centerpiece – remember it takes around a day to thaw for every two pounds of meat. So, for example, it could take close to a week for a 14-pound turkey to fully thaw prior to cooking.

Prep the day before. There are many tasks (big and small) that can be taken care of the day before guests arrive, making the holiday less stressful for hosts. From whipping up simple appetizers like dips to giving the house a thorough cleaning, there's plenty of pressure that can be taken off your shoulders 24 hours in advance. If you really want to make the big day a breeze, consider cooking your main dish, slicing the meat and placing it in reheating pans one day prior.

Create a schedule. No matter how far in advance you plan or how much prep you complete prior to the festivities, there will always be day-of work to be done. With guests coming in and out, it can be helpful to lay out what's known as a "fire list," which details times chronologically for when things need done, such as starting the oven to warm the turkey or simply remembering to lay out dessert following the meal.

Find more holiday hosting tips and meal solutions at omahasteaks.com.



Butcher's Butter Filet Mignon Roast Garnish
 1/4 cup salted butter
 1/4 cup duck fat
 1/2 teaspoon fresh rosemary, minced
 1 teaspoon fresh thyme, minced
 1 clove garlic, minced
 1/2 anchovy filet, minced
 1/8 teaspoon black pepper
 1 prepared Omaha Steaks Filet Mignon Roast

In small saucepan, combine butter, duck fat, rosemary, thyme, garlic, anchovy filet and black pepper. Heat on low 3-5 minutes until fragrant. Remove from heat and serve over Filet Mignon Roast.



Roasted Grape Gastrique

Roasted Grapes:
 4 cups assorted grapes (picked, washed and dried)
 1 tablespoon olive oil
 3/4 teaspoon salt
 1/4 teaspoon pepper
 1 cinnamon stick
 nonstick cooking spray

Gastrique:
 2 tablespoons water
 1/2 cup sugar
 1/2 cup apple cider vinegar
 1 tablespoon cornstarch mixed with 4 tablespoons water

To make Roasted Grapes: Heat oven to 350 F.

In bowl, combine grapes, olive oil, salt, pepper and cinnamon stick.

Lightly spray baking sheet with nonstick cooking spray. Pour grape mixture onto baking sheet. Bake 15 minutes. Remove from oven and pour into bowl.

To make Gastrique: In small saucepan, combine water and sugar. Bring to boil over medium-high heat, 5-7 minutes, until sugar starts to brown.

Remove from heat and slowly add vinegar. Return to heat and stir until combined. Add cornstarch and water mixture; bring to boil. Remove from heat.

Pour Gastrique mixture over Roasted Grapes.



Whole Basted Turkey

1 Omaha Steaks Whole Basted Turkey (10 pounds)

Thaw turkey completely in refrigerator 3-4 days or, keeping turkey in vacuum-sealed packaging, place in sink full of cold water 5-7 hours, changing water approximately every 30 minutes.

Heat oven to 350 F. Remove turkey from vacuum-sealed bag.

Place turkey in bag provided; secure bag with twist tie. Place bag in deep roasting pan. Using fork, puncture 6-8 holes in top of bag. For extra browning or crispness, slit top of bag for final 20-30 minutes of roasting.

Roast turkey 2 hours, 45 minutes-3 hours. Turkey is done when internal temperature measured with kitchen thermometer reaches 165 F.

Quick Roast Method

Heat oven to 400 F. Lightly oil and season roast. Place on an elevated rack in a roasting pan. Roast uncovered, using times below. Allow 20-40 minutes resting time before slicing. Verify degrees of doneness by using a kitchen thermometer. Below times are approximate.

	Weight	Rare 120-130 F	Medium-Rare 130-140 F	Medium 140-150 F	Well 160-170 F
Chateaubriand Roast	10 ounces	22-24 minutes	28-30 minutes	32-35 minutes	45-50 minutes
Chateaubriand Roast	2 pounds	30-35 minutes	35-40 minutes	40-45 minutes	1 hour-1 hour, 15 minutes
Chateaubriand Roast	3 pounds	45-50 minutes	50-60 minutes	1 hour, 5 minutes-1 hour, 10 minutes	1 hour, 15 minutes-1 hour, 30 minutes
Chateaubriand Roast	4 pounds	50-55 minutes	1 hour-1 hour, 5 minutes	1 hour, 10 minutes-1 hour, 15 minutes	1 hour, 30 minutes-1 hour, 45 minutes
Rib Roast	4 pounds	1 hour, 20 minutes-1 hour, 30 minutes	2 hours, 30 minutes-2 hours, 40 minutes	1 hour, 45 minutes-2 hours	2 hours, 15 minutes-2 hours, 30 minutes
Rib Roast	6 pounds	2 hours-2 hours, 15 minutes	2 hours, 15 minutes-2 hours, 30 minutes	2 hours, 30 minutes-2 hours, 45 minutes	3 hours-3 hours, 15 minutes
Rib Roast	8 pounds	2 hours, 15 minutes-2 hours, 30 minutes	2 hours, 30 minutes-2 hours, 40 minutes	2 hours, 45 minutes-3 hours	3 hours, 30 minutes-3 hours, 45 minutes
Tri-Tip Sirloin Roast	1 1/2 pounds	30-35 minutes	35-40 minutes	45-50 minutes	1 hour-1 hour, 15 minutes