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DECEMBER 31, 2019

The **Rockin' Free Shopper**

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Stop in for our **\$45.00**

SAFETY & MAINTENANCE INSPECTION

tire King

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WALTERBORO • RUFFIN • SMOAKS • WILLIAMS • GREEN POND • JACKSONBORO • COTTAGEVILLE • ROUND O
ISLANDTON • LODGE • EDISTO • YEMASSEE • VARNVILLE • CROCKETVILLE • HAMPTON

GENESIS

OF COTTAGEVILLE . COM



2005 CHEVROLET SUBURBAN
\$6,995

Flex Fuel, 4d SUV RWD



2009 FORD EXPLORER
\$8,995

Eddie Bauer Edition, 4d SUV RWD



2012 MAZDA CX-9
\$8,995

Touring, 4d SUV FWD



2011 CHEVROLET TAHOE LT
\$16,800

Flex Fuel, 4d SUV 4wd



2013 JEEP GRAND CHEROKEE
\$16,800

Overland, 4d SUV 4wd, 95k Miles



2006 TOYOTA TUNDRA SR5
\$8,995

Double CAB 4x4 V8



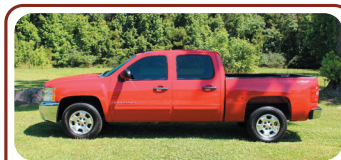
2008 NISSAN TITAN LE
\$8,995

Crew CAB 4wd



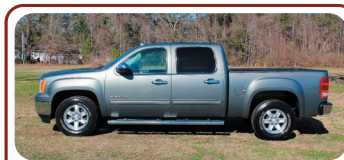
2008 TOYOTA TUNDRA
\$11,800

Double CAB 4wd



2012 CHEVROLET SILVERADO LT
\$13,995

Crew CAB



2011 GMC SIERRA SLE
\$16,995

Crew CAB, Flex Fuel



2012 CHEVROLET SILVERADO LT
\$16,995

1500, Flex Fuel, Crew CAB 4wd



2016 GMC CANYON SLE
\$17,995

36k miles, Ext Cab



2012 FORD F150 XLT
\$18,995

Supercrew 4wd, 76k Miles



2010 FORD F250SD
\$19,995

Harley Davidson, Crew CAB 4wd



2013 FORD F150 LARIAT
\$21,995

Supercrew

10577 Cottageville Hwy. | Cottageville, S.C. 29435 | 843-835-2777 | cottagevillefinance@gmail.com

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is not just a saying in business.

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The Press and Standard **Walterboro LIVE** .COM
KEEPING YOU PLUGGED IN TO COLLETON COUNTY

1025 BELLS HIGHWAY | WALTERBORO, SC 29488 | 843-549-2586

COME SEE BOBO OR LINDA TODAY!
WE CAN TAKE YOU OFF YOUR HEELS... AND PUT YOU ON WHEELS!

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\$6,500

2015 CHEVROLET CRUZE LTZ
Loaded **\$10,900**

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WE WILL NOT BE UNDERSOLD!
BETWEEN ENTERPRISE CAR RENTAL & DIMITRIOS!



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DO YOU NEED A NEW VEHICLE?

15 Credit Institutions To Finance Your Vehicle!

628 BELLS HIGHWAY | WALTERBORO, SC 29488
843-782-3006 | HUDSONAUTOBROKERS.COM

2014 KIA OPTIMA LX
Loaded **\$8,900**

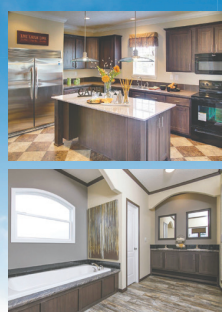
2015 FORD FUSION
Sunroof Loaded **\$11,900**

2013 CHEVROLET CAPTIVA LTZ
Sunroof Leather Loaded **\$8,900**

2013 NISSAN ROGUE SL
Loaded **\$9,500**

WE CAN CUSTOM BUILD YOU A HOUSE ON YOUR LAND OR OURS!

ARCHDALE



311 WINTERGREEN

COMING SOON! - 1,700 SQ. FT. - SILVERHILLS SUBDIVISION - WALTERBORO, SC
The home will have 9 foot ceilings and very large master bath, the home features lots of storage and a very spacious kitchen. We have other floor plans and lots that are available in this sub-division.



FOR MORE INFORMATION CONTACT
BOBO HUDSON
843-908-4975

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Silver Hills,
Forest Hills,
Round O

www.southeasternclassic.com

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OUT OF MIND...**

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in business.

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THE ROCKIN' SHOPPER AND
THE PRESS AND STANDARD FOR ONLY \$10!**

CONTACT AMANDA MOSLEY FOR DETAILS
843-549-2586 OR
PRESSCLASS@LOWCOUNTRY.COM

COLDWELL BANKER
TODD LAND AGENCY

3980 WALTERBORO HWY - VARNVILLE
Brick home on highway! Located between Varnville & Islandton. Nice 3 bedrooms, 1 bath home on large lot. New central H&A is only 2 years old. Needs some TLC to make it yours. Great home for 1st time home buyers! Call today! **\$88,000**

221 LAFAYETTE LANE
A beautiful, well maintained, two bedroom, two bath, mobile home with 0.7 lot located in Lafayette Mobile Home Park. All appliances in kitchen and the two work sheds and two car carports convey. **\$70,000**

102 PANSY STREET
Investor! First time home buyer! - A 2 bedroom, 2 bath home with room for 3rd bedroom. Family room with fireplace. Wood floors. Attic storage. Outside workshop. Close to town & schools. Call today! **\$85,000**

5360 JEFFERIES HIGHWAY
LOOK AT THIS NEW HOME!!! This 3 bedroom, 2 bathroom, and mudroom. House is 1,500 sq ft, with granite counter tops in the kitchen and bathrooms. Double vanity in master bath, vaulted ceiling in master bedroom, huge master closet, very nice open floor plan. A must see! **\$215,000**

61 GOODING LANE - LODGE
How would you like to be in the middle of town, but still in the country? Lodge, SC, a 2 bedroom cottage, no HOA's! This little cottage is just off Hwy 64, by the Lodge Post Office. The home has Stainless Steel Appliances, Hardwood floors, Carpet in the bedrooms, Vinyl flooring in the kitchen. The kitchen has lots of cabinets. An inviting wooden deck with a Gazebo is out front for greeting your guests and out back is a wooden deck overlooking the backyard. **\$59,500**

130 CALLOW DRIVE
Very well maintained mobile home located just outside of town in Lafayette Park subdivision. New metal roof, All new doors & windows throughout. Renovated with a cozy, cabin feel. Custom cabinets in kitchen. Open floor plan with 3 bedrooms & 2 baths. Master bedroom has new carpet. Master bath has large garden tub, stand up shower and a double vanity. Sheds & carport will convey. *Very motivated seller. **\$135,500**

Lots And Land Available For Sale!
*Not responsible for typographical errors
342 S. Jefferies Blvd • Walterboro • 843-549-7100
www.coldwellbankerrealestate.com | www.tlandagency.com

Has
Christmas
Left You
Short On
Cash This
Year?

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

Eastern Financial Services, Inc.
The Hometown Advantage
843-549-6353
217 Robertson Blvd. • Walterboro, SC

BIG Sale
Serving the Lowcountry for 35 Years!

**HUGE NEW 2019 DOUBLEWIDE
Best Price Guarantee**
4BR, 2BA, finished sheetrock, glamour bath, vinyl skirting, heat pump, steps, set up, delivery & more!

WHY BUY USED?
Rental-Lake House
New 2019, 2 bath, steps skirting & more **Best Price Guarantee**

New 2019, 28x48
3 BR, 2 BA **Best Price Guarantee**
LOADED UNBEATABLE!

New 2019, 28x72
4 BR, 2 BA **Best Price Guarantee**
LOADED UNBEATABLE!

WE BUY LAND!
Call 843-875-5050
2 Beautiful NEW
4 BR Homes in Stock Now!

A must see
these won't last

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FINANCING!**
Come See Us!

SANGAREE HOMES
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piggly wiggly

TRUCKLOAD SALE

WALTERBORO
299 Bells Hwy.
(Next to Tractor Supply)
843-782-7444

OFFERS AVAILABLE Wednesday, January 1 through Wednesday, January 8

Bone-In Chuck Roast \$2.99 lb.	Medium Slab Pork Spare Ribs \$1.79 lb.	Cowboy Ribeye Steaks \$4.99 lb.
30 lb. 2 Joint Turkey Wings \$22.99 ea.	5 lb. Fresh Chicken Leg Quarters \$3.59 ea.	Fresh Chicken Wings \$1.99 lb.
Sweet Cantaloupe \$1.88 ea.	5 lbs. Country Style Pork Ribs \$8.99 ea.	2 Pack Boston Butts 99¢ lb.
5 lb. Hen Wings \$5.49 ea.	Whole Cowboy Ribeye \$3.99 lb.	3 lb. Bag Yellow Onions \$1.25 ea.
5 lb. Bacon Ends and Pieces \$6.95 ea.	Fresh Rutabagas 80¢ lb.	Crisp Green Cabbage 40¢ lb.
5 lb. Pig Tails \$5.95 ea.	5 lb. Pork Neckbones \$4.95 ea.	

10 % DISCOUNT EVERY WEDNESDAY!
Now at your local PIGGLY WIGGLY!
If you are 60 years old or Better,
you earn 10 % off every Wednesday!
(excluding alcohol and tobacco products)

CLASSES

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

General Laborer with a valid drivers license and must be able to read a tape measure, starting pay \$10.00. For more information call (843)538-1400. (1/7)

SERVING AMERICA'S VETERANS



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:

- **Nurse Aide Trainee**
- **CNA's**
- **Nurses: LPN/RN**
- **RN Supervisor**
- **Occupational Therapist**
- **Director of Social Services**

Apply online at: www.hmrveteranservices.com

PT Night Cleaners \$9.00 hr. M-F 5:30pm-8:30pm Must pass bckgrd check. Must have reliable transportation Fill out app @ Quality Touch Janitorial Service, 7252 Investment Dr., N. Charleston, 843-552-7303 or on-line @ www.qtservice.com (1/2)

Automotive Salesperson
Walterboro Ford
Sales of new and pre-owned cars, trucks & suvs. Requires three years experience in sales and willingness to contact prospective customers by phone and by direct visitation outside of the dealership. Significant number of acquaintances of residents and business managers in Colleton and/or Hampton Counties essential to success. Benefits after minimum employment period include 100% medical insurance, paid time off up to 15 days annually & retirement match. Contact Vince or Keith at Walterboro Ford, 902 Bells Hwy. Call 843-549-5581 or email resume to krizer@lowcountry.com. (1/2)

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is **HIRING** honest, compassionate caregivers to help seniors remain independent in their own homes. Please call 843-832-3222 immediately to join our team where we pay competitively and have been serving South Carolinians since 2002.


SERVICES

MISCELLANEOUS

Best Maintenance Man, LLC
Announcing New Service for Walterboro Tombstone Cleaning!!
Restore the Look of your Family's Tombstone. Call **Tony Hamilton @ 803-960-0104**. (12/26)

We Will Do All Honey-Do Lists & More

- * All Wood Replacement
- * Remodeling
- * Roofing
- * Painting
- * Yard Work
- * Just About Anything

For Free Estimates, Call David at 843-584-1266

REPAIR/MAINTENANCE

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

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

Splinter Wood Works
Refinishing, minor repairs & caneing. Tom Whitacre - Operator
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REAL ESTATE FOR SALE

HOMES

HOME FOR SALE
2,200 sf, LR, DR, Den, eat in Kitchen, 4 BR, 2 BA, 2 out Buildings, 2 Lots on Corner, Forest Hills Neighborhood, \$249,000. Call 843-893-6825 (1/9)

2 HOMES FOR SALE ON SAME PROPERTY. One is 3 BR, 2BA, other is 1 BA, 1 BA. List price \$80,000. In Town. 843-538-7887. (1/9)

HOME FOR SALE
1500 sq ft. Living room, dining room, kitchen, 4 bedroom 2 bath, 2 out buildings. Quiet neighborhood. \$169,000. Call 843-909-3937 (1/23)

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Nobody Cares More

Come See Why Our Highest Quality-Build Wind Zone 3 Homes Protects Your Family Better & Saves You Money!

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NANDMMOBILEHOMES.COM
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REAL ESTATE FOR RENT

APARTMENT

STUDIO APARTMENT W/ GARAGE FOR RENT. Cottageville, SC in a peaceful, safe secure neighborhood. \$500 per month with \$500 deposit. Call 202-607-9126. (1/7)

EDISTO TERRACE APTS: 2 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 located at 180 Mabel T. Willis Blvd. Mon. - Thurs., between the hours of 9am-2pm., 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! (1/9)

HOUSE

For Rent
2 BR 1 BA. 1st month's rent + deposit required. No pets. Call 843-835-5734 or 843-835-8561. (2/20)

MOBILE HOMES FOR RENT

MOBILE HOME FOR RENT. Small doublewide, 1,050 sq ft. 5 Miles from exit 53. Quiet country spot. 3 bd, 2 ba. \$750 per month plus \$750 deposit. Call 843-343-8769. (12/24)

FOR RENT:
NICE 2BR MH.
Call: 843-538-5112 or 843-898-9080. (9/19)

MOBILE HOME 2BR, 2BA SINGLE WIDE FOR RENT. \$700 per month with \$700 deposit. Fireplace, clean. Call 202-607-9126. (1/7)

3BR, 2BA asking \$750. Contact Ted Remley at 843-908-9926. (1/7)


MERCHANDISE

MISCELLANEOUS

COKE COOLER 2 door, glass front. Needs compressor? \$490. 843-898-4118. (12/26)

WALK BOARD/ WALK WAY ALL aluminum. \$490. 843-898-4118. (12/26)

BICYCLE
Kent-700 Roadtech 26" mens. New. Asking \$85.00
Call 843-384-5122.

SLEEPER SOFA
great shape \$50.
Call 843-384-5122.

NONO FACIAL AND HAIR REMOVER KIT. Brand New Still in box, never used. Asking \$100. Call 843-384-5122. (12/5)



LIFE TIME KAYAK FOR SALE
Seat backs for 3 people, paddles, two life jackets (adult) included Asking \$400. Call 843-539-6283


AUTOMOTIVE

BOATS

FREE FIBERGLASS BOAT 15 foot long 4 foot wide. Center console, no trailer and no motor. 843-898-4118. (12/26)

MISCELLANEOUS

15,000/22,500 Generac Generator. 60 hours run time \$2,000.00 call 843-844-2201 (1/14)

CARS/ TRUCKS/ SUV'S

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!

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WE BUY USED CARS AND TRUCKS



2014 CHEVROLET SILVERADO CREWCAB
4wd, LT Trim, Local Trade, Excellent Condition
\$22,990

FAMILY
CHEVROLET Ford GMC

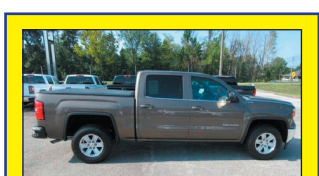
We Buy used cars and trucks
Call Dane @ 843-729-6982



2014 DODGE RAM 1500 CREWCAB BIG HORN
Local Trade, 5.7 Hemi, New Tires
\$14,990

FAMILY
CHEVROLET Ford GMC

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



2014 GMC SIERRA 1500 CREW CAB SLE
Excellent Shape, One Owner, Must See!
\$24,990

FAMILY
CHEVROLET Ford GMC

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



2014 GMC SIERRA CREWCAB 2WD
SLT Trim, Leather Seats, One Owner
\$27,490

FAMILY
CHEVROLET Ford GMC

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

NO CARD REQUIRED...SAVE EVERYDAY AT GENERAL IGA...NO CARD REQUIRED...SAVE EVERYDAY AT GENERAL IGA



Truckload Sale
January 2nd, 3rd & 4th

GENERAL IGA



"Where Saving You Money Is The General Idea"

601 WICHMAN STREET
WALTERBORO, SC

Celebrate the New Year
with these great specials!

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JANUARY 2 - JANUARY 7, 2020

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FRESH LEAN
GROUND BEEF
\$1.99 LB.

FAMILY PACK USDA SELECT BONE-IN
CHUCK STEAKS.....LB. \$3.49
FAMILY PACK USDA SELECT EXTRA LEAN
BONELESS BEEF STEW ..LB. \$3.99
BONELESS
SHOULDER ROASTLB. \$3.29
FAMILY PACK BONELESS
SHOULDER STEAKS.....LB. \$3.99
FAMILY PACK
CENTER CUT LOIN CHOPS ..LB. \$1.99
FAMILY PACK WAFER THIN
CENTER CUT PORK CHOPS ..LB. \$2.49

(8-12 CHOPS)
RIB HALF
PORK LOINS
\$1.19 LB. WOW!

BONE-IN
CHUCK ROAST
\$2.99 LB.

FAMILY PACK
FRESH
FRYER
WINGS
\$1.99 LB.

3 LB. BAG (51-60 CT.)
SEABEST COOKED SHRIMP ..EA. \$1.99
FAMILY PACK FRESH FRYER
BREAST TENDERLOINSLB. \$1.99

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

FAMILY PACK USDA SELECT
BONELESS
RIBEYE
STEAKS
\$7.99 LB.

DELI SPECIALS

24 OZ. ASSORTED PUDDING OR
POUND CAKESEA. \$5.99
4 PACK
ASSORTED MUFFINSEA. \$3.99
23-25 OZ. PECAN RAISIN, CHEESE, FRUIT ROLL OR
ORIGINAL CINNAMON ROLLSEA. \$4.99
(SLICED IN DELI) ORIGINAL OR HONEY
KRETSCHMAR HAMLB. \$4.99

4 LB. BAG
ARMOUR MEATBALLSEA. \$8.99
1 LB. ROLL (REG. OR HOT)
JAMESTOWN ROLL SAUSAGE 2 FOR \$3.50

(VACUUM PACK)
BABY BACK PORK RIBS ..LB. \$3.49
12 OZ. PACK (REG., THICK OR LIGHT)
CAROLINA PRIDE SLICED BACON ..2 FOR \$7

4 LB. BAG
OUR FAMILY
SUGAR
WOW!
\$1.75 EA.

5 LB. BAG ALL PURPOSE OR
IGA
SELF-RISING
FLOUR
\$1.75 EA.

(GALLON) CANOLA OIL OR
IGA
VEGETABLE
OIL
\$4.95 EA.

5 LB. BAG
IGA
QUICK
GRITS
3 FOR \$6

14.5-15 OZ. ASST. VARIETIES
GLORY, ALLEN OR
MARGARET
HOLMES
VEGETABLES
5 FOR \$5

12 PACK/12 OZ.
OUR FAMILY OR
FOOD CLUB
SOFT
DRINKS
4 FOR \$10

6 PACK 5 LITER
ASST. FLAVORS COKE &
COKE
PRODUCTS
5 FOR \$10
Limit 5, please.

18 OZ. ASST. FLAVORS
KRAFT BBQ SAUCE..... 5 FOR \$5
64 OZ.
FOOD CLUB WHITE VINEGAREA. \$1.49
24 OZ. BREAD & BUTTER CHIPS OR
FOOD CLUB DILL SANDWICH SLICES ..EA. \$1.49
16 OZ. CRUNCHY OR
IGA CREAMY PEANUT BUTTER.....EA. \$1.79
24 OZ. ASST. FLAVORS
FOOD CLUB SYRUP 2 FOR \$4
32 OZ. ASST. VARIETIES
FOOD CLUB PANCAKE MIX.....EA. \$1.79
128 OZ.
FOOD CLUB 100% APPLE JUICEEA. \$2.99
30 OZ.
BAMA GRAPE JELLY 3 FOR \$5
36 CT. COLOMBIAN OR
FOOD CLUB BREAKFAST BLEND K-CUPS ..EA. \$9.99
100 CT.
IGA TEA BAGS 2 FOR \$3
4 PACK ASST. VARIETIES GELS OR
DOLE FRUIT BOWLS 2 FOR \$5
10 OZ.
IGA CANNED CHICKEN BREASTEA. \$1.79

14 OZ. DINTY MOORE BEEF STEW OR
HORMEL ROAST BEEF OR CORNED BEEF HASH 2 FOR \$5
12 OZ. ASST. VARIETIES
SPAM 2 FOR \$5
7-10 OZ. ASST. VARIETIES DINTY MOORE, COMPLEATS OR
HORMEL DINNERS 2 FOR \$4
23.5-45 OZ. ASST. VARIETIES
PREGO SPAGHETTI SAUCE 2 FOR \$5
32 OZ. REG. OR THIN SPAGHETTI OR
MUELLERS ELBOW MACARONIEA. \$2.99
12-14 OZ. SHELLS & CHEDDAR, 4-CHEESE OR
IGA DELUXE MAC & CHEESE 3 FOR \$4
7.25 OZ.
KRAFT MAC & CHEESE 5 FOR \$5
24 OZ. (MILD OR MEDIUM)
FOOD CLUB CHUNKY SALSAEA. \$1.99
32 OZ. VEGETABLE, BEEF OR
FOOD CLUB CHICKEN STOCKEA. \$1.79
12 OZ.
IGA EVAPORATED MILK 5 FOR \$5
16 OZ.
IGA COFFEE CREAMEREA. \$1.99
22-30 OZ. ASST. FLAVORS
MALT O MEAL CEREALS 2 FOR \$5

5 LB. BAG
GULF PACIFIC PAR BOILED RICE..... 2 FOR \$5
24 PACK/5 LITER
NIAGARA WATER..... 2 FOR \$5
11-16 OZ. ASST. VARIETIES
NABISCO PREMIUM SALTINES 2 FOR \$4
15 PACK/12 OZ.
NATURAL LIGHT BEEREA. \$9.49
16 LB. BAG COMPLETE OR
PAWS MIXED FORMULA CAT FOOD ..EA. \$7.95 WOW!
12 ROLL BATH TISSUE OR 6 ROLL
FIORA PAPER TOWELSEA. \$3.99
100 CT.
THAT'S SMART FOAM PLATES 2 FOR \$5
25 CT.
SIMPLY DONE FOAM TRAY W/ LID 2 FOR \$6
28-45 CT. TRASH BAGS OR
SIMPLY DONE TALL KITCHEN BAGS ..EA. \$4.49
116-121 OZ. ASST. SCENTS
SIMPLY DONE BLEACH 2 FOR \$5
64 OZ.
DOWNY FABRIC SOFTENEREA. \$2.99
43-60 OZ. ASST. SCENTS
PUREX LIQUID LAUNDRY DETERGENT .. 2 FOR \$5

Frozen Food & Dairy

48 OZ. ASST. FLAVORS
IGA ICE CREAM 2 FOR \$5
10-12 CT. FUDGE BARS, ICE CREAM SANDWICHES OR
COUNTRY FRESH SUNDAE CONES .. 2 FOR \$5
12-16 OZ. SELECT VARIETIES
FOOD CLUB VEGETABLES 2 FOR \$3
48 OZ. BREADED OKRA OR
PICTSWEET BABY LIMAS.....EA. \$3.99
80 OZ.
IGA CRINKLE CUT POTATOES ..EA. \$4.99
15 OZ.
IGA DINNER ROLLS 2 FOR \$5
4-6 PACK SAUSAGE/EGG/CHEESE SLIDERS OR
WHITE CASTLE CHEESEBURGERS ..EA. \$3.99
21 CT. FISH STICKS OR 6 CT.
FOOD CLUB BREADED FISH FILLETS.. 2 FOR \$5

14-21 OZ. ASST. VARIETIES
RED BARON PIZZAS 2 FOR \$7
6-12 OZ. ASST. VARIETIES STOUFFERS OR
LEAN CUISINE ENTREES 2 FOR \$5
80 OZ.
@EASE MEAT LASAGNAEA. \$9.99
20-32 OZ. COUNTRY FRIED STEAK, STEAK FINGERS, CHICKEN NUGGETS OR
TYSON BREAST PATTIESEA. \$4.99
8 OZ. ASST. VARIETIES SINGLES, SHREDS OR
FOOD CLUB CHUNK CHEESE 2 FOR \$4
8 OZ.
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Better Balance for Every Day Resolve to make nutritious eating a priority

(Family Features) Discovering a better version of yourself is all about striking balance. That's especially true when it comes to making smarter food choices that you can maintain over time.

A sustainable, long-term healthy eating approach, such as the Atkins low-carb lifestyle, emphasizes variety and balance. Start planning a low-carb menu filled with high-fiber carbohydrates, optimal protein and healthy fats with these tips from Colette Heimowitz, vice president of nutrition and education for Atkins.

Fill up with fiber-rich foods. Foods like vegetables, nuts, seeds, low-glycemic fruit (like berries) and whole unrefined grains are considered carbohydrates,

but they don't raise your blood sugar the way processed carbs do. Fiber slows the entry of glucose into your bloodstream so you don't experience insulin spikes that encourage your body to produce and store body fat. Try to eat between 25-35 grams of fiber a day.

Reduce inflammation. A low-carb approach eliminates refined and processed foods and sugars that can cause inflammation. Focus on foods that decrease inflammation, such as colorful low-glycemic vegetables, low-sugar fruits, protein and healthy fats such as olive oil. The ground turmeric in this Golden Milk recipe offers an easy way to fight inflammation without sacrificing flavor.

Kickstart your morning. Start your day with a protein-packed choice such as these Chocolate Banana Protein Overnight Oats. You'll get the omega-3 fatty acids and antioxidants from the chia seeds along with protein and healthy fats to keep you energized while avoiding high-sugar breakfast alternatives.

Find more recipes like these for Salmon and Asparagus Sheet Pan or Spicy Crispy Chickpeas and ideas for a balanced, low-carb approach to eating well at Atkins.com.

Salmon and Asparagus Sheet Pan

Prep time: 5 minutes
Cook time: 15 minutes
Servings: 2
Net carbs: 4.41

- 1 bunch thin spear asparagus
- 1 tablespoon, plus 1/4 teaspoon, extra-virgin olive oil
- 1/8 teaspoon salt, divided
- 2 salmon fillets (4 ounces each), no more than 3/4-inch thick
- 1 pinch black pepper
- 3 tablespoons olive oil-based mayonnaise
- 1 tablespoon lemon juice
- 1 teaspoon Dijon mustard
- 1/4 teaspoon minced or pressed garlic

1 tablespoon grated Parmesan cheese

Heat oven to 425 F.

Wash asparagus and remove woody ends. Place on rimmed baking sheet and toss with 1 tablespoon olive oil and pinch of salt. Arrange in single layer, leaving space

for salmon. Place salmon skin-side down on sheet. Brush with remaining olive oil and season with remaining salt and pepper. Place in oven and bake 12 minutes.

In small bowl, combine mayonnaise, lemon juice, mustard and garlic.

Remove sheet pan from oven, sprinkle asparagus spears with cheese and cook 3 minutes, or until fish reaches 145 F and asparagus spears are tender and beginning to brown on tips.

Plate one fillet and half the asparagus, drizzle each plate with about 2 tablespoons mayonnaise sauce and serve.

Spicy Crispy Chickpeas
Prep time: 5 minutes
Cook time: 15 minutes
Servings: 8
Net carbs: 8.3

- 1 can (15 1/2 ounces) chickpeas
- 1 tablespoon ghee (or clarified butter), melted
- 3/4 teaspoon salt
- 1/2 teaspoon garlic powder
- 1/4 teaspoon chili powder
- 1/4 teaspoon chipotle chili powder

Heat air fryer to 390 F 3 minutes.

Using fine mesh sieve, drain and rinse chickpeas. Use towel to gently pat chickpeas dry, removing skins. In small bowl, toss chickpeas with ghee and salt.

Cook in single layer in air fryer 6 minutes. Pause and shake bowl; cook 6 minutes. Pause and shake bowl; cook 3 minutes.

In separate small bowl, sprinkle chickpeas with spices and toss to evenly coat. Chickpeas can be stored in open container at room temperature up to 3 days.

Golden Milk
Prep time: 8 minutes
Cook time: 7 minutes
Servings: 3
Net carbs: 3

- 1 cup canned unsweetened coconut milk
- 1 cup plain unsweetened almond milk
- 1 cup water
- 1 tablespoon coconut oil
- 1 1/2 teaspoons ground turmeric
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground ginger
- 1/8 teaspoon ground black pepper
- 10 drops liquid stevia extract

In small pan, whisk coconut milk, almond milk, water, coconut oil, turmeric, cinnamon, ginger and pepper. Warm over medium heat until hot but not simmering, about 7 minutes. Remove from heat, whisk in sweetener and serve.

Chocolate Banana Protein Overnight Oats

Prep time: 5 minutes
Chill time: 3 hours
Servings: 2
Net carbs: 6.84

- 1 Atkins Chocolate Banana Shake
- 2 tablespoons rolled oats

- 2 tablespoons chia seeds
- 2 tablespoons hemp hearts
- 2 tablespoons unsweetened coconut shreds
- 2 tablespoons sliced almonds
- fruit, such as sliced bananas or berries (optional)

In jar with tight-fitting lid, combine shake, rolled oats, chia seeds, hemp hearts, coconut and almonds. Cover and refrigerate at least 3 hours or overnight.

Top with fruit, if desired.

Satisfying, Low-Sugar Swaps

Eating on the go can easily cause you to grab a high-sugar option, but there are simple swaps to keep your blood sugar levels steady throughout the day. Satisfy your hunger with an option like the Atkins Chocolate Peanut Butter Bar. Made with sweet chocolate and rich, creamy peanut butter, this bar offers 16 grams of protein, 12 grams of fiber and only 2 grams of sugar to satisfy your hunger without the guilt.

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A Chef's Advice for Stress-Free Holiday Cooking

(Family Features) How many times have you heard someone say they've slaved away in the kitchen all day? Stress in the kitchen can easily arise for a variety of reasons, especially when you're strapped for time and have a never-ending to-do list.

As a survivor of Gordon Ramsay's MasterChef competition, Caitlin Meade - a top 4 finalist on season 8 - understands the pressure all too well. To decrease the stress and make your hosting experience more enjoyable, consider putting these tips from Chef Meade into practice.

Prep Before You Begin

Practice the "mise en place" method - a French term alluding to having everything in place before cooking. Measure ingredients, chop vegetables and prepare utensils to create a steady workflow.

Plan in Advance - Like a Chef

Prep the main dish the night before, have easy appetizers assembled ahead of guests' arrival and outsource sides to family and friends.

Save Money by Getting Spicy

Before it's time to cook, pre-make spices. Since many store-bought blends can be overpriced, this is a way to save both time and money while personalizing your own flavors.

Save Table Wine for Drinking & Use Cooking Wine

A secret ingredient and important pantry staple for Chef Meade, cooking wine is perfect for when she needs to make a pan sauce or add flavor. It's even saved her from having to open a nice bottle of table wine, as most recipes call for less than a cup. An option like Holland House Cooking Wines delivers consistent, bold flavor while standing up to high temperatures. Available in Sherry, Marsala, Red and White, there are plenty of flavor-boosting options that will have your friends and family wondering what your secret ingredient is.

Create Your Own Stock

Many recipes call for chicken stock. One way to save money and time at the store is to create your own. Save any leftover poultry carcasses, wing tips, neck and bones. Add onion peels, celery tips, carrot tops and other vegetable scraps in the freezer. When you're ready to make a batch, fill a large pot with the leftovers, cover with water, bring to a boil and simmer 1-2 hours for stock that can last up to one year.

For more stress-free holiday recipes, visit holland-houseflavors.com.

Spinach Feta and Artichoke Dip

Recipe courtesy of Cate Meade

Prep time: 10 minutes

Cook time: 2 hours

Servings: 10-12

- Nonstick cooking spray
- 3 cloves garlic, minced
- 1 package (12 ounces) frozen spinach, thawed and excess liquid drained
- 2 cans (14 ounces each) whole artichokes, drained and chopped
- 1 can (8 ounces) sliced water chestnuts, drained and chopped
- 1 1/4 cups low-fat mozzarella cheese
- 3/4 cup feta cheese, crumbled, plus additional for garnish

- 1 1/4 cups low-fat Greek yogurt
- 1/4 teaspoon red pepper flakes (optional)
- 1/2 cup Holland House White Cooking Wine
- 1 package (8 ounces) reduced-fat cream cheese
- Salt and pepper, to taste

Garnishes (optional): feta cheese, roasted red peppers

Instructions:

1. Grease 6-8-quart slow cooker with nonstick cooking spray.
2. In slow cooker, mix garlic, spinach, artichokes, water chestnuts, mozzarella, feta, yogurt and red pepper flakes.
3. In a small saucepan over medium heat, simmer cooking wine 3 minutes. Stir in cream cheese and turn off heat.
4. Transfer cream cheese and wine mixture to slow cooker; add salt and pepper, to taste, and stir to combine ingredients.
5. Cook on low for two hours.
6. Transfer to a serving bowl and garnish with feta and roasted red peppers, if desired.

White Hominy Chicken Chili

Recipe courtesy of Cate Meade

Prep time: 15 minutes

Cook time: 4 hours

Servings: 8

- 2 tablespoons olive or avocado oil
- 2 medium yellow onions, diced
- 1 1/4 pounds boneless, skinless chicken breast
- 1 packet of white chili seasoning
- 1 cup Holland House White Cooking Wine
- 1 jar (16 ounces) chunky salsa verde
- 1 cups unsalted vegetable stock
- 1 can (16 ounces) cannellini beans, drained and rinsed
- 1 large poblano or green pepper, diced
- 1 bag (10 ounces) frozen fire-roasted corn
- 1 can (29 ounces) white hominy, drained and rinsed
- 3 tablespoons cornmeal (optional)

Toppings recommendations: Lime wedges, avocado, cilantro, sour cream, cheese, tortilla chips, jalapenos

Instructions:

1. Turn slow cooker on low; add oil, onions and chicken. Distribute chili seasoning evenly over chicken and onions.
2. Add cooking wine, salsa verde and chicken stock.
3. Cover and cook 3 hours.
4. Remove chicken and allow to rest, covered, for 15 minutes before shredding.
5. Add beans, peppers, corn and hominy to slow cooker. For thicker consistency, add cornmeal, if desired. Cook on high 1 hour, stirring occasionally.
6. Add shredded chicken back to slow cooker and serve with lime wedges, avocado, cilantro, sour cream, cheese, tortilla chips and jalapenos, if desired.



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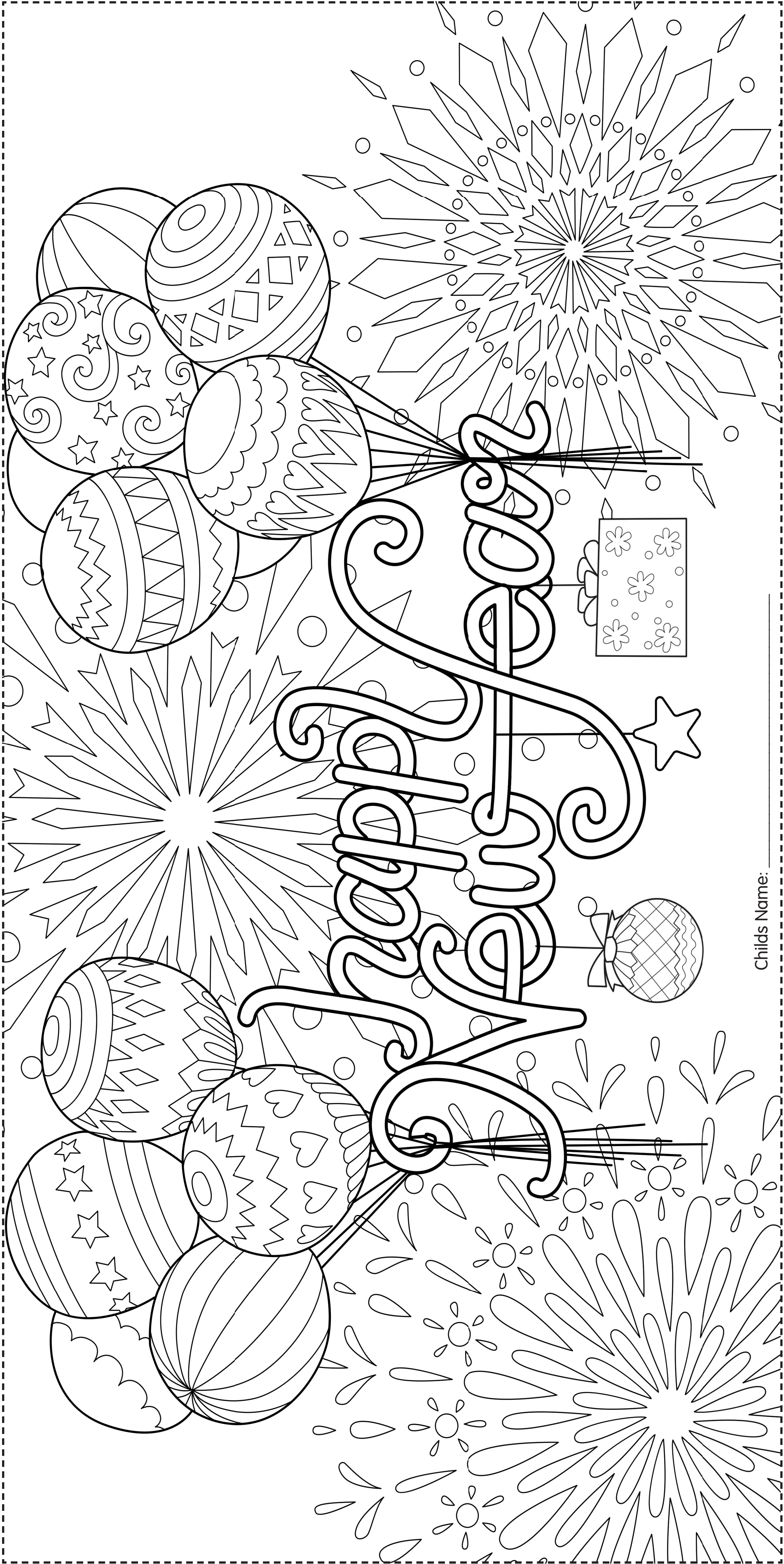
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