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**305 MOORE STREET**

This property is located near the old Railway line running through Walterboro. This is the old Rhodes Oil and SCV Oil facility. Office space, storage closet, bulk plant, storage tanks and loading dock. Conveniently located off of Jefferies Boulevard on Moore Street. The office has 2,407 square feet of usable office space with counters, desks and office equipment and petroleum tanks. The bulk plant is just down the street. Seller is motivated **\$199,000**



**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! here is a 2 bedroom, 2 bath home with room there for 3rd bedroom. Family room with fireplace. Wood floors. Attic storage. Outside workshop. Close to town & schools. Call today **\$85,000**



**130 CALLOH 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. two full baths, dining room with a fireplace, two Custom cabinets in kitchen. Open floor plan family rooms and much more! A motivated seller. 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**



**148 WINTERGREEN ROAD**

This well maintained two story ranch home in Silver Hill subdivision one of the most prestigious neighborhoods. The home features 4 bedrooms, two full baths, dining room with a fireplace, two family rooms and much more! A motivated seller. **\$229,950**

**Lots And Land Available For Sale!**

\*Not responsible for typographical errors

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**\$1.99** LB.

- USDA SELECT BONELESS SIRLOIN TIP ROAST .....LB. **\$3.49**
- FAMILY PACK USDA SELECT BONELESS SIRLOIN TIP STEAKS .....LB. **\$3.69**
- FAMILY PACK USDA SELECT EXTRA LEAN BONELESS BEEF STEW .....LB. **\$3.49**
- FAMILY PACK CENTER CUT LOIN CHOPS .....LB. **\$1.99**
- FAMILY PACK WAFER THIN CENTER CUT PORK CHOPS ..LB. **\$2.49**
- 3 LB. BAG (51-60 CT.) SEA BEST COOKED SHRIMP..EA. **\$1.99**
- FAMILY PACK FRESH SPLIT PIG FEET .....LB. **99¢**
- FAMILY PACK PORTERHOUSE STEAKS .....LB. **\$4.29**

(6-8 CHOPS)  
**QUARTER SLICED PORK LOIN**  
**\$1.19** LB.

(SLICED FREE) BONELESS WHOLE SIRLOIN TIP  
**\$2.99** WOW! LB.

FAMILY PACK FRESH FRYER BREAST TENDERS  
**\$1.99** LB.

**5 Lb. Meat Sale!**

- 5 LB. PACK FRESH PORK NECKBONES .....EA. **\$4.99**
- 5 LB. PACK FRESH SMOKED NECKBONES ....EA. **\$7.99**
- 5 LB. PACK FRESH FRYER BACKS.....EA. **\$2.99**
- 5 LB. BAG AGROSUPER WING DRUMMETTES..EA. **\$9.99**
- 5 LB. PACK FRESH PIG TAILS .....EA. **\$6.99**
- 5 LB. PACK FRESH TURKEY NECKS..EA. **\$4.99**

FAMILY PACK T-BONE STEAKS  
**\$3.99** LB.

FAMILY PACK FRESH PORK SPARE RIBS  
**\$1.99** LB.

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- 16 OZ. ASST. VARIETIES SWEET P'S DANISHES .....EA. **\$4.49**
- 12 PACK GLAZED DOUGHNUTS ..... **2 FOR \$5**
- 18 OZ. EURO BAKERS WHITE SUB ROLLS ..EA. **\$2.99**
- (SLICED IN DELI) FRESH ROAST BEEF .....LB. **\$8.99**

12 OZ. PACK GWALTNEY HOT DOGS..... **5 FOR \$5**

1 LB. ROLL (REG. OR HOT) CAROLINA PRIDE ROLL SAUSAGE..... **2 FOR \$4**

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

14.5-15 OZ. GREEN BEANS OR OUR FAMILY WHOLE KERNEL CORN  
**10 FOR \$5**

45 OZ. CANOLA/VEG, CANOLA OR IGA VEGETABLE OIL  
**2 FOR \$4**

30 OZ. FOOD CLUB MAYONNAISE  
**\$1.50** EA.  
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(GALLON) THAT'S SMART BLEACH  
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- 32 OZ. ASST. FLAVORS GATORADE SPORTS DRINKS ..... **5 FOR \$5**
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- (GALLON) DISTILLED, SPRING OR NIAGARA DRINKING WATER.....EA. **89¢**
- 6 CT. (REG. OR W/ MARSHMALLOWS) NESTLE HOT CHOCOLATE ..... **5 FOR \$5**
- 4 OZ. IGA SLICED MUSHROOMS ..... **5 FOR \$5**
- 16 OZ. HAYES BABY LIMAS ..... **5 FOR \$5**
- 5 OZ. IGA CANNED CHICKEN BREAST ..... **5 FOR \$4**

- 15-24 OZ. ASST. VARIETIES BERTOLLI PASTA SAUCE ..... **2 FOR \$5**
- 16 OZ. REG. OR THIN SPAGHETTI OR MUELLER ELBOW MACARONI ..... **5 FOR \$5**
- 15 OZ. ASST. VARIETIES IGA SALSA ..... **2 FOR \$3**
- 8-16 OZ. ASST. VARIETIES EGGO, MINI WHEATS, RAISIN BRAN OR KELLOGG'S FROSTED FLAKES ..... **2 FOR \$5**
- 22 OZ. ASST. FLAVORS FOOD CLUB TOASTER PASTRY .....EA. **\$2.49**
- 2 LB. BAG IGA GRITS..... **5 FOR \$5**
- 6.9 OZ. ASST. VARIETIES ZATARAIN'S RICE DINNERS ..... **5 FOR \$5**
- 2 LB. BAG ALL PURPOSE OR IGA SELF-RISING FLOUR .....EA. **99¢**
- 32 PACK/.5 LITER NIAGARA WATER ..... **2 FOR \$6**
- 8-10 OZ. ROASTED ALMONDS OR FOOD CLUB WHOLE CASHEWS .....EA. **\$4.79**
- 7-15 OZ. ASST. VARIETIES NABISCO OREOS ..... **2 FOR \$5**

- #10 CAN ASST. FLAVORS MARGARET HOLMES BOILED PEANUTS..EA. **\$5.49**
- 12 PACK/12 OZ. (BOTTLES OR CANS) BUD OR BUD LIGHT BEER .....EA. **\$9.95**
- 50 LB. BAG DEFENDER DOG FOOD .....EA. **\$15.99** WOW!
- 8 ROLL BOUNTY ESSENTIALS PAPER TOWELS ..EA. **\$4.99**
- 12 CT. (STRONG OR SOFT) CHARMIN ESSENTIALS BATH TISSUE ..EA. **\$4.99**
- 22-48 CT. SIMPLY DONE PAPER PLATES ..... **2 FOR \$5**
- 15-20 CT. FREEZER, SLIDER OR SIMPLY DONE STORAGE BAGS..... **2 FOR \$3**
- 3.8 LB. (3-HOUR) CHARKING FIRE LOG .....EA. **\$2.49**
- 45 OZ. (GEL OR POWDER) CASCADE COMPLETE .....EA. **\$3.99**
- 46-50 OZ. ASST. SCENTS TIDE 2X LIQUID LAUNDRY DETERGENT .....EA. **\$6.99**
- 21.6 OZ. ASST. SCENTS GAIN ULTRA DISH LIQUID .....EA. **\$1.99**

**Frozen Food & Dairy**

- 48 OZ. ASST. FLAVORS MAYFIELD ICE CREAM ..... **2 FOR \$6**
- 6 PACK BROWN COW OR MAYFIELD FUDGE BARS ..... **2 FOR \$5**
- 8 CT. FOOD CLUB CORN ON THE COB ..... **2 FOR \$5**
- 10 OZ. ASST. VARIETIES FOOD CLUB STEAMABLE VEGETABLES... **4 FOR \$5**
- 7 CT. THAT'S SMART GARLIC TOAST .....EA. **\$1.29**
- 5 LB. BAG ORE-IDA CRINKLE CUT POTATOES .....EA. **\$4.99**
- 8 OZ. FOOD CLUB WHIPPED TOPPING ..... **5 FOR \$5**
- 11.7 OZ. ASST. FLAVORS PILLSBURY TOASTER STRUDEL ..... **2 FOR \$4**
- 9 OZ. ASST. VARIETIES CROISSANT POCKETS, LEAN POCKETS OR HOT POCKETS **5 FOR \$10**
- 18-20 OZ. ASST. VARIETIES TONY'S PIZZAS ..... **2 FOR \$6**
- 40 CT. ASST. VARIETIES CRAVIN' PIZZA ROLLS ..... **2 FOR \$5**
- 11-15 OZ. ASST. VARIETIES MARIE CALLENDER ENTREES ..... **2 FOR \$5**
- 20-25 OZ. ASST. VARIETIES TYSON CHICKEN STRIPS .....EA. **\$6.99**
- 16 OZ. FOOD CLUB SLICED CHEESE .....EA. **\$2.99**
- 16 OZ. ASST. VARIETIES SHREDS OR FOOD CLUB CHUNK CHEESE .....EA. **\$3.49**
- 12 OZ. FOOD CLUB PIMENTO CHEESE SPREAD .....EA. **\$2.99**
- 8 OZ. FOOD CLUB SOUR CREAM .....EA. **89¢**
- 4 PACK ASST. FLAVORS DANIMALS, LIGHT & FIT OR DANNON ACTIVIA YOGURT ..... **2 FOR \$5**
- 52 OZ. ASST. VARIETIES TROPICANA PURE PREMIUM ORANGE JUICE .....EA. **\$3.99**
- 32 OZ. ASST. FLAVORS INTERNATIONAL DELIGHTS COFFEE CREAMER...EA. **\$3.49**
- 64 OZ. ASST. FLAVORS SILK ALMOND MILK ..... **2 FOR \$6**
- 45 OZ. IMPERIAL MARGARINE SPREAD .....EA. **\$1.99**
- 8 CT. ASST. VARIETIES FOOD CLUB CRESCENT ROLLS .....EA. **\$1.79**
- 3 PACK ASST. VARIETIES SARGENTO BALANCED BREAKS..... **2 FOR \$6**

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- (LOOSE) WAXED RUTABAGAS .....LB. **89¢**

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**\$1.00** LB.
- FAMILY PACK BONE-IN SIRLOIN PORK CHOPS  
**\$1.15** LB.
- FAMILY PACK TENDER COUNTRY STYLE PORK RIBS  
**\$1.45** LB. Wow! 70¢ LB.
- (20 LB. BOX) FRESH FRYER DRUMSTICKS  
**\$13.95** EA.
- (SLICED FREE) WHOLE T-BONE LOINS  
**\$2.95** LB.
- 5 LB. BAG AGROSUPER BONELESS FRYER BREAST  
**\$7.95** EA.
- 14.75 OZ. DOUBLE 'Q' PINK SALMON  
**4 FOR \$10**  
Limit 8, please.
- 12 OZ. PET EVAPORATED MILK  
**5 FOR \$5**
- 10 LB. BAG GULF PACIFIC PAR BOILED RICE  
**\$4.50** EA.
- 100 CT. THAT'S SMART TEA BAGS  
**85¢** EA.
- 59 OZ. ASST. FLAVORS BRIGHT 'N EARLY  
**5 FOR \$5**
- (5 LB. BAG) RUSSET POTATOES  
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## 6 Tips for Adding More Seafood to Your Family's Menu

(Family Features) Seafood can make for a healthy addition to diets, particularly for children. It improves body and brain function, and studies conducted by "Pediatrics" and the "American Journal of Clinical Nutrition" have linked seafood to reduced risks of heart disease and allergic conditions like asthma.

In fact, the United States Department of Agriculture suggests making seafood part of healthy diets and its 2015-2020 Dietary Guidelines for Americans recommend putting it on menus at least twice a week.

While there are common complaints, such as "my kids won't like it" or "I don't know how to prepare it," these tips can help make it quick, easy and affordable to add nutritious seafood to your family's menu.

\* Start with shrimp. Shrimp is one of the most popular types of seafood in the United States. Try shrimp warm or cold as a snack, appetizer or main course. It's versatile and can be sauteed, broiled, boiled, grilled or baked.

\* Make it fun. Consider putting healthy fish like wild cod, salmon or pollock into fun foods like tacos or burgers.

\* Buy frozen. Fish is now flash frozen at sea to lock in freshness. Frozen seafood meals add convenience and help cut down on waste because what you don't use can go back in the freezer.

\* Cook with your kids. If your kids don't think they like seafood, have them help with dinner. Cooking with kids can help develop healthier long-term habits and a more adventurous palate. It also helps improve motor functions and confidence. In fact, a study published in "Pediatrics" shows getting children involved in meal preparation may increase their enjoyment of healthy foods.

\* Pick the right products. To create a family-friendly menu, consider an option like Aqua Star's Cutting Board meal kits, a selection of 10 recipes that include everything a family needs to prepare a tasty, healthy meal. Selections include tacos, flatbreads and comfort favorites. With pre-portioned ingredients for quick preparation and cleanup, they make it easy for parents and kids to create their own restaurant-quality meals.

\* Eat at home. Eating out often can drive unhealthy eating habits and strain family budgets. Seafood is easy and convenient to make, whether you use a simple recipe like these Chipotle Shrimp Street Tacos or choose a convenient meal kit, and can help you spend more time together at the dinner table.

Find more tips and recipes to add seafood to your family's table at [aquastar.com](http://aquastar.com).

Chipotle Shrimp Street Tacos  
Total time: 20 minutes  
Servings: 2

- 1 Aqua Star Chipotle Shrimp Street Tacos Meal Kit, including:  
creamy ancho chili sauce  
Aqua Star shrimp  
chipotle seasoning  
spinach  
corn  
roasted tomato  
white corn tortillas

- 2 teaspoons cooking oil, divided

Submerge unopened sauce packet in bowl of water to thaw.

In large skillet, heat 1 teaspoon oil; add shrimp and cook 6-8 minutes. Drain excess fluid and add chipotle seasoning.

In medium skillet, heat remaining oil; add spinach, corn and roasted tomato. Cook 4-5 minutes until water is evaporated; set aside.

In microwave, warm tortillas in moist paper towel 30 seconds.

To build tacos, fill two tortillas with shrimp and vegetables then top with sauce.



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### Show Your Heart Some Love

(Family Features) While heart disease is a leading cause of death for both men and women in the United States, many of the risk factors associated with the condition can be controlled with dietary and lifestyle changes. By centering your meals around better-for-you ingredients and recipes, you can show your heart some extra love.

Consider walnuts, which are a heart-healthy food certified by the American Heart Association. More than 25 years of research shows walnuts may play a key role in heart health. In fact, the U.S. Food and Drug Administration approved one of the first qualified health claims for a whole food, finding that eating 1 1/2 ounces of walnuts per day as part of a low-saturated fat and low-cholesterol diet while not increasing caloric intake may reduce the risk of coronary heart disease.

Additionally, walnuts are the only nut significantly high in omega-3s, with 2 1/2 grams of alpha-linolenic acid per ounce. Walnuts can add this essential nutrient to dishes like these American Heart Association Heart-Check Mark certified recipes for Greek Cucumber Walnut Bites and Banana Bread Overnight Oats.

Find more information and heart-healthy recipes at [walnuts.org/heart-healthy](http://walnuts.org/heart-healthy).

**Greek Cucumber Walnut Bites**  
Recipe courtesy of Beth Stark, RDN, LDN on behalf of the California Walnut Board  
Prep time: 25 minutes  
Servings: 6

- 1/2 cup walnuts, chopped
- 1 English cucumber, ends trimmed (about 14 ounces)
- 1/2 cup roasted red pepper hummus



- 1/2 cup reduced-fat crumbled feta cheese
- 5 cherry tomatoes, quartered

Heat oven to 350 F.

On small baking sheet, arrange walnuts evenly. Bake 8 minutes, checking frequently, until toasted.

Slice cucumber crosswise into 3/4-inch thick slices. Using small spoon, gently scoop out and discard center of each cucumber slice, leaving bottom and sides intact.

In small bowl, stir 6 tablespoons chopped walnuts and hummus. Spoon walnut-hummus mixture into each cucumber slice and top with reserved chopped walnuts, feta cheese and quartered tomatoes.

**Banana Bread Overnight Oats**  
Recipe courtesy of Crowded Kitchen on behalf of the California Walnut Board  
Prep time: 15 minutes  
Servings: 4



- 3 ripe bananas, sliced
- 2 cups old-fashioned oats
- 1 tablespoon ground cinnamon
- 1/2 teaspoon salt
- 1 teaspoon vanilla
- 3/4 cup chopped California walnuts, divided
- 1 tablespoon maple syrup
- 3 cups skim milk

In large container with lid, add sliced bananas. Use potato masher or fork to mash bananas until smooth.

Add oats, cinnamon, salt, vanilla, half the chopped walnuts, maple

syrup and milk. Combine thoroughly and refrigerate overnight.

To serve, divide among four canning jars or glass containers with lids. Top each with remaining walnuts before serving.



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