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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**

905 POPLAR STREET
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4832 HEARTHSTONE DRIVE - SUMMERVILLE
Wonderful price for the amount of house! 1654 square feet! The interior has 4 spacious bedrooms and the master could be up or downstairs. There are 2.5 baths with a separate garden tub and shower in one. The family room has a fireplace and the kitchen has lots of cabinets and eat in dining area. The exterior has a front porch, 1 car garage, and nice size private fenced yard. There is a community pool, fishing ponds, and playground within walking distance. Lots of sidewalks and areas to walk dogs, jog, and bike. Easy to show anytime. **\$245,000**

90/98 TAYLOR STREET - VARNVILLE
Newly renovated duplex that would make a great starter home for a new family needing help with mortgage. Great for a family with elderly parents in need of care. Great investment if you are looking into property management! Larger side has master suite and 2 additional bedrooms with bathroom in between. Smaller side has 2 bedrooms and 1 bath. *Both sides come with refrigerator, stove, dishwasher and washer/dryer connection. Tenants are in place and under yearly lease. **\$166,500**

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. **\$194,000**

11844 JEFFERIES HIGHWAY
LOCATION! Across the street from Canaday's State Park and walking distance to Edisto River. This home sits on 8.5 acres, 3 bedroom, 2 full baths, family/ dining combo, and kitchen with a large stainless steel refrigerator. There is also an office that could be used as a fourth bedroom. A full front porch and screened back porch. **\$249,900**

Lots And Land Available For Sale!

*Not responsible for typographical errors

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**BONELESS
CHUCK ROASTLB. \$3.49**
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CENTER CUT LOIN CHOPSLB. \$1.99**
**FAMILY PACK WAFER THIN
CENTER CUT PORK CHOPS ..LB. \$2.49**
**(4-8 LB. AVERAGE)
GRADE 'A' TURKEY BREAST..LB. \$1.19**
**FAMILY PACK BONE-IN
TENDER PORK STEAKSLB. \$1.39**

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FRESH PORK
BOSTON BUTTS**
99¢
LB.

**BONELESS
SHOULDER
ROAST**
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LB.

**(6-8 CHOPS)
QUARTER SLICED
PORK
LOINS**
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**14.75 OZ.
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THAT'S SMART
SUGAR
WOW!**
\$1.85
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**5 LB. BAG
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RICE**
2 FOR \$5

**30 OZ. SALAD DRESSING OR
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WOW!**
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KERSPLASH
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MUELLER'S ASSORTED PASTAS5 FOR \$5**
**7.25 OZ.
IGA MAC & CHEESE DINNER2 FOR \$1**
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KNORR RICE SIDES5 FOR \$5**
**13-18 OZ. ASST. VARIETIES SPECIAL K SNACK BARS, RAISIN BRAN, MIN WHEATS OR
KELLOGG'S FROSTED FLAKES2 FOR \$5**
**2 LB. BAG
IGA GRITS5 FOR \$5**
**2 LB. BAG
IGA LONG GRAIN RICE.....5 FOR \$5**
**7-8 OZ. ASST. VARIETIES
ZATARAIN'S RICE DINNERS5 FOR \$5**
**2 LB. BAG ALL PURPOSE OR
IGA SELF-RISING FLOUR5 FOR \$5**
**32 OZ. CANOLA OR
IGA VEGETABLE OIL2 FOR \$3**
**12 PACK/18 OZ. COORS, COORS LIGHT, MILLER LITE,
BUD OR BUD LIGHT BEEREA. \$1.49**
**10-15 OZ. ASST. VARIETIES
NABISCO OREO COOKIES2 FOR \$5**

**14 LB. BAG GRAIN FREE
PURE HARMONY DOG FOODEA. \$14.95**
**12 ROLL
SCOTT 1000 BATH TISSUE.....EA. \$8.99**
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**25 FT. ROLL
SIMPLY DONE ALUMINUM FOIL5 FOR \$5**
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PICTSWEET VEGETABLES5 FOR \$5**
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THAT'S SMART GARLIC TOASTEA. \$1.29**
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DAISY SOUR CREAM4 FOR \$5**
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SEABEST
COOKED SHRIMP**
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**(8-12 CHOP)
RIB HALF
PORK LOINS**
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LOIN HALF
PORK LOINS**
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MAXWELL HOUSE
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PET
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**18 OZ.
CATTLEMEN'S
TANGY GOLD BBQ SAUCE**
2 FOR \$4

**(GALLON)
THAT'S SMART
BLEACH**
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**(10 LB. BAG)
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Honoring Rhonda's Memory!

The Press and Standard's Office Manager of 17 years, Rhonda Sauls, lost her fight with cancer on Saturday Jan. 18, 2020.

For every 1 year subscription sold from February 20th - May 8th, we will donate \$10 to the Colleton County Relay For Life in her honor.



For more information contact Carol Haun at 843-549-2586 or publisher@lowcountry.com

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February is American
HEART MONTH
Awareness saves lives

5 Unexpected Signs of Heart Disease

Every February, the American Heart Association organizes Heart Month to help raise awareness about the warning signs and risk factors of heart disease. Though there are a number of more commonly recognized symptoms including chest discomfort, dizziness, fainting and shortness of breath, here are five lesser known indicators of this type of disease.

1. FRANK'S SIGN

Diagonal creases on the earlobes have been linked to having a higher risk of heart problems. This sign was first described by American physician Anders Frank, and it's associated to arteriosclerosis, which is the buildup of plaque in the arteries, a common cause of heart attack.

2. FATTY BUMPS

Yellow, fatty bumps called xanthomas, which can appear on the knees, elbows, eyelids and buttocks, are a sign that someone has exceptionally high levels of lipoprotein cholesterol, commonly referred to as "bad" cholesterol. The medical conditions that cause them to form lead to the generation of fat deposits in arteries, which is why they may be an indicator of heart disease.

3. NAIL CLUBBING

Digital clubbing is when the fingernails and tips of both hands become thicker and change shape. This occurs when there's not enough blood reaching the extremities and the body reacts by producing a growth-promoting factor to compensate.

4. IRIS HALO

Nearly 45 percent of people over the age of 40 have a fatty ring around their iris. This number goes up to 70 percent for people over 60. These rings are associated with well-established coronary disease risk factors.

5. BLUE LIPS

Lips can turn a blueish color in people with a heart problem. This phenomenon is called cyanosis, and it's caused by the failure of the heart to provide oxygenated blood to tissues in the body.

Though all of these symptoms of heart disease can have benign causes, if you notice any of them, it's time to visit your doctor.

Are you at risk?

Yes you are if you have...



- Family History of Heart Conditions
- High Blood Pressure
- Diabetes
- High Cholesterol
- Obesity
- Smoking Habits

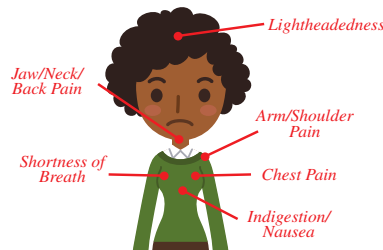
Controlling the modifiable factors could save your life!
See your Cardiologist regularly.
DO NOT ignore the warning signs of a heart attack.



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HEART MONTH

- February -



1 IN 3
U.S. adults is currently living with a type of heart disease.



HEART DISEASE
is the leading cause of death in the United States and a major cause of disability.



DENTAL HYGIENE
Taking care of your teeth can impact heart health by reducing your chances of having a heart attack or a stroke by 50%.



MORNING IS PEAK TIME FOR HEART ATTACKS
The majority of heart attacks happen during the hours of 8 and 9 in the morning.

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Welcome a 4-Legged Family Member with Care Tips for a successful, lifelong pet adoption

(Family Features) Bringing home a new pet can be exciting and heartwarming. Before you get caught up in the excitement of adopting a pet, however, it's important to do a bit of homework and have conversations to ensure you're choosing a lifelong fit for your family.

When considering adopting, keep in mind that pets can provide as many benefits to you as you do them, such as helping to reduce stress, providing companionship, getting the daily recommended amount of physical activity and more. As you take your options into account, remember these guidelines from the experts at PetSmart Charities to prepare for a successful homecoming for your newest family member.

Life Stages

If you prefer a lower energy pet, seek a senior (age 7 or above) who may move a little slower. For higher energy, look for young puppies and kittens or active breeds such as Labradors, hounds, American terriers (commonly known as pit bulls) and mixed breeds.

For first-time pet owners, a healthy adult dog or cat can help teach new pet parents the joys of having a pet and may not require as much attention as a puppy or kitten.

Families with young children might consider a family-friendly breed or mixed breed such as a hound. Older kids may benefit from additional responsibilities such as walking the dog or cleaning the litter box.

Living Environment

In addition to the type and age of pet you adopt, you'll need to consider the space you have available to welcome your furry friend.

If you live in a home, consider fencing your yard for more relaxed playtime. If you live in an apartment,

discuss any restrictions with your landlord and find out where the closest dog parks are to ensure your dog gets plenty of exercise.

Dogs need a place to call their own where they're contained overnight and while you're not home until they can be safely left to roam. Get a crate so your new pet can have an 'apartment' within your home.

You should always have more litter boxes than you do cats; for example, if you have one cat make sure you have at least two litter boxes. Litter boxes need to be scooped daily and completely changed weekly.

Veterinary Care

Most adoptions come with a free veterinary check-up within the first week. Visit the veterinarian to have your pet's vaccine records reviewed and ensure you know the best options for food, exercise and preventative care.

You can prevent many common diseases by keeping your pet at a healthy weight, current on flea, tick and heartworm prevention, fully vaccinated and on a high-quality diet. Preventing diseases costs less money than treating them, so discuss any concerns you have with your veterinarian.

Financial Considerations

Most pets come with annual veterinary bills between \$200-500 and food bills between \$200-400.

Adopting a pet can provide cost savings, however, as fees at shelters and adoption events are typically lower than breeders and many of these pets are already spayed or neutered.

To ensure your pet is covered in case of emergencies, consider options like pet insurance or opening a designated savings account and depositing 5% of your pay each pay period. If you take out an insurance policy as soon as you adopt your pet, he or she will not have any "pre-existing" conditions excluded from your insurance plan.



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Spay & Neuter Program

Reduced Cost Spay/Neuter
10 Pritcher Point Rd, Okatie, SC

All animals must have an appointment

Pets without appointments, will not be seen.
Colleton County residents only

	Dogs	Cats	Community (feral) Cats
female	\$30	female \$25	female \$10
male	\$20	male \$15	male \$10

Pet owners should call SNAC at (843) 645-8500 to schedule an appointment and ask to be included in the FoCCAS spay/neuter event.

When leaving a message, please speak slowly and clearly. Also, please repeat your name and phone number. Return calls may take 1-2 days.

All animals must be in hard-walled crates.
If you need a crate, please contact SNAC to rent one.

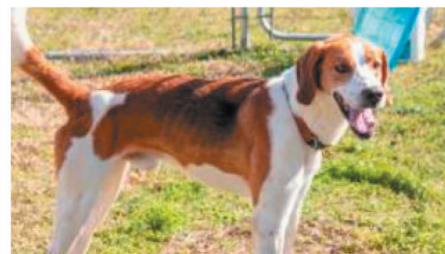
Community (feral) cats must be in feral cat traps.
If you need to borrow a trap, please call the shelter at (843) 893-2651.



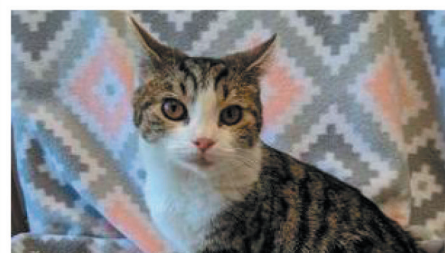
This program is sponsored by FoCCAS, Coastal Pain Care, and the Hilton Head Humane Association's Lowcountry Spay Neuter Clinic (SNAC) in Ridgeland.



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PROTEIN-PACKED PEANUT BUTTER BREAKFAST



(Family Features) Recipes that are both nutritious and flavorful can help bring your loved ones together at the family table. Power up your family meals with protein-packed dishes like Peanut Butter Breakfast Bread Pudding with Maple Peanut Sauce.

Find the full recipe at Culinary.net.

Peanut Butter Breakfast Bread Pudding with Maple Peanut Sauce
 Recipe courtesy of the Georgia Peanut Commission
 Prep time: 20 minutes
 Cook time: 35-40 minutes
 Servings: 4

- 2/3 cup creamy peanut butter, divided
- 2 eggs
- 1/2 cup granulated sugar
- 2/3 cup milk
- 1 1/2 teaspoons pure vanilla extract
- 1/2 teaspoon salt
- 4 cups cubed brioche or challah bread, cut into 3/4-inch cubes

- 2/3 cup pure maple syrup
- 1/3 cup crushed peanuts
- powdered sugar, for garnish

Heat oven to 350 F. Butter four 4-ounce ramekins.

In bowl, mix 1/3 cup peanut butter, eggs, sugar, milk, vanilla and salt. Toss bread cubes in mixture until thoroughly coated. Divide evenly among prepared dishes. Bake until custard is set in middle and tops are golden, about 35-40 minutes. If tops of bread brown too quickly, cover ramekins loosely with aluminum foil.

In small saucepan over low heat, combine remaining peanut butter and maple syrup until thoroughly warmed.

To serve, drizzle ramekins with maple-peanut sauce and garnish with chopped peanuts and powdered sugar.

Substitution: Whole wheat rolls may be used in place of brioche or challah bread.

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