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UPCOMING EVENTS

If you are having an event & would like to submit pictures from the event please email them to editor@lowcountry.com.

Tell us a little about the pictures.

Please put your event title in the subject line.

Pictures of events will be published where/when space is available.

Do you have a question or concern about Colleton County?

Dear Editor

Mail to:
 Attn: Editor
 1025 Bells Highway
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THE PRESS AND STANDARD - 843-549-2586

ADVERTISE YOUR YARD SALE FOR ONE WEEK IN THE ROCKIN' SHOPPER AND THE PRESS AND STANDARD FOR ONLY \$10!
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Attn: Choir Director Search
138 Wildwood Drive
Walterboro, SC 29488

Or email resume to:
edgewoodbcp@lowcountry.com
Subject: Choir Director
(9/14)

Painters & painters helpers needed, at lease 5 straight years exp. own hand tools and transportation \$15 to \$20 an hour. Call for interview 843-870-8368
(9/14)

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(9/9)

Mature lady, covid vaccinated. To assist older lady with household duties, few meals, shopping. Must have reliable transportation. 843-538-4064 leave message.
(9/16)

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LAND/LOTS

LOT FOR RENT 250 Harrison Drive, Walterboro. Water & Septic. \$250 a month. Call 843-209-9386.
(9/7)

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For Rent 2 BR 1 BA Senior Citizen Shed. 1st month's rent + deposit required. Wheelchair ramp and Bars inside of home. No pets. Call 843-835-8561.
(TFN)

Newly Renovated 2 BR, 1 BA home. New kitchen, new cabinets, new stove & fridge, new heat and air window units. Private road to be upgraded.. 906 Francis Street. \$790.00 per month, \$790.00

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(TFN)

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(8/26)

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(9/28)

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(9/28)

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MISCELLANEOUS

2 DOG BOXES \$100 EACH. 843-217-1660 leave message.
(9/14)

LARGE COMPOSTER \$150. 843-217-1660 leave message.
(9/14)

HOW ARE WE HELPING THE COLLETON COUNTY COMMUNITY?

COLLETON KEYS

The mission of Colleton KEYS is to develop a Community That Supports Local Youth in Making Better Choices.

Colleton KEYS
Keeping Every Youth Safe

Join our Cause!
We invite the community, including youth, to become a member of our coalition. Having a diverse representation in the coalition helps ensure that our message is reaching each sector of our community.

Drug-Free Kids

This ad was funded by the Substance Abuse Prevention and Treatment Block Grant of the U.S. Substance Abuse and Mental Health Services Administration

REHABILITATION

colleton pillars4hope

Colleton Pillars4Hope mission is to advocate for and promote substance use disorder recovery services and activities by using comprehensive and integrated community-based prevention, intervention, and treatment approaches that result in better health and wellness.

We at Pillars4Hope are passionate about our work to reduce the negative impacts of substance use disorders. We provide addiction treatment and recovery services to people in our community who need us and are ready to do the work with us. We also provide preventive services to minimize future risk of addiction.

Treating addictions, whether to drugs or alcohol, requires conducting a thorough patient assessment in order to determine what sort of treatment program will benefit the patient the most. Constructing a future that is free of alcohol and drug use begins with a solid foundation and that foundation can be found at Pillars 4 Hope.

We can help - call us today!
1439 Thunderbolt Drive • Walterboro, SC
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www.pillars4hope.org

H&D

SEPTEMBER 6, 2021 - SEPTEMBER 12, 2021
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We Accept WIC Vouchers, EBT, Credit & Debit Cards

ON THE BUTCHER'S BLOCK

T-BONE STEAKS \$7.99 LB	FAMILY PACK HAMBURGER MEAT \$2.99 LB	BOSTON BUTTS \$1.99 LB
PORK SPARE RIBS \$2.99 LB	BAG LEG QUARTERS .89¢ LB	BAR S FRANKS & BOLOGNA 2/\$3.00

THIS WEEK'S GROCERY SPECIALS

FOOD CLUB MAYO \$1.79 32 OZ	COKE PRODUCTS 6 PK 16.9 OZ BOTTLES 4/\$11.00 2 LITER 4/\$6.00	BUD OR BUD LIGHT \$19.99 24 PK
KELLOGG'S CEREAL 2/\$5.00 18 OZ	FOOD CLUB CAKE MIX 5/\$5.00	FOOD CLUB SYRUP 2/\$4.00 24 OZ
BREYERS ICE CREAM 2/\$7.00 48 OZ	KINGSFORD OR MATCH LIGHT CHARCOAL \$8.99 12-16 LB BAG	DUKES MAYO 2/\$7.00 32 OZ

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20 LB BOX
FRESH FRYER LEG QUARTERS
\$11.99
EA.

USDA SELECT
BONE-IN CHUCK ROAST
\$4.59
LB.

3 LB BAG
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\$19.99
EA.

FAMILY PACK
USDA SELECT
BONE-IN CHUCK STEAKS ...LB. **\$4.99**
FAMILY PACK
CENTER CUT LOIN CHOPS.....LB. **\$2.79**
FAMILY PACK
COUNTRY STYLE PORK RIBS.....LB. **\$1.99**
10 LB BOX
FLANDERS BEEF PATTIESEA. **\$17.99**
12.8 OZ ASSORTED VARIETIES
JIMMY DEAN BISCUIT ROLL UPSEA. **\$6.49**
11-14 OZ ASSORTED VARIETIES
ARMOUR MEATBALLS **2 FOR \$6.00**
10 LB BOX
PORK SPARE RIBS.....EA. **\$17.99**
16 OZ REG OR BUN SIZE
GWALTNEY GREAT DOGSEA. **\$1.79**
8 OZ ASSORTED VARIETIES
CAROLINA PRIDE HAM **2 FOR \$5.00**
13-14 OZ REG OR BEEF
CAROLINA PRIDE COCKTAIL SMOKIES..... **2 FOR \$7.00**

FAMILY PACK
ASSORTED PORK CHOPS
\$1.79
LB.

VACUUM PACKED
BABY BACK PORK RIBS
\$3.99
LB.

Deli Specials

20 OZ ASSORTED FLAVORS
BAGELS **2 FOR \$4.00**
8 CT ASSORTED FLAVORS
DANISHES EA. **\$5.49**
30-36 OZ ASSORTED FLAVORS
POUND CAKES EA. **\$6.99**
12.3 OZ
MINI CROISSANTS EA. **\$3.99**

10 LB BOX
WHITING FILLETS
\$31.99
EA.

Farm Fresh Produce

FRESH
GREEN CABBAGE
45¢
LB.

FRESH
CRISP CELERY
99¢
EA.

3 LB BAG
MEDIUM YELLOW ONIONS
2/\$4.00

LOOSE
VINE RIPENED TOMATOES
99¢
LB.

LOOSE
SWEET POTATOES
69¢
LB.

Grocery Specials

30 OZ SALAD DRESSING OR (REG OR LITE)
FOOD CLUB MAYONNAISE
\$1.50
EA.

10 LB BAG
IGA SUGAR
WOW \$5.75
EA.

5 LB BAG
GULF PACIFIC PARBOILED RICE
2 \$5
FOR

5 LB BAG
MARTHA WHITE SELF RISING FLOUR
WOW 2 \$5
FOR

14-15 OZ
IGA SWEET PEAS, GREEN BEANS, WHOLE KERNEL OR CREAM STYLE CORN
10 \$6
FOR

12 OZ REG ONLY
ARMOUR TREET
WOW \$1.75
EA.

ASST. FLAVORS 6 PK/5 LITER
COKE & COKE PRODUCTS
4 \$12
FOR

16 OZ ASSORTED FLAVORS
HIDDEN VALLEY RANCH DRESSINGEA. **\$2.99**
10 OZ
IGA STEAK SAUCE **4 FOR \$5**
18 OZ ASSORTED FLAVORS
IGA BBQ SAUCE **5 FOR \$5**
12 OZ
LOUIS SUPREME WING SAUCE **5 FOR \$5**
24 OZ
IGA KETCHUP **5 FOR \$5**
16 OZ CREAMY OR CRUNCHY
IGA PEANUT BUTTEREA. **\$1.99**
24 OZ ASSORTED FLAVORS
FOOD CLUB SYRUP **2 FOR \$4**
28-32 OZ ASSORTED VARIETIES
FOOD CLUB PANCAKE MIX EA. **\$1.79**
64 OZ
FOOD CLUB 100% APPLE JUICE EA. **\$1.39**
6 PK/.5 LITER
DEER PARK SPRING WATER..... **4 FOR \$5**
3 LITER ASSORTED FLAVORS
FAYGO SOFT DRINKS **2 FOR \$3**

24.2 OZ FRENCH ROAST, SMOOTH SATIN OR
FOOD CLUB 100% COLOMBIAN COFFEE .. EA. **\$4.79**
12 CT ASSISTED FLAVORS
FOOD CLUB K-CUPS..... EA. **\$2.99**
100 CT
LIPTON TEA BAGS EA. **\$3.99**
6 PK ASSORTED VARIETIES
IGA APPLE SAUCE **2 FOR \$4**
15 OZ PEARS, PEACHES, OR
IGA OR FOOD CLUB FRUIT COCKTAIL **4 FOR \$5**
16 OZ REG OR THIN SPAGHETTI
FOOD CLUB ELBOW MACARONI **5 FOR \$4**
12-14 OZ 4 CHEESE, SHELLS & CHEDDAR OR
IGA DELUXE MAC & CHEESE **3 FOR \$4**
32 OZ ASEPTIC BEEF OR
FOOD CLUB CHICKEN BROTH **4 FOR \$5**
12-18 OZ ASSORTED VARIETIES MINI WHEATS, CORN FLAKES OR
KELLOGG'S RICE KRISPIES **2 FOR \$5**
10 CT ASSORTED FLAVORS
FOOD CLUB INSTANT OATMEAL ... **2 FOR \$3**
12 CT REG OR BUTTER
FOOD CLUB INSTANT GRITS **2 FOR \$4**

20 CT/12 OZ CANS OR BOTTLES
MICHELOB ULTRA..... EA. **\$19.99**
16.5 OZ ASSORTED VARIETIES
FOOD CLUB CAKE MIX **5 FOR \$5**
16 OZ ASSORTED FLAVORS
FOOD CLUB FROSTINGS **2 FOR \$3**
5.5 OZ ASSORTED FLAVORS
PRINGLES **3 FOR \$5**
25-27 OZ RITZ, CHIPS AHoy OR
PARTY SIZE OREO COOKIES EA. **\$3.99**
6 PK
YOOHOO CHOCOLATE DRINKS **2 FOR \$5**
12 ROLL
FIORA BATH TISSUE EA. **\$3.99**
2 ROLL PK
FIORA MEGA ROLL PAPER TOWELS ... **2 FOR \$4**
20-50 CT BOWLS OR
SIMPLY DONE FOAM PLATES EA. **\$1.89**
20 CT/16 OZ
SIMPLY DONE FOAM CUPS **5 FOR \$5**
40-45 CT ASSORTED SCENTS
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BLUE BUNNY ICE CREAM BARS .. **2 FOR \$4**
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BLUE BUNNY ICE CREAM..... **2 FOR \$6**
16 OZ ASSORTED VARIETIES
FOOD CLUB VEGETABLES **3 FOR \$5**
16 OZ ASSORTED VARIETIES ONION RINGERS OR
ORE-IDA FRIES **2 FOR \$5**
11-13 OZ TEXAS TOAST OR
IGA GARLIC BREAD..... **2 FOR \$5**
10 CT ASSORTED VARIETIES
FOOD CLUB WAFFLES **2 FOR \$3**

9 OZ
FOOD CLUB JUMBO BUTTERFLY SHRIMP .. EA. **\$3.99**
9-10 OZ ASSORTED VARIETIES
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80 OZ ASSORTED VARIETIES
CRAVIN' LASAGNA EA. **\$9.99**
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FOOD CLUB SHREDS OR CHUNK CHEESE..EA. **\$3.99**
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BORDEN SLICED CHEESE .. **2 FOR \$5**
8 OZ
IGA CREAM CHEESE **4 FOR \$5**

16 OZ
FOOD CLUB SOUR CREAM **2 FOR \$3**
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Round O

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FRIDAY-SATURDAY SEPT 17-18
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Household contents

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	Sargento Deli Slices 2/\$5 10-11 Ct. Varieties		Sara Lee Cheesecakes \$3.99 Select Varieties		Baby Carrots \$1.69 1 Lb. Peeled

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- Submit your **BIG BUCK** picture!
- Each month the picture with the most votes will be entered into the Grand Prize drawing of a \$150 Westbury Ace Gift Card!
- Voting Ends the 1st of each month.
- The person with most votes each month will receive a small write up on how they got the "Big One"

1 Grand Prize winner will be drawn on December 15th.

Quick, Nutritious Recipes to Make Family Meals Easy

Enjoy dairy dishes without the discomfort



FAMILY FEATURES

Dinnertime dishes loaded with nutrients help keep loved ones connected while refueling after busy days spent at work and school. Dairy foods – key ingredients in many at-home meals – provide nutrients for people of all ages to grow and maintain stronger bodies and minds. However, some bodies are unable to break down the sugar found in milk, known as lactose, which causes an upset stomach and a heavy, bloated feeling. Rather than avoiding dairy and missing out on beneficial nutrients, people with lactose intolerance can enjoy real dairy products that are naturally low in or don't contain lactose without the stomachache with foods like:

- Lactose-free milk, which is real milk with the same 13 essential nutrients as regular milk
- Hard and aged cheeses, such as cheddar, colby, Monterey Jack, Parmesan and Swiss
- Yogurt with live and active cultures, which help break down lactose, making it easier to digest

These easy-to-make meals offer lactose intolerance-friendly options for families seeking to keep milk on the menu. Because they all require an hour or less in the kitchen, they provide quick solutions for those hectic schedules without sacrificing taste or nutrition. Visit MilkMeansMore.org to find more delicious dishes that fit a lactose intolerant meal plan.

Chicken Cordon Bleu Kebabs

Recipe courtesy of Rachel Gurk of "Rachel Cooks" on behalf of Milk Means More
Prep time: 15 minutes
Cook time: 10 minutes
Servings: 3

Skewers:

- Nonstick cooking spray
- 2 chicken breasts (6 ounces each), cubed
- 1 ham steak (6 ounces), cubed
- 6 bamboo skewers (8 inches)
- 1 tablespoon Dijon mustard
- 1 teaspoon pure maple syrup
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon paprika
- 1 teaspoon extra-virgin olive oil

Sauce:

- 2 tablespoons butter
- 2 tablespoons flour
- 1 cup lactose-free 2% milk
- 1 teaspoon Dijon mustard
- 1 cup shredded Swiss cheese salt, to taste (optional)
- pepper, to taste (optional)

To make skewers: Preheat broiler to 500 F. Line broiler pan with foil and spray with nonstick cooking spray. Thread cubed chicken pieces and cubed ham pieces onto skewers. In small bowl, combine Dijon mustard, maple syrup, black pepper, paprika and oil. Brush mustard mixture on skewers. Broil about 5 minutes, flip and cook 5 minutes, or until chicken is cooked through. To make sauce: In small saucepan over medium heat, melt butter. Whisk in flour and cook 1 minute, whisking constantly. Gradually add milk, whisking constantly. Add Dijon mustard. Continue cooking 5 minutes, or until thick. Reduce heat to low and stir in cheese, whisking until melted. Add salt and pepper, to taste, if desired. Serve chicken and ham kebabs with sauce.

Chicken Cordon Bleu Kebabs



Chicken, Spinach and Feta Casserole

Chicken, Spinach and Feta Casserole

Recipe courtesy of Marcia Stanley, MS, RDN, on behalf of Milk Means More
Prep time: 15 minutes
Cook time: 45 minutes
Servings: 4

- 1 package (10 ounces) frozen chopped spinach, thawed
- 3 eggs, slightly beaten
- 2 cups cottage cheese
- 1 1/2 cups chopped cooked chicken
- 3/4 cup crumbled feta cheese
- 3 tablespoons all-purpose flour
- 2 tablespoons butter, melted
- 2 teaspoons dried minced onion

- 1 teaspoon dried oregano leaves
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

Preheat oven to 350 F. Place spinach in colander. Use back of large spoon or rubber spatula to press moisture from spinach. In large bowl, combine spinach, eggs, cottage cheese, chicken, feta cheese, flour, butter, onion, oregano, salt and pepper. Spoon into greased 1 1/2-quart casserole dish. Bake, uncovered, 45-50 minutes, or until set near center (160 F). Let stand 5 minutes before serving.

One Pan Mac and Cheese

Recipe courtesy of Sheila Johnson of "Eat 2 Gather" on behalf of Milk Means More
Prep time: 5 minutes
Cook time: 12 minutes

- Water**
- 2 teaspoons salt
- 2 cups dry macaroni noodles
- 2 cups lactose-free whole milk
- 2 eggs
- 2 tablespoons butter, clarified or ghee
- 1 1/2 cups shredded sharp white cheddar cheese
- 1 cup shredded Parmesan cheese salt, to taste
- fresh cracked pepper, to taste

Add water and salt to 3-quart saucepan; cook noodles according to package directions. Drain and add noodles back to pan. Measure milk into large measuring cup. Add eggs and whisk. Toss noodles with clarified butter, turn heat to medium and pour in milk-egg mixture. Add cheeses and stir until melted. Bring to low boil about 3 minutes; sauce will thicken and become creamy. Add salt and fresh cracked pepper, to taste.



One Pan Mac and Cheese



Parmesan-Swiss Fish

Parmesan-Swiss Fish

Recipe courtesy of Marcia Stanley, MS, RDN, on behalf of Milk Means More
Prep time: 15 minutes
Cook time: 15 minutes
Servings: 4

- 1 1/4 pounds skinless halibut, salmon or tilapia fillets (fresh or frozen)
- 3/4 cup shredded Swiss cheese
- 1/4 cup plain Greek yogurt
- 1/4 cup mayonnaise
- 2 tablespoons sliced green onion
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 2 tablespoons grated Parmesan cheese
- 1/4 teaspoon paprika

Preheat oven to 450 F. Thaw fish, if frozen. Cut into four serving-size pieces, if necessary. Pat fish dry with paper towels. Arrange in single layer on greased 15-by-10-by-1-inch baking pan, tucking under any thin edges. In small bowl, toss Swiss cheese, yogurt, mayonnaise, green onion, salt and pepper. Spread over fish fillets. Sprinkle with Parmesan cheese and paprika. Bake, uncovered, until fish flakes easily with fork. Allow 6-8 minutes baking time per 1/2-inch thickness of fish.

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