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 8" - 11" \$12 each

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Bring a large cooler or cardboard box to put your bags of fish in. A 48 qt. cooler will hold two bags of fish. Our special heavyweight fish bags are \$1 each. You will pay at the store on fish day. Be on time! The driver will only be there for 30 minutes!

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STEP 3	When your 5-month minimum term is met, you can:	<ul style="list-style-type: none"> Continue to Lease Buyout your Lease‡ Return your item(s) to WhyNotLeaseIt®

BUYOUT YOUR LEASE when you reach the 5-month minimum term... for add'l **\$330**†

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- Outdoor Living
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LEASE IT Questions 855-333-5291
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†This is a lease transaction. The lease has a 5-month minimum term ("Initial Term"). Must be at least 18 years old and income requirements apply. Qualifying merchandise of at least \$199 is required to enter into a lease at Sears Authorized Hometown Stores, LLC. Excludes non-durable goods. No security deposit required. Lease requires consumer to make first payment at lease signing, plus 19 weekly (offered online only) lease payments, 9 biweekly lease payments or 4 monthly lease payments. After fulfilling the Initial Term, you may: (1) continue to lease by making periodic payments in accordance with the terms of the lease agreement; (2) exercise a purchase option per the terms of the lease agreement (not available in NJ, VT, WI, or WV); or (3) return the leased item to WhyNotLeaseIt. ‡For example, leased item(s) with lease amount of \$600 with a weekly lease payment schedule (offered online only) would require \$60 first lease payment followed by 19 weekly payments of approximately \$25.26 plus tax, or a biweekly lease payment schedule would require \$60 first lease payment followed by 9 biweekly payments of approximately \$53.33 plus tax, or a monthly lease payment schedule would require \$120 first lease payment followed by 4 monthly payments of approximately \$105.00 plus tax, with total cost to lease the item(s) for the Initial Term of \$540.00 plus tax. TEMPOE, LLC dba WhyNotLeaseIt® is an independent service provider of the LEASE IT program and not an affiliate or licensee of Sears Authorized Hometown Stores, LLC or its affiliates. SHO-20-005-2H-ADGIANT REV 09/2020

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WALTERBORO HISTORY ART MUSIC FESTIVAL 2022

March 6th - 7th
 10 am - 5 pm - Artists Install works in Galleries

March 8th
 10 am - 5 pm - Visual Art Galleries open
 Walterboro Wildlife Center
 Colleton Museum

6 pm - History and Culture of the Gullah Geechee presentation
 4 pm - 8 pm - Farmers Market - Live Music & Hot Soul Food Bar
 5 pm - 7 pm - FREE! - CCAC Kid's Canvas Class

March 9th
 10 am - 5 pm - Visual Art Galleries open to the Public

March 10th
 10 am - 5 pm - Visual Art Galleries open to the Public
 12 pm - Talk - Secrets from the Archives
 6:30pm - Celebrating the SC America Revolution Sestercentennial Commission and the Liberty Trail @ the Bedon-Lucas House

March 11th
 10 am - 5 pm - Visual Art Galleries open to the Public

10 am - 11:30 am - Gullah Cooking tasting and Demo w/ Keya Meggett

March 12th
 10 am - 5 pm - Visual Art Galleries open to the Public

9 am - 4 pm - Palmetto Brick Expo
 @ Walterboro Wildlife Center 100 S. Jefferies Blvd.

10 am - Nature Walk with DNR led by Genia Floyd ** Register Online**
 10 am - 12:30 pm - Author Jeyda Bolukbasi book signing
 10 am - 1 pm - Clay Rice Silhouettes **By Appointment only**
 2 pm - CCHAPS Group Run ** Register Online**
 3pm - Historic Walking Tour - A Tale of Two Libraries

Grand Finale Show @ Walterboro Wildlife Center 5-9 pm
 Live Local Music, Food Trucks & Family Friendly Art Activities
 LIVE MUSIC LINEUP:
 5pm - Mahogane & Andre' 6pm - Acoustic Stage Performance
 7pm - The Psychodelics 8pm - Acoustic Stage Performance
 9pm - She Returns from War

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(3/8)

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)

MOBILE HOME

3 BD, 2 BA MOBILE HOME FOR RENT. \$600 Deposit, \$600 Rent. Only serious Apply. 843-209-6900
(3/15)

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(3/10)

GARAGE SALE

YARD SALE SATURDAY, MARCH 5 8AM-2PM
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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.

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8278 N OKATIE HIGHWAY - OKATIE - \$380,000

Nearly 30 acres for you, your family, and your friends to enjoy your pond and wooded acreage with wildlife. 7 miles from Broad River launching area.

674 4TH STREET - WALTERBORO - \$147,000

This well maintained home has three bedrooms and two full bathrooms. A detached garage or workshop with electricity. This home sits on a 0.7 Acre tract. A must see!

*Not responsible for typographical errors
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SPARE RIBS \$1.99 LB	SHRIMP \$6.49 LB	FAMILY PACK DRUMSTICKS & THIGHS \$1.09 LB

THIS WEEK'S GROCERY SPECIALS

QUAKER OATMEAL 2/\$7.00	COKE 16.9 OZ 5/\$11.00	STELLA ROSA WINES \$10.99 750 ML
OREO 2/\$8.00 12 OZ	PET ICE CREAM 2/\$6.00	LIL DUTCH COOKIES 5/\$5.00
CRAV'N CHIPS 3/\$5.00	PICTSWEET VEGETABLES 2/\$3.00 12 OZ	FAYGO DRINKS 4/\$3.00 20 OZ

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\$1.29 LB.

USDA SELECT
LONDON BROIL ROAST
\$3.99 LB.

SHANK PORTION SMOKED HAM
\$1.29 LB.

FAMILY PACK
USDA SELECT TOP ROUND STEAK LB. **\$4.59**

FAMILY PACK
USDA SELECT BONELESS BEEF STEW .. LB. **\$4.99**

FAMILY PACK
TENDER PORK STEAKS LB. **\$1.99**

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

FAMILY PACK
COUNTRY STYLE BACKBONE LB. **\$1.99**

BUTT PORTION SMOKED HAM LB. **\$1.39**

2 LB BAG
SEABEST FLOUNDER FILLETS . EA. **\$9.99**

5 LB BAG (BROWN ONLY)
GEORGIA SPECIAL SMOKED SAUSAGE .. EA. **\$10.99**

JAMESTOWN SPIRAL HAM PIECES .. LB. **\$1.19**

5 LB PACK
TURKEY WINGS EA. **\$8.99**

USDA SELECT
BONE IN RIB-EYE STEAKS
\$8.99 LB.

FAMILY PACK
ASSORTED PORK CHOPS
\$1.79 LB.

FAMILY PACK
SPLIT FRYER BREAST
\$1.69 LB.

Farm Fresh Produce

5 LB BAG
RUSSET POTATOES
\$2.25 EA.

8 PER BAG
CALIFORNIA NAVELS
\$4.29 EA.

FRESH
CRISP CELERY
\$1.29 EA.

LOOSE
SWEET POTATOES
69¢ LB.

FRESH
GREEN CABBAGE
45¢ LB.

Grocery Specials

10 LB BAG
IGA SUGAR
WOW \$5.50 EA.

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

5 LB BAG
BLUE RIBBON LONG GRAIN RICE
\$2.75 EA.

14-15 OZ ASSORTED VARIETIES
IGA GREEN BEANS, CREAM STYLE CORN OR WHOLE KERNEL
10 FOR \$7

48 OZ
IGA CANOLA/VEGETABLE OIL BLEND
2 FOR \$6

5 OZ
WATER OR OIL STARKIST CHUNK LIGHT TUNA
85¢

ASST. FLAVORS 2 LITERS
MINUTE MAID OR FANTA PRODUCTS
5 FOR \$5

2 OZ
TABASCO SAUCE **2 FOR \$3**

14.5 OZ ASSORTED VARIETIES
IGA TOMATOES **4 FOR \$3**

18 OZ GRAPE OR
IGA APPLE JELLY **2 FOR \$3**

8 OZ
WONDERFUL PISTACHIOS EA. **\$3.99**

34 OZ
IGA EXTRA VIRGIN OLIVE OIL EA. **\$7.99**

30.6 OZ
FOOD CLUB CLASSIC ROAST COFFEE .. EA. **\$5.99**

12-15 OZ CORN FLAKES, CRISP RICE OR
IGA FROSTED FLAKES **3 FOR \$5**

16 OZ
IGA PEANUT BUTTER EA. **\$1.99**

20 OZ
IGA SQUEEZE MUSTARD EA. **99¢**

10 OZ
FOOD CLUB TOMATOES W/CHILIS **5 FOR \$4**

17.6 LB
KIBBLES & BITS DOG FOOD EA. **\$11.50** wow

16 LB
MEOW MIX DRY CAT FOOD EA. **\$13.50** wow

25 CT
SIMPLY DONE FOAM TRAY W/LID .. **2 FOR \$6**

40 CT
SIMPLY DONE TALL KITCHEN BAGS .. EA. **\$4.99**

6 ROLL
SIMPLY DONE PAPER TOWELS EA. **\$4.99**

130 CT
SIMPLY DONE FOAM PLATES EA. **\$3.99**

12 ROLL
SIMPLY DONE 1000 SHEET BATH TISSUE .. EA. **\$6.99**

4 PK ASSORTED VARIETIES
FOOD CLUB FRUIT CUPS **2 FOR \$5**

13-17 OZ ASSORTED VARIETIES
NABISCO FAMILY SIZE COOKIES **2 FOR \$8**

15 OZ QUESA BLANCO OR
FOOD CLUB SALSA CONQUESO DIP .. EA. **\$2.49**

10-15 OZ ASSORTED VARIETIES MINI WHEATS, FROOT LOOPS OR
KELLOGG'S FROSTED FLAKES **2 FOR \$6**

13.54 OZ ASSORTED VARIETIES
KELLOGG'S POP TARTS **2 FOR \$5**

10 CT ASSORTED FLAVORS
FOOD CLUB INSTANT OATMEAL .. **2 FOR \$3**

12 OZ ASSORTED FLAVORS
QUAKER INSTANT GRITS **2 FOR \$6**

2 LB ASSORTED VARIETIES
PEARL MILLING PANCAKE MIX .. EA. **\$2.99**

12.25 OZ ASSORTED FLAVORS
FOOD CLUB MARINADES **2 FOR \$3**

32 OZ BOIL IN BAG
SUCCESS RICE EA. **\$3.99**

24 OZ ITALIAN OR
FOOD CLUB RANCH DRESSING .. **2 FOR \$4**

Frozen Food & Dairy

48 OZ ASSORTED FLAVORS FROZEN YOGURT OR
IGA ICE CREAM **2 FOR \$6**

24 PK
NORTHSTAR VARIETY CONES .. EA. **\$12.99**

12-14 OZ ASSORTED VARIETIES
PICTSWEET VEGETABLES .. **2 FOR \$3**

20 OZ WAFFLE
PICTSWEET SWEET POTATO FRIES .. EA. **\$2.99**

9 OZ
STEAKUMM EA. **\$2.99**

19-21 OZ ASSORTED VARIETIES
TOMBSTONE PIZZAS EA. **\$4.49**

5 LB
FOOD CLUB CRINKLE CUT FRIES .. EA. **\$5.99**

8 CT
FOOD CLUB CORN ON THE COB .. **2 FOR \$6**

25-28 OZ ASSORTED VARIETIES
ON COR ENTREES **2 FOR \$6**

15 OZ BOWL ASSORTED VARIETIES
ITS NOT BUTTER EA. **\$3.99**

7-8 OZ ASSORTED VARIETIES
SARGENTO SLICES OR SHREDS .. **2 FOR \$6**

89 OZ
HOMEMAKER ORIGINAL ORANGE JUICE ... EA. **\$4.49**

5.3 OZ ASSORTED VARIETIES
CHOBANI FLIPS **5 FOR \$5**

52 OZ ASSORTED VARIETIES
FAIRLIFE MILK EA. **\$3.99**

16 OZ
FOOD CLUB SOUR CREAM .. EA. **\$1.79**

6 OZ ASSORTED FLAVORS
FOOD CLUB YOGURT **5 FOR \$3**

1/2 GALLON
FOOD CLUB SWEET TEA ... EA. **\$1.29**

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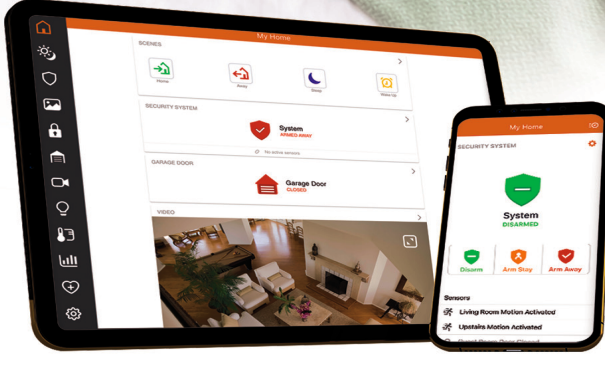
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A step-by-step guide TO HOME BUYING



Three advantages to buying your home through a real estate agent

Buying a home is a major transaction; it may even be the most important one of your life. Are you wondering what advantage there is to doing business with a real estate agent? Read on to learn why it's a wise choice.

1. EXPERTISE

Real estate agents or brokers can help their clients successfully conclude a home purchase. How? They accompany them through every step of the process, including negotiating the price, avoiding any risks and optimizing the transaction. When new properties appear on the market, they contact their clients to tell them which ones may be of interest. During home visits, their knowledge and objective analyses are invaluable.

2. PROTECTION

Real estate brokerage is a regulated activity; brokers are obliged to verify any information before giving it to clients. In fact, all the responsibilities of a real estate agent

are designed to minimize any risks to you during a property

transaction. It's also worth knowing that all personal information you share with an agent is considered confidential.

3. NETWORK

Real estate agents are also a great source of information regarding all types of experts in your region. They have access to a network of experienced professionals and can direct their clients towards trustworthy financial advisors, building inspectors, lawyers and tradespeople.

There's no doubt about it: to save time and avoid worries, it's worth using the services of a real estate agent.

Buying a home: how much can you afford?

You'd like to set a budget in order to purchase a condominium, house or any other type of home, but you don't know where to start? The maximum purchase price you can pay depends on several factors. Here are some guidelines to help you.

First, calculate all your monthly household expenses, including housing, communications, entertainment, savings, insurance, healthcare and transportation. The more realistically you record your expenses, the better your idea of what you can pay towards a house.

Next, you need to determine the exact amount of all your debts. Mortgage lenders will ask you for this information, so be prepared. Now note all the costs of buying and owning a property, such as a home inspection, transfer tax and a notary or lawyer's fees. Calculate how much of a down payment can you come up with.

Keep in mind the federal guideline that says you shouldn't

let your monthly housing costs (mortgage, interest, taxes and heating) exceed 28 per cent of your average gross monthly income. Generally, your debt-to-income ratio (the total amount you spend each month to repay all your debts, including housing) shouldn't exceed 36 per cent of your average gross monthly income.

If you would like to have more information about your mortgage eligibility or about your ability to pay, visit the website of the Canada Mortgage and Housing Corporation.

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Fresh, Healthy Family Meals

Recipes to help boost iron levels, aid plasma donation recovery



Marinated Skirt Steak

FAMILY FEATURES

Chef Nate Appleman knows how important it is to serve healthy meals to your family – ones they actually want to eat. Before having his first child, he transformed his eating and exercise habits and lost 85 pounds to get on a healthier path.

Now, he's cooking meals for his family, including 14-year-old Oliver who was diagnosed with Kawasaki Disease as a toddler – an inflammation of the blood vessels that can cause damage to coronary arteries – as a healthy lifestyle is important to help manage the disease. Since Oliver's diagnosis, Appleman made it his personal mission to create awareness of Kawasaki Disease and for the critical need for plasma donations that many people with the disease rely on for treatment, which is why he partnered with Abbott to bring attention to the need for plasma donations.

Plasma is a powerful part of your blood that supports essential bodily functions. It's a lifeline for thousands of people who are immune-compromised and live with a variety of chronic and complex diseases. In fact, more than 125,000 Americans rely on medication made from plasma every day, according to the Plasma Protein Therapeutics Association (PPTA).

The COVID-19 pandemic led to a serious shortage of plasma donors – average donations per center in the United States were down approximately 11% during the first few months of 2021 compared to the previous year, further deepening the nearly 20% decline in donations in 2020 compared to 2019, according to the PPTA.

Donating plasma is a safe and relatively easy process. Since plasma is replaced in the body within about 24 hours, it can be donated up to twice per week. With a donation that typically takes between 1-3 hours, you can make a lasting impact by providing lifesaving medicine for patients like Oliver.

It's a good idea to fuel up with iron-rich foods before and after donating, so Appleman created these fresh, nutritious recipes he loves to serve his family: Marinated Skirt Steak, Lemon Chicken with Roasted Red Onions and Potatoes, and Cheesy Frittata with Veggies.

Learn where you can donate at bethel.donor.abbott.

Lemon Chicken with Roasted Red Onions and Potatoes

Recipe courtesy of chef Nate Appleman on behalf of Abbott

Lemon chicken:

- 1 whole chicken, cut into eight pieces
- 1 ounce minced garlic
- 1/4 teaspoon granulated garlic
- 1/4 teaspoon paprika
- 1/4 teaspoon smoked paprika
- 1/4 teaspoon ground fennel seed
- 1/4 teaspoon dried oregano
- 1/4 teaspoon ground coriander
- 1 tablespoon kosher salt

Potatoes:

- 2 1/2 pounds Yukon gold potatoes
- salted water
- oil

Cauliflower:

- 1 head cauliflower
- salted water
- ice
- 2 tablespoons mayonnaise
- 1 teaspoon tamari or soy sauce
- 1 tablespoon chopped parsley

Roasted onions:

- 1 red onion
- salt
- oil

For serving:

- 3 ounces pitted Castelvetrano or green olives, cut into quarters
- 5 ounces wild arugula
- 1 lemon, quartered

To make lemon chicken: Marinate chicken in mixture of minced garlic, granulated garlic, paprika, smoked paprika, fennel pollen, dried oregano, coriander and salt; let sit overnight.

To make potatoes: Boil potatoes in heavily salted water until tender. Cool, peel and cut into 1 1/2-inch chunks. Toss with oil to coat; reserve.



Lemon Chicken with Roasted Red Onions and Potatoes

To make cauliflower: Cut cauliflower into florets and blanch in salted water 1 minute; shock in ice bath. Remove from ice and dry. Toss with mayonnaise, tamari and parsley; reserve.

To make roasted onions: Preheat oven to 450 F. Peel onion and slice into 1-inch rings. Toss with salt and oil; roast until slightly caramelized with texture. Chill and reserve.

Preheat oven to 450 F.

Bake chicken on sheet pan approximately 15 minutes. Add potatoes and cauliflower. Bake approximately 15 minutes then switch oven to broil approximately 10 minutes.

Squeeze lemon over reserved onion.

When chicken is crispy and reaches internal temperature of 165 F, remove from oven and add onions and olives. Plate chicken, potatoes, onions, olives and cauliflower on top of arugula and garnish with lemon.

Marinated Skirt Steak

Recipe courtesy of chef Nate Appleman on behalf of Abbott

Vinaigrette:

- 1/4 cup oil
- 1/4 cup fish sauce
- 1/4 cup rice wine vinegar
- 1/4 cup water
- 2 tablespoons raw sugar
- 1 cup chopped fresh cilantro
- 1 lime, juice only
- 1 clove garlic, minced
- 1 small Thai bird chile or serrano chile, chopped
- 1/4 head finely shaved green cabbage
- 1/4 head finely shaved purple cabbage
- 2 carrots, thinly julienned

Skirt steak:

- 1 1/2 pounds trimmed skirt steak
- 1/2 cup coconut milk

- 3 cloves garlic, minced
- 2 tablespoons lime juice
- 1/4 cup chopped fresh cilantro
- 2 tablespoons sriracha
- salt, to taste
- 3 cups cooked brown rice
- 1/2 cup crushed peanuts
- 1 lime, quartered, for garnish

To make vinaigrette: In large bowl, mix oil, fish sauce, rice wine vinegar, water, sugar, cilantro, lime juice, garlic and chile. Toss cabbage and carrots in vinaigrette; refrigerate until ready to serve.

To make skirt steak: Marinate steak in coconut milk, garlic, lime juice, cilantro, sriracha and salt, to taste, at least 1 hour, or up to 24 hours.

Heat grill to high.

Grill 3-4 minutes each side until medium rare.

Let rest 3 minutes.

Thinly slice steaks against grain and serve with vinaigrette, rice and crushed peanuts; garnish with lime wedges.

Cheesy Frittata with Veggies

Recipe courtesy of chef Nate Appleman on behalf of Abbott

Roasted garlic:

- 2 heads garlic
- olive oil
- salt

Frittata:

- oil
- 2 medium leeks, sliced
- 8 ounces blanched, chopped broccoli
- salt, to taste
- 9 eggs
- 2 tablespoons chopped fresh parsley
- 2 ounces grated Parmigiano Reggiano
- 2 tablespoons heavy cream

To make roasted garlic: Preheat oven to 400 F.

Slice 1/4 inch off entire heads of garlic and place cut sides down in 1-liter casserole dish. Drizzle with olive oil and sprinkle with salt; cover with lid.

Bake 35-45 minutes until heads of garlic are soft and light brown. Let cool then use back of knife to squeeze garlic from pods.

To make frittata: Lower oven to 375 F.

In saute pan, heat oil over medium-high heat. Cook leeks until soft; add broccoli then season with salt, to taste, and remove from heat.

In mixing bowl, mix roasted garlic, sauteed leeks and broccoli, eggs, parsley, Parmigiano Reggiano and cream; place in 9-inch pie dish and bake approximately 20 minutes until top of frittata is brown. Remove from oven and let cool slightly before cutting and serving.



Cheesy Frittata with Veggies