

WALTERBORO • RUFFIN • SMOAKS • GREEN POND • JACKSONBORO • COTTAGEVILLE • ROUND O • LODGE



520 4TH STREET - ESTILL \$75,000



Home is located on a corner lot with wrap around porch. A swing to enjoy all the warm weather. Home built in 1934 with 1464 square feet of beautiful craftsmanship. Living room, dining room and an enclosed back porch for added space. Black metal roof. A wood burning stove in the primary bedroom. On a quiet street in a small town with city utilities, friendly neighbors, a church, library and school within walking distance.. Come see todav!



MISTY HUGHES Realtor Coldwell Banker Todd Land Agency 342 Jefferies Blvd Walterboro, SC 29488

COLDWELL BANKER AGENCY 843-549-7100

www.coldwellbankerrealestate.com | www.tlandagency.com R ed from various sources that may include, but not be limited to, county records and the Multiple Listing Service, and it may include approximations

nerican

Insurance Center, LLC

Protection For Your Family and Your Financial Security 105 N. Lucas Street | Walterboro, S.C. | Phone: 843-782-4440



LIFE **HEALTH INSURANCE MEDICARE SUPPLEMENTS MEDICARE ADVANTAGE**

Teresa S. Sauls Agent/Owner teresasaulsAIC@outlook.com

Sonny Martin Agent/Office Manager sonnymartinaic@outlook.com



AUTO/HOME ATV'S, BOATS, RV'S, MOTORCYCLES **COMMERCIAL PROPERTY** WORKER'S COMPENSATION **GENERAL LIABILITY**

Kami Merritt Agent/Broker kamimerritt@aicinsurance.agency

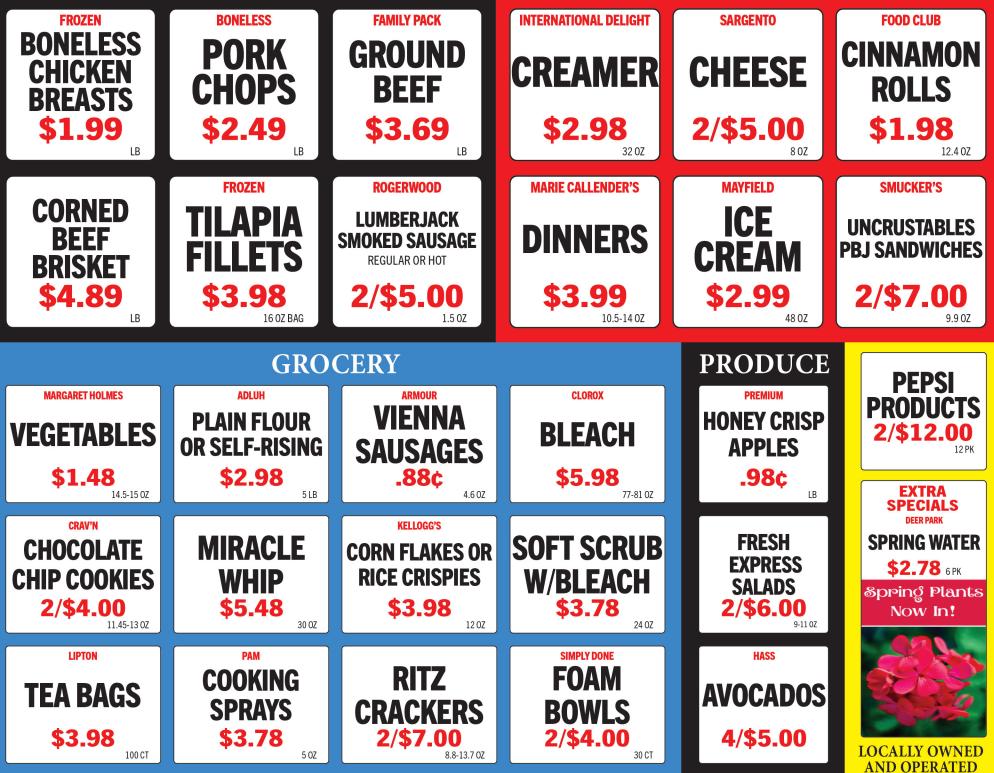


1609 Hampton Street • Walterboro, SC • 843-549-5615

March 6, 2024 - March 12, 2024

ON THE BUTCHER'S BLOCK

FROZEN FOOD & DAIRY





CLASSIFIEDS FIND what you need! **BUY** what you want! SELL unwanted items! The Press and Standard **1025 BELLS HIGHWAY** WALTERBORD, SC 29488 843-549-2586



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)

Addt'l Words: 20¢ per word

ASK ABOUT OUR HEAVILY **DISCOUNTED RATES FOR MULTIPLE RUNS!**

DEADLINES

The Press & Standard: Thursday's by 4:00 p.m.

The Rockin' Shopper: Tuesday's by 4:00 p.m.

PLACE YOUR AD TODAY, CALL AMANDA! P: 843-549-2586 pressclass@lowcountry.com

Guilt-Free, Superfruit Snacking

843-549-2586

Sweet treats made to permissibly indulge

FAMILY FEATURES

or many, enjoying a small indulgence can serve as a ✓ reward for a job well done or a mood-boosting pick me-up. In fact, mindful snacking is on-trend for a majority of consumers

According to Mondelez International's Fourth Annual State of Snacking Global Consumer Trends Study, 78% are choosing small indulgences to pamper themselves and 68% are checking nutrition labels on snacks.

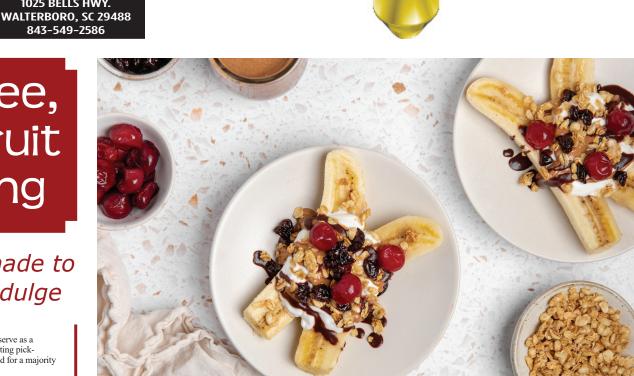
With today's changing palates and the growing demand for sour, less sweet foods and beverages, a superfruit like tart cherries can help snackers permissibly indulge without the guilt. Primarily grown on small family farms in the United States, Montmorency tart cherries - also referred to as sour cherries are available year-round in dried, juice and juice concentrate, canned and frozen forms.

More than 110 scientific research studies show Montmorency tart cherries are a superfruit. In addition to their sweet-sour taste and unique nutrient profile, research suggests tart cherries one of the few natural food sources of melatonin - may help improve sleep, aid in exercise recovery, reduce inflammation, ease arthritis symptoms, improve gut health and promote heart health. In fact, in one study published in the "European Journal of Nutrition." adults who drank Montmorency tart cherry juice slept about 40 minutes longer on average and had up to a 6% increase in sleep efficiency.

While increasingly featured in functional beverages and health-positioned foods, tart cherries can also add drool-worthy flavor to superfruit-infused snacks, such as these Tart Cherry Superfood Banana Splits and Tart Cherry Brownie Bites. Plus, using tart cherries as a favorite ingredient in recipes like these adds a health halo to sweets – reinforcing the trend of permissible indulgences.

As an ideal superfruit snack that makes snacking more satisfying, tart cherries provide delicious flavor and potential health benefits in these recipes and beyond so you can savor the moment and cherish every bite.

Find more tart cherry snack recipes at ChooseCherries.com



Tart Cherry Superfood **Banana Splits**

Recipe courtesy of Hannah Zimmerman of Bite Sized Studio on behalf of the U.S. Tart Cherry Industry

Prep time: 15 minutes Cook time: 20 minutes Servings: 2

1/2 cup dark chocolate chips

- 2 cups tart cherry juice
 2 ripe bananas
 1 cup vanilla Greek yogurt
 1/4 cup almond butter
 1/4 cup granola
 1/4 cup dried tart cherries
 1/2 cup dried tart cherries

- 1/2 cup frozen tart cherries, thawed

Place chocolate chips in bowl. In saucepan over medium heat, bring tart cherry juice to simmer about 20 minutes until reduced to 2/3 cup. Pour juice into bowl and mix until chocolate

chips are melted and sauce is smooth.

Cut bananas in half lengthwise and place on two plates. Spoon 1/2 cup Greek yogurt on each banana then drizzle with 2 tablespoons almond butter and 2 tablespoons tart cherry

chocolate sauce. Sprinkle 2 tablespoons granola, 2 tablespoons dried tart cherries and 1/4 cup thawed frozen tart cherries on top of each banana split.

Note: Leftover tart cherry chocolate sauce can be stored in airtight container in refrigerator for later use



Tart Cherry Brownie Bites

Recipe courtesy of Hannah Zimmerman of Bite Sized Studio on behalf of the U.S. Tart Cherry Industry Prep time: 10 minutes Yield: 12 bites

- 10 medjool dates, pitted 1/2 cup dried tart cherries 1/4 cup walnuts 2 tablespoons rolled oats

- 1/4 cup cocoa powder
 1 tablespoon chia or hemp seeds (optional)

- seeds (optionar) 1/4 teaspoon salt 2 tablespoons peanut or almond butter 4 tablespoons tart cherry juice 1/4 cup mini chocolate chips cocoa powder (optional) melted chocolate (optional)

In bowl of food processor, combine dates; dried tart cherries; walnuts; oats; cocoa powder; seeds, if desired; salt; and nut butter. Pulse 30-60 seconds until ingredients are ground into tiny pieces.

Add tart cherry juice in 1 tablespoon additions, pulsing mixture after each addition, until crumbly dough forms

Transfer dough to bowl and fold in chocolate chips. Roll dough into 12 balls. Serve plain or finish balls with dusting of cocoa powder or drizzle of melted chocolate, if desired.



Sponsored by:

All payments must

be postmarked and received by March 26, 2024.



SUGAR B's BAKESHO P

WALTERBORO, SC 991 BELLS HWY • 843-782-0006 WWW.SUGARBSBAKESHOP.COM

Band of Blue New Orleans Bound

The Press and Standard

Murdaugh Denied Retrial / Hill testified at hearing for Alex Murdaugh's motion for a new trial

Seven Displaced by Morning Fire

All entry forms must be postmarked and received by March 26, 2024.



I want to subscribe and be entered into the drawing for

SUGAR B'S GIFT CERTIFICATE!

***MUST FILL OUT FORM & RETURN TO BE ENTERED INTO THE DRAWING!**

My Information:			Where Reverse Reverse States and the states of the states
Name:		Account #:	Characte Charactee Characteeee
Address:			
		Zip:	Very trace Could Prove Grand
Phone Number:			Gan Akard e Mar van Graden an de Kahnen an de Kahnen an de Kahnen Straden and de Kahnen
			$ = \delta \circ \delta \times \mathfrak{R}(\mathfrak{s}) \delta \circ \delta \times \mathfrak{R}(\mathfrak{s}) \delta \circ \delta \circ \mathfrak{R}(\mathfrak{s}) \delta \circ $
UVISA (3% fee added)	aster Card (3% fee added)	American Express (5% fee add	ded) Discover (3% fee added)
Name on Card			1 Year In County \$38
Card #:		Exp Date: _	1 Year Out of County \$58
*Credit card payments I	may be called in, if you p	orefer. *Prize w	will NOT be mailed!
The December	1 Strudund	84	43-549-2586
The Press and		1025 Bells High	way Walterbyro, SC 29488
C. C. C.			
	0		
		A State of the sta	





In County: 6 Months – \$19 1 Year – \$38

Out Of County: 6 Months - \$29 1 Year - \$58



BUSINESS IS SLOW?



1025 BELLS HIGHWAY WALTERBORO, S.C. 29488 843-549-2586 FAX 843-549-2446

is not just a saying in business.

Advertise today and let your business be in sight and in the minds of your customers.

The Press and Standard

1025 Bells Highway | Walterboro, SC 29488 843-549-2586 | www.walterborolive.com

SAVE UP TO \$500 ON THE PURCHASE OF ANY 4G OR 5G WIRELESS DEVICE!

> PRTC.US/RESIDENTIAL-WIRELESS 843.538.2020

*Up to \$500 credit for new customers and \$400 credit for existing subscribers towards the purchase of a new 4G HD or 5G device (limited to the actual cost of the device). Restrictions may apply.