



Cole Reynolds to represent Sumter EMC on the 2022 Washington Youth Tour



Since 1965, the Washington Youth Tour has given more than 3,000 students from Georgia and more than 50,000 nationwide the opportunity to take part in this unique experience. Former U.S. President Lyndon Johnson initially requested the program to “send youngsters to the nation’s capital, where they can actually see what the flag stands for and represents.”

The Georgia delegation will join more than 1,800 additional youth representing cooperatives across the nation. They will have the opportunity to exchange ideas and views about local and national issues with peers from other states.

This year, Cole Reynolds of Lee County High School has been selected to attend the 57th annual Washington Youth Tour, a once-in-a-life-time leadership experience made possible through the generosity of electric



Cole Reynolds

membership cooperatives (EMCs) in Georgia, including Sumter EMC.

Cole is a junior at Lee County High. He cites history as his favorite academic subject, and his most inspiring teacher is his theater coach, Dottie Davis.

Cole’s true passion is singing and acting. His future plans include pursuing a degree in theater from Columbus State University. He is a member of the Lee County High School drama and chorus program, and Cole has been a part of Broadway Bound, a nonprofit that focuses on staging live theater musicals performed by children and teens. Cole also performs with Theatre Albany, and he is an alumni of Applause Rising Talent Showcase (ARTS), where he was awarded Overall Child Actor by ARTS in 2016. He is also a member of the Thespian Society-Troupe 5297.

In addition to his acting and singing activities, Cole works at Publix in Leesburg part time. He is excited to see the historical sites he has learned about in history class during his visit to Washington, D.C., as well as taking his first flight there.

Cole is the son of Sumter EMC members Mike and Burnice Reynolds and has an older sister named Savana. His family attends The Church at the Groves.



Safety tips for before, during and after a storm

Storm season is in full swing, and many summer storms have the potential to produce tornadoes, which can happen anytime and anywhere, and bring turbulent winds higher than 200 miles per hour.

In April, a video of NBC Washington Chief Meteorologist Doug Kammerer went viral. During a live broadcast, Kammerer called his teenage son to warn him of a tornado that was headed straight for their home. Knowing the kids were likely playing video games and not paying attention to the weather, he told them to head straight to the basement. Kammerer debated if he should call his family on-air, but he knew it was the right thing to do. Luckily, the kids made it safely through the storm.

As adults, we understand the importance of storm safety, but younger children and teens may not realize the dangers storms pose. That's why it's so important to talk to your family and have a storm plan in place. Here are several tips you can share with loved ones:

Before the storm

- Talk to your family about what to do in the event of a severe storm or tornado. Point out the safest location to shelter, like a small, interior, windowless room on the lowest level of your home. Discuss the dangers of severe thunderstorms; lightning can strike 10 miles outside of a storm. Remember: When you hear thunder roar, head indoors.

- Make a storm kit. It doesn't have to be elaborate—having a few items on hand is better than nothing at all. Try to include items like water, nonperishable foods, manual can opener, first-aid kit, flashlights and extra batteries, prescriptions, baby supplies, and pet supplies. Keep all the items in one place for easy access if the power goes out.

Practice Storm Safety

Have a plan in place and make a storm kit.

Listen to local alerts and know where to shelter.

Stay off the roads if trees and power lines are down.



During the storm

- Pay attention to local weather alerts—either on TV, your smartphone, or weather radio—and understand the types of alerts. A thunderstorm or tornado watch means these events are possible and you should be prepared. A warning means a thunderstorm or tornado has been spotted in your area and it's time to take action.

- If you find yourself in the path of a tornado, head to your safe place to shelter, and protect yourself by covering your head with your arms or materials like blankets and pillows.

- If you're driving during a severe storm or tornado, do not try to outrun it. Pull over and cover your body with a coat or blanket if possible.

After the storm

- If the power is out, conserve your phone battery as much as possible, limiting calls and texts to let others know you are safe or for emergencies only.

- Stay off the roads if trees, power lines, or utility poles are down. Lines and equipment could still be energized, posing life-threatening risks to anyone who gets too close.



- Wear appropriate gear if you're cleaning up storm debris on your property. Thick-soled shoes, long pants, and work gloves will help protect you from sharp or dangerous debris left behind.

Summer is a time for many fun-filled activities, but the season can also bring severe, dangerous weather. Talk to loved ones about storm safety so that everyone is prepared and knows exactly what to do when a storm strikes.

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Roasted Vegetable Spinach Wrap

Courtesy of Georgia Grown

INGREDIENTS:

- 1 large eggplant, sliced into ¼-inch thick half circles
- 2 medium Georgia Grown tomatoes, cored, quartered, seeds removed
- 2 Georgia Grown red bell peppers, stems and seeds removed, quartered
- 1 large Georgia Grown zucchini, sliced in full ¼-inch thick circles
- 2 tablespoons olive oil
- Salt and pepper
- 2 cups shredded romaine lettuce
- 8 ounces fresh mozzarella, sliced into 8 slices
- 4 spinach or sundried tomato flour tortillas

Pesto aioli

- ¼ cup prepared pesto
- ½ cup mayonnaise
- 1 tablespoon lemon juice
- Dijon mustard

Balsamic vinaigrette

- 2 tablespoons balsamic vinegar
- 4 tablespoons extra virgin olive oil
- Salt and cracked black pepper

Preheat oven to 400 degrees.

Make vinaigrette: Place vinegar in a bowl, and using a fork or whisk, begin to pour the oil in a thin, steady stream, whisking rapidly until smooth and emulsified. Season with salt and freshly ground black pepper.

Make pesto aioli: Place mayonnaise in a bowl and using a fork, whisk in lemon juice. Whisk in pesto tablespoon by tablespoon until fully incorporated. *Note: If your aioli breaks and begins to look curdled, whisk 1 teaspoon of Dijon mustard with 1 tablespoon of the broken mixture, then incorporate the rest tablespoon by tablespoon.*

Roast vegetables: Toss vegetables in a large bowl with olive oil, and season with salt and pepper. Line two large-rimmed baking sheets with parchment paper and divide vegetables evenly between them, making sure not to crowd the pans. Roast for 15-20 minutes, or until vegetables are tender and starting to brown. Remove from oven and let cool for a few minutes, then, with a pair of tongs, consolidate all of the vegetables, except for the bell pepper, onto one baking sheet to continue cooling. Increase the oven to broil, and return the baking sheet with only the bell peppers to the oven. Broil with the oven cracked, watching closely, for 2-3 minutes, or until the skin is charred in places

and puffs up to pull away from the flesh. Remove from oven. Fold peppers into a parchment package by bringing together the two longer sides of parchment and folding or rolling them onto each other, then folding the other two sides under the package. Let peppers steam for 5 minutes, then remove them from the package and remove the skin with a paring knife. Return all vegetables back to the large bowl you seasoned them in earlier. Toss with ¼ cup of the balsamic vinaigrette and set aside.

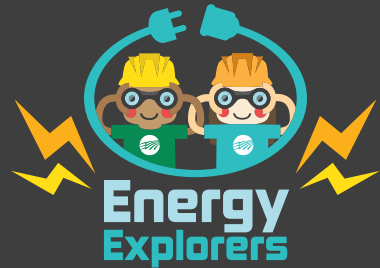
Assemble and serve: Warm tortilla in a dry skillet over medium high heat. Place tortilla on cutting board. Starting toward the bottom half, spread pesto aioli across the tortilla, 8 o'clock to 4 o'clock, leaving about 1 ½ inches of space on either side. Top pesto aioli with ½ cup of romaine lettuce, then 2 pieces of eggplant, 1 piece of roasted red pepper, 2 pieces of tomato, and 3 pieces of zucchini. Top with 2 slices of mozzarella. Wrap up like a burrito. Repeat with the rest of the filling ingredients and tortillas. Cut each wrap in half on the bias, plate and serve.

For recipes from farms and producers across our state, visit www.georgiagrown.com.

SUMMER STORM SAFETY WORD SEARCH

Summer means fun in the sun! But the season can also bring strong thunderstorms.

Read the storm safety tips below, then find and circle the bolded words in the puzzle below.



- If you hear thunder, that means **lightning** can strike nearby. Go indoors.
- Wait at least 30 minutes after the last rumble of **thunder** before going back outside.
- During a thunderstorm, stay away from tall, isolated **structures** or trees, which are more susceptible to lightning strikes.
- Avoid standing near **windows** during a thunderstorm.
- Strong summer storms occasionally cause power outages. During an outage, it's best to have an **emergency kit** on hand.