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

**Dear Editor**

Do you have a question or concern about Colleton County?

Mail to:  
 Attn: Editor  
 1025 Bells Highway  
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 or Email:  
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**VOTE**

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**— THE NOMINATED CANDIDATE OF CEC —**

**FAMILY MAN BUSINESS MAN 35+ YEARS CEC MEMBER**



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**SEPTEMBER 30<sup>TH</sup> OR OCTOBER 1<sup>ST</sup>**

**FOLLOW ME ON FACEBOOK @ HOFF FOR CEC BOARD**

I am Terry Hoff and I would like to serve as your member of the Colleton Electric Cooperative, (CEC), board. As a lifelong resident of rural Colleton County, I have raised my family and operate a successful small business, Hoff Construction, and I'm ready to use my knowledge and skills to advance the goals and objectives of our coop to better serve the members. I will pursue ideas and programs with an eye towards innovation and cost savings.

CEC started in 1941 and has grown into an affordable, dependable provider of efficient energy for our homes and businesses. It is owned and operated by its members with oversight through its elected board of trustees. Personally, I am proud of our electric coop support of local businesses and community projects. As your board member, I will work tirelessly to build on their successes. With your support I will be your voice on the CEC board.

I have served on the board of the Colleton Board of Adjustment and Appeals and the Edisto Chamber of Commerce as well as a special committee for the recreation commission and various boards in my church.

Family, faith, fairness and honesty were the values I was taught. I have lived by those values, taught them to my family and practiced them in my business. I will bring those values to the CEC board. I ask for your support on September 30th or October 1st.

I am the only CEC nominated candidate in the race and I proudly accept their nomination.

Vote Hoff for CEC board

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**RUSSET POTATOES**  
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MUSCADINE OR  
**SCUPPERNONG GRAPES**  
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FRESH  
**YELLOW SQUASH**  
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FRESH  
**PICKLING CUCUMBERS**  
**99¢** LB.

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**IGA SUGAR**  
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**\$3.95** EA.

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24 OZ ASSORTED VARIETIES  
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12-14 OZ ASSORTED VARIETIES  
IGA DELUXE MAC & CHEESE ..... **3 FOR \$4**

8-11 OZ PASTA OR RICE SIDES  
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10-4 OZ ASSORTED FLAVORS  
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12 CT REG OR BUTTER  
FOOD CLUB INSTANT GRITS ..... **2 FOR \$4**

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16.5 OZ ASSORTED FLAVORS  
FOOD CLUB CAKE MIX ..... **5 FOR \$5**

16 OZ ASSORTED FLAVORS  
FOOD CLUB FROSTINGS ..... **2 FOR \$3**

12-13 OZ ASSORTED FLAVORS  
DUTCHMAID SANDWICH CREAMS .. **5 FOR \$5**

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FOOD CLUB MIXED NUTS ..... EA. **\$3.99**

11.5 OZ  
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NABISCO RITZ CRACKERS ..... **2 FOR \$5**

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HELUVA GOOD FRENCH ONION DIP .. **2 FOR \$4**

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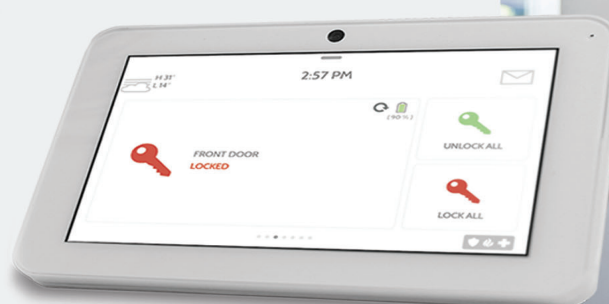
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# Nutritious Fall Meals

**FAMILY FEATURES**

**W**ith a return to busy fall routines, it can be challenging for many families to find the time to sit down at the table for nutritious meals.

Adding an option like Florida Orange Juice to your family's routine can help fuel them throughout the day. Whether drinking it on its own or by adding it to recipes like Grilled Turkey Club with Orange Juice-Infused Aioli or Orange Cream Smoothies, you can feel good about incorporating a beverage with essential vitamins and minerals, nutrients for immune system support and no added sugars.

**Diet and nutritional benefits:** Both nutritious and delicious, drinking 100% orange juice can increase fruit intake as well as provide key nutrients including vitamin C, potassium, folate, thiamin and magnesium, as well as vitamin D and calcium in fortified juice. Research has found children whose diets include orange juice tend to have healthier diets and higher levels of physical activity compared to those who do not. The American Academy of Pediatrics recommends limiting 100% fruit juice to no more than 4-6 ounces daily for children ages 2-6 and no more than 8 ounces for children ages 7 and older.

**Immune support:** 100% orange juice can help support the immune system by providing a variety of vitamins and minerals. For example, an 8-ounce glass of 100% orange juice is an excellent source of vitamin C, which helps protect cells and promote the production and function of immune cells. An 8-ounce serving of fortified 100% orange juice is a good source of vitamin D, which plays an important role in regulating immune response to help fight off bacteria and viruses that get into the body. Additionally, 100% orange juice has many beneficial plant compounds, flavonoids and colorful carotenoids, which work to support the immune system by fighting inflammation and helping cells communicate with each other.

**No added sugar:** Unlike many foods and beverages that contain added sugars, the natural sugar in 100% orange juice comes with vitamins, minerals and antioxidants. In fact, a study published in "Frontiers in Nutrition" found children and adults who consumed 100% orange juice had lower intakes of added sugar compared to those who did not.

"Today, children are consuming fewer fruits and vegetables and missing out on key vitamins and minerals," said Dr. Rosa Walsh, scientific research director at the Florida Department of Citrus. "Many children have inadequate intake of folate, riboflavin, thiamin, vitamin C, vitamin D, potassium, iron and zinc. This doesn't have to be the case. A glass of 100% orange juice is a convenient option, according to the Dietary Guidelines for Americans, that counts toward fruit intake and one I know children love. Parents should make sure to look for 100% orange juice on the container. This ensures you are serving a nutrient-dense beverage with no added sugar."

Visit [floridajuice.com](http://floridajuice.com) to find more nutritious recipes.



**Grilled Turkey Club with Orange Juice-Infused Aioli**

**Orange Juice-Infused Aioli:**

- 1 cup mayonnaise
- 1/2 cup Florida Orange Juice
- 2 tablespoons chopped parsley
- 2 cloves garlic, grated
- 2 teaspoons Dijon mustard

**Turkey Club:**

- 8 slices multi-grain bread
- 1 cup watercress
- 8 ounces thinly sliced smoked turkey
- 4 slices provolone cheese
- nonstick cooking spray

To make aioli: In small bowl, whisk mayonnaise, orange juice, parsley, garlic and Dijon mustard.

To make turkey club: Spread 2-3 teaspoons aioli on four bread slices. Spread watercress on top of aioli. Top watercress with turkey, cheese and remaining bread slices.

Spray grill pan, electric skillet or cast-iron skillet with nonstick cooking spray and warm over medium heat. When pan is hot, add sandwiches, cheese side down, and cook until bread is golden brown and cheese has melted, about 4 minutes. Gently flip and cook 2-3 minutes, or until bread is golden brown. Serve with remaining aioli as dipping sauce.



**Orange Cream Smoothies**

- 1 1/2 cups Florida Orange Juice
- 2 cups ice
- 6 ounces non-fat vanilla Greek yogurt
- 1/2 cup vanilla almond or soy milk

In blender on medium speed, blend orange juice, ice, Greek yogurt and vanilla almond or soy milk until smooth and creamy. Pour into two tall glasses.

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<b>STOUFFERS PARTY LASAGNA</b> <b>\$12.99</b> 90 OZ	<b>BORDON CHEESE</b> <b>2/\$5.00</b> 8 OZ	<b>HUNTS KETCHUP</b> <b>5/\$5.00</b> 20 OZ
<b>BOOST</b> <b>\$8.99</b> 6 PK	<b>10.5 OZ LUCKY CHARMS</b> <b>12 OZ CINNAMON TOAST</b> <b>2/\$5.00</b>	<b>GULF PACIFIC PAR BOILED RICE</b> <b>\$2.99</b> 5 LB

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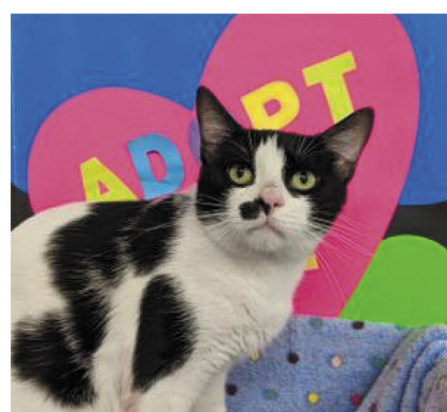
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