

The

# Communicator

MAY/JUNE 2021

**DRIVE UP +  
DO BUSINESS**

Learn about changes for a more convenient  
**ANNUAL MEETING**

# 2021

## SERVICE EXPANSION

Internet service coming to Berkley community

## SCREEN SHOT

Online tools help filmmakers break boundaries



By SHIRLEY BLOOMFIELD, CEO  
NTCA-The Rural Broadband Association

## Broadband is critical for working from home

Nearly all of us have spent at least some time this past year working from home. And while remote work surged during the pandemic, it certainly isn't a new idea. Between 2005 and 2017, according to Statista, there was a 159% increase in remote work. Today 11.2% of Americans are working from home, up from 5.7% in 2019. And many are growing to prefer it — 22% of workers say they'd like to work from home permanently. I believe full-time remote work makes it difficult to create and maintain a collaborative work culture, but I do think that work is likely to have a new face when we get back to "normal."

The Foundation for Rural Service recently published a white paper entitled "Rural America's Critical Connections." (You can download it for free at [www.frs.org](http://www.frs.org).) The report cites a Global Workplace Analytics report that states, "Our best estimate is that 25-30% of the workforce will be working from home multiple days a week by the end of 2021."

What does this mean for broadband, that critical connection that helps us work remotely? It certainly means our country needs to continue the work to get broadband to everyone — and that in doing so we must build robust networks using technology proven to support the speeds and synchronous connections that working from home requires. Regardless of the work patterns and flexibility we see in the coming year, one thing is for certain: NTCA members such as your provider will continue to be at the forefront of connecting rural America. 



A free online resource helps female entrepreneurs

About 45% of businesses are owned or co-owned by women. Spanning a range of industries, most of these businesses are small with potential for growth. The federal Small Business Association wants to provide support.

The free, information-packed online Ascent program offers a range of helpful resources.

### TAKE A JOURNEY

Experts in women's entrepreneurship created informational Journeys. Participants can choose any Journey, opting out of sessions with information they already know. Each Journey includes Excursions filled with resources needed to master a topic.



Exercises and tools



Fireside chats



Infographics



Success stories



Discussion guides



Videos



Key insights



Self-assessments

DO YOU NEED HELP WITH YOUR BUSINESS?

Visit [ascent.sba.gov](http://ascent.sba.gov)

# Secure your Internet of Things

The Instant Pot, a pressure cooker, is one of the most popular small kitchen appliances of recent years. Naturally, there's a model capable of connecting to the internet via Wi-Fi — an example of the Internet of Things, or IoT.

Smart thermostats, door locks and security cameras are just a few devices on the IoT spectrum. Refrigerators, toys and a range of whimsical gadgets are all on the bandwagon. And businesses and industry, including agriculture, manufacturing and medicine, take advantage of connected devices.

Like the connected Instant Pot, which lets a cook control it via a smartphone app, IoT devices provide convenience, useful data and new ways of using technology. Cisco, a leader in networking systems, estimates that more than 75 billion such devices will be in use by 2025.

The utility of what is sometimes described as the fourth industrial revolution is balanced by the need for mindful caution. These devices offer people with bad intent potential doorways into private homes and businesses that use the internet-dependent gadgets.

Meanwhile, companies are finding new ways of leveraging these systems. One example is Amazon Sidewalk, which rolled out earlier this year. Here's how Amazon described the innovation: "Amazon Sidewalk is a shared network that helps devices like Amazon Echo, Ring security cameras, outdoor lights and motion sensors work better at home and beyond the front door."

Essentially, Sidewalk links your Amazon devices to those of your neighbors through a specialized network. Why? Well, imagine your internet goes down while you're out of town, making your security-focused Ring Doorbell useless. With Sidewalk, however, your internet-connected doorbell would keep right on working, relying on the internet connections of your neighbors to power the system. Everyone on the Sidewalk

system gives up a little bit of their internet bandwidth to this network. Instead of a smart home, Sidewalk can create a smart neighborhood.

Amazon released a detailed white paper outlining the system's security features. And while security experts have been quoted praising the company's efforts, others have expressed concern about privacy and the potential for hackers to target the system. Amazon Sidewalk can be turned off in the settings section of the company's smartphone app.

As IoT devices proliferate and offer new, practical ways to leverage the power of the internet, knowledge and a few practical security steps can offset possible risks. In the past, the FBI noted the need for IoT caution. "Unsecured devices can allow hackers a path into your router, giving the bad guy access to everything else on your home network that you thought was secure," Beth Anne Steele wrote for the Portland FBI office. [🔗](#)

## Security tips for IoT devices

- Change the device's default password. Consider a different device if instructions for changing the password aren't readily available.
- Long passwords — as long as possible — work best. Make them unique to each IoT device.
- Many IoT devices connect to smartphone apps. Take a few minutes to understand the permissions granted to these apps. An internet search will help here, too.
- If possible, have a separate network for devices, such as an internet-connected refrigerator and a laptop containing sensitive information.
- Regularly update the devices, and turn off automatic updates.



# Let's all enjoy a drive-thru

## A fresh spin on the NHTC annual meeting

Every year, I look forward to enjoying an event that is one of many reasons NHTC is so special. We provide great service and have an unbeatable team. But you, our members and customers, are truly what makes NHTC what it is. Our annual meeting gives us a chance to visit with one another, learn from each other and, frankly, have a little bit of fun.



**DANIEL MARTIN**  
General Manager

After all, there's nothing wrong with mixing a good time with business. Seeing each of you really is a highlight, and in that regard this year will be no different. Everyone at NHTC wants to make sure our connections to you are strong.

In other ways, though, the 2021 NHTC Annual Meeting will offer a unique experience, combining all the elements everyone loves about these gatherings while adding the convenience of a novel new drive-thru format. We're all excited to share the details with you.

First, this will not be a one-day affair. Instead, we're going to create a six-day event to provide every member a chance to participate. It is different, but we believe this approach will allow us to create the safest, most effective meeting possible. We'll even re-create

some of the favorite aspects of previous meetings — yes, there will be prizes.

Why go to so much trouble? In a very tangible way, the annual meeting is at the core of NHTC's mission as a member-owned cooperative. Every member gets a vote. You select board members to represent you in how NHTC does business, and each of your voices truly does count.

So, please plan on attending this year's unique meeting. After all, who doesn't love a visit to a great drive-in? It's going to be easy and fun.

Just visit the NHTC office 8 a.m. to 6 p.m. May 17 through May 21 and from 8 a.m. to noon on May 22. You'll find members of our team ready to direct you. As always, you'll have a chance to register and vote for board members. This is a vital part of the cooperative. Please, let your voices be heard.

To make things as easy as possible, we're mailing every member a detailed packet of information, including the financial report, a sample ballot, prize tickets, instructions and more.

Then, there's going to be some fun. Everyone who registers will receive a \$20 bill credit. And each registered member will become eligible for daily door prizes! The first 600 members who register will even receive a free T-shirt. Most importantly, you'll never have to leave your vehicle.

And don't worry — our normal business drive-thru will remain open for regular service, because the meeting drive-thru will be in clearly defined lanes in the rear parking lot.

We will be pulling previous winners from the grand prize drawing. Everyone who registered and did not win one of the six prizes will go into the drawing for our grand prize.

There's no doubt this will be an annual meeting unlike any other. At its heart, though, this will be the same as every meeting in NHTC's history. Neighbors will come together to help one another create a cooperative committed to serving all.

Thank you for your help. I look forward to seeing each of you. 

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is a member-owned corporation dedicated to providing communications technology to the residents and businesses of New Hope, Grant and Owens Cross Roads.

**Send address corrections to:**

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**On the Cover:**



NHTC has worked to make the annual meeting more convenient for customers, and this year brings a fresh concept for the event.  
*See story Page 5.*

# DRIVE UP + DO BUSINESS

Please join NHTC for this year's **ANNUAL MEETING** — a different, yet convenient, way to conduct the cooperative's business!

The drive-thru annual meeting gives members six days to register and vote, without leaving your vehicle! And it's worth the drive.

- Receive a \$20 bill credit and become eligible in a drawing for door prizes!
- The first 600 members who register will receive a free T-shirt!

NHTC employees will direct meeting traffic to the rear parking lot, leaving the regular drive-thru window open for normal business.

Everyone who registers, but does not win one of the daily prizes will be eligible for a grand prize drawing on Saturday.



## WHAT:

Registration and voting  
— Cast ballots for board members



## WHERE:

The NHTC office at  
5415 Main Drive,  
New Hope



## DATES:

Monday, May 17  
through  
Saturday, May 22



## TIMES:

Monday through  
Friday from 8 a.m. to  
6 p.m. and  
Saturday from 8 a.m.  
to noon

Each NHTC member will receive a detailed packet in the mail, including the financial report, sample ballot, prize tickets, instructions and more. For more information and to view the 2019 minutes, please visit [nhtc.coop/annual-meeting](http://nhtc.coop/annual-meeting).

**Don't miss the unique experience of NHTC's drive-thru annual meeting and a chance for great door prizes!**

Bring your admittance ticket and a valid photo ID to participate in the board elections. Members do not have to be present to win!



**256-723-4211 | [nhtc.coop](http://nhtc.coop)**

# Marvelous vistas

## Rhododendron make summertimes scenic

Story by ANNE P. BRALY

**C**limb to the top of Roan Mountain, a 5-mile ridgetop along the Appalachian Trail, in the month of June, and something magical happens. The view, normally green with vegetation, turns into a blanket of crimson as the rhododendron opens in full bloom.

“The views are spectacular — and that’s an understatement,” says Keith Kelley, ranger for the Cherokee National Forest, Watauga District.

It’s this view that people have been traveling to experience for generations, according to Jennifer Bauer. She is the author of three books about Roan Mountain. The most recent is “Roan Mountain: A Passage of Time.”

As early as the 1700s, botanists made their way up the mountain range to study

the flora and fauna. In 1794, Andre Micheaux discovered alpine species rarely found outside of the New England and Canadian latitudes. Five years later, John Fraser hiked up the mountain, collecting specimens of rhododendron and noting the existence of the fir tree we now know as the Fraser fir. And yet another early explorer was Elisha Mitchell, for whom Mount Mitchell is named.

But it wasn’t until the magnificent Cloudland Hotel opened high atop Roan Mountain that it became known to the general public and word of its rhododendron — the largest proliferation of wild rhododendron in the world — spread across the South and beyond. Today, little remains of the Cloudland other than a forest service marker providing information

about the hotel’s glorious heyday. But people continue to come to see the magnificent gardens tended by Mother Nature. Sometimes too many people, Kelley adds, so he offers a suggestion should you go.

“South of Carver’s Gap is an area known as the Rhododendron Gardens, which you can drive to, park and hike from there,” he says. “There is a small user fee you have to pay to enter the area, but it is well worth it. That area is accessed by turning south at Carver’s Gap.”

Bauer’s attachment to “The Roan,” as she calls it, began in college when she was a student at East Tennessee State University. Her botany professor introduced her to The Roan, and the rest, as they say, is history. She’s now been with Tennessee State Parks for 38 years, the first 21 of which were spent working as an interpretive ranger at Roan Mountain State Park. The position enabled her to conduct research in an effort to learn more about the natural history of The Roan and its people. Bauer is now the park ranger at Sycamore Shoals State Historic Park in Elizabethton, Tennessee.

Roan’s highlands, which reach up to 6,285 feet at its peak, is where you’ll find the Rhododendron Gardens — toward the west end of the highlands at the end of a U.S. Forest Service road that turns off from Carver’s Gap at the North Carolina/Tennessee state line.

“When they are in full bloom, you see a sea of crimson flowers in areas where there are not many spruce and fir trees popping up among them,” Bauer says. “But even with the trees, it’s a beautiful sight. In other areas of the mountain, you’ll walk through areas that are in different stages of transition between balds to forests. In these areas the rhododendron reaches for the sun and blooms among the spruce and firs. All of these unique habitats present a feeling of great beauty and a sense of visiting an enchanted forest.”

Any time of year is worth visiting, Kelley notes. “But in June, the rhododendron are in bloom, along with some of the other vegetation, which offers incredible, breathtaking scenery.” 

### *Where does Roan Mountain get its name?*

Some say the name refers to the reddish color of the mountain when rhododendron comes into bloom in early summer or when the mountain ash berries appear in autumn. But, according to the United States Department of Agriculture, there’s another theory. Some say it comes from Daniel Boone’s roan-colored horse, because the man and his horse were frequent visitors to the area.





## Grow it yourself

Rhododendron grows best in cooler climates and acidic soil — definitely not the hard-packed red clay found throughout the South. There are hybrid varieties, though, that have been developed for the southern garden. But that's no guarantee they will survive. Rhododendrons do not like high heat and wet soil. However, if you're willing to try, here are some tips from Southern Living.

- **Start with heat-tolerant plants.**
- **Pay attention to the soil and have it tested for acidity. Also, plant your rhododendron in an area that drains quickly and contains lots of organic matter, such as chopped dead leaves, cow manure and ground bark. Again, no clay.**
- **If your ground is flat, plant the rhododendron in a raised bed.**
- **Finally, choose a location that is lightly shaded in the afternoon and shielded from strong winds.**

## Balding

The Appalachian Trail travels along the highest ridges of the Roan Mountain range, which separates Tennessee and North Carolina. A portion of the highlands is a red spruce and Fraser fir forest. Other areas of The Roan are described as "bald" communities. Just as the name implies, balds are areas on mountaintops where the forest ends and thick vegetation of native grasses and/or shrubs begins. One of the most popular areas along the entire Appalachian Trail from Maine to Georgia is the portion that crosses the balds of Roan Mountain, says Jennifer Bauer, former ranger at Roan Mountain State Park and a board member of Friends of Roan Mountain.

How the balds developed is anyone's guess, but scientists now believe they may have formed during the last ice age when constant winds and freezing temperatures caused trees to make a hasty retreat down the mountaintop. Mammoths and other beasts acted as Mother Nature's personal weed eaters, keeping the balds grazed. Now that the woolly beasts are gone and temperatures have warmed, balds are beginning to grow some "hair." But Roan Mountain's balds still shine. Among the most popular are the balds starting at Carver's Gap and going north.

### They are, in order:

- 🌸 **Round Bald**
- 🌸 **Jane Bald**
- 🌸 **Grassy Ridge**
- 🌸 **Yellow Mountain**
- 🌸 **Little Hump Mountain**
- 🌸 **Hump Mountain**

# CUSTOMERS NOW HAVE CHOICES

## Excessive fee increases force NHTC to discontinue TV service

Ending TV service wasn't an easy decision for NHTC, but it was necessary as the rates charged by content providers have risen dramatically year after year.

Local programming costs increased by 791% since 2013 — up from just under \$3 per subscriber to more than \$25 per subscriber in 2021 — and that is for local programming alone.

“We understand the frustration of our customers when we are forced to increase rates for our television packages, and we would have again been forced to increase rates had the decision not been made to discontinue the service,” says General Manager Daniel Martin. “Instead of increasing your statement each year to compensate for these exorbitant fee increases, NHTC decided that it is best for all to cease TV service as rates continue to increase.”



## TRADITIONAL NHTC TV SERVICES WILL END JUNE 30

### Three great options for all your viewing needs

*While NHTC will not provide TV service, the company will focus on three options to ease the transition: a satellite TV service, antenna installation and streaming.*

#### 1) NHTC partnering with DISH Network

- Enjoy your favorite programming through satellite-based TV.
- Contact NHTC directly or call 844-268-3859 to sign up for DISH.
- NHTC customers are eligible for a \$100 gift card when they sign up with DISH.\*
- DISH will provide the needed equipment for customers who choose to sign up for that service.
- DISH offers packages that include local channels.
- DISH Network service is most similar to the TV service offered by NHTC.

\*Residential customers only. Promotional pricing subject to change. Gift card available for a limited time to qualifying customers. Credit check is required. Visit <http://nhtc.coop/dish/> for full details.

#### 2) NHTC offers options for both indoor and outdoor antennas

- Options available for installation by NHTC for a limited time.
- Antennas allow for access to local channels, which are free over the air.
- Call NHTC for antenna installation rates and the time limit.
- Customers may also purchase an antenna from NHTC for self-installation. Call for rates.



## 3) Looking for a streaming service?

### What is streaming?

Streaming refers to watching movies or television shows across an internet connection, instead of a traditional TV subscription service.

Using an app such as Sling TV or YouTube TV to stream programming, customers can watch on a TV, tablet, laptop or other connected devices.

### Why streaming?

- Streaming options require a high-speed internet connection and NHTC offers 100 Mbps and 1 gigabit internet speeds via a state-of-the-art fiber network and provides plenty of bandwidth to stream your favorite programming and movies
- Customers who choose to stream programming will need a smart TV or a streaming device to use with their existing TV.

- Examples of streaming devices include Roku, Amazon Fire Stick, Apple TV or Google Chromecast.
- Consult the streaming provider's website to determine which devices it supports.
- Professional installation isn't required for a new streaming device and it's simplified for easy connection and setup.

### Which to choose?

- NHTC doesn't recommend any one streaming service. However, a comparison chart of the most popular streaming services is available on the website, [nhtc.coop](http://nhtc.coop).
- The chart is not all-inclusive, and there's no substitute for doing research to select the best service and device that meets someone's needs.

## COMPARE POPULAR STREAMING SERVICES AT [NHTC.COOP](http://NHTC.COOP)

### Sling TV

Less expensive than other options, but it offers fewer channels. Add-on packages are available.

### YouTube TV

One of the best services for overall live streaming. It has more top channels and features for the base price.

### Hulu + Live TV

Offers news, sports and entertainment programming, plus on-demand streaming options from Hulu.

### FuboTV

Great for the sports fan, and it has a wide array of news and entertainment options to appeal to general audiences.

### Philo

Watch live, save unlimited shows to watch later, or browse a huge library of content available on-demand.

## NHTC is here to help through this transition.

- ▶ Please visit the TV tab on the NHTC website at [nhtc.coop](http://nhtc.coop) to find more information regarding the partnership with DISH, as well as other available options.
- ▶ Once NHTC TV service officially ends on June 30, the equipment will no longer be useful. Customers can dispose of it themselves or return it for recycling to the NHTC business office at 5415 Main Drive, New Hope.
- ▶ **Call 256-723-4211 for more information or assistance.**

# Final cut

## How the freedom of the internet is transforming filmmaking

Story by DREW WOOLLEY

Some filmmakers learn their craft by making home movies in the backyard. Others go to film school. Madelaine Turner likes to say she got her education on YouTube.

“That’s essentially where I got my film degree,” she says. “Movies were my first love, but filmmaking wasn’t something I pursued for a long time. Until quarantine started.”

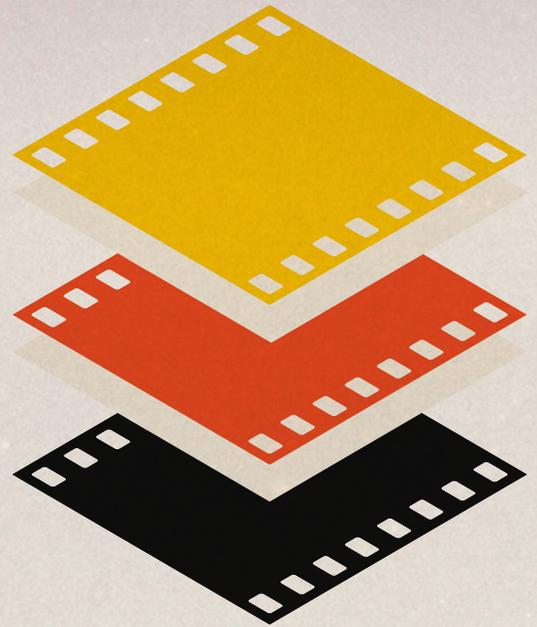
At 27 years old, the California native considers herself a senior by the standard of apps like TikTok. Of the app’s 500 million active users, nearly half are estimated to be in their teens and early 20s.

Originally, Turner’s quick videos were just a way to stay connected with her younger siblings. But she began to view the platform as a way to genuinely flex her creative muscle after a positive response to her Wes Anderson tribute video, “The Anderson Guide to Surviving a Global Pandemic,” filmed using only objects she had in her apartment.

“It gives you really specific boundaries with the content you’re allowed to create, which is 59 seconds,” she says. “So the challenge and excitement as a storyteller, director and creator is getting your point across and making those 59 seconds really enjoyable for your audience.”

Within those confines, Turner has explored her wide-ranging creative interests, from short films paying homage to Jane Austen costume dramas and French heist movies to abstract dream sequences and a cyberpunk take on “The Wizard of Oz.” Each new style gives her a chance to learn more about the filmmaking process both during and after filming.

“I’d never really used a green screen or After Effects before,” she says. “Now, taking on a new genre is really exciting because it allows me to push the boundaries of what I know how to do and challenges me to figure out how I can convey this effectively without having a whole production crew.”



Her growth as a filmmaker hasn’t gone unnoticed. As a freelance screenwriter, Turner has been able to point to her online portfolio and hundreds of thousands of followers to build connections within the movie industry. And thanks to the algorithms of apps like TikTok, Instagram and YouTube, more people are discovering her work every day.

“It allows you to come across content from someone with virtually no following,” Turner says. “And from my perspective, I was putting my stuff out there and very quickly engaging an audience that gave me the permission to go bigger, further and more creative.”

That audience is one of the reasons Turner doesn’t expect she’ll ever stop making short-form videos online, even as she pursues her larger filmmaking dreams. The real-time feedback she receives on those platforms has already shaped her as a filmmaker and may come to shape the industry itself.

“A traditional filmmaker might go years in between films, whereas on TikTok you get this microenvironment of trying new things and getting that quick feedback,” she says.

“So I think I’ve been lucky to hyper-develop my style as a filmmaker because of that feedback loop. Hopefully I can be part of a generation of filmmakers that is able to bridge that gap between the internet and the mainstream.”



Madelaine Turner puts her spin on genres ranging from French heist movies to cyberpunk.

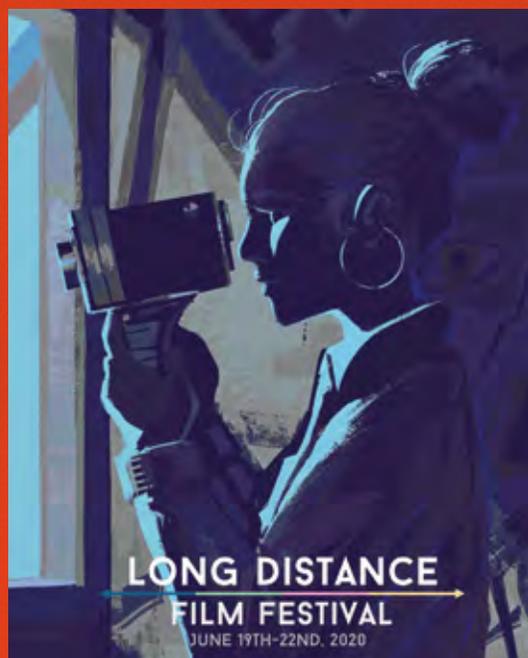


## Long distance

For every film festival that was able to pivot to digital in 2020, there were many more that had to be canceled altogether. With so much of the industry on hold, a team of five cinephiles in Brooklyn started the entirely online Long Distance Film Festival, harnessing the power of broadband to give rural and urban filmmakers around the world an outlet for their creativity.

"There was a certain freedom to starting an all-online festival," says Festival Director Elias ZX. "It was much cheaper than doing it in person. We didn't sell tickets and had unlimited capacity so friends, family and fans of the filmmakers were able to join from around the globe and watch the festival in its entirety."

To pull it off, the team partnered with the independent Spectacle Theater and Kinoscope to stream its 15 selected short films to hundreds of viewers around the world. Plans for a second edition of the festival are already underway, with submissions open for 2021.



## Industry standard



Oxford Film Festival Executive Director Melanie Addington was making last-minute arrangements for the Mississippi-based event when the state's governor banned gatherings of more than 100 people. Using Eventive's brand-new online festival platform, she quickly pivoted to take the event virtual.

"We were one of the first virtual festivals with Eventive and had to learn a lot very quickly, mostly that a lot of our community doesn't have good internet access," she says. "That was restricting in some ways, but it also expanded who could see them to a new audience."

Moving forward, Addington anticipates OFF will have a hybrid format, combining the accessibility of a virtual festival with the in-person experience of a live event.

"This will be what we do from here on out," she says. "Not everyone can travel to Oxford, but they can still take part in the experience. It makes absolute sense for this to become a standard in our industry."



# Ramski's role in fiber

## NHTC engineering manager retiring

Story by LISA SAVAGE

It can be easy to forget the early advancements that paved the way for today's technology, but NHTC Engineering Manager Dave Ramski remembers well helping lay the groundwork for the fiber optics services that now connect the world.

"I cut in the first fiber connection from West Palm Beach to San Juan, Puerto Rico, in 1986," Ramski says. Now, after working in the telecommunications industry for 45 years, he plans to retire from NHTC and return to his Florida roots.

Ramski started as a lineman for a contractor in Daytona Beach, where he worked for Bell Telephone Co. He then worked from aboard a ship for 10 years to install fiber across the ocean, connecting the continents. The engineers spliced fiber optic connection at the beaches, and the fiber cables were buried in the ocean bottom or, in the deepest sections of the ocean, laid across the ocean floor. Then, the fiber is connected on the shores abroad.

By then, Ramski and his wife, Nancy, had started a family, and he no longer wanted to be gone for weeks at a time. He began searching for engineering positions in the telecommunications industry and found a job at Pioneer Communications, a cooperative in Southwest Kansas.

It was his first job with a cooperative, and he quickly learned about the benefits of a member-owned organization. "I didn't know what a co-op was before that," he says. "Now, I'm in love with the cooperative model. We're not working to make a profit, but we seek to provide the best possible service to our members, and it's nice to be part of that."

The Ramski children grew up and moved away from home. His daughters ended up in Nashville to be near the recording industry. Ramski and his wife were looking to move closer to them

when he found a listing for an engineering manager position in New Hope. He had no idea where it was. "When I Googled and saw it was 110 miles from Nashville, I was excited," he says.

He applied for the position and joined the team to bring a 100% fiber optic network to NHTC. His knowledge and expertise of fiber optic technology provided a smooth transition for NHTC's service. NHTC completed the transition in four years and without grant funding.

Ramski guided NHTC to certification with NTCA—The Rural Broadband Association as a gigabit broadband internet provider, meaning the cooperative is capable of delivering gigabit broadband speeds and enabling technological innovation with 100% of the membership included in the fiber network. Only about 10% of NTCA member companies have achieved the designation.

"I'm in love with the cooperative model. We're not working to make a profit, but we seek to provide the best possible service to our members, and it's nice to be part of that."

— Dave Ramski, NHTC engineering manager

Now, Ramski looks forward to retirement on June 1. "Working in fiber technology has provided me with a great career," he says. "It's nice to help bring the gig fiber technology that is changing people's lives." ☎



NHTC Engineering Manager Dave Ramski plans to retire June 1.





## Perfectly pleasing peas

### Enjoy a surprisingly flexible legume

If you're denying yourself the simple beauty of peas, it's time to rethink your weekly menu. Full of healthy benefits and flavor, they should be a part of everyone's diet.

Peas' nutrition profile includes manganese, protein, fiber, vitamin A and folate, with lots of lesser vitamins to boot. And their neutral flavor allows them to go from smoothies at breakfast to salads for lunch and pot pies for dinner. They're inexpensive and add a lot of texture and color to any plate.

Try tossing them with pasta and a creamy Alfredo sauce. Or use peas as a topping for a baked potato with cheese and sour cream. You can also make an incredible pesto sauce for buttery rounds of crusty bread. Simply add a bag of

frozen peas to a handful of mint leaves and a half cup of Parmesan cheese, blend them together in a food processor and add olive oil as the machine is running until you get a smooth, thick consistency.

If you're lucky enough to have a garden full of the green pods filled with fresh peas, you've done yourself a favor. Just go outside and grab a handful of taste and nutrition. If not, grab a bag of frozen peas — they're just as good for you.



FOOD EDITOR  
**ANNE P. BRALY**  
IS A NATIVE OF  
CHATTANOOGA,  
TENNESSEE.



### PEA SALAD WITH SMOKED ALMONDS

- 2 (16-ounce) packages frozen peas
- 6 ounces smoke-flavored almonds, finely chopped
- 1/2 a sweet onion or more, to taste, finely chopped
- 1/2 cup mayonnaise (reduced fat OK)
- 1/2 cup sour cream (light OK)
- Ground black pepper, to taste
- 1/2 cup shredded cheddar cheese

Place frozen peas in a colander and rinse them under cold water until thawed. Drain and transfer them to a large bowl. Add the almonds and onions. Mix well. Fold mayonnaise, sour cream and black pepper into the pea mixture until evenly coated. Transfer to a serving container and top with shredded cheese. Cover and refrigerate until serving. Before serving, you may want to blend cheese into the mixture, or leave it on top for a prettier presentation.





## GREEN PEA BANANA SMOOTHIE

- 1/2 cup frozen green peas
- 1 frozen banana
- 1 cup spinach
- 4 mint leaves or more, to taste
- 1 1/2 cups almond milk
- 1 tablespoon almond butter, optional

Combine all ingredients in a blender. Blend until smooth, about 1 minute. Add more almond milk if needed to achieve your desired consistency.

## CREAMY CHICKEN POT PIE

Peas add taste, color and texture to this creamy dish.

- 2 1/2 cups all-purpose flour
- 1 tablespoon sugar
- 1 teaspoon salt
- 1 cup cold unsalted butter, cut into cubes
- 1/2 cup cold buttermilk
- 1 or 2 tablespoons cold water
- 1 large egg, beaten, for the egg wash

### For the pot pie filling:

- 1/4 cup unsalted butter
- 1/3 cup diced onion
- 2 medium carrots sliced (about 1 cup)
- 1 stalk celery sliced (about 1/2 cup)
- 2 cloves garlic minced
- 1/3 cup all-purpose flour
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1 1/2 teaspoons minced fresh thyme
- 1 tablespoon minced fresh Italian parsley
- 1 3/4 cups chicken broth
- 1/2 cup heavy cream
- 3 cups shredded chicken or turkey
- 1 cup frozen peas

First, make the pie dough. Combine the flour, sugar and salt in a large bowl. Add the cubed butter and toss to coat.

Dump the mixture out onto a clean surface and use a rolling pin to roll the butter into thin sheets, combining it with the flour. Use a bench scraper to scrape the rolling pin and to bring the mixture back into a pile as necessary. Continue until all of the butter is incorporated into the flour. The mixture will be very flaky. Return the mixture to the bowl and place it in the freezer for 15 minutes to chill the butter.

Remove from the freezer and add the buttermilk. Use a spoon, and then your hands, to stir the mixture until it comes together into a ball. If the mixture is too dry, add the water a tablespoon at a time. Divide the dough into 2 parts and flatten them into disks. Wrap each disk in plastic wrap and chill in the fridge while you make the filling.

To make the filling, heat the butter over medium-high heat in a large skillet. Add the onions, carrots, celery and garlic and cook until tender, stirring occasionally. Whisk in the flour, salt, black pepper, thyme, parsley, chicken broth and heavy cream. Whisk until there are no flour lumps, then simmer over medium-low heat for 10 minutes or until the sauce has thickened. Stir in the shredded chicken or turkey and frozen peas. Remove from heat and set aside.

Preheat the oven to 400 F. Remove the pie dough from the refrigerator. On a lightly floured surface, use a rolling pin to roll out the dough into a 12-inch circle. Dough should be about 1/4 inch thick. Transfer the dough to a 9-inch pie pan. Pat with your fingers, making sure it is smooth. Trim the extra overhang of dough with a knife and discard.

Pour the filling into the dough-lined pie pan. Roll out the second disk of dough and carefully cover the pie. Trim the extra overhang off the sides. Seal the edges by crimping with a fork or your fingers. With a sharp knife, slice a few small slits in the center of the top crust. Using a pastry brush, brush the crust and edges with a beaten egg.

Bake for 45 minutes, or until the crust is golden brown. Cool for 10 minutes, allowing the filling to settle and thicken a bit. Cut into slices and serve.



# DRIVE UP + DO BUSINESS

## WITH THIS YEAR'S — DIFFERENT — ANNUAL MEETING

Receive a \$20 bill credit and become eligible in a drawing for door prizes!  
The first 600 members who register will receive a free T-shirt!

**WHAT:** Registration and voting — Cast ballots for board members

**WHERE:** The NHTC office at 5415 Main Drive, New Hope

**DATES:** Monday, May 17 - Saturday, May 22

**TIMES:** Monday - Friday from 8 a.m. to 6 p.m. and Saturday from 8 a.m. to noon

### THE GRAND PRIZE — BIG SCREEN TV

For members who register, NHTC will give away one door prize from the names of those who registered the day before. Names of all those who registered but did not win one of the daily prizes will be entered for a chance to win the grand prize.

Day 1 — Roku Ultra

Day 2 — Lenovo Chromebook

Day 3 — TCL 43" 4K UHD LED Roku Smart TV

Day 4 — HP Celeron 2-in-1 Touch Chromebook

Day 5 — iRobot Roomba

Day 6 — Apple 10.2-inch iPad

Grand Prize — TCL 65" 4K UHD QLED Roku Smart TV

**Everyone who registers, but does not win one of the daily prizes will be eligible for a grand prize drawing on Saturday!**

Visit [nhtc.coop/annual-meeting](http://nhtc.coop/annual-meeting) for more information.

Bring your admittance ticket and a valid photo ID to participate in the board elections.  
Members do not have to be present to win!