

Market Minutes

with Margot

Although parking was a bit "hairy" due to the Over the Mountain Triathlon being held at the same location as the market this past Saturday, the market enjoyed good traffic. Shoppers enjoyed seeing the athletes, including Nascar legend, Jimmie Johnson, walk through Patriots Park. Some, including FFM soap vendor, Tracie Pullen, got to take a picture with Jimmie!

This week, The Foothills Farmers' Market will be back to our usual location between Cherokee Grill and the Joy Theatre on Railroad Avenue, with new vendors, regular vendors, as well as some that we only see on occasion. If you have never been before, come check it out! You'll find everything from handmade artisan jewelry to fresh broccoli and onions!

One of the first things I spotted when our new vendor, Burton Farms of Vale, arrived was the Swiss chard! I think Gracie thought I was crazy as I chanted

"It's here! It's here- The Swiss chard has finally arrived at market!" And oh - what beautiful produce came off of their truck and into their Farmers Market stall: broccoli, spring onions, cabbage, bok choy, asparagus, lettuce, strawberries, local honey, radishes, the list could go on! Come on out and meet their vendor representatives. Rub elbows with local chefs, and ask advice on how to cook the various offerings. I did just that with the Swiss chard and asked local chef Marty Mongiello for suggestions. One of his was bacon, garlic and a wilted greens presentation. Below, please find



Margot Plonk
Foothills Farmers Market

my creation based on his suggestions!

Peppery Swiss Chard

2-3 slices of bacon, chopped
One head of Swiss Chard (Rainbow variety) chopped- I did not use stems
1 clove garlic
½-1 tsp. red pepper flakes
½ cup chicken broth or vegetable broth

Brown chopped bacon in a skillet. Add chopped garlic, and cook on medium heat until lightly browned. Throw in the pepper flakes and stir around a bit to release the pepper's "bite". At this point you can remove garlic (or leave it in for more flavor). Add chopped chard, stirring until it reduces in size by half. Add broth, stir. Cover and turn to low and cook until most liquid is absorbed.

Salt (and vinegar) to taste and serve as a side to chicken or fish.

Amazing!



The choir sings from a trailer platform at Sunday's dedication of Advent Lutheran Church's new home grounds at 230 Oak Grove Road.

Advent Lutheran Church to have new home

From the opening strains of "Surely the Presence of the Lord Is In This Place," sung by the choir from a trailer platform, to the closing benediction, there was no doubt of God's presence at the dedication of Advent Lutheran Church's new home grounds at 230 Oak Grove Road. Over 80 parishioners were present for the dedication service.

Mission partners and supporters from Salisbury, Troutman, Dallas, Gastonia and York, SC gathered with the congregation to celebrate the milestone event. The Rev. Carl Haynes, Dean of the Carolinas Mission District of the North American Lutheran Church, delivered an inspirational sermon and blessed the land to God's use. Following the service, there

was fellowship, food and pickup football and soccer for the young people.

Advent began as a mission congregation, meeting for the first time in November 2010, and has a baptized membership of 130. The congregation will now begin its building phase and looks forward to the future of having a permanent home base for its mission and outreach.



Members of the congregation of Advent Lutheran Church participate in dedication of Advent Lutheran Church's new home grounds Sunday.

THE SAVVY SENIOR

By JIM MILLER
Editor



How to Help Seniors with Computer Issues from Far Away

Dear Savvy Senior,

Are there any computer software products that you know of that will let me help my parents with their computer issues from afar? They are in their seventies and frequently call me with their computer questions and problems, but I live across town and don't always have time to get in the car and drive over to help them. What's available that can help us?

Weary Son

Dear Weary,

Helping an elder loved with their computer questions or problems over the phone can be frustrating and difficult. Fortunately, there are a number of resources available today that offer remote access software that can easily help you assist your parents with their computer issues from afar.

One of the best is TeamViewer, which is completely free to use and works with Windows and Macintosh computers.

To get started, you and your par-

ents will need to go to TeamViewer.com and install their free software on each of your computers. How-to videos are available on their site to help with the installation.

Once installed - and with their permission - you will be able to access your parent's computer right from your own computer wherever you are. Both machines must have broadband Internet for this to work.

This software will give you the ability to actually see what's appearing on your parent's computer screen, and will let you remotely take charge of their computer so you can show them how to do something, or you can do it for them while they watch. Almost anything can be done remotely with this software. You can even keep a live video chat open at the same time you're helping them.

If your interested in shopping around, some other free remote access programs worth a look include Chrome Remote Desktop (go to

chrome.google.com/webstore and type in "Chrome Remote Desktop" in the "Search the store" box to find it), and SkyFex (skyfex.com), which works only with Windows.

Skype also has a screen share feature (see skype.com/en/features/screen-sharing) that lets you share your screen and video chat at the same time, but you can't actually take control of the other person's computer. You can only show them what they should be doing by demonstrating it on your own desktop.

Professional Tech Support

If your parents need more tech support than you are able to manage, another option to consider is to sign them up with a tech support company like Geek Squad (geeksquad.com, 800-433-5778), which also offers remote access capabilities to help your parents with almost any computer issue.

Whenever they would need assis-

tance, they could call the Geek Squad toll free number anytime, 24 hours a day, or log in to their website. A Geek Squad representative would then help them initiate a remote access session, so they could remotely show them how to do something, or make repairs or adjustments to their computer. Once the call is completed, the remote control access would be disconnected from your parent's computer.

In addition to the remote access help, Geek Squad tech support also offers free anti-virus software, they cover up to three computers (or other devices), and provide unlimited phone and in-person tech support at any Best Buy store. Costs range from \$200 for one year, \$280 for two years or \$350 for three years, with a 15 percent discount available to AARP members.

Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit SavvySenior.org. Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.



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