

Compliments of Jodee Harris

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209



Have 24 Hours to Spare?

Explore These Underrated Cities



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\$6.99 Issue #209



1 95893 03209 9

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Whew, summer went by fast! September often brings adjustments to our routines, days getting shorter and shorter and always being amazed at the differences between this year's and last year's school photos!

Vacations are hard to squeeze in as fall kicks into gear. But with our itineraries for 24 Hours in America's Most Underrated Cities, you can enjoy a getaway and still have a day to recharge. Talk about a perfect weekend!

On the other hand, if the great outdoors and some exercise help you recharge, grab your running shoes and head to your favorite trail for a workout that will put your endurance and balance to the test! Before you, go check out A Bug's-Eye View of Trail Running to get a glimpse of some running buddies you might bump into.

Don't worry, if the outdoors and running aren't your idea of relaxing, we found some incredible sheds that will give you all the inspiration you need for a private retreat just steps away from your house.

Our guide to the outdoor firepit craze will give your outdoor space the element it's been missing. Gather your family and friends to end the weekend with laughter around a crackling fire. Don't forget to put together one of our amazing grazing boards to share, and you'll have the hottest hangout in the neighborhood.

— From the Publisher

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Backyard Beacons

Firepits are the new backyard status symbol

People across the country have spent a good portion of the past couple years building cozy spots of comfort, whether in home offices, through kitchen remodels or via simple updates of the backyard. One of the most popular home upgrades? You've seen them on Instagram, you've felt the heat coming from your neighbor's patio — it's the humble firepit.

Sales for firepits are up 300% since 2020. Why the burning desire to plop a pit on your patio? Some say it's our primal need to sit in groups. Firepits are social, cozy, playful and flexible. They set the stage for grilling, roasting, storytelling and warming up on cool nights.

Firepits can also add class to your patio or ambience to your deck and can even create an outdoor great room for you. All this at an entry point of around \$200!

Many Styles to Choose From

Classic Firepits

Accounting for 57% of all firepits, classic, self-standing, open firepits are the most common. For safety, place the firepit at least 10 feet from a structure, then rim it with chairs and hand out marshmallows or hot dogs. You're set for a fun gathering!

Styles range from simple steel cauldrons to expensive but beautiful stone and iron sculpted pits. They burn wood or charcoal. Larger structures keep 78% of their value upon sale of your home. Prices range from \$149 to \$699.



Chimeneas

Chimeneas are firepits with a chimney, which makes them burn hotter and cleaner, keeps smoke from your eyes and adds optional oven features.

Chimeneas can be used to bake bread or pizzas, plus most other foods. Constructed of adobe or clay, cast iron, steel or aluminum, chimeneas keep you warm on cool nights and out of the kitchen on hot evenings. About one in 14 firepits are chimeneas. They range in price from \$500 to \$5,000.



Class up Your Firepit With **Special Embers**



Fire Tables

The dancing light and gentle heat of fire tables invite cozy outdoor social gatherings. Fire tables sit on a porch, deck or balcony and can be fueled by propane or connected to your natural gas supply (an option that can save you money).

Permanent-Fixture Firepits

These firepits burn gas and can be placed on a porch or deck. Clean-burning, permanent-fixture firepits come in stunning stone and metal designs with different types and shapes of burner flames. They account for 21% of the market and range in price from \$500 to \$13,000.



Backyard Cooking Made Easy



Firepits are perfect for grilling and, if they come with a lid, for roasting. (Plus, if your firepit doesn't have a lid, you can always use foil pouches to do the job.) Use them to sear steaks or hamburgers, fry seafood or pancakes and roast potatoes or vegetables, all while enjoying the fresh air and warmth of the flames.

Ready to make your pit cook?

You can find thousands of firepit recipes online, ranging from the simple to the exotic.

Blueberry-Cinnamon Campfire Bread — Fry cinnamon-raisin bread dipped in an egg and milk batter.

Ham & Jack Pudgy Pie — Grill sandwiches filled with pepper jack cheese and chunks of ham.

Campfire Hash — Fill a cast-iron skillet with chopped potatoes, leftover meats and a can of corn.

Pot of S'mores — Rather than ask your guests to mess with sticky marshmallows, line a pan with foil, fill it with crushed graham crackers, mini-marshmallows and chocolate chips and then set it on the firepit. Once the marshmallows and chocolate are melted and gooey, guests can dig in while keeping their hands clean.

Salmon Packets — Wrap in foil a serving of salmon, lemons, a bit of olive oil and sprigs of dill. Toss the foil packet on the firepit, turn it once and serve. One for each guest.

Pizza — Make your own or wrap a frozen pizza in foil and set it on the firepit to bake. It's that easy!

Beer-Can Chicken — Set a grill above the flames and place the separated chicken pieces atop the grill after marinating them in spices. Cover with foil, but periodically remove to douse the chicken pieces with beer as they cook.



GRAZING BOARDS

Who doesn't love a good grazing board?

When people think of grazing boards, their mind instantly goes to cheese and charcuterie boards. While we'd never pass up a charcuterie board, grazing boards have so many more possibilities to offer!

From dips to nuts and seasonal fruits, the items that can go on a grazing board are seemingly endless. These spreads are beautiful for a variety of reasons. For starters, they bring people together. Grazing boards allow people to share, make their own concoctions and nibble as they please.

Second, they are truly the best of both worlds! Who says you have to order just one thing? Grazing boards give you the option to taste test a little bit of everything as you go! To top it off, it's no secret that these spreads are aesthetically pleasing. One is bound to pop up as you're scrolling through Instagram or Pinterest. And like each snowflake, every grazing board is unique in its own special way. Since they are totally customizable, you can add as much or as little of an ingredient as you wish!

Before we dive into the grazing boards we've put together, we need to discuss the art of creating the perfect grazing board. No matter the theme or items on the spread, there are certain tips and tricks we've compiled to help bring your grazing board from "eh" to "hello gorgeous!"

ESSENTIAL ELEMENTS

1. Variety is key: From different colors to textures, keep it interesting! The best cheese boards feature at least three cheeses: one soft, one hard and one that's *interesting*. Apply this concept to your grazing boards when you're struggling with what to add.
2. Bowls are for dips: Your grazing board should be 90% grab-and-go, but when it comes to dips, put them in a bowl. Not only can dips stain wooden boards but if you spread a dip on a board sans bowl, it'll get messy — fast.
3. Fill the whole board: The most beautiful boards are those without empty spaces. The end result should be a grazing board with a plethora of different items, almost laying on top of one another.

Now that we know how to build a beautiful board, it's time to introduce you to our two featured grazing boards. The first board is our breakfast board. This board is perfect to serve up Saturday morning for the kiddos to enjoy or to surprise your special someone! Featuring bacon, sausage, fruit and waffles, this filling board is one meal on one plate. Talk about an easy clean up!

Next up is a mezze board, which is a Mediterranean-style grazing board. This board features hummus, tzatziki, tabbouleh, pita and so much more! Unlike a normal cheese and charcuterie board, there's no meat here — much like the Mediterranean diet! Also, cheese is not the star of the board. Instead, veggies and dips get to have their moment in the sun.

BREAKFAST BOARD

Breakfast truly is the most important meal of the day, so you might as well have fun with it!

PREP TIME: 30 MIN.
COOK TIME: 45 MIN.
YIELD: 4 SERVINGS



INGREDIENTS

WAFFLES

- 3 eggs, room temperature
- $\frac{3}{4}$ c. peanut butter
- $\frac{1}{2}$ c. almond milk
- 2 tsp. vanilla extract
- 1 tsp. honey
- $\frac{3}{4}$ c. all-purpose flour
- $\frac{1}{2}$ c. protein powder
- 1 tbsp. baking powder
- 2 tsp. cinnamon
- Pinch of salt

COUNTRY-STYLE POTATOES

- 3 large Yukon gold potatoes, diced
- 1 bell pepper, diced
- $\frac{1}{2}$ yellow onion, diced
- 2 tbsp. olive oil
- 2 tsp. paprika
- 2 tsp. garlic powder
- 1 tsp. pepper
- $\frac{3}{4}$ tsp. salt

INSTRUCTIONS

WAFFLES

1. Preheat your waffle iron and add melted coconut oil to both sides to prevent sticking or burning.
2. In a blender, add eggs, peanut butter, almond milk, vanilla extract and honey.
3. Blend until smooth, then set to the side.
4. In a medium-sized bowl, add the all-purpose flour, protein powder, baking powder, cinnamon and a pinch of salt.
5. Slowly add the wet ingredients to the dry ingredients, whisking to combine.
6. Once combined, add about $\frac{1}{4}$ cup of the batter to the waffle iron (depending on the size of your waffle iron).
7. Evenly distribute the batter, then close the waffle iron and allow to cook for about 5 minutes.
8. Use a knife or spatula to carefully remove the cooked waffle, then repeat this process with the rest of the batter.

COUNTRY-STYLE POTATOES

1. Peel the large Yukon gold potatoes, then dice into bite-sized pieces.
2. Next, dice the bell pepper and half of the yellow onion.
3. Add all the ingredients to a large saucepan or skillet
4. Season with olive oil, paprika, garlic powder, pepper and salt.
5. Cook over medium heat, stirring constantly to prevent burning, for roughly 20 minutes.
6. Once the vegetables are soft and the potatoes have a nice golden-brown color, remove from heat and add to the board.

ON THE GRAZING BOARD

- Waffles
- Country-Style Potatoes
- Chocolate Chip Muffins
- Blueberry Muffins

- Sausages
- Bacon

- Blueberries
- Bananas

- Raspberries
- Maple Syrup

MEZZE BOARD

ON THE GRAZING BOARD

- Baba Ganoush
- Tzatziki Sauce
- Tabbouleh
- Hummus
- Dolmas
- Sliced Cucumbers
- Rainbow Carrots
- Sliced Radishes
- Julienned Red Bell Pepper
- Pistachios
- Cubed Feta Cheese
- Sliced and Pitted Kalamata Olives
- Green Olives
- Spiced Almonds
- Rice Crackers
- Pita Bread

INGREDIENTS

BABA GANOUSH

- 1 eggplant
- 1 tbsp. olive oil
- 1¼ tsp. salt
- 1½ tsp. pepper
- ¼ c. tahini paste
- 2 tbsp. lemon juice
- 2 garlic cloves
- 1 tbsp. plain Greek yogurt

TZATZIKI SAUCE

- 1 c. plain Greek yogurt
- ½ cucumber
- 2 tbsp. olive oil
- 1 tbsp. lemon juice
- 1 clove garlic, minced
- 1 tbsp. fresh dill, chopped
- Pinch of salt

TABBOULEH

- 1 c. cooked quinoa
- ¼ c. olive oil
- 1 tbsp. lemon juice
- 2 tsp. lemon zest
- 2 Roma tomatoes
- 1 scallion
- 1 c. parsley
- 1 c. fresh mint leaves
- ½ tsp. pepper
- ¼ tsp. salt

HARISSA HUMMUS

- 1 c. canned chickpeas, drained
- 3 cloves garlic
- ¼ c. tahini
- ¼ c. lemon juice
- ½ c. olive oil
- 2 tbsp. harissa
- 1 tsp. paprika
- ½ tsp. salt

Dips, veggies and nuts — oh my! This healthy grazing board is far superior to any veggie platter that grocery stores have to offer.

PREP TIME: 30 MIN.
COOK TIME: 20 MIN.
YIELD: 6 SERVINGS

INSTRUCTIONS

BABA GANOUSH

1. Wash and slice one eggplant, then season with olive oil, salt and pepper.
2. Roast in the oven at 425° F for 20 minutes.
3. Then, place in a food processor with the tahini paste, lemon juice, garlic cloves, plain Greek yogurt, pepper and salt.
4. Pulse until smooth, scraping down the sides occasionally.
5. Add the final result to a bowl.

TZATZIKI SAUCE

1. Add the plain Greek yogurt to a medium-sized bowl.
2. Dice half of a cucumber, then add to the bowl.
3. Whisk in the olive oil and lemon juice.
4. Then, add minced garlic, freshly chopped dill and a pinch of salt.
5. Whisk to combine, then pour into a small bowl.

TABBOULEH

1. Combine the cooked quinoa with olive oil in a medium-sized bowl.
2. Add the lemon juice and lemon zest.
3. Next, dice the Roma tomatoes and add to the bowl.
4. Mince the scallion, then roughly chop the parsley and fresh mint leaves.
5. Add to the bowl and use a spoon to combine.
6. Finally, season with pepper and salt.
7. Add directly to the grazing board.

HARISSA HUMMUS

1. In a food processor, combine the drained canned chickpeas, garlic cloves, tahini, lemon juice and olive oil.
2. Pulse until smooth, then add the harissa, paprika and salt.
3. Pulse again, then pour into a bowl.



Shedding the Old

CONVERTING YOUR SHED
INTO A LIVING SPACE YOU'LL LOVE



Sheds are no longer just a place to store lawnmowers and grow an endless supply of cobwebs. The He Shed. The She Shed. These days, lots of people are transforming their tiny backyard sheds into the coolest part of their homes.

If your shed is unused and unloved, grab a little inspiration on Pinterest and showcase your creative side. And if you really need the storage space for your mower and leaf blower and all the things it takes to maintain a

backyard, you can still have a classic shed on the inside without letting it get boring on the outside. You'll see...

So stop thinking of your shed as an eyesore or another thing on the to-do list and start imagining it as a bonus space! Here are just some ways you can convert your shed into the envy of the neighborhood. *(Now be sure to note — you should follow all your local codes when it comes to adding or adapting any of the structures on your property!)*



THE TINY HOME

If you didn't know, tiny houses are having a moment. The explosion of the #TinyHome hashtag on Instagram and TikTok is the dead giveaway. Maybe it's time for you to join in on the fun! Sheds make the perfect framework to create your dream tiny home. You have to admit, there's some appeal to living more modestly. It's compact, efficient and even portable! Did we mention it also makes a great in-law suite?

THE GARDEN SHED

A classic. If we're being honest with ourselves, a garden shed is still an essential part of most backyards. It provides the space to store garden tools and outside machines without turning the garage into a cluttered mess.

But what if you want both? An incredible decor element right in the middle of your backyard and a cool-looking shed. If that sounds like you, focus on the exterior. Transform it into an enchanting, charming piece right in the middle of your backyard. You could do this with cedar shingles, a bold paint color or simply by adding windows and shutters on either side.



THE HOME OFFICE

If you're a work-from-home kind of person, a dedicated workspace is a must. And sometimes the teeny tiny closet at the end of the hall — aka the only available space with your family of four — just doesn't cut it.

Here's a very different option: turn your shed into your home office. Think about it, you'll have your very own place with nothing but peace and quiet and the freedom to make the room truly yours. Not only will you have a decked-out, work-from-home shed to make all your coworkers jealous, but you'll have a fun commute to work again!



THE SHE SHED

As long as man caves are a thing, it's only fair that the women of the world get a little something too. So try out ... The She Shed. It's a place to call your own and do whatever your heart desires — read, meditate, take a nap. Oh yeah, and no boys allowed!

THE FITNESS CENTER

A crowded gym definitely has its drawbacks, from the occupied treadmills and ellipticals to the limited choices at the dumbbell rack. Luckily, all of the personal fitness equipment you own (and always use) now has its very own home! Blast your favorite playlist on a Bluetooth speaker and get that iron-pumping session in! You have to put that new Peloton somewhere, right?





THE GREENHOUSE

Sometimes you need to go back to the basics. With a shed, this means turning it into a makeshift greenhouse.

The shed's access to sunlight and insulated warmth will make for a great home for your little seedlings. It's also an excellent way to keep any critters away from your thriving fruits and veggies. Simply add a few windows and shelving units and you'll be good to go. It will be like your very own pop-up produce farm stand!

THE COZY ESCAPE

You don't have to hop on a plane every time you want to get away. Taking a vacation could be as easy as a walk into your backyard, whether your shed's an intimate cottage for watching movies or your special oasis to escape from the hustle and bustle of everyday life. Turn your shed into a private getaway with some rugs, chairs and artwork. For full resort feels, create a porch or patio area to set out some chairs and enjoy the sounds of nature. Sounds magical.



SHEDDING SOME LIGHT

Obviously, you've got a lot of shed options. If you're thinking about shedding up your backyard, consider first what you'll be using your shed for — storage, office, exercise, meditation. Once you've got that pinned down, look in the mirror and ask yourself how hard you can

DIY. If you're not afraid of swinging a hammer, places like the Home Depot or Costco offer plenty of different styles, along with materials for you to build your own. If you're averse to dirt, companies like Tuff Shed will build on-site for you.



24 HOURS IN **America's Most Underrated Cities**

You could spend a lifetime traveling around the United States and still have not even begun to fully explore the multitude of people, places and cultures that make up this country. The US is as diverse in culture as it is vast. Each small town, city, state and region boasts its very own dialect, cuisines and way of life. With so much to do and see, it's easy to miss out on some of the lesser-known destinations. However, these timeless cities prove time and time again that they are beyond worth visiting, even if just for 24 hours.



Nestled at the bottom of the Rocky Mountains and less than 30 miles from Denver, Boulder makes a perfect getaway for visitors and locals alike. Along with breathtaking mountain views, this bustling city is also home to the University of Colorado Boulder, the state's largest university. From summiting peaks in the morning to enjoying a cold brew as the sun goes down, it's all in a day's work when you're in Boulder.

Boulder, Colorado

THE OUTDOORS



It should come as no surprise that outdoor activities are plentiful in Boulder. From rock climbing the Flatirons to fishing at Harper Lake, there is a way for everyone to enjoy the mountain air. Though it would take an entire book to list the adventure spots, there are some tried and true favorites. The Bobolink Trail is perfect for those looking for a leisurely walk to start the day. If you were hoping for more of a challenge, the strenuous Mount Sanitas trail is waiting for you (along with some gorgeous views at the summit). If you're looking for a bit more speed, the 42-acre Valmont Bike Park offers natural terrain of varying degrees to match everyone's skill level.

THE FOOD

It's only fitting that the food scene is as active as the people living in this city. Bon Appétit has even crowned Boulder, "America's Foodiest Town." If you visit between April and November, the

Boulder Farmers Market is a must. Every Saturday morning, 150 farmers and artisans line the street to sell everything from fresh cheeses to vegetables and homemade pastries. After your morning grocery shopping, take a stroll down Pearl Street Mall where you'll be in a foodie's paradise with award-winning breweries and eateries offering up everything from burgers and fries to health-conscious bites. All we can say is if you leave hungry, it's your own fault.



THE NIGHTLIFE

A night out in Boulder will be well worth the last bit of energy you had to muster up to order an Uber. Once the sun goes down, many taphouses turn from cozy hangouts to intimate live music venues and trivia hotspots. If you've had enough of the bar scene, the historic Boulder Theater downtown and the Fox Theater on "The Hill" (an area full of funky shops, eateries galore and museums) have you covered with an easy night of entertainment.



Chattanooga, Tennessee

Chattanooga is often viewed as the forgotten stepchild in the Tennessee family. It does not have the mass appeal of Nashville nor the collegiate roots of Knoxville. What it does have, however, is unparalleled access to the outdoors, a lively Southern food scene and a bar scene to rival any major city.



THE OUTDOORS

Dubbed the Scenic City, Chattanooga sits on the Tennessee River, tucked away between the foothills of the Appalachian Mountains and the Cumberland Plateau. For outdoor enthusiasts, there is no better city on the planet. The avid outdoorsmen (or women) in

Chattanooga can easily access 51 scenic hiking trails, dozens of renowned rock-climbing spots, a river to paddle with plenty of rapids, hills to bike and even spots to hang glide. With Ruby Falls and Rock City just a short drive away, it's easy to find adventure. You don't have to be an adrenaline junky to enjoy the outdoors in Chattanooga, though. Head to the downtown Riverwalk to take in the view during an evening stroll or bike ride.

THE FOOD

The food scene in Chattanooga is reflective of the city's active population: local, fresh and Southern. In Chattanooga, diners will find classic Southern staples alongside inventive international cuisine, all with a heavy focus on local, farm-fresh ingredients. In the last decade, Chattanooga's food scene has come into its own and features favorites like some of the best fried chicken in the South, classic Southern kitchens and European fusion.



THE NIGHTLIFE

Like Nashville, Chattanooga has plenty to do once the sun goes down, from delightful live music venues to craft taprooms and vivacious bars. Visitors will find plenty of places to keep the party going all night long.



Santa Fe, New Mexico

Santa Fe is known as the Land of Enhancement, and as soon as you witness your first desert sunset, you'll understand why. Watercolor shades of pink, orange and yellow are splashed across the horizon above rolling desert hills. Beyond the desert lies the foot of the Rocky Mountains, whose snowcapped peaks stand in contrast with the arid landscape below. Santa Fe's otherworldly environment serves as inspiration for chefs and artists alike, as they seek to recreate the awe and wonder of the desert.

THE FOOD

When you order just about anything in Santa Fe, you'll be asked, "Red, green or Christmas?" They're not talking about tacky sweaters. They're talking about deliciously spicy chile salsas, the likes of which have made Santa Fe a world-renowned food destination. Explore fine dining options and hole-in-the-wall taco shops. Each offers flavorful experiences unlike any other.



THE MOUNTAINS

Perched over 7,000 feet above sea level, Santa Fe is no stranger to heights. Take a quick drive just outside of the city to the Sangre de Cristo Mountain range and it will be hard to miss Ski Santa Fe. With a base area elevation of 10,350 feet, it's one of the highest ski areas in the lower 48. Covering over 600 acres, it's a paradise for winter fun.



If you can't get enough outside time, the Santa Fe National Forest is where you'll want to be. This forest is full of historical heritage with thousands of cultural and archaeological sites found throughout the million and a half acres it covers. Not to mention the thousands of miles worth of trails to choose from, even the most avid hikers will always discover something new.

THE ART SCENE

Like the surrounding landscape, the art scene in Santa Fe is one of a kind. Inspired by the enchantment of the desert, artists in Santa Fe create uniquely Southwestern works of art that show in local galleries as well as across the country. While there are plenty of art galleries in the Santa Fe Plaza, true art lovers get away from the tourists and spend their time browsing the galleries of Canyon Road.





Asheville, North Carolina

You won't find a more charming mountain town than Asheville, North Carolina. Tucked away in the Blue Ridge Mountains, Asheville stands as a Southern bohemian paradise where travelers come to adventure, relax, dine and drink.

THE OUTDOORS

With over 3,000 miles of publicly accessible hiking trails, it's no wonder Asheville has developed a reputation as an outdoorsy town. There's a trail for every type of hiker: those looking to challenge themselves, those looking for a relaxing nature stroll and everyone in between. With easy access to the Pisgah National Forest, Nantahala National Forest and the Great Smoky Mountains National Park, you'll never run out of trails to explore.



THE BBQ

North Carolina is known for its vinegar-based BBQ, and you won't find a better place to enjoy it than Asheville, North Carolina. In Asheville, like everywhere else in North Carolina, you will find two distinct styles of BBQ: Lexington style and Eastern style. Both Lexington and Eastern styles are



pork-based but differ on which cuts they serve and the sauce used. The only way to find out which is superior is to try both!

THE BREWERIES

You would be hard-pressed to find a better beer scene in the United States than that in Asheville, North Carolina. With more breweries per capita than any other US city, Asheville is a beer lover's paradise. Enjoy the over 100 local beers brewed in Asheville on a brewery tour or explore on your own.



5 Anti-Aging Myths **EXPOSED!**

When it comes to anti-aging information on the internet, there are a lot of false claims. So surely, if you've searched to find the best tips and tricks to keep your skin looking young, you've met with some bogus methods and outlandish claims. Sometimes, though, it can be hard to decipher what's true and what's not.

Luckily, we're here to expose five different anti-aging myths, so that knowing the truth can help you adjust your skincare routine for the better.

MYTH #1

You Don't Need Sunscreen on Cloudy Days

You may have heard that you don't need to put on sunscreen if it's cloudy outside or if you're not planning to leave your home for the day. However, this couldn't be more untrue. Although this idea seems to make sense, the sun can still damage your skin on the cloudiest of days. In fact, the sun's rays are so powerful that they can still reach you inside your home or car.

The sun produces two different kinds of UV rays: UVA and UVB. Both of these are likely to cause skin damage, but UVA rays are more known to produce signs of aging, such as wrinkles and sunspots. UVB rays are what cause sunburn and are linked to skin cancers.

Whether you are spending a day outside, taking a quick walk to grab the mail or staying indoors all day long, you should apply sunscreen to protect your skin from the sun.



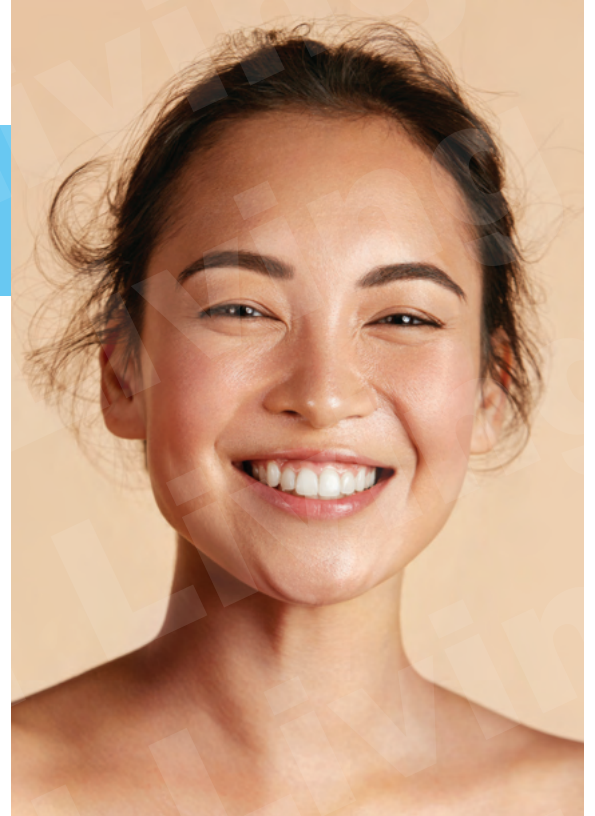
MYTH #2

Smiling Less Will Stop Wrinkles

Although lines form from repetitive facial expressions such as smiling, it's virtually impossible to prevent this from happening. Some have said that keeping a relaxed and expressionless face will prevent wrinkles, but that's no fun! Living a life without smiling is not only boring, but it's very impractical as well.

It's extremely normal for people to get smile lines around their mouths and crow's feet near their eyes as they age. Everyone shows signs of aging at different times and in different forms since there are so many determining factors.

Instead of smiling less to prevent wrinkles, seek out other anti-aging methods. Smiling helps you feel more comfortable, confident and happy — and who doesn't want that?



MYTH #3

Luxury Brands Work Better

Luxury brands do not always mean better products, so don't be too quick to judge by the price tag. You can have a great skincare routine with drugstore products. Having a larger budget for your skincare may give you access to quality products that celebrities recommend, but you can find products that are equally great at your local drugstore.

Brands like CeraVe, Cetaphil and Neutrogena develop affordable products with simple ingredients comparable to those that are higher-end. When deciding on a brand of skincare products, look at the active ingredient list and make sure there are no harmful or harsh chemicals added. It's best to choose products made with simple and pure ingredients to keep your skin from having a poor reaction.

Just because you see advertisements for luxury skincare brands on the internet doesn't mean that they will work well with your skin. Talk with your dermatologist to find trusted products for your skin type.





MYTH #4 Aging Is Determined by Your Genes

You may look at your parents' aging process and think yours will be similar, but don't read too far into it. DNA does play a role in your aging process, but so does your environment. Factors like pollution and UV exposure can have adverse effects on your skin. Be mindful of your unprotected sun exposure, stress levels and other skin-damaging activities, like smoking.

To combat stress-related signs of aging, make sure to practice regular exercise and wellness activities such as yoga and meditation. And of course, don't forget the sunscreen!

MYTH #5 Retinol Should Be Used Daily

It's true that retinol works well as an acne treatment and can help reduce the appearance of lines and wrinkles, but it should be used in moderation. This ingredient is pretty harsh and can be damaging to your skin if it's used too frequently.

This popular skincare product works to reduce lines and wrinkles by increasing collagen production. It's also known to soften rough patches of skin and fade age spots.

You should use retinol in small amounts only a few times a week. Overuse of this chemical can increase skin irritation, as well as the likeliness of future sun damage.



KEEP ON SMILING

Hopefully, you've learned that some of the most common anti-aging tips are complete myths! So, before you spend your whole paycheck on the latest luxury skincare brand or maintain an expressionless face for days on end, keep in mind that these methods may not be working like you think.

Make sure to do your research and find out what will work best for your skin type. You want to use safe and reliable methods to keep your skin looking youthful, healthy and glowing at the end of the day.



A BUG'S-EYE VIEW OF TRAIL RUNNING

RUNNING WITH THE CREEPY CRAWLIES

Running can be more than pounding the pavement with the hopes of shedding a few pounds. It's a chance to get outside, breathe in the fresh air and be amongst nature. The best way to do that is to head to the non-paved trailheads.



With around 9 million runners hitting the unbeaten paths each year in the United States, trail running is climbing in popularity — though with more than 25,000 trail races held each year around the world, it's not just the United States enjoying the views of nature during their runs.

So many people find trail running addictive due to the elevated workout your body gets. The hills provide resistance training, improving your leg strength, while the uneven trails give your ankles a workout in flexibility and balance. The most beneficial element, however, is giving your mind a much needed mental break as you set off on your adventure in the great outdoors. With the beautiful views, fresh air and endless miles to explore, trail running is almost a perfect way to workout.

Unfortunately, like most things, there's a catch — or, in this case, a spider web. There's a buggy underbelly to the world of idyllic trotting.

The trails almost guarantee some kind of interaction with wildlife. If trail running is your hobby or something you want to get into, you may be wondering what kind of bugs and creatures you're running alongside. Although you may think the trails are for you, it's really a bug's life out there.

HORSEFLIES



If you're running through bright and open trails, chances are you'll encounter one of these pesky flies. Although these big flies love horses, they won't be picky about snacking on you and leaving a mark that itches for weeks to come. Sounds wonderful, right? If you're wondering if you've ever been bitten by one, believe us, you'd know.

They tend to gravitate toward warmer, more humid weather — like the climates found in Florida and Central Texas. And they especially love when the sweat starts to build up while you're running. You could bring some bug spray to ward them off, but just know, they're out there.



AT THE END OF THE DAY, YOU GET TO EXPLORE NATURE AND EVERYTHING IT HAS TO OFFER.

BEES, WASPS, YELLOW JACKETS AND HORNETS



Want to talk about a painful bite (or sting)? Look no further than this group. Unfortunately, many unsuspecting trail runners and hikers have had encounters with a hive and will suffer the consequences.

The good news is they won't bother you if you don't bother them. To that end, you'll want to be alert for their nests while traveling through the woods. Hives are commonly found in hollow trees, hanging from branches, under logs and even in the ground.

SPIDERS

While you may be used to encountering spiders in your basement or garage, that's not the only place you can find them. The wilderness is full of spiders, too. Unfortunately, there's no escape.



You're most likely to run into spiders when you literally run into the web that they so beautifully spun right in

the middle of the trail. For the most part, these creepy crawlers will keep to themselves, but you never know who's out trying to hitch a ride. It's a good idea to check your shoes, socks and clothes for spiders after venturing out into the woods. Better safe than sorry.

FIRE ANTS



Fire ants are commonly found in the southern states like Georgia and Alabama, although you can also find them as far west as California and as far north as Virginia. You'll definitely want to watch your step, as these ants have a bite that will leave you looking for a fire extinguisher.

THE TRAILS ALMOST GUARANTEE SOME KIND OF INTERACTION WITH WILDLIFE.



Compared to their relatives that are a nuisance at picnics, fire ants are much more aggressive when you step on their homes. They use their mandibles to inject venom into whomever has destroyed all their hard work, and normally it's more than just one angry ant. The next time you see an ant hill, it's probably best to run around it.

TICKS



Ticks love the woods. They tend to flourish in warm, humid climates and require a certain amount of

moisture to grow (hence why they latch onto our skin).

After every run, check your entire body for ticks. They're small and sometimes difficult to find. Try your best to do a thorough, full-body check before heading inside your car or home. Otherwise, you're risking the transmission of Lyme disease — something you don't want to have to deal with.

BUTTERFLIES



Not all interactions with insects are bad. Just think about the butterflies fluttering through the trails. Their beauty is magnificent and the way they fly through the air is captivating.

The best place to run into a butterfly or two is where a winding trail suddenly opens into a vast field of wildflowers. This is the ideal hangout spot for butterflies.

THE FINISH LINE

As if trail running wasn't hard enough with uneven terrain and winding turns, you also have to watch out for hitchhiking spiders, flies seeking a snack and ants building a home where your foot is about to go. But, at the end of the day, you get to explore nature and everything it has to offer, plus get your run in. What could be better?

ViSUAL GUiDE TO CACTi





OVER 7 MILLION ACRES OF LAND IN MEXICO ARE DEDICATED TO GROWING THE **EDIBLE PRICKLY PEAR CACTUS**.



DRAGON FRUIT COMES FROM THE **HYLOCEREUS CACTUS**.

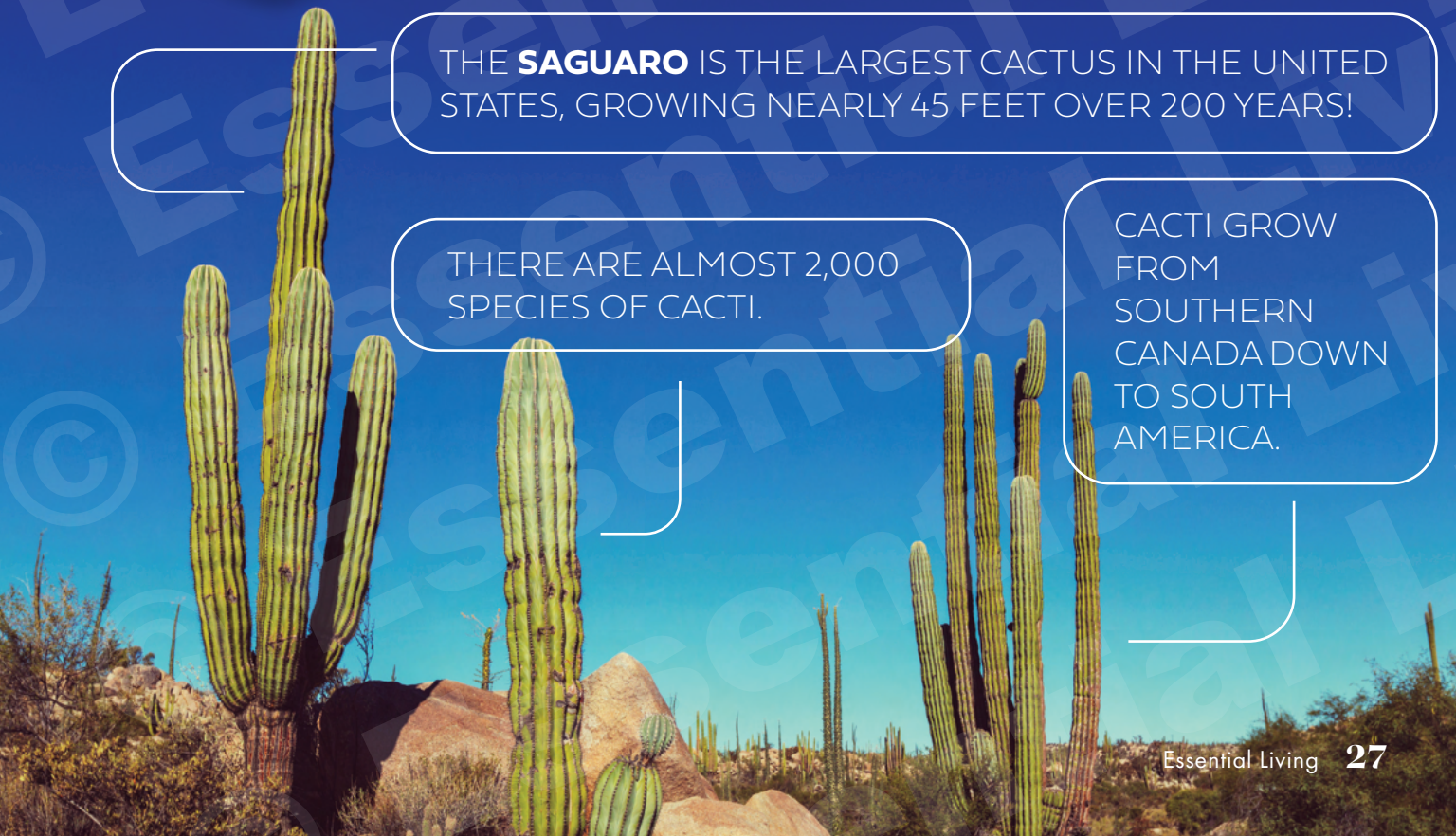


THE **BLOSSFELDIA LILIPUTANA** IS THE SMALLEST CACTUS IN THE WORLD, MEASURING ABOUT 12 MILLIMETERS IN DIAMETER.

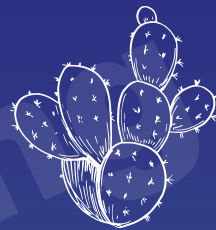
THE **SAGUARO** IS THE LARGEST CACTUS IN THE UNITED STATES, GROWING NEARLY 45 FEET OVER 200 YEARS!

THERE ARE ALMOST 2,000 SPECIES OF CACTI.

CACTI GROW FROM SOUTHERN CANADA DOWN TO SOUTH AMERICA.



CACTI YOU HAVE TO SEE TO BELIEVE!



SAND DOLLAR CACTUS



BRAIN CACTUS



MING THING



TEDDY-BEAR CHOLLA

QUICK TIPS TO MAKE YOUR CACTUS THRIVE



1. Keep it outside as much as possible when temperatures are above 50° F.
2. Allow the soil to become completely dry in between waterings.
3. To avoid root rot, use a pot that has a hole for water drainage.





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