

Compliments of Jodee Harris

essential living

301

Bonsai Basics



Interior Design Essentials



Jodee Harris

Vice President, First
Commonwealth Advisors,
Senior Financial Advisor,
Infinex Investments, Inc. •
4509033



2501 Sharkys Dr • Latrobe, PA 15650

Office: 724-832-6181

jharris@fcadvisor.com • www.fcbanking.com/jodee-harris

\$6.99 Issue #301



1 95893 03209 9

essential living



Jodee Harris

Vice President, First Commonwealth Advisors, Senior Financial Advisor, Infinex Investments, Inc. • 4509033

2501 Sharkys Dr
Latrobe, PA 15650
Office: 724-832-6181
jharris@fcadvisor.com
www.fcbanking.com/jodee-harris



Happy New Year! Life quickly returns to normal after the excitement of the holidays winds down. The rest of January can feel a little dull compared to the laughter and cheer from the previous weeks. That's why we've scouted out more ways to keep the celebrations going. From ice castles to a canine fashion show, we have the best Winter Festivals to Warm Your Spirits (as long as you bring a winter coat along). If having a party in the cold doesn't sound enticing, you can also find delight in our mouthwatering recipes like meatball subs and eggplant Parmesan fries that are air fried to perfection — meaning no extra guilt on the side.

Of course, we can't go into the new year without mentioning the opportunity it gives us to start fresh. While many may set goals for themselves, it's also acceptable to put the focus on other things. Grab some inspiration from the essential interior designs to give your space a stylish décor reboot.

— From the Publisher



Which hot interior design style would you pick for your living room?

Scan the QR code to cast your vote!

Contents

02 Fry Your Way to Happiness
No boiling oil required

07 Beginner's Guide to Bonsai
Keeping your mini tree happy

11 Quick Guide to Interior Design Styles
Essential styles to know

16 Winter Festivals to Warm Your Spirits
Don't forget to bundle up

22 Winner, Winner, Chicken Dinner
Finger-lickin' good wings

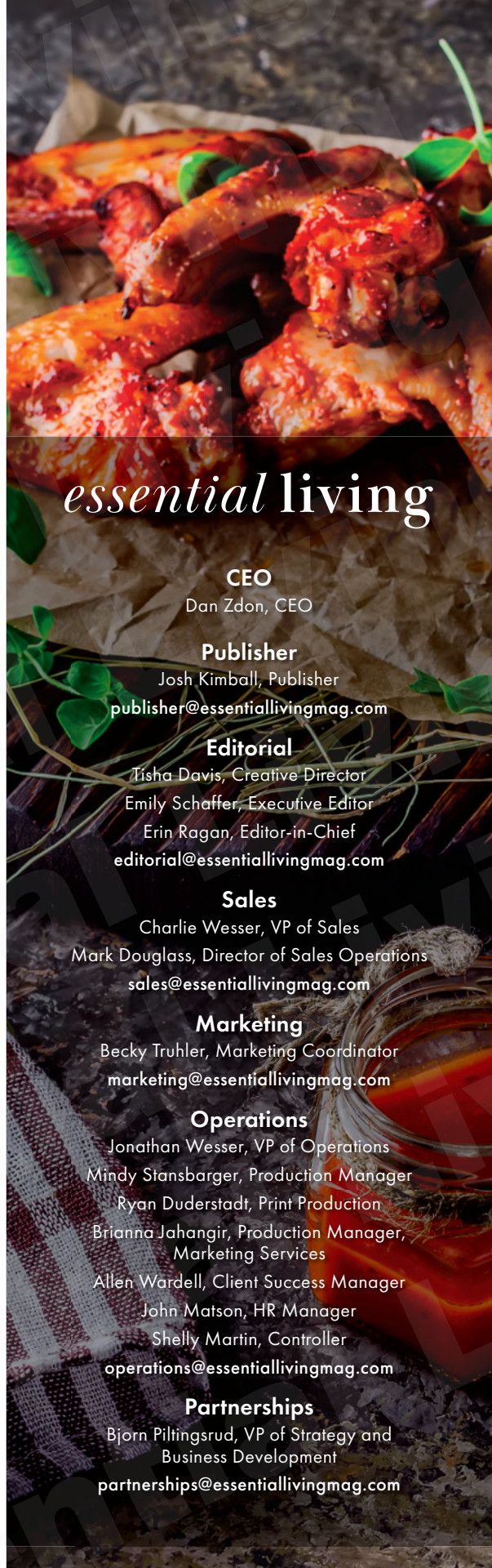
26 Running Hot
Work out in no time at all

© 2023 Essential Living

All Rights Reserved. No part of this publication may be reproduced without the expressed written consent of the publisher.

Essential Living is for information and entertainment purposes only; it is not an attempt to solicit business.

Businesses interested in using *Essential Living* as part of their marketing or outreach program should contact us at 651-259-1944 or find us online at www.essentiallivingmag.com.



essential living

CEO

Dan Zdon, CEO

Publisher

Josh Kimball, Publisher

publisher@essentiallivingmag.com

Editorial

Tisha Davis, Creative Director

Emily Schaffer, Executive Editor

Erin Ragan, Editor-in-Chief

editorial@essentiallivingmag.com

Sales

Charlie Wesser, VP of Sales

Mark Douglass, Director of Sales Operations

sales@essentiallivingmag.com

Marketing

Becky Truhler, Marketing Coordinator

marketing@essentiallivingmag.com

Operations

Jonathan Wesser, VP of Operations

Mindy Stansbarger, Production Manager

Ryan Duderstadt, Print Production

Brianna Jahangir, Production Manager,
Marketing Services

Allen Wardell, Client Success Manager

John Matson, HR Manager

Shelly Martin, Contoller

operations@essentiallivingmag.com

Partnerships

Bjorn Piltingsrud, VP of Strategy and
Business Development

partnerships@essentiallivingmag.com

FRY YOUR WAY TO HAPPINESS

It's no secret that air fryer recipes are all the rage. On every blog, cooking website and magazine, there are countless articles dedicated to this effortless method of cooking. And understandably so because the air fryer is a masterpiece.

Air frying offers a convenient and healthy alternative to creating delicious recipes. The handy gadget can crisp up anything from chicken wings to jalapeno poppers in minutes, with no pot of boiling oil necessary. This doesn't just save on time, but also makes traditionally greasy recipes much healthier — and tastier! The ease and convenience are quickly making air fryers a kitchen must-have.

As air fryer fans ourselves, we've created four recipes that are perfect for lunch, dinner or a quick snack. Not only do these recipes taste delicious, but they're also quick and easy to make. So, plug in your air fryer and let's get started!

Don't have an air fryer? Don't despair! You can still cook up all of these recipes in your oven. Generally, the oven temperature needs to be increased by 25 degrees from the air fryer recipe. The baking time also tends to be longer, however, it's best to start with the original cooking time and add more as needed.

MEATBALL SUB

PREP TIME **20** MINUTES

COOK TIME **30** MINUTES

YIELD AMOUNT **3** SERVINGS

Who knew you could make this tasty sandwich in the air fryer?!

INGREDIENTS

- ½ yellow onion, diced
- 1 c. marinara sauce
- 1 lb. ground beef
- ½ c. breadcrumbs
- ⅓ c. Parmesan cheese, shredded
- 2 tbsp. fresh parsley, chopped
- 1 egg
- 1 tbsp. olive oil
- 1 tbsp. oregano
- 1 tsp. salt
- 1 tsp. pepper
- 1 baguette, sliced into thirds
- 1 c. mozzarella cheese

INSTRUCTIONS

1. In a large bowl, combine the diced onion, ¼ cup of sauce, the ground beef, breadcrumbs, Parmesan cheese, chopped parsley, egg, olive oil, oregano, salt and pepper.
2. Use your hands to combine all the ingredients, then roll into 2" thick meatballs.
3. Place in the air fryer and set the temperature to 375° F.
4. Cook for 25 minutes, then remove from the air fryer.
5. Distribute the rest of the marinara sauce evenly over the three baguettes.
6. Add the meatballs, then sprinkle the cheese over the meatballs.
7. Place all 3 sandwiches in the air fryer for 5 minutes until crispy.

ROASTED BRUSSELS SPROUTS

These air-fried sprouts with a homemade fig jam are unbeatable!

INGREDIENTS

For the Fig Jam

1 c. black figs, sliced in half
1 tbsp. almond milk
1 tbsp. coconut oil
½ c. water
¼ c. cane sugar

1 tbsp. lemon juice
1 tsp. vanilla extract

For the Sprouts

2 c. brussels sprouts,
washed and halved
2 tbsp. olive oil

2 tbsp. dijon mustard
2 tbsp. fig jam
1 tsp. garlic powder
½ tsp. salt
½ tsp. pepper
¼ c. gruyere cheese, grated

INSTRUCTIONS

For the Fig Jam

1. Add the black figs to the food processor with the almond milk.
2. Pulse on high for one minute, then scrape the edges down with a spatula.
3. Pulse again on low for one minute.
4. Add the coconut oil to a medium saucepan and melt over medium heat.
5. Add the pureed figs with the water, cane sugar, lemon juice and vanilla extract.
6. Stir continuously until it starts to thicken (about five minutes).
7. Remove from the heat and cool for 10 minutes.

For the Sprouts

1. Add the sliced brussels to a large bowl.
2. Toss with the olive oil, dijon mustard, fig jam, salt, pepper and garlic powder.
3. Place in the air fryer and set the temperature to 350° F.
4. Roast for 25 minutes, shaking halfway.
5. Garnish with grated cheese and enjoy!



PREP TIME

15 MINUTES

COOK TIME

30 MINUTES

YIELD AMOUNT

6 SERVINGS

EGGPLANT PARMESAN FRIES

If you love traditional eggplant parm, these crispy fries are for you!

INSTRUCTIONS

For the Eggplant Fries

1. Cut the eggplants into fries, then toss with olive oil.
2. Combine the flour and nutritional yeast in a shallow bowl.
3. Dredge the eggplant slices in the flour mixture.
4. Whisk together the eggs and dredge the floured eggplant fries in the egg wash.
5. Finally, combine the breadcrumbs, Parmesan cheese, oregano, dried basil, salt and pepper in a shallow bowl.
6. Dredge the eggplant in the breadcrumb mixture and set in the air fryer.
7. Set the air fryer to 425° F and fry for 15 minutes.

For the Aioli

1. Combine all the ingredients in a food processor or blender.
2. Pulse until smooth, then pour into a bowl.

INGREDIENTS

For the Eggplant Fries

- 1 eggplant, cut into fries (½" thick and 3" long)
- 1 tbsp. olive oil
- ⅓ c. all-purpose flour
- 2 tbsp. nutritional yeast
- 2 egg whites, whisked
- ½ c. breadcrumbs
- ⅓ c. Parmesan cheese, freshly grated
- 1 tbsp. oregano
- 2 tsp. dried basil

½ tsp. salt

½ tsp. pepper

For the Garlic Aioli

- 3 cloves garlic, minced
- 1 c. mayonnaise

⅓ c. lemon juice

¼ c. Greek yogurt

1 tbsp. olive oil

1 tsp. garlic powder

1 tsp. salt

1 tsp. pepper

PREP TIME **10** MINUTES

COOK TIME **15** MINUTES

YIELD AMOUNT **4** SERVINGS

TURMERIC CAULIFLOWER STEAKS WITH RED PEPPER HUMMUS

This is the perfect unique and delicious vegetarian dinner to serve up when you're tired of the same old recipes.

INGREDIENTS

For the Cauliflower

1 head cauliflower, leaves removed and sliced in 1½"- thick slices
⅓ c. olive oil
2 tbsp. lemon juice
1½ tsp. turmeric
1 tsp. salt

1 tsp. pepper
1 tsp. paprika
1 tsp. garlic powder
1 tsp. onion powder

For the Red Pepper Hummus

1 15-oz. can chickpeas,

washed and drained
1 15-oz. can roasted red peppers
1 c. olive oil
¾ c. tahini
½ c. lemon juice
4 cloves garlic

1 tsp. salt
1 tsp. pepper
1 tsp. paprika

For the Toppings

½ c. slivered almonds, toasted
¼ c. fresh leeks, sliced

INSTRUCTIONS

For the Cauliflower

1. Remove the leaves from the head of cauliflower and cut into 1½-inch pieces.
2. In a bowl, mix together the olive oil, lemon juice, turmeric, salt, pepper, paprika, garlic powder and onion powder.
3. Toss the cauliflower steaks in the mixture, then place in the air fryer at 400° F.
4. Roast for 30 minutes.

For the Red Pepper Hummus

1. Combine all of the ingredients in a food processor.
2. Pulse for 2-4 minutes until smooth.
3. Then, spread two tablespoons on each plate.

Topping & Presentation

1. Place the cauliflower steaks on top of the red pepper hummus.
2. Add another spoonful of hummus on top of the cauliflower.
3. Add the toasted almonds and fresh leeks.



PREP TIME
20 MINUTES

COOK TIME
30 MINUTES

YIELD AMOUNT
4 SERVINGS

Beginner's guide to

POSSIBLES

Plants are one of the best additions to any home. They're proven to increase productivity and concentration by up to 15 percent, reduce stress and even boost your mood.

*Who would say
no to so many
benefits?*

*If you're having trouble picking
the type of plant to add to your home,
look no further than Bonsai trees.*

Bonsai are proven to purify the air and induce calmness. Additionally, they aren't limited to only one species of tree, as more than 400 plant species can turn into Bonsai trees with proper care and cultivation.

Although primarily developed by the Japanese, Bonsai was originally inspired by the old Chinese art of penjing. With precise trimming and pruning of their foliage and crown, Bonsai trees are carefully shaped into their look. All the time and patience can add up to a hefty price tag. In fact, the most expensive Bonsai was sold for \$1.3 million at the International Bonsai Convention in Takamatsu! Thankfully, the popularity of these tiny trees has created enough of a market so they can be sold at more reasonable prices for the everyday person.



*Here's a look at a few Bonsai that
would be perfect in your home!*

BEST BONSAI

for your home



CRASSULA BONSAI
(JADE)

Best for Indoors

Originally from South Africa, the Jade Bonsai has a thick trunk and intricate branch structure. **This is the best Bonsai to cultivate indoors**, although it needs to be placed in an area with substantial sunlight. You do have to be careful not to overwater it, since the leaves can retain water easily. Because it's sensitive to the cold, **it's a great Bonsai to keep in your living room or bedroom**. Just make sure you have it in a well-draining pot.



FICUS BONSAI

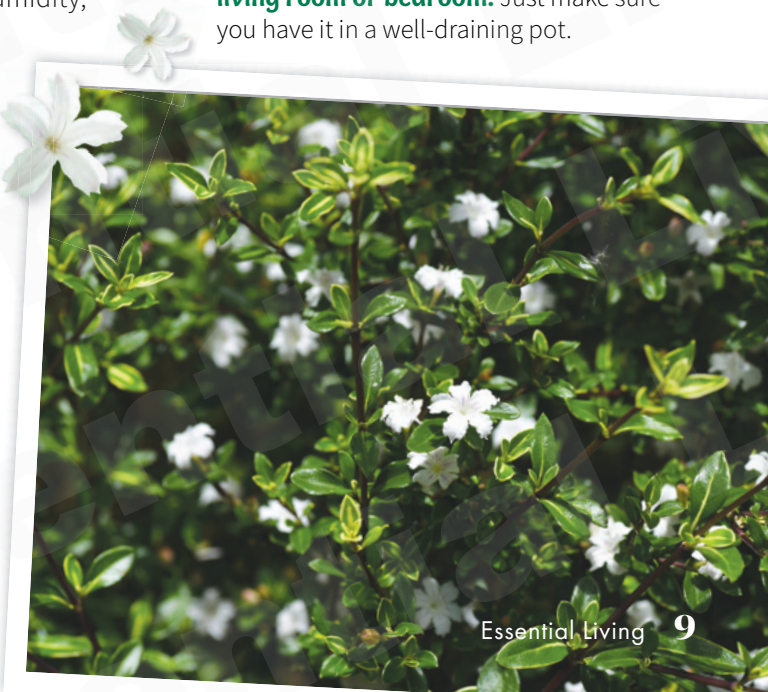
Best for Beginners

The resilient Ficus Bonsai is excellent for beginners. It's also ideal if you don't have time for regular watering (or have a history of forgetting to water). As a low-maintenance tree, this Bonsai is easy to incorporate into your everyday life. Typically, Bonsai need a lot of humidity to thrive, but the Ficus Bonsai is tolerant of low humidity, making it a great option for various climates.

SNOW ROSE
(SERISSA JAPONICA)

Best for Bloom

This Bonsai is one of the most beautiful ones on this list, but it's also one of the most difficult ones to care for. It's known as the "tree of a thousand stars" because of its tiny white flowers that bud in summertime. Because it's so sensitive to location, temperature, light and water, **we recommend only buying this Bonsai once you have experience with some more low-maintenance ones.** While it may not be a beginner Bonsai, taking care of it and watching its flowers bloom is certainly worth the effort.



HOW TO CARE *for Bonsai*

FERTILIZING

Since Bonsai are confined to their pot, they need proper fertilizing in order to thrive. Without it, they won't have the correct nutritional content in their soil.

When you fertilize your Bonsai regularly during the growing season, your Bonsai will thrive.



WATERING

Each species of Bonsai has a different tolerance level for water. The size of the tree, climate and the type of soil are factors to consider as well.

But don't worry, **if you know the type of Bonsai tree you have, then you can easily figure out how much water it needs.**



LIGHT

Again, each species is different and there are a few other factors that determine the amount of light necessary for each plant.

In the case of an indoor Bonsai, the best placement is at a **south-facing window**, as **it needs a lot of light to flourish**. However, an indoor Bonsai needs more than ample light to survive. Indoor Bonsai may also need a lot of humidity, which you can control with a humidity tray.

On the other hand, an **outdoor Bonsai will need to be outside year-round, but you can't simply stick the Bonsai just anywhere outside and leave it there**. They can be quite temperamental, as there's a fine line when it comes to Bonsai, and it may take some time to navigate it. For an outdoor Bonsai, place it in a bright spot with a lot of light. If you live in a place with hot summers, however, make sure there's some afternoon shade for your Bonsai.

Bonsai may take a bit more TLC than your typical houseplant, but they are well worth it! They'll bring beauty and a sense of peace into your space, plus they're a great conversation starter!

INTERIOR DESIGN STYLES

When thinking about interior design, it's important to take note of the difference between style and trends. In short, trends come and go, but styles are here to stay.

Styles are the big picture, creating a harmonious flow throughout the house and, when well done, extending to the exterior too. Trends, on the other hand, can change season to season and are what stand out as "dated" when looking at old photos.

While it would be impossible to cover every single interior design style, these are the most popular and widely recognized. As for trends, we'll leave those to Instagram and TikTok.

MID-CENTURY MODERN

Effortlessly simple, practical and timeless

Main Materials: Mixture of manmade and natural materials including wood, glass, vinyl and fiberglass

Finishing Touches: A colorful starburst clock and a geometric patterned rug

With a sharp focus on function, clean lines and clutter-free spaces, sleek furniture is artfully displayed on top of splayed wooden legs. Outdoor elements work their way inside with potted plants carefully placed to highlight the organic materials in the space. Pops of muted colors sprinkled throughout show the playful side of this timeless style.





INDUSTRIAL

Moody and laidback vibes with sophisticated undertones

Main Materials: Brick walls, weathered wood, exposed pipes and ducts

Finishing Touches: Filament bulb light fixtures, vintage furniture featuring casters, brass hardware

Using old factories and warehouses as the main inspiration, exposed structural elements surround open and functional living spaces. Floor-to-ceiling windows help to soften the moody color palette, creating a warm and inviting atmosphere.





ECLECTIC

Knows when to be bold and when to tone it down

Main Materials: A mix of old and new materials and textures

Finishing Touches: A large statement piece or a small collection of accent pieces

When incorporating this style, there's a slim chance of finding any two homes that look the same. The key to this style is the carefully curated pieces that weave old trends into modern-day décor to create a cohesive feel. Have fun playing with patterns and textures, but always leave plenty of room for white space and solid colors to keep everything balanced.



RUSTIC

Cozy, warm and comfy, the ideal WFH vibe

Main Materials: Wood and stone

Finishing Touches: Faux cowhide or fur rugs and an antler or wagon wheel chandelier

Fully embracing the beauty of the great outdoors, large windows allow for natural light to flood in, merging the outdoors and indoors. Exposed wooden beams across the ceiling and a stone fireplace as the home's centerpiece will create a homey sanctuary. Rustic and industrial styles are often paired together.



TRADITIONAL

The perfect balance of comfort and formal

Main Materials: Dark wood finishes like cherry, oak, mahogany and walnut

Finishing Touches: Crackling fire and recessed bookshelves

Heirloom antiques and floors covered by Persian rugs evoke a sense of history amongst more modern pieces. Crown moulding and other intricate woodwork outline a formal setting for symmetrical arrangements of rounded furniture offering plump pillows to rest on. All of this comes together to create a familiar warmth that invites you back in, time and time again.





ART DECO

Overflowing with opulence, drama and beauty

Main materials: Velvet, satin and natural stones like jade and obsidian

Finishing Touches: A stylized scalloped mirror, curvy glass accent pieces

Bold, geometric wallpaper covers the room in deep, rich colors. Statement lighting and gold accent pieces are hallmarks to the luxurious allure. Wrapped in velvet or suede, large, curved furniture will leave the space dripping in luxury.

Even though you may love a look on paper, it doesn't always mean it has to perfectly translate into your living room. The most important aspect of interior design is creating a space that you love and that fits into your lifestyle. You can blend styles and sprinkle in the latest trends to create your dream home.

WINTER FESTIVALS TO WARM YOUR SPIRITS





CLOSE YOUR EYES AND IMAGINE

you're at a festival surrounded by people joyfully bouncing between events and performances. You're probably not imagining snow on the ground and a chill in the air, are you? Summer has always been "festival season" but small towns and big cities around the globe know that winter is really the ultimate festival season. With days and nights blending together, a cheerful celebration is exactly what's needed to warm your soul!



TAHOE CITY, CALIFORNIA

Tahoe City initiated plans for a winter festival in the early '80s to attract skiers who typically visited Tahoe in December and January but missed the late season snowfalls in March. Today, SnowFest is an epic 10-day mountain Mardi Gras celebration that's been running for over 40 years. Beyond skiing, attendees at SnowFest can enjoy nearly 100 events in the North Tahoe area, including parades, a Mardi Gras party, a luau, ice carving competitions, ski races and more.



WINTERSKÖL >>

ASPEN, COLORADO

Wintersköl, in Aspen, Colorado, is the town's annual "toast to winter." Held in January, the festival is a community-wide extravaganza that brings the entire ski town together. What began as a way for locals to celebrate alpine living is now one of the nation's most charming winter festivals and is run entirely by residents and local businesses. Over the course of four days, locals and visitors can enjoy après-ski parties, ice sculpture contests, concerts and even a canine fashion show. The festival is also a chance to celebrate deserving community members and local business owners with a "royal court." The first Wintersköl took place in 1951, and the party hasn't stopped since.

CARNAVAL DE QUÉBEC >>



QUÉBEC CITY, CANADA

Carnaval de Québec attracts visitors from all over to partake in this chilly celebration. Although this festival is full of snow sculptures, ice skating, parades and more, the crowd favorite comes in the form of something resembling a snowman. Bonhomme Carnaval, who is seven feet tall and white as snow, has been the life of the party since 1955. As the official festival representative, he receives a new set of Keys to the City to kick off the festivities each year. Not only does he have free reign of the city, but he is also gifted an entire ice palace. Luckily, he's a generous guy and lets the palace be used for celebrations throughout the festival.



LAKE HARRIET WINTER KITE FESTIVAL >>

MINNEAPOLIS, MINNESOTA

You don't need a warm summer day to fly a kite — just a gust of wind. The Lake Harriet Winter Kite Festival is a fun-filled event that will make you forget about your frozen toes. During the festival, kites of all colors, shapes and sizes fill the sky over Lake Harriet as onlookers mingle below and enjoy the celebration. If your kite happened to fly away the previous year, you'll find the perfect replacement during the festival. Guests can enjoy live music, take ice fishing lessons and participate in a free marshmallow roast.

VINTERJAZZ >>

DENMARK

Known as one of Europe's jazz capitals, Copenhagen isn't planning on letting go of the legendary status anytime soon. In case the 1,200 concerts held during the summertime Copenhagen Jazz Festival aren't enough to hold you over for a year, Vinterjazz should do the trick. Held in February, this three-week, nationwide music festival holds over 600 jazz concerts at 150 venues across the country. Concert halls like DR Koncerthuset in Copenhagen or Kulturværftet in Helsingør host some of the festival's biggest names, while independent organizers showcase local talent reaching all the way to the outskirts of Denmark. Being a part of this national collaboration will instantly warm your soul and your heart.

Download the Vinterjazz app for all your festival planning.



WINTER LIGHTS FESTIVAL >>



REYKJAVIK, ICELAND

What better way to brighten up the long winter months than with a light festival? Over the course of three days, the dark nights are brightened when museums, concert halls, swimming pools and the much-beloved city center get decked out with incredible light installations. Guests look forward to the highly anticipated Museum Night, when museums open their doors to offer dance and theater performances, concerts, movies, lectures and readings.

THESE FESTIVALS BRING THE SPIRIT OF WINTER ALIVE

by celebrating a season that most enjoy from inside. With so many festivals to experience and explore, you'll never feel the cold of winter in your soul again!

RUNNING

High-intensity interval
training offers quick
hits of fitness

HOT



FAST AND FURIOUS

High-Intensity Interval Training (HIIT) optimizes maximum effort in short bursts of time to get major results. HIIT manages to raise your heart rate, blast fat and strengthen your muscles, all in 30 minutes, tops. In fact, it's so intense you'll keep burning calories for hours after you've finished, so it's important to take a day or two off between workouts.



NO GYM. NO PROBLEM.

Not only are HIIT workouts fast, but they can be done anywhere, no equipment needed. Basement, garage, backyard — if you've got a little space, you've got your own gym. Talk about an efficient way to exercise!

CHOOSE YOUR OWN ADVENTURE (HIIT EDITION)

The main goal of HIIT is to aim for 80-95% of your maximum heart rate during the intense intervals and around 60-65% while recovering. If you don't have a heart rate monitor, push yourself to the point of not being able to have a conversation.

To find your max heart rate, subtract your age from 220. Take the percentages from there.

READY? LET'S DO IT!

1. Choose Your Heart Rate Goal

Between 80-95% of max heart rate

2. Pick Your Total Duration

Can range from 5-30 minutes

3. Intensity-to-Recovery Ratio

Will vary person to person but common ratios are

60 sec. / 60 sec.

45 sec. / 30 sec.

20 sec./ 10 sec.

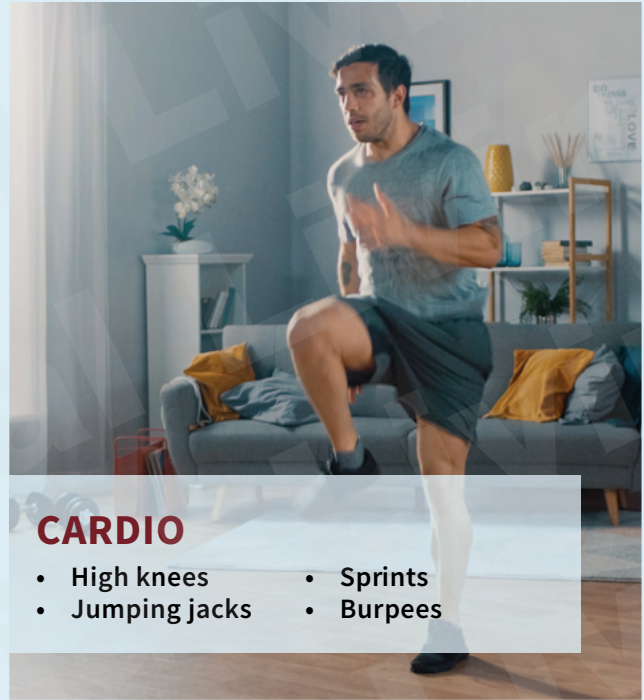
MIX & MATCH MOVES

Any plyometric exercise can be used for HIIT, but here are some ideas:



STRENGTH

- Superman plank
- Air squats
- Pushups
- Bicycle crunches



CARDIO

- High knees
- Sprints
- Jumping jacks
- Burpees

HIIT
manages to raise
your heart rate,
blast fat and
strengthen
your muscles, all in
30 minutes, tops.

SAMPLE WORKOUT

Do each exercise for 40 seconds, followed by a 20-second recovery. Repeat 3 times for a total of 15 minutes.

- Pushups
- Jumping Jacks
- Superman Plank
- High Knees
- Bicycle Crunches

(Don't forget to do a proper warm-up and cooldown.)

It's no easy task, but many agree, HIIT is way more fun and beneficial than running on a treadmill for hours.

Want to keep going? Check out these free apps for workouts, tips and more!

- Interval Timer – HIIT Training
- Nike Training Club
- HIIT Workouts
- Interval Timer
- J & J Official 7 Minute Workout

Winner, Winner, Chicken Dinner!

FINGER-LICKIN' GOOD WINGS





Few meals provide more satisfaction than chicken wings. These football season staples check three essential boxes: crispy, crunchy and endlessly customizable. From the part of the chicken wing itself (flat or drum) to the way it's prepared and finally to the never-ending list of sauces that range from so dangerously hot you have to sign a waiver to wings covered in Nutella, there is literally a chicken wing for everyone.

This American classic knows no boundaries, making its way onto menus of dive bars, gastropubs and high-end eateries across the country.

With so many restaurants serving up these saucy apps, it takes a lot to stand out from the crowd. Before we get to the best wings in every state, here are a few spots that are really showing how it's done.

DB Grill

Where: Kapolei, Hawaii

What to Get: Korean Fried Chicken

Picture this: You're having the best wings you've ever eaten in the most beautiful place you've ever seen. DB Grill in Hawaii makes that a reality. The modern Asian bistro is known for their mouthwatering K.F.C. (Korean Fried Chicken) wings. Drenched in honey, sesame and gochujang (fermented Korean pepper paste), the end result is an intense flavor profile packed with spicy goodness.

Fun Fact:

Wings only gained popularity after the Buffalo Bills went to the Super Bowl in the early '90s.

J's Creole Wings

Where: New Orleans, Louisiana

What to Get: Creole Rub

J's Creole is a fan favorite that offers sizzling vats of hot wings and tons of spicy flavors like creole rub, island jerk, sriracha lemon pepper and honey heat. Pair the wings with some homemade fruit punch or fresh strawberry lemonade and it'll quickly become clear why this place is the hype of the town.

Wings on the Run

Where: Greenville, South Carolina

What to Get: Bourbon Molasses

In business since 2000, it's safe to say they know what they're doing at Wings on the Run. Located in a strip mall, this family-owned joint looks unassuming, but you'll regret getting wings anywhere else in South Carolina. If you can't decide on one of the 20+ flavors they offer, you can blend together two or three flavors to create your very own saucy creation.

Dan and John's Wings

Where: NYC, New York

What to Get: Classic Hot Wings

With less than a handful of non-wing items on the menu, Dan and John (Buffalo natives) can put all the focus on their famous wings. And it's obvious that's exactly what they do. They've mastered the art of making a perfect wing with precision. Even the boneless wings are worth a mention, which says a lot. Though the classic hot wings will bring enough heat for most, those who want to kick things up a notch or two can order the Inferno or Insane! wings.

Chick N Beer

Where: Oklahoma City, Oklahoma

What to Get: Buffalo Sriracha

This place is almost worth a trip to Oklahoma in itself. Chick N Beer puts an emphasis on two things: bold flavors and all things local, including the free-range chickens. Their traditional bone-in wings get double fried in potato flour before being covered in one of their incredible sauces. Cool your mouth down with a local brew for the perfect combo.

The Bird

Where: Jackson, Wyoming

What to Get: Hot wings at whatever heat you desire

When you get an order of wings from the Bird, make no mistake in how much heat you think you can handle. This laid-back spot serves up some dang good wings and they aren't shy about it. Their sauces start at a breezy medium, which is made from jalapeños, and from there, the intensity only increases. Their hottest sauce features Carolina reapers which will make the ghost pepper flavor taste like a cool and refreshing dip in the pool. If you order more than you can handle, you don't have to finish, but you're also not getting your money back.

Though the default may be classic Buffalo hot wings, there really is no right or wrong way to make these finger-lickin' good appetizers.



Best Chicken Wings by State

Though we don't suggest trying to visit these eateries back to back, they are worth a visit if you happen to be in the area. Without further ado, the best chicken wings each state has to offer!

ALABAMA

Huntsville

X-Hot Wings
Touchdown Wings

ALASKA

Anchorage

Gochujang Hot Wings
Chicken Shack

ARIZONA

Tucson

Wings on Fire Wings
Wings on Fire

ARKANSAS

Fayetteville

Habanero Honey Boneless Wings
Foghorn's

CALIFORNIA

Los Angeles

Howlin' Wings
Howlin' Ray's

COLORADO

Morrison

Mild Buffalo-Style Wings
Willy's Wings

CONNECTICUT

Derby

Nutella Wings
Dew Drop Inn

FLORIDA

Miami

Sweet and Sour Chicken Wings
Yardbird

GEORGIA

Atlanta

Grass Roots Braised Hot Wings
Empire State South

IDAHO

Boise

Hibachi Chicken Wings
Barbacoa

ILLINOIS

multiple locations

17st Wings
17th Street BBQ

INDIANA

multiple locations

Hermaican Wings
Ale Emporium

IOWA

Des Moines

BBQ Smoked Wings
Smokey D's BBQ

KANSAS

Lenexa

Honey Sriracha Chicken Wings
Wallaby's Grill & Pub

KENTUCKY

Louisville

BBQ Sauce Chicken Wings
Against the Grain

MAINE

Acton

Hickory Smoked Wings
Willy's Ale Room

MARYLAND

Rockville

Old Bay Wings
Full On Craft Eats & Drinks

MASSACHUSETTS

Malden

Nampla Wings
Crying Thaiger

MICHIGAN

Detroit

Black Garlic Buffalo Wings
Common Pub

MINNESOTA

Minneapolis

Sticky Wings
Icehouse

MISSISSIPPI

Hattiesburg

Medium Lemon Pepper Wings
American Wings & Cafe

MISSOURI

St. Louis

Dry Rub Smoked Wings
Salt + Smoke

MONTANA

Missoula

Hot BBQ Wings
Desperado Sports Tavern

NEBRASKA

Omaha

The Executioner
The Verdict Bar & Grill

NEW HAMPSHIRE

North Conway

Honey Hot Wings
Delaney's Hole in the Wall

NEW JERSEY

Elmwood Park

Mojito Lime Dry Rub Wings
Blue 42

NEW MEXICO

Santa Fe

Chipotle Wings
Del Charro

NEVADA

Reno

Mango Habanero Wings
Rick's Pizza, Beer & More

NORTH CAROLINA

Charlotte

Uncle Donnie's Famous Blackened Wings
Moosehead Grill

NORTH DAKOTA

Grand Forks

Peanut Butter Wings
The Parrot's Cay

OHIO

Cincinnati

Spicy Buffalo Wings
The Hi-Mark

OREGON

Portland

Extra Hot Wings
Fire on the Mountain

PENNSYLVANIA

Scranton

Honey BBQ Wings
Kelly's Pub & Eatery

RHODE ISLAND

Johnston

Buf-a-q Sauce Wings
78 Pub

SOUTH DAKOTA

Rapid City

Hyperventilation Wings
Firehouse Brewing Company

TENNESSEE

Nashville

Cajun Dry Rub Wings
Grillshack

TEXAS

San Antonio

Gochu I.P.A Wings
The Hoppy Monk

UTAH

Salt Lake City

Tatonka BBQ Wings
Wing Coop

VERMONT

Burlington

Sweet Harissa Chicken Wings
Honey Road

VIRGINIA

Norfolk

Harlem Heat Wings
The Dirty Buffalo

WASHINGTON

Seattle

Sichuan Pepper Wings
Chimac

WASHINGTON, D.C.

Churchkey Wings
ChurchKey

WEST VIRGINIA

Summersville

Grilled Wings
Maloney's Pub

WISCONSIN

Racine

Broasted Wings
Buckets Pub

PRIORITIZE YOUR BRAIN!

THE BEST TIME TO START A HEALTHY LIFESTYLE IS TODAY



Mental health is just as important as physical health. These two typically go hand in hand! Maintain your mental health by eating healthy, being active and staying social.



Jodee Harris

Vice President, First Commonwealth Advisors, Senior Financial Advisor, Infinex Investments, Inc. • 4509033



2501 Sharkys Dr
Latrobe, PA 15650
Office: 724-832-6181
jharris@fcadvisor.com

www.fcbanking.com/jodee-harris

Investment and insurance products and services are offered through INFINEX INVESTMENTS, INC. member FINRA/SIPC. First Commonwealth Advisors is a trade name of First Commonwealth Bank. Infinex and First Commonwealth Bank are not affiliated. Products and services made available through Infinex are not insured by the FDIC or any other agency of the United States and are not deposits or obligations of nor guaranteed or insurance by any bank or bank affiliate. These products are subject to investment risk, including the possible loss of value.

Jodee Harris
First Commonwealth Advisors
2501 Sharkys Dr
Latrobe, PA 15650

Ready for a change? I can help!

Give me a call to
talk about where you
are now and where
you'd like to be!



Jodee Harris

Vice President, First Commonwealth Advisors,
Senior Financial Advisor, Infinex Investments, Inc.
• 4509033

2501 Sharkys Dr
Latrobe, PA 15650
Office: 724-832-6181
jharris@fcadvisor.com
www.fcbanking.com/jodee-harris



Investment and insurance products and services are offered through INFINEX INVESTMENTS, INC. member FINRA/SIPC. First Commonwealth Advisors is a trade name of First Commonwealth Bank. Infinex and First Commonwealth Bank are not affiliated. Products and services made available through Infinex are not insured by the FDIC or any other agency of the United States and are not deposits or obligations of nor guaranteed or insurance by any bank or bank affiliate. These products are subject to investment risk, including the possible loss of value.