

Compliments of Jodee Harris

essential living

403



Exploring

Blissful Destinations



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As we welcome the warmth of spring, there is no better time to get out and explore the world around you. Start with a big dose of bliss as you discover the happiest places around the globe. From Finland to New Zealand, each stop is sure to lift your spirits and wipe away the winter blues.

Once you get back to the States, it's time to buckle up and hit the open road, as we take you region by region, uncovering local gems in each locale. After all that time spent in planes and cars, it will feel great to pedal your way across the country. Make pit stops in some of America's premier biking cities and relish in the cycling experience.

Of course, you'll need lots of energy for all your upcoming trips. Dive into a realm of peanut butter delights that will keep you fueled for the exciting journeys that lie ahead.

— From the Publisher



What's the best peanut butter treat in the world?

Scan the QR code to cast your vote!



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*Joke of
the Month*

Nothing is better than
a corny joke. Except a
corny joke that POPS
with humor!

HOW DO YOU ORGANIZE A
SPACE PARTY?

YOU "PLANET"!



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WHEELY GREAT BIKING CITIES

Biking has become a popular means of transportation and recreation in cities across America. As urban areas strive to create more sustainable and livable communities, several cities have emerged as beacons of biking culture and infrastructure. Let's explore some of the best biking cities in the U.S. and discover why they are beloved by cyclists.



SEATTLE WASHINGTON

Seattle is known for embracing cycling as a way of life. The Emerald City's bike lanes have concrete buffers, special cycling light signals and even rails for bikers to lean on while waiting at intersections. One of the most iconic biking events in the region is the Seattle to Portland (STP) Bicycle Classic, an exhilarating multi-day race that spans over 200 miles between the two cities and attracts up to 8,000 riders.



PORTLAND



Nestled in the Pacific Northwest, Portland consistently earns its reputation as one of America's safest biking cities. With an impressive network of over 400 miles of bike lanes, paths and bridges, navigating the city on two wheels is a breeze. Biking is widely celebrated across the city through events like Pedalpalooza, a summer biking extravaganza featuring hundreds of organized rides throughout the city. Additionally, Bridge Pedal, one of the world's largest community bike rides, allows Portlanders to experience the thrill of biking across the city's main bridges, which temporarily close to vehicles for this grand event.



OREGON

📍 MINNEAPOLIS MINNESOTA



Minneapolis stands out for its year-round biking opportunities, even in the midst of snowy winters. The city's commitment to winter maintenance, including clearing bike lanes and paths, allows cyclists to continue commuting and enjoying recreational rides throughout the year. Minneapolis' Nice Ride bike-sharing program provides easy access to over 1,800 bikes, and the annual Open Streets events temporarily close streets to vehicles, creating a safe and festive environment for cyclists to explore the city.

📍 DAVIS

The small city of Davis has been a haven for cyclists for decades. In fact, the first bike lane in the country was installed in Davis, which now boasts a large network of well-maintained bike lanes and designated paths throughout the city. Adding to its biking legacy, Davis is proudly home to the U.S. Bicycling Hall of Fame, showcasing the rich history and achievements of cycling legends in America. From guided tours to bike-themed festivals, there are ample ways to experience the love of cycling in Davis.



CALIFORNIA



MASSACHUSETTS

CAMBRIDGE

As part of the bustling Boston metropolitan area, Cambridge shines as a cycling mecca. The city's bike lanes, bike parking and infrastructure improvements make it a paradise for cyclists.

Cambridge is home to the famous Hubway bike-sharing program, offering convenient access to bikes for both locals and tourists. The city's dedication to biking is exemplified by the annual Bike to

Work Day celebration, encouraging commuters to ditch their cars and enjoy the benefits of two-wheeled commuting.

From extensive bike infrastructure to vibrant cycling communities, these cities inspire us to reimagine our cities as sustainable, livable spaces where two wheels reign supreme. Whether it's exhilarating events, health benefits or the sense of community, biking in cities brings joy and vitality to people's lives.

THE PRODUCTIVITY PLAYBOOK

Elevating your daily productivity isn't just about luck — it's about having the right routine. To make the most of each day, you need to take steps that will kickstart your energy, fuel your motivation and equip you to tackle whatever challenges arise. Get ready to discover how to lay down the foundation that will amplify your entire day.

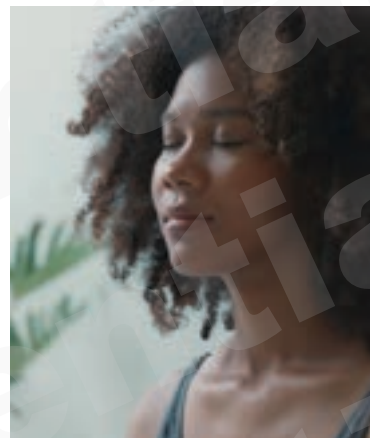


BREAKING THE SNOOZE SPELL

Hitting the snooze button can quickly throw your morning off track. If you typically keep your alarm within arm's reach, try moving it to a spot that will make you get out of bed to turn it off.

CENTER YOURSELF

Start the morning by dedicating a few minutes to meditation. This helps to center your thoughts, relieve stress and equip you with the calm focus necessary to navigate the day's challenges.



THE POWER OF FIVE

Master the art of waking up with a simple count to five, then take a deep breath, and step into the new day with energy and enthusiasm.

SOAK UP THE SUN

Get some natural light as soon as you wake up. Open your curtains or step outside for a few moments. Natural light serves to regulate the body's internal clock, helping you feel more alert.



KICK-START HYDRATION

While your coffee is brewing, enjoy a glass of cold water. This small step jump-starts your energy levels, supports mental clarity and boosts your mood.



NOURISH FOR SUCCESS

Breakfast isn't a negotiation; it's a necessity. Feed your brain and belly with something substantial. You'll be surprised how it curbs those mid-morning snack attacks.



MOVE AND GROOVE

Shake off drowsiness with a mini workout. Jump, jog or stretch for an energetic kick start that ensures your body is ready to face the day.



TIDY HOUSE, CALM MIND

Take a few minutes to clean up around the house. Make sure dishes aren't left in the sink and wipe down the counters. You can thank yourself in the morning.



MORNING KNOWLEDGE BOOST

Incorporate a habit of learning something new every morning. Whether it's a chapter of a book, an informative podcast or a short educational video this habit sparks creativity and ignites motivation.



MIRROR MANTRAS

Boost your self-confidence by reciting positive affirmations in front of the mirror. Whether spoken or written, these declarations set the stage for a motivated and optimistic day.



PRIORITIZE WITH PURPOSE

Once you're ready to get into work mode, ditch the mental chaos by narrowing down your priorities for the day. Make sure to write them down so you can keep track of what task you need to tackle next.

GRATITUDE MINUTE



Jot down a few things you're grateful for from the day. This practice cultivates positivity and prepares your mind for restful sleep.

PREP FOR THE AM HUSTLE

Eliminate the morning treasure hunt by preparing everything you need for the upcoming day in advance. This minimizes stress and streamlines your morning routine.



SCREEN TIME SHUTDOWN

Turn off all screens at least an hour before bed — yes, that includes your phone. If you're trapped in the "one more episode" cycle, set a timer on your TV to automatically turn it off.

By weaving these strategies into a routine that works for you, you're engineering a day that's primed for productivity. As you cultivate habits that boost your energy, focus and readiness, you're not just starting your day — you're seizing it with intention and vigor.

Peanut Butter Wonderland

Peanut butter is a versatile household staple. From sandwiches to sauces, it offers endless possibilities in recipes. Its rich and creamy texture, along with its nutty flavor, makes it a perfect addition to various desserts.

We've whipped up four recipes that will take your taste buds on a delightful adventure of peanut butter goodness. Once you experience these delectable treats, there's no turning back from the enchanting world of peanut butter delights!

Peanut Butter Fudge

This decadent treat combines the creamy sweetness of fudge with the irresistible nuttiness of peanut butter.

Ingredients

- 1 c. unsalted butter
- 1 c. creamy peanut butter
- 1 tsp. vanilla
- 3 c. powdered sugar
- 1/3 c. roasted peanuts
- Flaky sea salt

Instructions

1. Grease a 9 x 9" square baking dish and line with parchment paper.
2. Add the peanut butter and butter to a microwave-safe bowl and heat for 90 seconds, then stir and heat for another 90 seconds.
3. Whisk together, then add the vanilla extract and mix to combine.
4. Sift in the powdered sugar and whisk until thoroughly incorporated.
5. Pour into the prepared baking pan and use a spatula to evenly disperse and smooth the top.
6. Sprinkle with the chopped peanuts and allow to cool to room temperature. Then, refrigerate for at least five hours.
7. To serve, lift the sides of the parchment paper to release from the pan. Cut the fudge into squares and serve cold.
8. Garnish with sea salt and enjoy!

Prep Time: 15 Minutes
Inactive Time: 5 Hours
Yield: 12 Servings

Double Chocolate Peanut Butter Filled Cupcakes

Garnished with salty pretzels, these cupcakes are a must-make for anyone looking for the perfect balance of sweet and salty.

Ingredients

For the Cupcakes

- 1 c. all-purpose flour
- ½ c. unsweetened cocoa powder
- ½ c. brown sugar
- ½ c. cane sugar
- 1 tsp. baking powder
- ½ tsp. espresso powder
- ½ tsp. salt
- ¼ tsp. baking soda
- 2 eggs, room temperature
- ½ c. buttermilk, room temperature
- ⅓ c. vegetable oil
- 2 tbsp. creamy peanut butter

- 2 tsp. vanilla extract

- ½ c. hot water

For the Filling

- ½ c. creamy peanut butter
- ¼ c. unsalted butter, melted
- ¼ c. powdered sugar

For the Frosting

- ¾ c. unsalted butter, chopped
- ¾ c. creamy peanut butter
- 3 c. powdered sugar
- 1 tsp. vanilla extract
- Pretzels for garnish



Prep Time: 30 Minutes
Cook Time: 20 Minutes
Yield: 15 Cupcakes

Instructions

For the Cupcakes

1. Preheat the oven to 350° F and place silicone or paper liners in a muffin tin.
2. In a medium-sized bowl, combine the flour, cocoa powder, brown sugar, cane sugar, espresso powder, baking powder, baking soda and salt.
3. In a large bowl, whisk together the eggs, oil, buttermilk, peanut butter and vanilla extract.
4. Sift in the dry ingredients ⅓ at a time, whisking between to incorporate.
5. Heat half a cup of water on the stove until steaming, but not boiling. Slowly pour about 2-3 tablespoons at a time into the batter, whisking as you go.
6. Once all of the water is added and batter is fully mixed, scoop the batter into the liners until they're a little less

than ¾ full. Place on the middle rack and bake for 18 minutes.

7. Allow to cool in the pan for 15 minutes before cooling to room temperature on a wire rack.

For the Filling

1. Combine the peanut butter and melted butter in a small bowl using an electric mixer.
2. Then, sift in the powdered sugar and mix to combine.
3. Transfer to a piping bag (or a large ziplock with a small corner cut off).
4. Use a small paring knife to cut a hole in the middle of the cupcakes, about 1" in diameter.
5. Carefully remove the top of the hole and set it to the side, then cut halfway

down the cupcake and pipe 1 teaspoon into the cupcake. Put the top back on and repeat with the rest of the cupcakes.

For the Frosting

1. Add the chopped butter and peanut butter to a medium-sized bowl and use an electric mixer on medium-speed to combine for 1 minute.
2. Sift in the powdered sugar, mixing as you go to incorporate it.
3. Add a dash of vanilla and mix again until smooth.
4. Transfer to a piping bag and frost the top of the cupcakes.
5. Garnish with pretzels, then enjoy!

Marbled Chocolate & Peanut Butter Banana Loaf Cake

This recipe combines peanut butter, chocolate and banana for a delicious combo that will delight your taste buds!



Prep Time: 20 Minutes
Cook Time: 60 Minutes
Yield: 8 Servings

Ingredients

For the Loaf Cake

- 3 overripe bananas
- 2 tsp. maple syrup
- 1 tsp. cinnamon
- 2 c. all-purpose flour
- 1 tsp. baking soda
- 1 tsp. baking powder
- ¼ tsp. salt
- ½ c. unsalted butter, softened
- ½ c. light brown sugar
- ½ c. cane sugar
- ½ c. creamy peanut butter
- 3 eggs
- 1½ tsp. vanilla extract
- ⅔ c. dark chocolate chips
- 2 tsp. coconut oil
- 2 tbsp. unsweetened cocoa powder
- ½ tsp. espresso powder

For the Glaze

- ½ c. powdered sugar
- ¼ c. peanut butter
- 3 tbsp. milk
- 1 tsp. vanilla extract

Instructions

For the Loaf

1. Preheat the oven to 350° F and grease a bread loaf pan, then line 1 small baking tray with parchment paper.
2. Cut the bananas in half and lay cut-side up on the baking tray. Drizzle the maple syrup over the bananas and season with cinnamon. Bake for 10 minutes, then allow to cool to room temperature.
3. In a medium-sized bowl, combine the flour, baking soda, baking powder and salt.
4. Add the butter and sugar to a large bowl. Use an electric mixer to cream together on medium-low speed for 2 minutes.
5. Then, add 1 egg at a time — beating between as you go.
6. Add the cooled bananas and mix on low speed until smooth.
7. Slowly sift in the dry ingredients, ⅓ at a time, mixing as you go to thoroughly incorporate.
8. In a medium-sized microwave-safe bowl, add the chocolate and coconut oil. Heat for 30 seconds, then stir and repeat until melted.
9. Transfer half of the batter to the bowl and stir to combine with the melted chocolate. Add the cocoa powder and espresso powder, mixing until smooth.
10. Add the peanut butter to the remaining half of the batter, mixing to combine.
11. Pour half of the chocolate batter into the prepared baking tin, then pour half of the peanut butter batter over the first layer. Repeat until all of the batter is used.
12. To create the marble, place a butter knife at one end of the tin and run it through to the other end, going side to side. Snake the butter knife through the batter 4-5 times.
13. Place on the middle rack and bake for 55 mins. Then allow to cool in the tin for 15 minutes before running a clean knife along the sides to release the loaf. Cool on a wire rack until room temperature.

For the Glaze

1. Sift the powdered sugar into a bowl and add the peanut butter, milk and vanilla extract.
2. Use an electric mixer to combine at medium-low speed.
3. Once smooth, pour over the cooled marble loaf.



Gluten-Free

Peanut Butter Sandwich Cookies

This spin on the classic peanut butter cookie will take you right back to childhood!

Instructions

For the Cookies

1. Line a large baking sheet with parchment paper.
2. In a medium-sized bowl, use an electric mixer to combine the brown sugar and coconut oil on medium-low speed.
3. Add the egg, mixing to combine before incorporating the peanut butter.
4. Then, add the vanilla extract and salt. Mix one more time until smooth.
5. Roll the cookie dough into small balls and place on the prepared baking tray before refrigerating for 30 minutes.
6. Pour the granulated sugar into a shallow bowl and roll each chilled ball in the sugar.
7. Place two balls next to one another on the baking sheet and gently push together to create a peanut shape.
8. Then, use a fork to make the crisscross marks on each cookie. Refrigerate for another 30 minutes. Freeze for 15 minutes.
9. Preheat the oven to 350° F. After the allotted time, bake the cookies for 12-15 minutes.
10. Allow to cool to room temperature on a wire rack after baking.

For the Filling

1. Combine the butter and peanut butter with an electric mixer until smooth.
2. Sift in the powdered sugar, mixing to combine. Then, add the milk and mix again.
3. Once the cookies have cooled, spread a little less than a tablespoon of filling on the bottom side of one of the cookies. Then, top with the other cookie and delight your taste buds!

Prep Time: 20 Minutes
Inactive Time: 75 Minutes
Cook Time: 15 Minutes
Yield: 6 Servings

Ingredients

For the Cookies

- ½ c. brown sugar
- ¼ c. coconut oil
- 1 egg, room temperature
- 1¼ c. creamy peanut butter
- 1 tsp. vanilla extract
- ¼ tsp. salt
- ¼ c. granulated sugar, for rolling

For the Filling

- ¼ c. unsalted butter, softened
- ¼ c. creamy peanut butter
- 1 c. powdered sugar
- 1½ tbsp. milk

A woman wearing a white long-sleeved shirt, shorts, and a wide-brimmed hat is sitting on a wooden raft made of bamboo poles. She is holding a coconut drink with a straw and a small umbrella. The raft is on a clear blue body of water. In the background, there are lush green trees and a blue sky with white clouds. The overall scene is a tropical beach setting.

THE

Happiest PLACES ON Earth

There are extraordinary places around the world where an undeniable sense of joy and well-being fills the atmosphere. These destinations have a unique charm that captivates us. From their deep appreciation for the beauty of nature to their vibrant celebration of culture and connections, these extraordinary destinations provide a gateway to unraveling the secret of happiness.

Helsinki, Finland

Finland consistently ranks at the top of the happiest countries in the world, so it only makes sense that the capital, Helsinki, is one of the happiest places on earth. Resting on the shores of the Baltic Sea, the city offers bustling markets, delicious Nordic cuisine and a picturesque waterfront. In the summer, the city's long days and pleasant temperatures beckon visitors to enjoy outdoor activities in the surrounding parks and forests.





Melbourne, Australia

Melbourne delights with its thriving arts scene, culinary excellence and laid-back lifestyle. The city's commitment to diversity, creativity and community engagement fosters a strong sense of happiness among its residents. Melbourne offers a wealth of experiences that ignite a sense of joy and celebration. Embrace the joyful spirit of Melbourne as you immerse yourself in its energetic festivals, where music, art and celebration intertwine, and indulge in the city's passion for sports, which ignites a contagious enthusiasm throughout the community.

Wellington, New Zealand

Wellington, New Zealand's capital, embraces a relaxed Kiwi lifestyle and the country's commitment to holistic well-being. Set amidst stunning natural landscapes, this city is a haven of happiness for residents and visitors alike. Experience the warmth of its friendly atmosphere and immerse yourself in the thriving arts scene that adds vibrancy and creativity to daily life. As you explore the city, you'll discover that Wellington's captivating charm lies in its ability to make you feel truly at home.





Madrid, Spain

In the spirited capital of Spain, Madrid, a zest for life and dedication to happiness permeate the air. The city's warm climate and lively atmosphere contribute to its cheerful ambiance. Madrid embraces a balanced lifestyle that encourages residents to savor little moments, such as relishing tapas in vibrant plazas or leisurely strolling through the iconic Retiro Park. Immerse yourself in the city's rich history through world-class museums like the renowned Prado Museum. Madrid's buzzing markets, including the Mercado de San Miguel, offer a delightful culinary experience that can brighten any day.



Costa Rica, San Jose

San Jose, the vibrant capital of Costa Rica, exudes happiness with its “Pura Vida” lifestyle. The country’s commitment to ecological sustainability, social equality and strong social networks creates a sense of well-being among its citizens. You can’t help but to be happy when experiencing San Jose’s lush parks, lively markets and warm hospitality that radiates from all who call the city home.



Fremont, California

Located in the heart of the Silicon Valley, Fremont is a city that celebrates happiness and well-being. Embracing green initiatives, renewable energy and environmental sustainability, Fremont strives to enhance the quality of life for its residents. The city provides an abundance of parks and hiking trails encouraging an active and healthy lifestyle. Cultural events like the Festival of India and the Fremont Festival of the Arts showcase the city’s diversity and promote community engagement, creating a sense of belonging and celebration.

Bark Your Way to a Better Home

Welcome to the wonderful and wacky world of “Barkitecture” — the latest trend in home design that focuses on creating living spaces that prioritize our pets. Our furry friends deserve the best, and thanks to Barkitecture, we can now design our homes in a way that is both aesthetically pleasing to us and functional for them.

From cozy dog nooks to elaborate cat castles, the possibilities are endless when it comes to creating a true paradise for our pets.



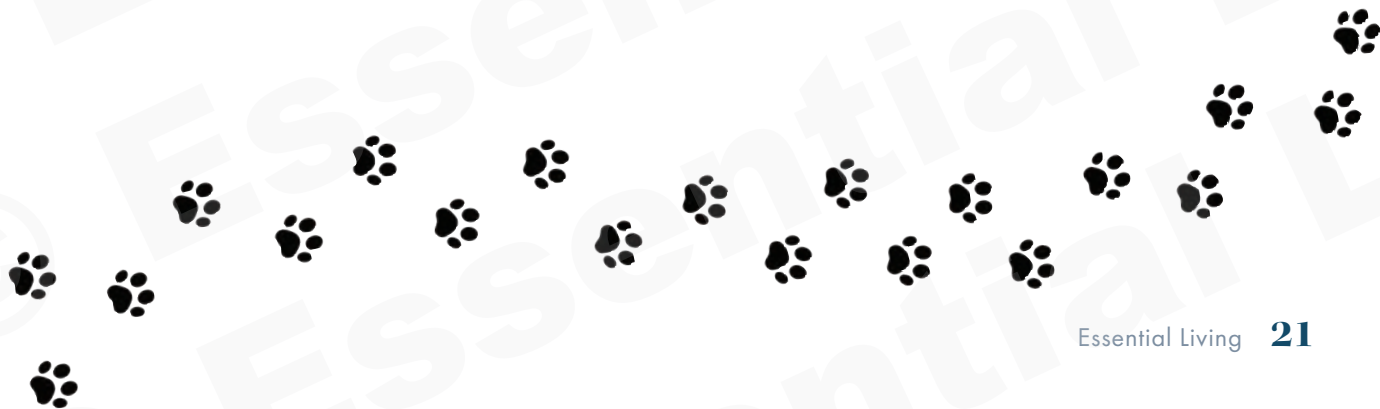
the dog cave



Move over man caves because dog caves are the new cool hangout spots! A dog cave is a dedicated space in your home where your pup can relax, unwind and enjoy some alone time. Usually located under the stairs or in a spare room, it's designed to be a cozy and comfortable retreat for your furry friend. Some dog caves even come equipped with a TV for a truly luxurious experience. Of course, these spots look even better decked out with paw-print wallpaper and dog-shaped pillows.

pet washing station

Let's be honest, bath time is never the highlight of our pet's day. However, with a dedicated pet washing station, you can say goodbye to the days of struggling to wash your pup in the bathtub or with the outdoor hose. Instead, consider installing a special tub just for them in the garage or even the laundry room for added convenience. Popular styles include a ramp or an opening right at ground level to make it even easier to bathe your dog. Include some shelves and fill them with all the grooming tools you need to make your furry friend look their best. While it may be wishful thinking for your pet to enjoy bath time, at least you'll look forward to it a little more!



built-in feeding station



Built-in feeding stations can be seamlessly incorporated into your kitchen island or cabinetry, creating a designated eating area that eliminates the risk of tripping accidents.

Just imagine having a kitchen cabinet that discreetly serves as a convenient pet feeding station. It's not only a practical solution but also a great conversation starter at dinner parties. Your guests will be impressed, and your pet will feel like the most fashionable and pampered member of the family.

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So, whether you're a dog person, a cat lover or have a menagerie of pets, Barkitecture provides the perfect excuse to indulge and pamper our beloved furry companions. Let your imagination run wild and try adding a touch of Barkitecture to your home!

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BITE-SIZED ROAD TRIPS

Embarking on a road trip is a fantastic way to explore the vast and diverse landscapes of the United States. Each region of the country holds its own treasures, from coastal getaways and historic towns to breathtaking natural wonders. Buckle up and get ready for an unforgettable adventure from coast to coast.



Chatham, Cape Cod

Chatham, Massachusetts to Newburyport, Massachusetts



Historic Newburyport

A SCENIC ESCAPE

Embark on a picturesque road trip starting in charming Chatham, Massachusetts, on Cape Cod's easternmost point. Go back in time as you tour the Atwood Museum, a house built in the 1750s, learn some Morse code at the Marconi-RCA Wireless Museum and visit the 19th-century Chatham Lighthouse. Continue your journey, passing through scenic towns like Plymouth and Kingston, each offering their own unique Cape Cod charm.

For a little taste of the city, stop in Boston. Wander the cobblestone streets of the historic Market District and explore the Freedom Trail, making stops at places like Paul Revere's house and the Old North Church.

Once you hit the road again, you'll soon arrive in Newburyport, a historic port city situated at the mouth of the Merrimack River. Stroll through the vibrant downtown area, filled with boutiques, art galleries and cozy cafes. End your trip with scenic waterfront views while enjoying a classic lobster roll.



Grand Rapids, Michigan

DISCOVER NATURAL WONDERS

Kick off your trip in Grand Rapids, Michigan, a vibrant city known for its art scene and craft breweries. Spend time exploring the city's bustling downtown, visit the world-class Frederik Meijer Gardens & Sculpture Park and enjoy delicious local cuisine.

Once you're ready to get on the road, drive northwest toward Traverse City, a charming town nestled along the shores of Lake Michigan. Explore the local wineries and cideries. Stop by the countless farm stands that dot the roads of Old Mission Peninsula to grab freshly picked fruit.

Finish your trip with a short drive to Sleeping Bear Dunes National Lakeshore, a natural wonder along Lake Michigan's eastern coast. Marvel at the towering sand dunes, hike scenic trails and relax on the picturesque beaches. Don't miss the opportunity to catch a stunning sunset over the dunes. Immerse yourself in the pristine beauty of the lakeshore and enjoy activities such as swimming, kayaking or even soaking up the views along the Pierce Stocking Scenic Drive.

Grand Rapids, Michigan to Sleeping Bear Dunes, Michigan

Beach at Sleeping Bear Dunes





Forsyth Park, Savannah

Savannah, Georgia to Amelia Island, Florida

SOUTHERN SERENITY AWAITS

Before you jump in the car, immerse yourself in the enchanting beauty of Savannah, Georgia. Stroll through the city's historic district, lined with elegant antebellum architecture, and visit iconic sites such as Forsyth Park and Bonaventure Cemetery. Indulge in the city's culinary scene, known for its Southern specialties and delectable seafood.

Make a stop in the charming coastal town of Brunswick, Georgia. Explore the historic downtown area, filled with quaint shops, eateries and beautifully preserved Victorian architecture. If you're a fan of coastal wildlife, consider taking a scenic boat tour to spot dolphins and explore the nearby marshes.

Continue your adventure to Amelia Island, Florida, a serene coastal paradise. Known for its pristine beaches and charming seaside resorts, it offers a perfect retreat. Relax on the sandy shores before exploring the island's rich natural beauty by visiting Fort Clinch State Park or taking a leisurely bike ride along the Amelia Island Trail.



Burney Park, Amelia Island



Pike Place Market, Seattle

A PACIFIC NORTHWEST DELIGHT

Begin your road trip by exploring the iconic Pike Place Market in Seattle, where you can indulge in fresh seafood, browse local artisans' products and witness the famous fish toss. Enjoy panoramic views of Elliott Bay and the majestic Olympic Mountains.

Next, make your way to Tacoma, Washington. Visit the Museum of Glass, where you can witness incredible glass-blowing demonstrations. Take a stroll along the Thea Foss Waterway, lined with shops and restaurants. Continue your journey to Castle Rock, a charming town located in the foothills of the Cascade Mountains. Explore the majestic beauty of nearby Mount St. Helens.

Conclude your road trip in Portland, Oregon, known for its vibrant food and arts scene. Delight in the city's eclectic culinary offerings, from food trucks to farm-to-table restaurants, and sample local craft beers. Browse through unique boutiques in the Pearl District, visit renowned museums like the Portland Art Museum and wander through the tranquil beauty of the International Rose Test Garden.

Seattle, Washington to

Portland, Oregon



International Rose Test Garden

From coastal getaways and historic towns to breathtaking landscapes and vibrant cities, each region unveils its unique treasures, making road trips a delightful way to discover the vast beauty that awaits around every corner.

14 WAYS TO CUT BACK ON FOOD WASTE

During the journey from production to consumption, a staggering 40% of all food in America goes to waste annually. While some factors are beyond our control, there are numerous ways in which everyday consumers can make a positive impact and reduce food waste. Not only does cutting back on food waste help the environment, but it also is good for your wallet.

Here are some easy-to-follow tips to make a positive impact in your kitchen.



4 WAYS TO PUT FOOD SCRAPS TO USE

1. CRISPY POTATO SKIN DELIGHT

The next time you make mashed potatoes, slice the skins in half and toss them with oil, salt and pepper. Roast them in the oven until crispy and enjoy!

2. HOMEMADE VEGETABLE BROTH

Transform vegetable scraps into a delicious homemade broth. Freeze it for up to three months and use it as a flavor-packed base for soups and stews.

3. INFUSED OILS AND VINEGARS

Repurpose citrus peels, herb stems or leftover spices to create infused oils and vinegars.

4. REVIVE STALE BREAD

Give stale bread new life by transforming it into croutons, bread pudding or breadcrumbs. These versatile options make great additions to various dishes.



10 WAYS TO REDUCE FOOD WASTE

1. FIRST IN, FIRST OUT

Organize your pantry and fridge by placing newer items behind older ones, ensuring that older items are used before they expire.

2. EMBRACE IMPERFECTION

Choose “ugly” produce that may have cosmetic imperfections but is still safe and nutritious.

3. KEEP IT FRESH

Extend freshness by using airtight containers and beeswax wraps and by refrigerating foods at the correct temperature.

4. DATE LABELS DECODED

Some food is still safe to eat after the “best before” date, whereas the “use-by” date indicates when it is no longer safe to eat.

5. LEFTOVER MAKEOVERS

Get creative with leftovers by transforming them into new and exciting dishes. Turn yesterday’s roast chicken into a flavorful salad or use leftover rice for delicious fried rice.



6. MEAL PLANNING MAGIC

Plan your meals ahead of time, selecting recipes that share common ingredients. You’ll save time and money at the store too!

7. SMART SHOPPING

Take inventory of what you already have at home before heading to the store. Avoid overbuying by purchasing only what you genuinely need.

8. SHOW YOUR SUPPORT

Choose businesses that prioritize reducing food waste as part of their core mission.

9. PRESERVE THROUGH PICKLING

Don’t let excess vegetables go to waste. Create tangy and flavorful pickles using cucumbers, carrots, radishes or any other vegetables you have on hand.

10. TRY COMPOSTING

When scraps or peels can no longer be utilized, composting provides an eco-friendly solution that enriches the soil and reduces waste.



JOURNEY INTO THE

VIBRANT WORLD OF NOISE

Step into the mesmerizing world of the colors of noise, where a symphony of auditory experiences awaits. From the gentle whispers of pink noise to the deep ambient rumble of brown noise, these diverse sonic hues create a tapestry of sounds that captivate and relax the mind.

PINK NOISE

A GENTLE SERENADE

BEST FOR: LIGHT SLEEPERS, PEOPLE WHO WAKE UP WITH LOW ENERGY

Pink noise encompasses all audible frequencies, but with a gentler twist. The sound is softer at high frequencies and louder at low frequencies, creating a more soothing version of white noise.

- **Melts away stress** with a mesmerizing sound.
- Great for boosting productivity and **focus**.
- Helps people to **fall asleep faster** and have a deeper sleep.

EXAMPLES:

- Steady and gentle rainfall
- Rustling leaves

WHITE NOISE

A SOOTHING SOUNDSCAPE

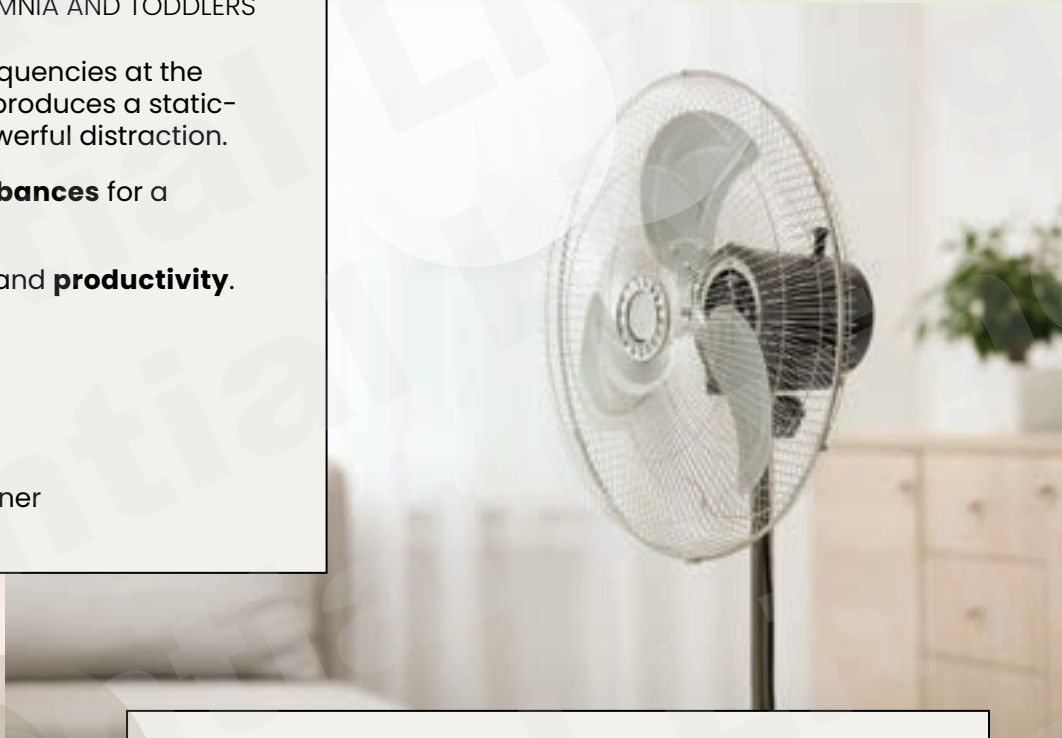
BEST FOR: PEOPLE WITH INSOMNIA AND TODDLERS

By combining all audible frequencies at the same intensity, white noise produces a static-like sound that acts as a powerful distraction.

- **Drowns out noisy disturbances** for a better night's sleep.
- Enhances concentration and **productivity**.
- Calms crying **babies**.

EXAMPLES:

- Whirring fan
- Humming air conditioner



BROWN NOISE

A SUBDUED SERENITY

BEST FOR: PEOPLE WHO LIVE IN LOUD PLACES OR STRUGGLE TO CLEAR THEIR MINDS AT NIGHT

Known for its deep ambient rumble, brown noise is devoid of high-frequency sounds, providing a calm and relaxing atmosphere.

- Can be beneficial for **reducing tinnitus** symptoms.
- Helps to improve **concentration**.
- Great for **calming** you in high-stress situations.

EXAMPLES:

- Distant thunder
- Crashing waves





OTHER NOISES

VIOLET NOISE

Violet noise is found on the opposite end of the spectrum from brown noise. This sound increases in volume as the frequency goes up. People suffering from tinnitus sometimes find solace in violet noise, as it helps to drown out the ringing in their ears.

BLACK NOISE

Just as the color black represents the absence of light, black noise is complete silence.

BLUE NOISE

Blue noise produces a high-pitched shrill, similar to the sound of a hissing hose. While not ideal for deep sleep or relaxation, this noise is commonly used in sound engineering.



TIPS FOR SUCCESS

- **EXPERIMENT AND FIND WHAT WORKS FOR YOU:** Everyone responds differently to various colors of noise, so try different sounds and frequencies to discover what helps you relax and fall asleep more easily.
- **USE DEDICATED SOUND MACHINES OR APPS:** Invest in a quality sound machine or utilize sleep apps that offer a wide range of noise colors. You can also find noise color playlists on music apps like Spotify and Apple Music.
- **ADJUST THE VOLUME:** Find the right balance of volume that masks external disturbances without being too loud or distracting.
- **PAIR NOISE WITH OTHER SLEEP-INDUCING TECHNIQUES:** Incorporate noise into your bedtime routine by combining it with other sleep-promoting activities, such as dimming the lights, practicing deep breathing or meditation or using aromatherapy with relaxing scents.
- **CONSISTENCY IS KEY:** Establish a consistent noise routine by using it every night. Over time, your brain will associate the sound with sleep, making it easier to relax and fall asleep quickly.



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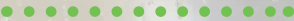
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RAINY DAY — FUN! —



Here's a fun list of things to do if the weather has got your kids staying inside!

INDOOR FORT BUILDING: Use blankets and cushions to create cozy hideaways.

CREATIVE ARTS AND CRAFTS: Draw, paint, or make crafts with household items.

BAKING AND COOKING FUN: Bake cookies, make homemade pizza, or decorate cupcakes.

BOARD GAMES AND PUZZLES: Enjoy classic games or solve puzzles as a family.

INDOOR SCAVENGER HUNT: Create a list of items to find around the house.

Brie + Prosciutto + Fig Jam Crostini

This classic cheeseboard pairing is rolled into one tasty bite!

PREP TIME: 10 minutes | COOK TIME: 20 minutes | YIELDS: 8 servings

INGREDIENTS

For the Fig Jam

- ½ c. black figs
- 2 tsp. almond milk
- 2 tsp. coconut oil

- ¼ c. water
- 2 tbsp. cane sugar
- 2 tsp. lemon juice
- ½ tsp. vanilla extract

For the Crostinis

- 1 French baguette
- 1 wheel Brie cheese
- 6-8 slices prosciutto

- Honey, for garnish
- Micro arugula, for garnish

INSTRUCTIONS

For the Fig Jam

1. Add the figs and almond milk to a food processor.
2. Pulse on high for one minute, then scrape the edges and pulse again on low for one minute.
3. Add the coconut oil to a small saucepan, then add the fig mixture.
4. Next, add the water, sugar, lemon juice and vanilla extract.
5. Cook over medium-low heat, stirring occasionally for five minutes.
6. Remove the fig jam from heat, then pour it into a bowl to cool for at least 10 minutes.

For the Crostinis

1. Preheat the oven to 350° F and line one large baking sheet with parchment paper.
2. Slice the baguette into eight pieces, then spread a spoonful of fig jam on each piece.
3. Next, slice the cheese into eight long pieces.
4. Place the Brie on top of the crostinis and bake for 5-7 minutes until the cheese has melted and the bread is slightly crunchy.
5. Wrap the crostinis in thin prosciutto pieces.
6. Drizzle honey over the crostinis and finish with micro arugula.



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7 ENERGY-SAVING TIPS



1. **DEFROST THE FREEZER** – Ice can interfere with the temperature sensors and cause the freezer to work harder.
2. **REPLACE FILTERS** – Check the guidelines for your HVAC system, water heater, refrigerator and dryer.
3. **SWAP OUT LIGHT BULBS** for energy-efficient LEDs.
4. **UNPLUG DEVICES** when not in use.
5. **FIND AND SEAL AIR LEAKS** – Check doors, windows and places where utilities enter your home.
6. **UPGRADE TO A SMART THERMOSTAT** to closely control the temperature.
7. **INSTALL ENERGY-SAVING SHOWERHEADS**, faucets or flow restrictors to reduce the amount of hot water being used.



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