

Compliments of Jodee Harris

essential living

410

How to Hygge Life



Jodee Harris

Vice President, First
Commonwealth Advisors,
Senior Financial Advisor,
Osaic Institutions, Inc. •
4509033



Office: 724-832-6181

2501 Sharkys Dr • Latrobe, PA 15650

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

\$6.99 Issue #410



Investment and insurance products and services are offered through OSAIC INSTITUTIONS, INC. member FINRA/SIPC. First Commonwealth Advisors is a trade name of First Commonwealth Bank. Osaic Institutions and First Commonwealth Bank are not affiliated. Products and services made available through Osaic Institutions 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.

essential living



Jodee Harris

Vice President, First Commonwealth
Advisors, Senior Financial Advisor,
Osaic Institutions, Inc. • 4509033

Office: 724-832-6181

2501 Sharkys Dr
Latrobe, PA 15650
jharris@fcadvisor.com
www.fcbanking.com/jodee-harris



As crisp air replaces summer's warmth, there's a natural urge to seek comfort and connection. This season, delve into the Danish art of hygge, a philosophy that finds happiness in everyday comfort. Start by creating a haven in your own home. We've got easy, non-permanent DIY projects that will give your space a whole new look without worrying about lasting commitment.

But hygge isn't confined to the walls of your home. For those seeking a warm and welcoming escape during your travels, explore America's charming B&Bs. These hidden gems offer a haven of hospitality and relaxation, where you can truly unwind and embrace the season.

So, whether you're enjoying a crackling fireplace at home or indulging in a mouthwatering loaded baked potato, let this season be one of reconnecting with yourself, your loved ones and the simple joys that surround us.

— From the Publisher



Jodee Harris

Vice President, First Commonwealth
Advisors, Senior Financial Advisor, Osaic
Institutions, Inc. • 4509033

Office: 724-832-6181
jharris@fcadvisor.com
www.fcbanking.com/jodee-harris



4 SIMPLE WAYS TO REFRESH A SPACE

- DEEP CLEAN & DECLUTTER
- REARRANGE FURNITURE
- UPGRADE LIGHT FIXTURES
- SWAP IN NEW THROW PILLOWS

Contents

02 Baked Potato Bliss
Dig into the ultimate loaded baked potato recipes

06 The Cozy Art of Hygge
Embrace the Danish art of hygge

11 7 Simple Habits for a Thriving Life
Tips to live long and be healthy

15 Enchanting B&Bs for a Suite Escape
You won't want to snooze on these charming stays

21 Commitment-Free DIYs
Upgrade your home without the worry of regret

24 It's a Popcorn Party
Tasty recipes to elevate your popcorn game

28 Kid-Friendly Jack-o'-Lantern Decorating
No-carve pumpkin decorating ideas

30 Otherworldly Wildlife
A visual guide to animals that look out of this world



essential living

Publisher

Josh Kimball

publisher@essentiallivingmag.com

Editorial

Tisha Davis, Creative Director

Emily Schaffer, Executive Editor

Erin Ragan, Editor-in-Chief

Sarah Prescott, Graphic Designer

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 Maison, HR Manager

Shelly Martin, Controller

operations@essentiallivingmag.com

Partnerships

Bjorn Piltingsrud, VP of Strategy and

Business Development

partnerships@essentiallivingmag.com

© 2024 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.

BAKED POTATO BLISS

Move beyond the traditional pairing of sour cream and bacon, and you'll discover a vast universe of flavor combinations waiting to be explored. From tangy BBQ to a Tex-Mex fiesta, our culinary escapades have led us to craft four irresistible loaded potato recipes. So, grab your fork and get ready to take your taste buds on an adventure bursting with flavor.

LOADED SWEET POTATO

These healthy sweet potatoes make for the perfect lunch!

Prep time: 15 minutes | Cook time: 1 hour
Yield: 3 servings

INGREDIENTS

- 3 sweet potatoes, washed
- 1 c. canned black beans, rinsed
- 1 c. canned corn, washed
- ½ c. Mexican-style cheese, shredded
- 2 avocados, pitted
- 2 tbsp. lime juice
- 1 tbsp. garlic powder
- 2 tsp. cumin
- 2 tsp. onion powder
- 1 tsp. pepper
- ½ tsp. salt
- ¼ c. red onions, minced

INSTRUCTIONS

1. Preheat the oven to 425° F and line a baking sheet with foil.
2. Use a fork to poke 5-10 holes in each sweet potato, then place them on the prepared baking sheet and roast for 50 minutes.
3. Allow to cool for 10 minutes, then slice each potato down the middle lengthwise.
4. Evenly layer black beans, corn and cheese on each potato. Bake for another 10 minutes.
5. While the potatoes are baking, combine the avocado, lime juice, garlic powder, cumin, onion powder, salt and pepper in a small bowl to make the guacamole.
6. Smash the avocado and mix to combine with the seasonings.
7. Remove the potatoes from the oven and allow them to cool for 10 minutes. Top with guacamole and red onions. Enjoy!

MINI TWICE-BAKED POTATOES

Mini twice-baked potatoes mean you can have twice as many!

INGREDIENTS

- 10 Yukon Gold potatoes
- 3 tbsp. butter
- ⅓ c. milk
- ¼ c. sour cream
- ¼ c. Parmesan cheese
- 1 tbsp. garlic powder
- 3 tsp. pepper
- 2 tsp. salt
- ⅓ c. shredded cheddar cheese
- 3 tbsp. cooked bacon, crumbled
- ¼ c. green onions, minced

INSTRUCTIONS

1. Preheat the oven to 425° F and line a baking sheet with foil.
2. Use a fork to poke three holes in each potato, then place them on the prepared baking sheet and roast for 45 minutes. Then, allow them to cool.
3. Cut the potatoes in half lengthwise and scoop out the insides into a large bowl. Ensure you leave a thin layer around the outside skins.
4. Mash the potato filling, then add the milk, sour cream, Parmesan, garlic powder, pepper and salt. Stir to combine.
5. Fill the potato skins with the mixture and garnish with shredded cheddar cheese. Reduce oven temperature to 350° F and bake for another 15-20 minutes or until the tops are golden brown.
6. Top with crumbled bacon and green onions!



Prep time: 10 minutes
Cook time: 1 hour
Yield: 10 servings

LOADED LEEK POTATOES

If you're a fan of leeks, then you're going to love these loaded baked potatoes!



Prep time: 10 minutes
Cook time: 65 minutes
Yield: 2 servings

INGREDIENTS

- 3 white sweet potatoes
- 3 tbsp. butter
- 1 leek
- ½ c. Parmesan cheese, shredded
- ⅓ c. milk
- ¼ c. Greek yogurt
- 2 garlic cloves, grated
- 1 tbsp. pepper
- 2 tsp. salt
- ¼ mozzarella cheese, shredded
- ¼ c. green onions, minced

INSTRUCTIONS

1. Preheat the oven to 425° F and line a baking sheet with foil.
2. Use a fork to poke 5-10 holes in each potato, then place them on the prepared baking sheet and roast for 50 minutes. Then, allow them to cool.
3. While the potatoes are cooling, prepare the leek. Cut off the root and top section of the leek. Then, wash and cut into ½" circular pieces.
4. Melt the butter in a medium saucepan over medium-high heat. Place the leeks in the pan and sauté over medium heat for five minutes. Remove from the heat and allow to cool.
5. Cut the potatoes in half lengthwise and scoop out the insides into a large bowl. Ensure you leave a thin layer around the outside skins.
6. Mash the potato filling, then add in the Parmesan, milk, Greek yogurt, grated garlic, pepper and salt to the bowl.
7. Next, use a spatula to fold in the leeks. Mix to incorporate.
8. Fill the potato skins with a heaping amount of the mixture, then top with the mozzarella cheese.
9. Reduce oven temperature to 350° F and bake for another 15-20 minutes or until the tops are golden brown.
10. Once fully baked, remove from the oven and top with green onions.

Prep time: 10 minutes

Cook time: 1 hour and 40 minutes

Yield: 2 servings

INGREDIENTS

For the Chicken

- 2 chicken breasts
- 1 tbsp. pepper
- 1 tbsp. garlic powder
- 2 tsp. salt
- ½ c. barbecue sauce
- ¼ c. sour cream
- 3 garlic cloves, grated
- 1 tbsp. pepper
- 2 tsp. salt
- ¼ c. black beans or chili beans

For the Potatoes

- 2 russet potatoes
- ½ c. milk
- ¼ c. red onions, diced
- ¼ c. green onions, minced

INSTRUCTIONS

For the Chicken

1. Preheat the oven to 425° F and line a baking sheet with foil.
2. Place the chicken on the baking sheet and season with pepper, garlic powder and salt. Roast for 30 minutes.
3. Once cooked, remove from the oven and use two forks to shred the chicken. Place in a bowl with the barbecue sauce and toss to combine.
4. Transfer back to the baking sheet and roast for another 10 minutes. Then, allow to cool.

For the Potatoes

1. Line a baking sheet with foil.
2. Use a fork to poke 5-10 holes in each potato, then place them on the prepared baking sheet and roast for 60 minutes at 425° F. Then let cool.
3. Cut the potatoes in half and scoop out the inside of each into a large bowl. Ensure you leave a thin layer around the outside skins.
4. Add the milk, sour cream, grated garlic, pepper and salt to the potato filling. Combine until smooth. Scoop the mixture back into the potatoes.
5. Top with the shredded chicken, black beans, red onion and green onions. Serve and enjoy!

BBQ BAKED POTATOES

These unique potatoes are unlike anything you've had before and make the perfect addition to any barbecue!



The Cozy Art of HYGGE



Hygge, pronounced *hoo-gah*, surpasses mere trendiness; it's a philosophy centered on discovering joy in life's simplicity, cultivating a cozy, contented ambiance. This Danish concept has taken the world by storm, offering a welcome antidote to our fast-paced, often stressful lives.

Often associated with flickering candlelit spaces and snug socks, hygge goes beyond aesthetics. It's a mindset, a lifestyle that champions slowing down, cherishing the present and fostering connections.

The great news is that anyone can infuse hygge into their life, regardless of location or resources.

Ready to *hygge* your way to happiness?

Here's how:

- **Glow Up:** The foundation of hygge lies in creating a warm, inviting atmosphere in your home. Think soft lighting — swap harsh overhead bulbs for lamps that cast a warm glow, and don't forget the magic of candles and string lights. Let natural light flood in during the day, and when the sun dips low, cozy up by the fireplace (real or virtual!).
- **Textures That Invite:** Surround yourself with textures that invite you to sink in. Layer plush throws, fluffy blankets and sheepskin rugs. Knitted throws add a rustic charm, while woven baskets and cotton throws bring the warmth of natural materials. Remember, hygge isn't about minimalism; it's about creating a haven that feels warm and inviting, so don't be afraid to embrace layers and textures.
- **Declutter for Serenity:** A cluttered space can quickly become overwhelming, stealing the sense of peace and tranquility that's central to hygge. Regularly declutter your belongings, keeping surfaces clear and creating a sense of order that fosters mental clarity and relaxation.
- **Scents of Comfort:** Fill your home with warm, inviting scents like vanilla, cinnamon or lavender. Diffusers, candles or even simmering spices on the stove can create a sensory tapestry of comfort.
- **Tastes of Joy:** Indulge your taste buds with the flavors of hygge. Slow cook a pot of comforting stew, bake a batch of cookies that fill the air with the aroma of sweetness or savor a steaming mug of hot chocolate.



THE HEART OF HYGGE



Connection and Sharing

Hygge isn't just about self-care; it's about connection and sharing good times. Gather your loved ones for nights filled with laughter and friendly competition. Put down your phones and rediscover the joy of board games, puzzles or even a simple card game. Curl up on the couch with a classic film or a lighthearted sitcom. The key is to be present, to engage and to enjoy the company.



HYGGE

BEYOND THE SEASON

While hygge might evoke images of cold, cozy nights, it's not a seasonal concept. Embrace the hygge spirit year-round by incorporating elements that resonate with the current season. In spring, open your windows to let in the fresh air and flower scents and bring the outdoors in with vases filled with colorful blooms. Summer is perfect for picnics in the park or cozy evenings on the porch, string lights twinkling overhead. Savor the changing colors of autumn with a hike in nature.



PERSONALIZE YOUR HYGGE

What sparks joy for you? Maybe it's reading a good book by a crackling fire, having a cup of tea with a friend or listening to calming music. Include these personal touches to make your hygge experience truly unique.

Remember, hygge is a journey, not a destination. It's about creating a space that feels good to you, a haven of warmth, comfort and connection. So, experiment, personalize and let your hygge journey unfold!

7 SIMPLE HABITS

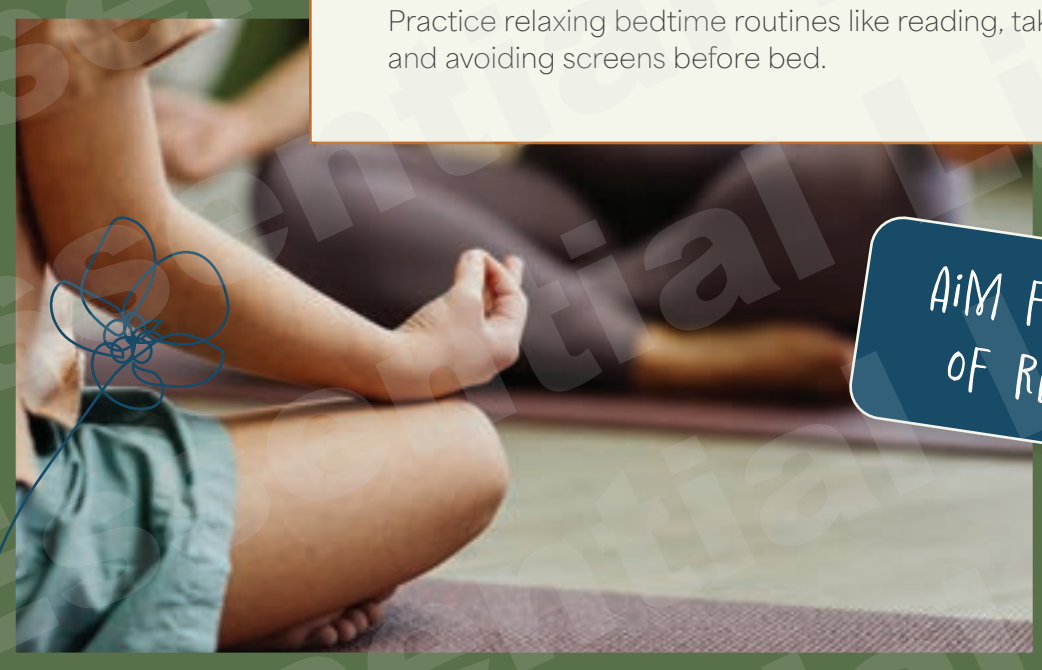
FOR A THRIVING LIFE

The desire to live a long and fulfilling life is universal. While individual lifespans are influenced by genetics and chance, embracing certain lifestyle choices can significantly enhance your chances of living a long, healthy and fulfilling life.



REST & RECHARGE

Prioritizing quality sleep is not a luxury, it's a necessity. Aim for 7-8 hours of restful sleep each night. This allows your body to repair and regenerate, boosting your immune system, improving cognitive function and regulating emotions. Consistent sleep schedules (even on weekends) create a natural rhythm that benefits your health. Practice relaxing bedtime routines like reading, taking a warm bath and avoiding screens before bed.



AIM FOR 7-8 HOURS
OF RESTFUL SLEEP

FIND YOUR CALM

Chronic stress can take a toll on your health. But there are ways to manage it! Find healthy coping mechanisms like exercise, meditation, spending time in nature or pursuing hobbies you enjoy. Learning to say “no” and practicing gratitude can also help.



CONNECT WITH OTHERS

Humans thrive on connection. Schedule time with loved ones, share laughter and support and get involved in activities you enjoy together. Remember, strong relationships are good for your heart and soul!



DISCOVER WHAT SETS
YOUR SOUL ON FIRE.

FUEL YOUR INNER SPARK

Having a sense of purpose provides direction and meaning in life. This could be anything from pursuing a personal passion to volunteering in your community. Engaging in activities that align with your values and contribute to something larger than yourself boosts happiness, motivation and resilience. Explore different interests, connect with your values and discover what sets your soul on fire.



GET MOVING

Physical activity is a fountain of youth for your body and mind.

Aim for at least 150 minutes of moderate-intensity exercise each week. Think walks, bike rides, dancing or anything that gets your heart pumping and your mood soaring. Exercise is like a natural mood booster, so find activities you enjoy and get moving!



NOURISH YOUR BODY RIGHT

Think of your body as a high-performance vehicle. Choose whole, unprocessed foods like fruits, vegetables, whole grains, lean protein and healthy fats to fuel it. Limit sugary drinks, processed foods and unhealthy fats. Strike a balance by embracing moderation and don't forget to indulge in your favorite treats guilt-free sometimes.



Remember, progress, not perfection, is key. Be patient, celebrate small wins and focus on making sustainable changes that fit your lifestyle.

This article provides general information and is not a substitute for professional medical advice. Always consult with your doctor before making any significant changes to your diet, exercise routine or stress management techniques.

Enchanting B&Bs

FOR A SUITE ESCAPE



Urban Cowboy

While some may dismiss B&Bs as relics of a bygone era, their appeal remains undeniable. Forget the sterile lobbies and generic décor of chain hotels. B&Bs brim with character, creaky floorboards and crackling fireplaces.

For those in search of an extraordinary escape, a genuine connection with the heart and soul of a destination, look no further than these charming stays.



Pomegranate Inn



Bayfront Marin House

Pomegranate Inn

PORTLAND, MAINE



www.pomegranateinn.com

Located on a quiet corner in the heart of Portland's Western Promenade, the Pomegranate Inn is more than just a favorite place for travelers to stay. It's a kaleidoscope of eclectic elegance, inviting you to enter a world of artistic whimsy and luxurious comfort.

Explore the Pomegranate's eight vibrant and unique rooms, each equipped with a private bathroom and a king or queen bed. Certain rooms, such as the Milliken Suite, feature a fireplace and a separate sitting area. The Carriage House room, detached from the main house, is perfect for guests seeking a secluded retreat or pet-friendly lodging.

Start your day with a gourmet breakfast featuring dishes like hash brown spinach eggs, grilled peaches, a breakfast banana split and Maine blueberry muffins.

After your adventures, return to your home away from home for savory hors d'oeuvres and sweet treats like espresso chocolate cookies. Unwind in the third-floor parlor, complete with a variety of board games to keep you entertained.



Bayfront Marin House

AUGUSTINE, FLORIDA



www.bayfrontmarinhouse.com

With roots dating back to 1788, the Bayfront Marin House resides in the heart of St. Augustine's Historic District, blending the conveniences of a hotel with the personal charm of a B&B.

Jetted showers, electric fireplaces, soaking tubs and, of course, breathtaking water views are just some of the features found throughout the 17 rooms at the inn. Many of the rooms also have private entrances.

A hot breakfast, featuring menu delights like banana pancakes and bacon strata, is delivered right to your door every morning. After breakfast, take a leisurely walk to the nearby museums, art galleries and historic sites. Cap off your day in St. Augustine with a complimentary happy hour back at the inn, featuring homemade appetizers, desserts and refreshing drinks.



Castle in the Country

ALLEGAN, MICHIGAN



www.castleinthecountry.com

Nestled amidst 65 acres in Michigan, the Castle in the Country promises relaxation and rejuvenation.

A lovingly restored 1906 Victorian mansion, the Castle features three suites, each boasting crackling fireplaces, jetted tubs and king-sized beds fit for dreams. Or find your haven in the Jewel Box or Golden Tower rooms, equally charming with private baths and cozy fireplaces.

Awaken to the aroma of scratch-made delights and fresh coffee, then venture outdoors for summer paddling on the private lake or winter exploration with snowshoes on wooded trails. Serene pampering awaits at the on-site Royal Retreat Spa, exclusively for guests.



Urban Cowboy

NASHVILLE, TENNESSEE



www.urbancowboy.com/nashville

Housed in a majestic Victorian mansion dating back to the 1800s, the Urban Cowboy seamlessly blends a laid-back attitude with a touch of yesteryear allure.

Discover Urban Cowboy's array of eight suites, each boasting a clawfoot bathtub and a distinctive personality, so you can choose your perfect match. Opt for the rustic charm of the Midnight Rider suite with its burnt wood headboard, or consider The Muse for stargazing, equipped with a massive skylight and an illuminated 14-foot copper headboard.

Two on-site bars will keep your hunger and thirst at bay. The main house hosts the Parlor Wine Bar, with a rotating selection of wine, wine-based cocktails and a great lineup of live music. For a local experience, venture to The Public House in the back, celebrated for genuine hospitality and fantastic cocktails.



Canal Street Inn

NEW ORLEANS, LA

canalstreetinn.com

Built in 1912, the Canal Street Inn boasts beautiful architecture, featuring original details alongside contemporary design elements. Guests can choose from 11 unique rooms, all with private baths and luxurious linens. A delicious gourmet breakfast is served each morning in the formal dining room. Located on world-famous Canal Street, the inn is convenient to the French Quarter, Magazine Street and the streetcar line, making it a great base for exploring all that New Orleans has to offer.



commitment-free DIYS

These quick and easy home improvements allow you to experiment with style and personalize your space without a permanent change.

Fabric Wallpaper

Perfect for renters or those who love to change their decor frequently.

Supplies

- Fabric of your choice
- Liquid starch
- Tacks or tape (painters or duct)
- Drop cloth
- Paint roller
- Paint tray
- Utility knife
- Step ladder
- Scissors
- Measuring tape

Preparation

1. After measuring your wall, purchase enough fabric to completely cover the entire surface area, plus an extra yard.
2. Wipe down the wall with a damp cloth to remove any dust or dirt. Ensure the wall surface is completely dry before hanging the fabric.
3. Pre-wash your fabric. Then, cut off the selvage edge to prevent fraying.

Hanging the Fabric

1. Cut the fabric into panels that match the height of your wall. Add a generous two inches to all sides of each panel for seam room. Begin by hanging one fabric panel at a time. Start in a corner and carefully position the fabric on the wall. Have a helper stand back and look to ensure the pattern lines up and the edges match. At the edges of the wall, overlap the fabric by one to two inches for a clean finish.
2. Overlap the adjoining panel edges by about ½ inch to create a seamless look.
3. Use tacks or painters tape to temporarily hold the fabric in place.



Applying the Starch

1. Have your partner lift the fabric all the way up while you reach under and coat the wall with liquid starch. Smooth the fabric down over the wall until it starts to adhere to the starch. Start from the top and work your way down, smoothing out any wrinkles as you go.
2. Next, roll liquid starch over the top of the fabric. Make sure to completely saturate the surface, ensuring the starch soaks through to the wall.
3. Once dry, use a utility knife to carefully cut away any excess fabric from the wall.

Removal

When you're ready to remove the fabric wallpaper, simply soak a sponge in warm water and apply it to the fabric. The fabric should easily peel off the wall without damaging the existing paint or finish.



Puck Light Hack

Have a beautiful wall sconce in minutes, no electrical wiring required!

1. Put a dab of superglue on the flat back of the puck light and attach it to the nonthreaded end of the adapter.
2. Once dried, attach the bottom part of the puck light and screw the adapter into the sconce's socket.
3. Follow the manufacturer's instructions to properly mount the sconce on your wall.





Washi Wall Art

Liven up your walls with a geometric design using colorful washi tape!

1. Choose a simple geometric shape (stripes, triangles, squares) and pick your washi tape colors.
2. Stick the washi tape directly on the wall, building your design. Overlap slightly for clean lines.
3. Trim any excess tape and enjoy your unique geometric creation.

Popcorn isn't just for movie nights anymore. The unassuming kernel is stepping up its game from the typical movie-night fare and making a mark as a versatile culinary delight. No more settling for plain, salted boredom — popcorn is a canvas awaiting a flavorful makeover, ready to elevate your snacking experience.

We've whipped up five gourmet recipes that promise to bring a burst of flavors to your palate. From savory delights to sweet treats, each recipe is an irresistible snacking adventure.

IT'S A POPCORN PARTY

PREP TIME: 15 MINUTES
YIELD: 15 SERVINGS



SWEET AND SPICY POPCORN

This crowd-favorite snack combines sweet and spicy for flavor explosion!

INGREDIENTS

FOR THE POPCORN

- 2 tbsp. extra-virgin olive oil
- $\frac{3}{4}$ c. kernels
- 8 tbsp. melted butter

FOR THE SPICE MIXTURE

- 6 tbsp. confectioners' sugar
- 1 tsp. ground cinnamon
- 2 tbsp. chili powder
- $\frac{1}{2}$ tsp. salt
- $\frac{1}{2}$ tsp. cayenne pepper, or more to taste
- 3 tsp. paprika

INSTRUCTIONS

FOR THE POPCORN

1. In a large saucepan over medium heat, combine the oil and two popcorn kernels. Cover the pot and wait for the kernels to pop.
2. When the kernels pop, remove from heat and add the rest of the popcorn kernels. Shake the saucepan to evenly coat kernels in the oil. Cover with lid and wait 30 seconds before returning the saucepan to the heat.
3. Shake frequently, until the popping slows to several seconds between pops, and then remove the saucepan from the heat. Pour popcorn into a large bowl and set aside.
4. Melt butter in saucepan over medium heat, then evenly pour over popcorn.

FOR THE SPICE MIXTURE

1. In a medium bowl, mix confectioners' sugar, cinnamon, chili powder, salt, cayenne pepper and paprika.
2. Toss spice mixture over popcorn, shaking to coat evenly.

PARMESAN GARLIC POPCORN

This savory snack comes together in just minutes and will disappear even faster!

INGREDIENTS

FOR THE POPCORN

- 2 tbsp. extra-virgin olive oil
- ½ c. kernels
- 2 tbsp. butter, melted
- ½ c. Parmesan cheese

FOR THE GARLIC MIX

- 1½ tbsp. garlic powder
- 1 tbsp. paprika
- 2 tsp. rosemary
- 1 tsp. salt
- ½ tsp. pepper
- ¼ tsp. cayenne pepper

INSTRUCTIONS

FOR THE POPCORN

1. In a large saucepan over medium heat, combine the oil and two popcorn kernels. Cover the pot and wait for the kernels to pop.
2. When the kernels pop, remove from heat and add the rest of the popcorn kernels. Shake the saucepan to evenly coat kernels in the oil. Cover with lid and wait 30 seconds before returning the saucepan to the heat.
3. Shake frequently, until the popping slows to several seconds between pops, and then remove the saucepan from the heat.
4. Transfer popcorn to a large bowl and evenly drizzle the melted butter over the popcorn.
5. Grate Parmesan cheese directly on popcorn and toss to coat.

FOR THE SPICE MIX

1. In a medium bowl, add the garlic powder, paprika, rosemary, salt, pepper and cayenne pepper. Mix to combine.
2. Toss it with the popcorn, serve immediately and enjoy!



PREP TIME: 10 MINUTES
COOK TIME: 5 MINUTES
YIELD: 10 SERVINGS

COOKIES 'N' CREAM DELIGHT

White chocolate and crushed Oreos mixed with salty popcorn for the perfect sweet snack.

INGREDIENTS

FOR THE POPCORN

- 2 tbsp. extra-virgin olive oil
- ½ c. kernels

FOR THE TOPPINGS

- 14-oz. package vanilla almond bark or candy melts
- 1 c. crushed Oreos
- ¼ tsp. salt

INSTRUCTIONS

FOR THE POPCORN

1. In a large saucepan over medium heat, combine the oil and two popcorn kernels. Cover the pot and wait for the kernels to pop.
2. When the kernels pop, remove from heat and add the rest of the popcorn kernels. Shake the saucepan to evenly coat kernels in the oil. Cover with lid and wait 30 seconds before returning the saucepan to the heat.
3. Shake frequently, until the popping slows to several seconds between pops, and then remove the saucepan from the heat. Transfer to a large bowl and set aside.

FOR THE TOPPINGS

1. Prepare a large baking sheet with a layer of wax paper and set aside.
2. Melt the almond bark in the microwave, about one minute. Stir occasionally.
3. Once fully melted, pour almond bark over popcorn. Use a large spatula to stir and evenly coat popcorn.
4. Add in crushed Oreos and salt. Stir to combine.
5. Spread popcorn mixture out on the baking sheet. Let harden before serving.

PREP TIME: 10 MINUTES
COOK TIME: 5 MINUTES
YIELD: 12 SERVINGS

CHOCOLATE- COVERED POPCORN

Freshly popped popcorn is fantastic, but it reaches new heights when coated in luscious chocolate!

INGREDIENTS

FOR THE POPCORN

- 2 tbsp. extra-virgin olive oil
- ½ c. kernels

FOR THE CHOCOLATE COATING

- nonstick cooking spray
- 1½ c. peanuts, optional
- ½ c. sugar
- 5 tbsp. butter
- ¼ c. corn syrup
- ¼ c. cocoa powder
- 2 tsp. vanilla
- Salt to taste

INSTRUCTIONS

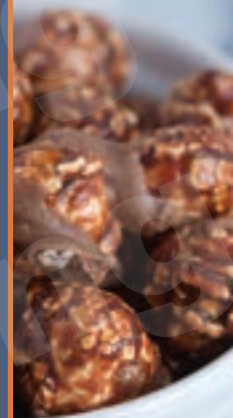
FOR THE POPCORN

1. In a large saucepan over medium heat, combine the oil and two popcorn kernels. Cover the pot and wait for the kernels to pop.
2. When the kernels pop, remove from heat and add the rest of the popcorn kernels. Shake the saucepan to evenly coat kernels in the oil. Cover with lid and wait 30 seconds before returning the saucepan to the heat.
3. Shake frequently, until the popping slows to several seconds between pops, and then remove the saucepan from the heat.
4. Pour popped popcorn and peanuts into a large metal bowl and set aside.

FOR THE CHOCOLATE COATING

1. Preheat the oven to 250° F. Spray a cookie sheet with nonstick spray.
2. Combine sugar, butter, corn syrup and cocoa powder in a saucepan over medium-high heat; bring to a boil, stirring continuously, and cook for two minutes. Stir in vanilla, then pour over popcorn and peanuts in the bowl. Stir until popcorn is well-coated; spread on the prepared pan.
3. Bake for 45 minutes, stirring several times.
4. Remove popcorn from the oven and allow to cool to room temperature. Break into small clumps and sprinkle with salt.

PREP TIME: 5 MINUTES
COOK TIME: 50 MINUTES
YIELD: 12 SERVINGS



KID-FRIENDLY JACK-O'-LANTERN DECORATING



Pumpkins offer endless possibilities for festive and imaginative decor, making them the perfect canvas for expressing your creativity during the fall season. From beautiful bursts of color to whimsical transformations, there's a pumpkin decorating idea to suit every style.

Enchanted Forest

Bring the enchanting beauty of the forest to your fall decor by creating a forest-inspired pumpkin. Start by cutting off the stem of your pumpkin. Then, layer the top with moss to create a lush forest floor before attaching faux mushrooms and other woodsy accents using hot glue. The result is a whimsical centerpiece that will transport you to a magical woodland realm.



Living Pumpkin Planter

Give your pumpkins a modern and chic makeover by turning them into stylish succulent planters. Begin by carving out a hollow in

the top of the pumpkin and removing the seeds and pulp. Fill the cavity with potting soil and plant a variety of succulents. Display your succulent pumpkin indoors or outdoors for a touch of natural beauty that will last throughout the season.



Rainbow Melt Down

This method works best on a **white pumpkin** for a vibrant contrast. Unwrap and break crayons into small pieces. Secure them to the top of the pumpkin with a glue gun, working your way down in rows. Use a hairdryer on a low setting to melt the crayons, guiding the drips with its airflow to create a **colorful, drippy masterpiece!**

When making your melted crayon pumpkin, be sure to place parchment paper underneath to protect your surface.



Whimsical Wonders



Who says pumpkins can't be magical creatures? Transform your pumpkins into whimsical unicorns and enchanting mermaids with a dash of creativity and a splash of color. Use paint, glitter and embellishments to bring these mythical beings to life on your pumpkins, adding a touch of fantasy to your fall decor.

Blooming Beauty



Embrace the beauty of fall with a flower-covered pumpkin. This might require some patience, but the result is stunning. Using hot glue, carefully attach the faux mums to the surface of the pumpkin, covering it completely to create a gorgeous floral masterpiece that will brighten up any space.

Autumn Harvest Bouquet



Create a stunning centerpiece for your fall table with an autumn harvest bouquet pumpkin. Hollow out the center of the pumpkin and fill it with a bouquet of seasonal flowers, foliage and berries. Choose vibrant hues of orange, red and yellow to capture the colors of autumn and bring warmth and beauty to your decor.

Pumpkin Party



Transform mini pumpkins into adorable jack-o'-lanterns by adding playful faces, then take the creativity up a notch by crafting unique felt hats for each one. With an array of faces, every pumpkin will bring its own personality to the party.

Whether you're crafting with kids, hosting a fall gathering or simply sprucing up your home for the season, these alternative pumpkin decorating ideas are sure to inspire your creativity.

OTHERWORLDLY WILDLIFE

Welcome to the fascinating realm of the world's most bizarre animals, where nature's creativity knows no bounds. From the enigmatic depths of the ocean to the dense canopies of tropical rainforests, these creatures defy conventional norms with their peculiar appearances, behaviors and adaptations.



HOATZIN

Found in the Amazon, hoatzins stick to a completely herbivore diet. They are equipped with a unique digestive system, like a cow's, that allows them to ferment leaves. This process, however, comes with a pungent side effect, earning the hoatzin the less-than-flattering nickname of "stinkbird." Adding to their uniqueness, hoatzin babies are born with claws on their wings to aid in climbing trees.



AXOLOTL

These adorable salamanders have the remarkable ability to regenerate limbs and even parts of their brain and spinal cord. They can also remain in their larval stage indefinitely, a phenomenon known as neoteny.



GLASS FROG

Spending most of their time in trees, these tiny amphibians have translucent skin that reveals their internal organs, making them appear almost invisible when perched on a green leaf. Despite their delicate appearance, they are quite acrobatic and can leap over 10 feet between branches.

TARSIER

With eyes that dwarf their brains, tarsiers boast exceptional night vision, allowing them to navigate the darkness with ease. Their heads possess an uncanny ability to swivel nearly 360 degrees, giving them unparalleled awareness of their surroundings. And when it comes to mobility, tarsiers can leap up to six times their body length!





NARWHAL

Often referred to as the “unicorn of the sea,” narwhals are unique for their long, spiral tusk that protrudes from their upper jaw. This tusk is actually a modified tooth and is thought to be used for communication and sensing their environment. Narwhals are highly social creatures and live in pods of up to 15 individuals.

PANGOLIN

The pangolin, a shy, solitary creature, has the unique distinction of being the only mammal covered entirely in scales. When threatened, they roll up into a tight ball and release a pungent fluid. Pangolins are primarily nocturnal and feed on ants and termites. Sadly, their unique scales have fueled a devastating illegal trade, making them the most trafficked mammal in the world.





Jodee Harris

Vice President, First Commonwealth
Advisors, Senior Financial Advisor, Osaic
Institutions, Inc. • 4509033



Office: 724-832-6181
jharris@fcadvisor.com
www.fcbanking.com/jodee-harris



• Celebrate your achievements, no matter how •
• small. Recognizing progress reinforces a positive •
• mindset and motivates you to reach even higher. •

OVERLOADED S'MORES POPCORN



COOK TIME: 10 MINUTES

PREP TIME: 10 MINUTES

YIELD: 10 CUPS

TWO CLASSIC TREATS IN ONE!

INGREDIENTS

- 10 c. caramel popped popcorn, homemade or store-bought
- 2 c. Golden Grahams cereal
- 2 c. mini marshmallows
- 1 c. chocolate chips, melted + ½ cup for add-ins

INSTRUCTIONS

1. In a large bowl, combine the popcorn and Golden Grahams cereal.
2. On a large piece of parchment paper, drizzle the melted chocolate chips. Immediately spread the popcorn mixture over top, making a single layer. Let harden.
3. Break the mixture into pieces and add in mini marshmallows and chocolate chips.
4. Transfer to a bowl and serve!



Jodee Harris

Vice President, First Commonwealth
Advisors, Senior Financial Advisor, Osaic
Institutions, Inc. · 4509033



Office: 724-832-6181

2501 Sharkys Dr · Latrobe, PA 15650

jharris@fcadvisor.com

www.fcbanking.com/jodee-harris

Investment and insurance products and services are offered through OSAIC INSTITUTIONS, INC. member FINRA/SIPC. First Commonwealth Advisors is a trade name of First Commonwealth Bank. Osaic Institutions and First Commonwealth Bank are not affiliated. Products and services made available through Osaic Institutions 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



3-Ingredient Banana Bread

Prep Time: 8 minutes

Cook Time: 45 minutes

Yield: 8 servings

INGREDIENTS

- 3-4 very ripe bananas
- 1 box yellow cake mix
- 2 large eggs

INSTRUCTIONS

1. Preheat oven to 350° F.
2. Mash the bananas.
3. Mix bananas, cake mix and eggs in a large bowl until combined.
4. Transfer batter to a greased 9x5" loaf pan and bake for 45 minutes.
5. Cool completely before slicing.



Jodee Harris

Vice President, First Commonwealth
Advisors, Senior Financial Advisor, Osaic
Institutions, Inc. · 4509033



Office: 724-832-6181

jharris@fcadvisor.com

www.fcbanking.com/jodee-harris

Investment and insurance products and services are offered through OSAIC INSTITUTIONS, INC. member FINRA/SIPC. First Commonwealth Advisors is a trade name of First Commonwealth Bank. Osaic Institutions and First Commonwealth Bank are not affiliated. Products and services made available through Osaic Institutions 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.