

Compliments of Jodee Harris

essential living

509

Satisfying Stone Fruit Sweets



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 #509



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 insured 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 the last of summer lingers, it's the perfect time to seek out adventure, indulge in new flavors and refresh your surroundings. This issue is all about embracing the season's last moments, whether you're soaring through the sky, discovering new tastes or transforming your own space into a sanctuary.

First up, we're taking you on an adrenaline-packed journey with our guide to the four must do ziplines. These thrilling rides will have you flying high and taking in stunning views from a completely new perspective.

Once you're back on solid ground, satisfy your cravings by diving into the vibrant food scene of Minneapolis. With each bite, you'll discover the rich flavors and unique dishes that make this city a haven for food lovers.

And to cap it all off, we invite you to savor the final flavors of summer. As the air cools, indulge in recipes that highlight the best of this vibrant season. These dishes will remind you of the simple joys that summer brings.

Here's to making the most of these last precious summer moments!

— From the Publisher



What's your favorite creative way to use your tomatoes?

Scan the QR code to cast your vote!



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

Mini Cherry Crisps SHOPPING LIST

Here's your shopping list for the ingredients needed to make Mini Cherry Crisps, a dessert that's sure to delight.

- Tart frozen cherries (2 cups)
- Brown sugar
- Cornstarch
- Lemon juice
- Ground cinnamon
- Ground nutmeg
- All-purpose flour
- Rolled oats
- Butter
- Sugar



Contents

02 Simple Stone Fruit Sweets
Whip up these delicious sweets for a perfect summer treat!

07 DIY Kid Rooms
Transform your kid's room with these creative DIY ideas!

10 Create Your Own Moon Garden
Build a serene retreat with your very own moon garden

14 A Bite of Minneapolis
Embark on a flavor-fueled Minnesota adventure

19 Ziplining Across America
Experience the thrill of these sky-high adventures

23 Late Summer Recipes
Enjoy fresh, vibrant recipes perfect for late summer

27 Low-Impact Workouts for Maximum Benefit
Get powerful results with simple, low-impact workouts

30 The Art of Glassblowing
Explore the art of transforming glass into masterpieces

© 2025 Essential Engine

All Rights Reserved. No part of this publication may be reproduced without the express written consent of the publisher. This publication is for information and entertainment purposes only; it is not an attempt to solicit business. Real Connections. Real Results. Essential Engine helps you go beyond surface-level marketing with strategies that build genuine, lasting relationships with your audience. Ready to elevate your marketing? Visit www.essentialengine.com to learn more.



essential living

Publisher

Josh Kimball

publisher@essentialengine.com

Editorial

Tisha Davis, Creative Director
Emily Schaffer, Executive Editor
Erin Ragan, Editor-in-Chief
Sarah Prescott, Graphic Designer
editorial@essentialengine.com

Sales

Charlie Wesser, VP of Sales
sales@essentialengine.com

Marketing

Becky Truhler, Marketing Coordinator
marketing@essentialengine.com

Operations

Jonathan Wesser, VP of Operations
Mindy Stansbarger, Production Manager
Brianna Jahangir, Production Manager,
Marketing Services
Allen Wardell, Client Success Manager
Shelly Martin, Controller
operations@essentialengine.com

Partnerships

Bjorn Piltingsrud, VP of Strategy and
Business Development
partnerships@essentialengine.com

SIMPLE

Stone Fruit Sweets

Summer's sweetest flavors come alive with these irresistible stone fruit desserts. From juicy peaches to tart cherries, stone fruits bring a perfect balance of sweetness and tang to any treat. Whether you're craving a classic peach cobbler or something unique like apricot upside-down cake, these recipes are a celebration of the season's best.

Apricot Upside-Down Cake

Transform ripe apricots into a delectable cake that is bursting with flavor and is delightfully easy to whip up.

INGREDIENTS

For the apricots

- 6 large apricots, pitted and halved
- ½ c. unsalted butter, melted
- ¾ c. brown sugar

For the cake

- 2 ⅓ c. flour
- 1 ½ c. brown sugar

- 3 ½ tsp. baking powder
- 1 tsp. cinnamon
- ¼ tsp. salt
- ½ c. butter, melted and cooled
- 1 c. milk
- 2 tsp. vanilla extract
- 3 eggs

INSTRUCTIONS

1. Preheat the oven to 350° F and grease a 9" x 13" baking pan, then line it with parchment paper.
2. Whisk together the melted butter and brown sugar in a small bowl and pour it in the prepared baking pan. Then, spread out evenly with a spatula.
3. Place the halved apricots in the bottom of the pan.
4. Add the flour, brown sugar, baking powder, cinnamon and salt to a large mixing bowl.
5. Next, whisk together the butter, milk, vanilla extract and eggs in a medium-sized mixing bowl.
6. Slowly pour the wet ingredients into the bowl with the dry ingredients, mixing on low speed with an electric mixer for 1-2 minutes until fully combined.
7. Pour cake batter over the apricots. Then, place the baking pan on the middle rack of the oven to bake for 30-35 minutes.
8. After the allotted time, allow the cake to cool in the pan for 10-15 minutes before running a knife along the edges.
9. Invert the cake onto a plate to allow to cool for another 10 minutes. Cut into 12 pieces and enjoy.



Prep time: 15 minutes
Cook time: 30 minutes
Yield: 12 servings

Mini Cherry Crisps

This sweet treat features juicy cherries and a buttery, golden crumble, perfect for summer nights.

Prep time: 10 minutes

Inactive time: 10 minutes

Cook time: 25 minutes

Yield: 2 servings



INGREDIENTS

- 2 c. tart frozen cherries
- ½ c. brown sugar
- 2 tbsp. cornstarch
- 2 tsp. lemon juice
- 1 tsp. cinnamon
- ½ tsp. ground nutmeg
- ½ c. all-purpose flour
- ¼ c. rolled oats
- ¼ c. butter, melted
- 2 tbsp. sugar

INSTRUCTIONS

1. Preheat the oven to 375° F and grease two large baking ramekins.
2. Add the cherries, brown sugar, cornstarch, lemon juice, cinnamon and ground nutmeg to a large mixing bowl. Stir to combine, then allow to set for 10 minutes.
3. After the allotted time, add half of the mix to each ramekin.
4. In a medium bowl, combine the flour, oats, melted butter and sugar. Stir to combine until crumbly. Next, divide the mixture in half and sprinkle it over the cherry mixture in each ramekin.
5. Bake for 25 minutes or until golden brown. Let cool for five minutes before serving.



Plum & Almond Cake

The balance of the fresh plums paired with the nutty almond is an irresistible combination that's bound to impress!

Prep time: 15 minutes

Cook time: 40 minutes

Yield: 8 servings



INGREDIENTS

- 6 tbsp. unsalted butter, melted and cooled
- $\frac{2}{3}$ c. brown sugar
- 2 eggs, room temperature
- 2 $\frac{1}{2}$ tbsp. honey
- $\frac{3}{4}$ tsp. almond extract
- 1 $\frac{1}{2}$ tsp. vanilla extract
- 2 c. blanched almond flour
- 1 tsp. baking powder
- $\frac{1}{4}$ tsp. salt
- 3-4 plums, sliced
- $\frac{1}{2}$ c. slivered almonds
- Powdered sugar, for topping

INSTRUCTIONS

1. Preheat the oven to 350° F. Grease an eight-inch round springform pan, then line with parchment paper.
2. Add the butter and sugar to a large bowl and beat with an electric mixer until creamy.
3. Next, add the eggs, honey, almond extract and vanilla extract. Mix to combine.
4. In a separate bowl, mix almond flour, baking powder and salt. Gradually add half to the wet ingredients, mixing well before incorporating the remaining half. Mix until smooth.
5. Next, pour the cake batter into the prepared pan.
6. Slice the plums and spread them in a spiral shape on top of the cake. Then, sprinkle the slivered almonds on top.
7. Place on the middle rack of the oven and bake for 40 minutes.
8. Remove from the oven and let cool in the pan for 15 minutes. Then, carefully remove from pan and transfer to a wire rack to cool for another 10 minutes.
9. Dust with powdered sugar before serving.

This classic dessert is bursting with bright flavors and pairs perfectly with a scoop of ice cream.

Prep time: 15 minutes

Cook time: 45 minutes

Yield: 12 servings

Peach Cobbler

INGREDIENTS

For the peaches

- 4 peaches, sliced
- 3 tbsp. sugar
- 1 tsp. cornstarch

For the cobbler topping

- ½ c. unsalted butter, melted and cooled

- ⅓ c. sugar
- ⅓ c. brown sugar
- 1 tsp. vanilla extract
- ¾ c. flour
- 1 tsp. baking powder
- Pinch of salt
- Vanilla ice cream, for serving

INSTRUCTIONS

1. Preheat the oven to 350° F and grease a 9" x 13" pan.
2. In a small bowl, mix together the peaches, sugar and cornstarch. Then, transfer to the prepared pan.
3. In a large bowl, combine the melted butter, sugar, brown sugar, vanilla extract, flour, baking powder and salt. Stir to combine until crumbly then spread over the top of the peaches.
4. Bake for 45 minutes, then broil on high for 1-2 minutes if desired. Once golden brown, remove from the oven and allow to cool for 10 minutes.
5. Serve with vanilla ice cream and enjoy!



DIY KID ROOMS

Transforming a child's room into a space they can enjoy and grow in doesn't have to be complicated or expensive. With a few simple DIY upgrades, you can create a cozy, functional and imaginative environment. These projects will help you make the most of your space while sparking creativity.

LOFT BED

MAXIMIZE SPACE WITH ELEVATED SLEEPING

A loft bed is a great way to maximize floor space in a small room. By raising the bed off the ground, you can create additional room for play or study underneath. This DIY project can be as simple or as detailed as you'd like.



HOW-TO:

- **Create a study area** with a small desk, chair and shelves for books or supplies.
- **Build a play zone** by adding soft rugs, floor cushions or a small tent for a cozy hideaway.
- **Add storage** with bins, baskets or shelves to organize toys, clothes or books.

READING NOOK

CREATE A COZY CORNER FOR QUIET TIME

A reading nook is the perfect way to encourage your child's love of books and provide them with a quiet corner to retreat to. With a few simple supplies, you can turn an unused corner into a cozy haven filled with cushions, soft lighting and all their favorite stories.



HOW-TO:

- **Select a corner** or area near a window for natural light.
- **Add a comfortable seating option** like a large cushion or bean bag chair.
- **Install shelves** to store books.
- **Hang fairy lights** or a whimsical curtain to enhance the cozy atmosphere.

ART WALL

LET CREATIVITY TAKE OVER

Every child has a unique sense of creativity, and an art wall is the perfect way to showcase it. Instead of keeping all their masterpieces in a drawer, why not create a display area that celebrates their artwork? An art wall doesn't have to be limited to just paintings or drawings – it can include photos, postcards or even DIY projects that they create over time.



HOW-TO:

- **Choose a wall** or area to display artwork.
- **Use picture frames**, wire and clips or corkboards to hang their art.
- **For a fun twist**, paint part of the wall with chalkboard paint for an interactive drawing space.
- **Swap out the artwork** regularly to keep the display fresh and exciting.





CREATE YOUR OWN **MOON GARDEN**

Imagine a garden that comes alive under the glow of the moon, enchanting you with shimmering blooms and delicate fragrances that peak at night. A moon garden is just that — a tranquil outdoor space designed to be enjoyed after sunset.

These gardens are crafted to reflect moonlight, creating a luminous effect that transforms your yard into a serene night retreat.

A moon garden can also attract nocturnal pollinators like moths and bats, enhancing the ecosystem of your outdoor space.

The heart of any moon garden is its plant selection. Choose plants with white or pale flowers and foliage that shimmer under the moon.



CHOOSING THE RIGHT LOCATION

Begin by selecting a spot that captures ample moonlight. An open area, free from large trees or buildings, works best, allowing the moon's glow to reach your plants. If moonlight is limited, soft outdoor lighting can help mimic the effect, creating a similar atmosphere.

SELECTING PLANTS FOR YOUR MOON GARDEN

The heart of any moon garden is its plant selection. Choose plants with white or pale flowers and foliage that shimmer under the moon. Some top picks include:

Night-blooming flowers like evening primrose, moonflower, night-blooming cereus and angel's trumpet bring fragrance to the night.

Silvery or variegated foliage such as lamb's ear, dusty miller and artemisia provide texture and shine.

White-flowering classics like jasmine, hydrangeas and shasta daisies help to enhance the garden's glow.



ENHANCING THE ATMOSPHERE

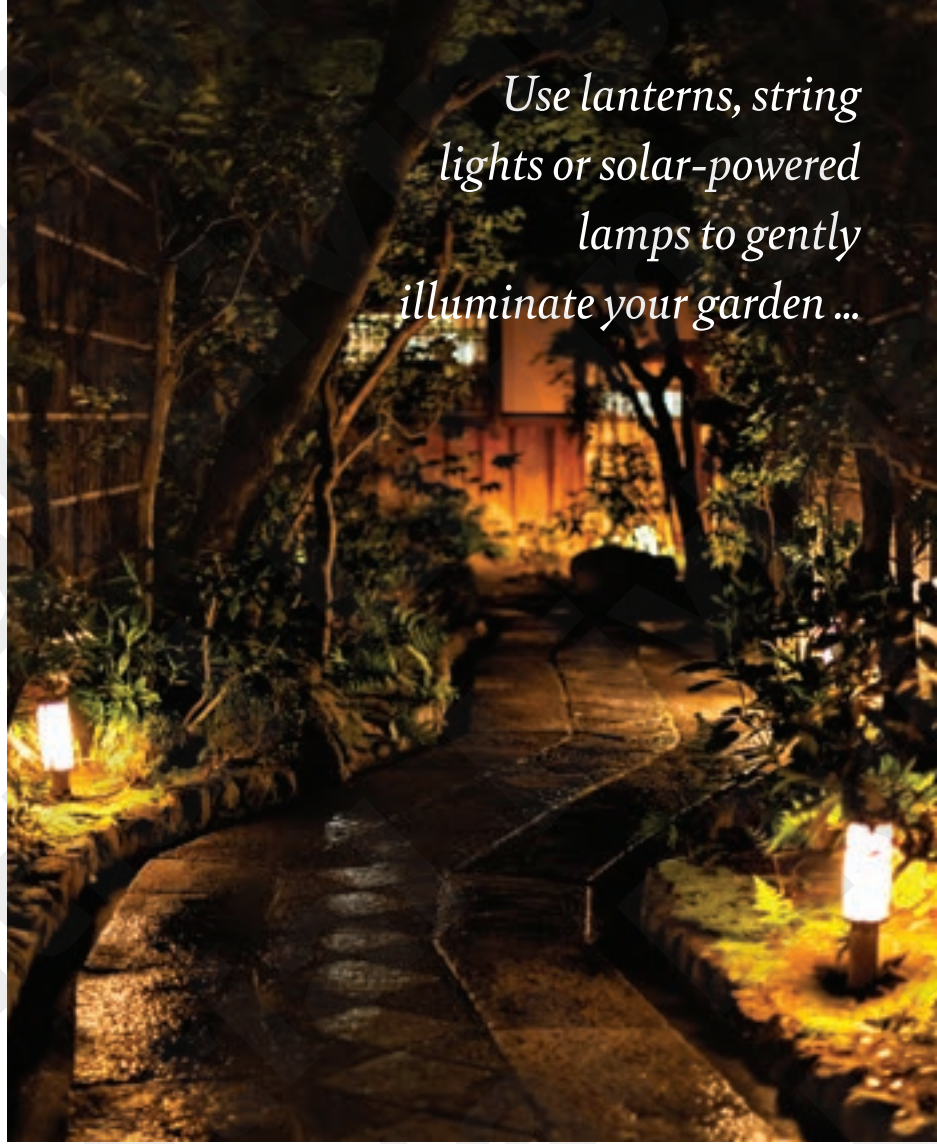
A moon garden is more than just plants — it's an experience. Add elements that amplify the enchantment.

Pathways and seating: Stone or gravel paths reflect the moon's glow beautifully, and a simple bench or chair invites you to sit and relax.

Reflective surfaces: Consider mirrors, gazing balls or water features like a small pond or fountain to amplify the light.

Subtle lighting: Use lanterns, string lights or solar-powered lamps to gently illuminate your garden without overpowering its natural charm.

Use lanterns, string lights or solar-powered lamps to gently illuminate your garden ...





Creating a moon garden transforms your outdoor space into a serene, nighttime haven



A moon garden is typically low-maintenance, but regular care keeps it thriving. Remove spent flowers to encourage more blooms, prune foliage for a tidy appearance and water appropriately for your climate. Ensure your plants receive enough sunlight during the day to flourish, as most moon garden plants need it to bloom at night.

Creating a moon garden transforms your outdoor space into a serene, nighttime haven, perfect for unwinding under the stars. With thoughtful plant choices and a little attention, your garden can shine beautifully long after the sun sets.

a bite of **MINNEAPOLIS**

Minneapolis is a city bursting with flavor, where diverse culinary traditions blend seamlessly with local favorites to create a truly unique food scene. From classic Midwestern comfort dishes to global influences, a food tour through this vibrant city promises a delicious journey.



ICONIC BITES

From hearty hot dishes to iconic burgers, the local cuisine of Minneapolis reflects the state's love for bold flavors and comforting meals. Whether you're trying something new or indulging in a time-honored favorite, the classic foods of the area are sure to satisfy.

The Juicy Lucy is a Minneapolis classic. This burger features a beef patty with a molten core of gooey, cheesy goodness. Originating from rival eateries Matt's Bar and the 5-8 Club, each claiming to have created the original Jucy Lucy®, this iconic dish is best experienced with a side of golden fries.

WHERE TO TRY:

Matt's Bar and Grill
3500 Cedar Ave.

5-8 Club
5800 Cedar
Ave. South



THE JUICY LUCY



HAND-ROLLED PASTA

Broder's Pasta Bar is the place for delicious, homemade Italian pasta in a cozy setting. Known for its hand-rolled pastas and flavorful sauces, dishes like the pappardelle with braised short ribs and the classic spaghetti with meatballs are crowd-pleasers.

WHERE TO TRY:

Broder's Pasta Bar
5000 Penn Ave. South

A true Midwestern favorite, this dish combines a hearty base of ground beef with creamy mushroom soup, all topped with a generous layer of crispy, golden tater tots. While some variations add cheese or veggies, the essentials remain the same: a can of cream of something soup, ground beef and tater tots. With those ingredients, you're on track for a comforting, delicious meal.

WHERE TO TRY:

Right at home!

INGREDIENTS

- 1 lb. ground beef
- 1 16-oz. package tater tots
- 2 10-oz. cans condensed cream of mushroom soup
- 1 14-oz. can vegetables of choice (optional)
- Shredded cheese for topping (optional)

INSTRUCTIONS

1. Preheat the oven to 350° F.
2. While the oven is heating, brown the ground beef in a skillet, seasoning to taste.
3. Drain any excess grease, then spread the beef evenly in the bottom of a casserole dish.
4. Drain the liquid from the vegetables and spread them over the beef.
5. Next, spread the cream of mushroom soup over the vegetables and beef. Do not mix together.
6. Arrange the tater tots on top in a single layer.
7. Bake uncovered for 50 minutes.
8. Sprinkle with shredded cheese before serving.





BEST BITES

From authentic international cuisines to classic American favorites, the local dining scene of Minneapolis is as diverse as it is delicious.

KRAMARCZUK'S

215 E HENNEPIN AVE

Kramarczuk's is a Minneapolis gem known for its authentic Eastern European flavors. The menu features house-made sausages packed with rich, savory flavors, including smoky kielbasa and bratwurst. Their pierogi, with fillings like potato, cheese and meat, are perfectly fried and served with sour cream. In addition to these classics, Kramarczuk's offers a variety of flavorful stews and freshly baked breads, all prepared with a commitment to quality and tradition that makes this spot a local favorite.



AL'S BREAKFAST

413 14TH AVE SE

Tucked away in the Dinkytown neighborhood, Al's Breakfast is a Minneapolis icon. This cozy, counter-only diner serves up breakfast classics like fluffy blueberry pancakes and perfectly cooked eggs. Its no-frills charm, quick service and generous portions make it a beloved spot for both locals and visitors.

YOUNG JONI

165 13TH AVE NE

Young Joni is a celebrated Northeast Minneapolis restaurant known for its inventive wood-fired pizzas. With menu highlights like the Korean BBQ pizza, it combines bold global flavors with comforting favorites. A speakeasy-style back bar adds to its charm.



VICTOR'S 1959 CAFE

3756 GRAND AVE S

Victor's 1959 Cafe brings the flavors of Cuba to Minneapolis. This vibrant, family-run eatery is known for its authentic Cuban cuisine, including ropa vieja, Cuban sandwiches and maduros. The colorful decor and welcoming atmosphere make it a unique dining experience that stands out in the city.

ZIPLINING ACROSS AMERICA

A person is ziplining over a vast mountain valley. The person is wearing a helmet, a backpack, and safety gear, and is suspended from a thick cable. The background features rugged, forested mountains under a blue sky with scattered clouds. The title 'ZIPLINING ACROSS AMERICA' is overlaid in large, bold, red letters.

Whether you're soaring through lush forests or gliding above rugged mountains, ziplining is an unforgettable way to experience the great outdoors. With America's diverse landscapes, there's no shortage of breathtaking zipline adventures to try.

HOONAH, ALASKA

ICY STRAIT POINT

Get ready for the ultimate thrill at Icy Strait Point, home to the world's largest ZipRider. This adventure starts with a scenic ride up the 1,550-foot Hoonah Mountain. Along the way, marvel at panoramic views of Port Frederick, Icy Strait and even Glacier Bay National Park on clear days.

Once you reach the top, step into a serene old-growth rainforest before heading to the launch tower to prepare for your descent. Up to six riders can race side by side on ziplines stretching more than 5,300 feet, with a thrilling 1,330-foot drop. Feel the rush as you soar over 300 feet above the ground, reaching speeds over 60 miles per hour. As the adrenaline fades, the stunning scenery will take over, leaving you breathless and in awe of the Alaskan wilderness.

SOARING TREE TOP ADVENTURES

Soaring Tree Top Adventures boasts the longest zipline course in the U.S., with over 27 ziplines weaving through pristine forest canopies. Visitors arrive via a scenic train ride on the historic Durango & Silverton Railroad which traverses through stunning mountain terrain untouched by the public to reach the remote alpine location. This full-day experience includes over five hours of ziplining, an ecological tour and a gourmet four-course lunch served on a suspended platform overlooking the Animas River.

DURANGO, COLORADO

GATLINBURG, TENNESSEE



CLIMB WORKS SMOKY MOUNTAINS



Throughout the tour, you'll also learn about the rich history of the Smokies, gaining insight into what makes this park a favorite for millions of visitors each year.

For a blend of adventure and jaw-dropping mountain views, head to CLIMB Works Smoky Mountains. Perched at over 2,000 feet, you'll glide through the air while taking in epic panoramas of the Great Smoky Mountains, including Mt. LeConte, from the 360° viewing platforms.

The two-hour guided tour starts with an exhilarating ATV ride to the mountaintop, where six side-by-side ziplines, four skybridge crossings and a thrilling rappel await. Throughout the tour, you'll also learn about the rich history of the Smokies, gaining insight into what makes this park a favorite for millions of visitors each year.



HOCKING HILLS CANOPY TOURS

Hocking Hills Canopy Tours offers a ziplining experience for adventurers of all ages. The X-Tour® is a 2.5- to 3-hour adventure with 11 ziplines that takes you soaring over hills, through forests and into a hidden cave, plus two crossings over the Hocking River. Hocking Hills Canopy Tours is also home to one of the top-ten best ziplines in the world, the Superzip®! This quarter-mile-long experience launches you and a friend side-by-side from an 85-foot tower, racing through the canopy and across the river in a superhero position.

For younger adventurers, the **Dragonfly Zipline Tour** features eight ziplines, three bridges and a sky tunnel, making it perfect for families. Plus, the tour uses a continuous-belay system, keeping zippers connected to the cable throughout the experience for added safety and convenience.



The X-Tour® takes you soaring over hills, through forests and into a hidden cave, plus two crossings over the Hocking River.

Ziplining allows you to see America's most stunning landscapes from an entirely new perspective. Whether you're a seasoned adventurer or trying it for the first time, these destinations promise unforgettable thrills.

LATE SUMMER RECIPES

Late summer brings an abundance of ripe fruits and vegetables, making it an ideal moment to celebrate the best of the harvest. Whether you're hosting a casual outdoor gathering or enjoying a quiet meal at home, these recipes offer a delicious way to make the most of the remaining warm days. From vibrant salads to flavorful grilled dishes, there's something for every palate.



GRILLED RATATOUILLE

What if you could enjoy ratatouille without the hassle? This easy Grilled Ratatouille recipe is perfect for summer and comes together in just half an hour!

Prep time: 15 minutes | Cook time: 15 minutes | Yield: 6 servings

Ingredients

- 1 Chinese eggplant
- 2 yellow squash
- 1 large zucchini
- 2 red bell peppers
- 1 yellow onion
- 1 large heirloom tomato
- 4 garlic cloves, minced
- ¼ c. olive oil
- 2 tsp. dried oregano
- 1 tsp. lemon juice
- 1 tsp. pepper
- 1 tsp. salt
- 2 tbsp. parsley, freshly minced

Instructions

1. Preheat the grill to medium-high and lightly grease the grates.
2. Prepare the vegetables by cutting the eggplant and squash lengthwise, then slicing into quarters to create roughly 2"-3" pieces. Prepare the bell peppers, onions and tomatoes by cutting into quarter-sized pieces.
3. Add the vegetables to a grill-safe baking dish. Add the garlic and stir to incorporate all of the ingredients.
4. Drizzle the olive oil over the vegetables then season with the oregano, lemon juice, pepper and salt. Stir again to combine.
5. Cover the dish with foil and transfer to the grill. Place in the middle and cook for 10 minutes.
6. After 10 minutes remove from the grill and check to ensure all the vegetables are cooked through. They should be soft enough to put a fork through but not too soft.
7. Remove from the grill and garnish with fresh parsley, then enjoy!

PANZANELLA SALAD

Utilize the best seasonal produce with this vibrant salad!

Ingredients

For the salad

- 4 ciabatta rolls
- 1 tbsp. olive oil
- 1 heirloom tomato
- 2 Roma tomatoes
- 2 peaches, pitted and sliced
- 1½ c. cherry tomatoes, halved
- 3 tbsp. pickled red onions
- 2 burrata balls
- Basil

For the vinaigrette

- ¼ c. olive oil
- 2 tbsp. lemon juice
- 3 tsp. honey
- 2 tsp. Dijon mustard
- ½ tsp. pepper
- ½ tsp. salt

Instructions

1. Preheat the oven to 400° F and line a small baking sheet with parchment paper.
2. Cut the ciabatta rolls in half lengthwise, then cut four two-inch cubes from each half. Spread all the bread on the prepared baking sheet and drizzle with olive oil before putting in the oven to toast for 8-10 minutes. Once golden brown, remove from the oven and allow to cool.
3. Prepare the panzanella salad by slicing the tomatoes and peaches. You can slice the tomatoes into different shapes and sizes, halved or cubed.
4. Add the tomatoes with the peach slices to a large bowl with the pickled red onions and toasted ciabatta.
5. Next, use your hands to lightly tear the burrata balls and place the cheese around the salad.
6. To make the dressing, combine all of the ingredients in a jar and whisk or shake to combine. Finally, drizzle over the salad and garnish with fresh basil!



Prep time: 15 minutes
Cook time: 10 minutes
Yield: 6 servings

SUMMER SQUASH TACOS

There are few things better than tacos during summertime! This recipe takes advantage of squash season by making the zucchini and yellow squash the star of the dish.

Prep time: 20 minutes

Cook time: 10 minutes

Yield: 5 tacos



Ingredients

- 1 tbsp. olive oil
- 1 zucchini, diced
- 1 yellow squash, diced
- 2 tsp. cumin
- 1 tsp. garlic powder
- ½ tsp. salt
- ½ tsp. pepper
- 5 corn tortillas, toasted
- ½ c. black beans
- 1 tsp. lime juice
- 1 tsp. chili powder
- ⅓ c. corn salsa
- ¼ c. guacamole
- 3 tbsp. pickled red onions
- Microgreen cilantro, for serving
- Lime wedges, for serving
- Mexican-style cheese, for serving

Instructions

1. Drizzle the olive oil into a large pan and heat over medium-high heat. Add the diced zucchini and yellow squash and sauté for three minutes.
2. Reduce the heat to medium and season with cumin, garlic powder, salt and pepper. Stir to combine and cook for another five minutes, then remove from heat.
3. Toast the corn tortillas in the oven or directly on the burners, then add to a plate.
4. Add the black beans, lime juice and chili powder to a small bowl. Use a potato masher or fork to mash the black beans until smooth. Then, spread an even layer of this black bean mash over each toasted corn tortilla.
5. Next, add the sauteed squash over the black bean mash. Garnish each taco with corn salsa, guacamole, red onions, cilantro and cheese. Then, enjoy!



SHRIMP + BACON CORN CHOWDER

If you've been missing soup season this summer, this corn chowder is for you! Loaded with bacon, shrimp and layers of flavor, this recipe is the perfect option for a summer night.

Prep time: 20 minutes | Cook time: 10 minutes
Yield: 6 servings

Ingredients

- 2 tsp. olive oil
- 5 pieces of bacon, roughly chopped
- 1 c. raw medium-sized shrimp, peeled and deveined
- 1 tsp. paprika
- ¼ tsp. cayenne pepper
- 1 shallot, minced
- 2 cloves garlic, minced
- 2 c. fresh corn (4 ears of corn)
- 1 tsp. dried thyme
- 2 tsp. pepper
- ½ tsp. salt
- 1 15-oz. can of coconut milk
- 1½ c. chicken or vegetable broth, plus more for deglazing
- Fresh microgreens, for garnish

Instructions

1. Add one teaspoon of olive oil to a large pot or Dutch oven and heat over medium-high heat. Once hot, add the chopped bacon. Cook for five to seven minutes until brown and lightly crispy. Use a spatula to transfer the bacon to a paper-towel-lined plate.
2. Reduce the heat to medium and add the shrimp with the paprika and cayenne pepper. Sauté in the bacon grease until both sides of the shrimp are light pink (two to three minutes). Then, remove the shrimp from the pot. Add a splash of chicken or vegetable stock to the pot and use the spatula to scrape off any burnt bits, but don't discard.
3. Drizzle in the last teaspoon of olive oil, then add the minced shallot. Sauté for three minutes before adding the garlic and corn. Continue to cook the vegetables down for another five minutes. Season with thyme, pepper and salt. Stir to combine and sauté for two more minutes.
4. Remove about ¼ cup of corn from the pot and set to the side. Pour in the coconut milk and broth, then cover and bring to a boil.
5. Once boiling, remove the lid and reduce the heat to medium-low. Use an immersion blender to puree the soup to create a creamy chowder. You can also transfer the soup to a blender to puree it. Then add it back to the pot once smooth.
6. Next, add three-quarters of the bacon and shrimp back to the pot. Stir to combine and allow to simmer for another five minutes before removing from heat. Serve your corn chowder by garnishing it with the remaining corn, bacon and shrimp. Then, add the fresh microgreens and enjoy!

LOW – IMPACT WORKOUTS

FOR MAXIMUM BENEFIT

Low-impact workouts are ideal for anyone seeking effective exercise that is kind to the joints. Whether you are new to fitness, recovering from an injury or looking for a gentler way to stay active, these exercises are gentle on the body but still challenge your muscles, improve endurance and boost cardiovascular health.



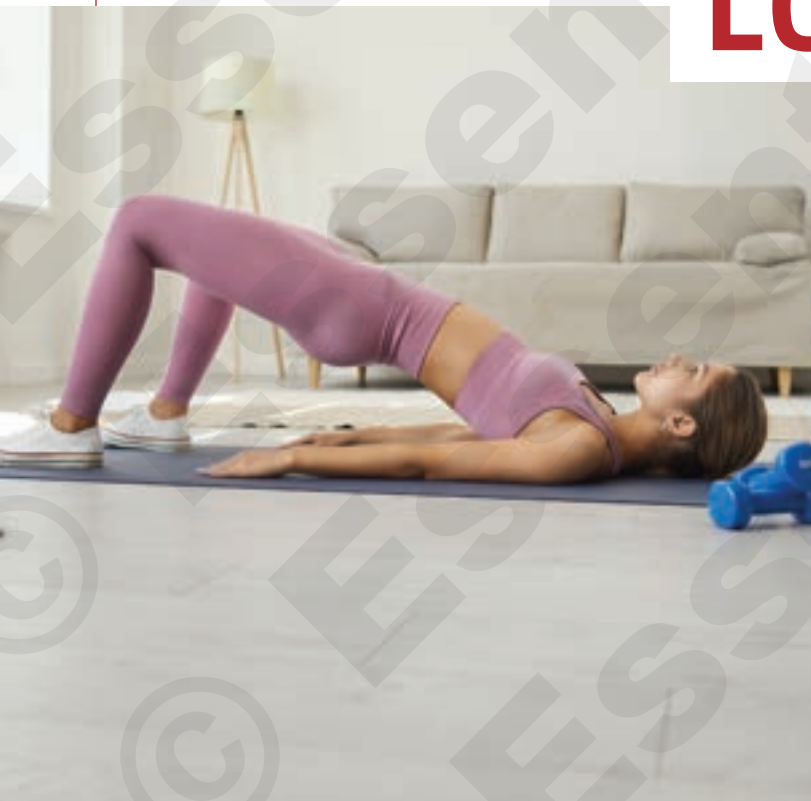
CORE AND STABILITY



Focus on building a strong core and improving your overall balance with these controlled exercises. Complete each move for 30 seconds, rest for 10 seconds and repeat the circuit twice.

- ↔ **Plank Knee Taps:** Start in a forearm plank position. Lower one knee to the ground while keeping your core tight, then alternate sides. Aim to keep your hips stable.
Targets: Abs, shoulders.
- ↔ **Bird Dogs:** Begin on all fours. Extend your right arm and left leg simultaneously, hold for a second, then return to start and switch sides.
Targets: Core, glutes, lower back.
- ↔ **Seated Russian Twists:** Sit with your knees bent and lean back slightly. Twist your torso from side to side, tapping the ground with your hands.
Targets: Obliques, abs.

LOWER BODY STRENGTH



Strengthen your legs and glutes with exercises that are easy on the knees. Perform each move for 40 seconds, resting for 20 seconds before moving to the next.

- ↔ **Step-Ups:** Step onto a sturdy surface, driving through your heel, and step back down. Alternate sides. Focus on engaging your glutes and maintaining balance.
Targets: Quads, glutes.
- ↔ **Side-Lying Leg Lifts:** Lie on your side with your legs straight. Lift your top leg as high as possible without tilting your hips, then lower it slowly. Add a resistance band for extra challenge.
Targets: Glutes, hips.
- ↔ **Glute Bridges:** Lie on your back with knees bent. Lift your hips toward the ceiling, squeeze your glutes at the top and slowly lower. Keep your feet flat on the floor.
Targets: Glutes, hamstrings.

UPPER BODY POWER

Build upper body strength using your body weight and light resistance. Do each exercise for 30 seconds, resting for 15 seconds. Repeat twice.

↔ **Incline Plank:** Place your hands on a chair or bench and hold a plank position, keeping your core tight and back straight.

Targets: Core, shoulders.

↔ **Seated Overhead Arm Lifts:** Sit in a sturdy chair. Raise both arms overhead, pause briefly and lower them back down. Use light weights if desired.

Targets: Shoulders, upper back.

↔ **Wall Push-Ups:** Stand facing a wall with your hands at shoulder height. Lower yourself toward the wall and push back to start. Adjust your distance for intensity.

Targets: Chest, shoulders, triceps.

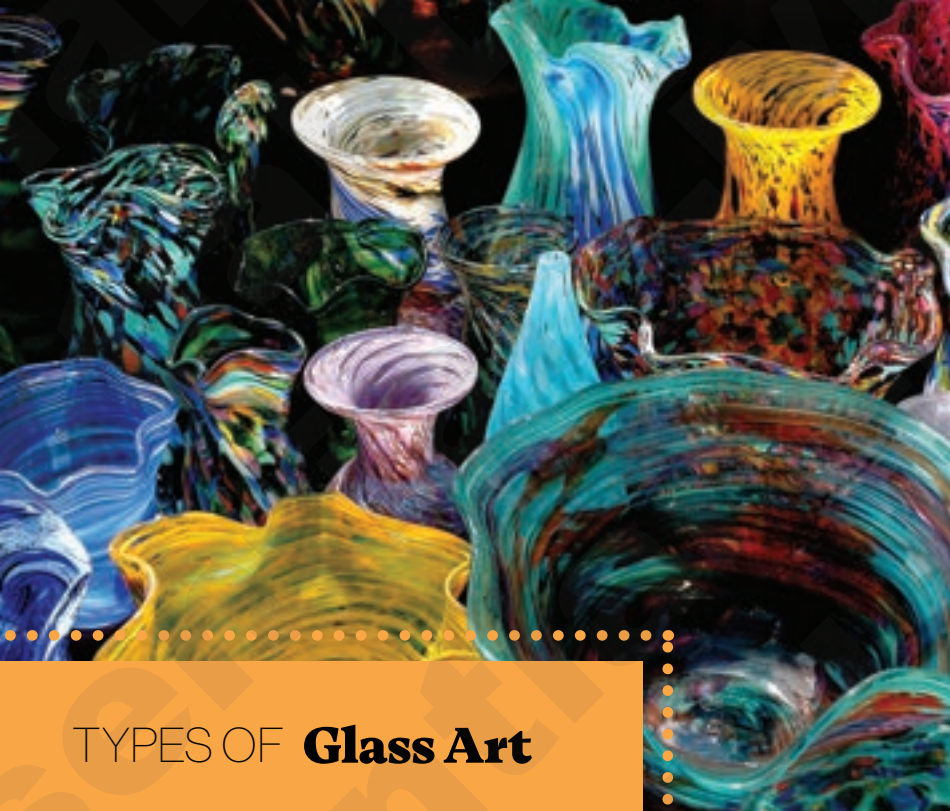




..... THE ART OF

Glassblowing

Glassblowing is an ancient craft that turns molten glass into stunning works of art. The process involves a unique blend of heat, precision and creativity, and it continues to captivate artists and enthusiasts alike.



TYPES OF **Glass Art**

FREE-BLOWING: This is the classic image of glassblowing. A glassblower gathers molten glass on a blowpipe and inflates it by blowing air into the pipe. Skillful rotation, precise breath control and the use of specialized tools transform the molten blob into a desired form.

MOLD-BLOWING: This technique involves blowing molten glass into a pre-made mold, often made of wood, metal or plaster. While used for mass-producing glassware like bottles and jars, mold-blowing can also create complex artistic shapes and patterns.





THE GLASSBLOWING **Process**

1. MELTING THE GLASS

The process begins with melting raw glass in a furnace heated to approximately 2,000° F.

2. GATHERING THE GLASS

Once the glass is molten, one end of a hollow blowpipe is inserted into the furnace. The glassblower carefully rotates the pipe to gather a blob of molten glass at the end.

3. SHAPING THE INITIAL GATHER

The gathered glass is rolled on the marver — a smooth, flat surface, usually made of steel or marble, used to shape and cool molten glass. This step helps form the glass into a more even, cylindrical shape. After marvering, the glass is placed in the reheating furnace to keep it at a workable temperature.

4. ADDING COLOR

Color is added by dipping the hot glass into powdered, bar or crushed colored glass (frit), which fuses instantly. The piece is then rolled on the marver for shaping before being reheated.

5. BLOWING AND SHAPING

The glassblower blows air into the pipe while rotating it on a stand, forming a bubble and shaping the glass. Frequent reheating keeps it pliable.

6. REMOVING THE GLASS

Once the desired shape is achieved, a punty rod is attached to the bottom, allowing the piece to be detached from the blowpipe. It is then placed in an annealing kiln, where it cools slowly over several hours or days to prevent cracking.



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



Two Truths and a Lie: Party Game Instructions

HOW TO PLAY

1. Choose the First Player: One person will start by saying three statements about themselves. Two of these statements should be true, and one should be a lie.
2. Guess the Lie: The other players take turns guessing which statement is the lie.
3. Reveal the Lie: After everyone has guessed, the player reveals which statement was the lie. If someone guessed correctly, they earn 1 point. If no one guesses correctly, the player who shared the statements gets 1 point.
4. Next Player: The next player goes, and the game continues around the circle.

OBJECTIVE: Guess the lie!

PLAYERS: 3 or more

WINNING: The player with the most points
at the end wins!

*Enjoy playing and laughing as you
uncover everyone's creative lie.*

“THERE IS NO ABSOLUTE
SUCCESS IN THE WORLD, ONLY
CONSTANT PROGRESS.”

— JONATHAN SWIFT



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 insured 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

BRUSCHETTA SANDWICH



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

INGREDIENTS

- 2 slices Italian bread
- 2 fresh basil leaves, rinsed and patted dry
- 2 tbsp. pesto sauce
- 2 slices fresh mozzarella
- ½ c. cherry tomatoes, quartered

INSTRUCTIONS

1. Toast the slices of bread.
2. Spread pesto sauce on one slice of toasted bread.
3. Top with cherry tomatoes, mozzarella and basil leaves.

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.