

Compliments of Jodee Harris

# essential living

505



## Rockin' Wonders of Nature



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\$6.99 Issue #505



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As the days grow longer and the sun shines brighter, we invite you to join us on a journey of nourishment and connection.

In *Cooking Happy*, discover how preparing a meal can satisfy your hunger while lifting your spirits and reducing stress. From the joy of experimenting with new flavors to the satisfaction of sharing a home-cooked feast, cooking is a delightful way to nurture your happiness.

In the spirit of nourishment, dig into *Rooted in Purpose* to explore how community gardens provide not only fresh produce but also a strong sense of belonging. These vibrant spaces invite us to connect with our neighbors and cultivate both plants and friendships.

Speaking of bringing people together, what better way to gather friends and family than with a BBQ? Fire up the grill and dive into BBQ recipes from around the world, offering a culinary adventure that is sure to impress.

Here's to a month filled with creativity, connection and the joy of cooking!

— From the Publisher



**What's your go-to breakfast for guests?**

Scan the QR code to cast your vote!



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## BACKYARD BBQ TIPS

A backyard BBQ is the perfect opportunity to enjoy a relaxed, fun-filled gathering with loved ones. With a few easy tips, you can ensure your event is both delightful and hassle-free for everyone.

- **PREP AHEAD:** Marinate meats and prep sides the day before to save time and reduce stress.
- **ENSURE PLENTY OF SHADE AND HYDRATION:** Set up umbrellas or a canopy and have ample drinks available to keep everyone cool and hydrated.
- **SET UP A DIY DRINK STATION:** Create a self-serve drink area with water, lemonade and cocktails so guests can help themselves.
- **ADD AMBIANCE WITH STRING LIGHTS AND MUSIC:** Use outdoor lights and a fun playlist to enhance the party atmosphere as the sun sets.
- **CREATE COMFORTABLE SEATING ZONES:** Arrange chairs and blankets to encourage conversation and relaxation.

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# DELIGHTFUL BREAKFAST BAKES

Perfect for busy days or leisurely brunches, breakfast bakes offer a delightful start to your day. From the hearty Sausage, Hashbrown & Egg Casserole to the sweet Overnight French Toast, our delectable breakfast bake recipes make each bite a moment to enjoy.

## SAUSAGE, HASHBROWN & EGG CASSEROLE

This easy casserole can easily be sandwiched between slices of your favorite bread to create the ultimate breakfast sandwich!



### Ingredients

- 1 20-oz. package of shredded hash browns, frozen
- 2 tsp. olive oil
- 2 tsp. pepper
- 2 tsp. salt
- 8 chicken maple sausage links
- 7 eggs, room temperature
- 1 c. milk
- $\frac{3}{4}$  c. cheddar cheese, freshly shredded

### Instructions

1. Preheat the oven to 350° F. Spread parchment paper across a large baking sheet, then add the hash browns.
2. Season the hash browns with olive oil and pepper and salt, one teaspoon each. Then roast in the oven for 10-15 minutes, until thawed and slightly golden brown.
3. Remove from the oven and transfer to a 9x9" greased baking dish.
4. Add the sausage links to a greased saucepan or skillet. Cook over medium heat, using a spatula to break up the links into small, bite-sized pieces. After seven minutes, remove from heat. The sausage should be crumbled and lightly browned. Add to the baking dish with the hash browns.
5. In a medium-sized bowl, whisk together the eggs, milk, half a cup of cheese and remaining salt and pepper. Then, pour into the baking dish. Stir to ensure the top of the hash browns and sausage are evenly coated. Top with the remaining fourth cup of cheddar cheese.
6. Place on the middle rack of the oven, uncovered, and bake for 30 minutes or until the eggs are set.
7. Allow to cool, then serve as is or sandwich between slices of your favorite bread!

Prep time: 15 minutes | Cook time: 40 minutes | Yield: 12 servings

# CROQUE MONSIEUR BREAKFAST BAKE

If you love the classic French sandwich, then you're going to love this cheesy breakfast bake!

Prep time: 30 minutes

Cook time: 45 minutes

Yield: 12 servings

## Ingredients

- 3 croissants, sliced into 1" cubes
- 1/2 c. cooked ham, diced
- 4 eggs, room temperature
- 1 1/2 c. whole milk
- 2 tbsp. Dijon mustard
- 1 c. Gruyere cheese, grated
- 1 c. smoked Gouda, grated
- 1/2 c. Parmesan cheese, grated
- 3 tbsp. unsalted butter
- 2 tbsp. all-purpose flour
- 1 tsp. pepper
- 1/2 tsp. salt
- Pinch of nutmeg



## Instructions

1. Preheat the oven to 350° F and grease a 9x13" baking dish. Add the croissant cubes to the prepared baking dish and toast for seven minutes.
2. In a small mixing bowl, whisk together the eggs, half a cup of milk and one tablespoon of Dijon mustard. Pour over the bread, then cover the baking dish with plastic wrap and refrigerate for at least 15 minutes.
3. After the allotted time, remove the plastic wrap and sprinkle the ham into the baking dish.
4. Combine all of the cheeses in a large bowl and sprinkle half a cup of the mixed cheese over the baking dish. Use a spatula to distribute the cheese and ham amongst the croissants. Bake for 30 minutes.
5. While it's baking, make the bechamel. First, add the butter to a medium saucepan and melt over medium-high heat. Then, add the flour and whisk to combine until a thick paste forms. Next, slowly pour in the remaining milk while whisking.
6. At this point, the bechamel should be thick but smooth. Whisk in the remaining Dijon mustard, pepper, salt and nutmeg. Finally, add half a cup of the cheese mixture to the sauce. Mix until the cheese has melted, then remove from heat.
7. Pour over the bake, distributing evenly over the top. Then, top with the remaining cheese. Bake for 15 minutes. Remove from the oven and allow to cool. Slice and enjoy!

# OVERNIGHT FRENCH TOAST



This breakfast bake is incredibly simple to prepare, letting you enjoy soft, buttery French toast with minimal morning effort.

Prep time: 25 minutes

Cook time: 45 minutes

Yield: 12 servings

## Ingredients

- 1½ loaf of bread, cut into 2" cubes
- 5 eggs, room temperature
- 1 c. half and half
- ½ c. whole milk
- ¼ c. cane sugar
- ¼ c. brown sugar
- 3 tsp. cinnamon
- 2 tsp. vanilla extract
- 1 tsp. nutmeg
- ½ tsp. salt
- 1 c. frozen cherries, halved
- ¼ c. butter, melted
- Powdered sugar, for serving
- Maple syrup, for serving

## Instructions

1. Preheat the oven to 350° F and grease a 9x13" baking dish. Add the cubes of your favorite bread to the baking dish and toast for 5-7 minutes. Then, remove and turn off the oven. Allow to cool.
2. In a large bowl whisk together the eggs, half and half, milk, cane sugar, brown sugar, cinnamon, vanilla extract, nutmeg and salt.
3. Pour the mixture over the bread and cover with plastic wrap. Refrigerate overnight.
4. Preheat the oven to 375° F and add the cherries to the top of the bake. Then, pour the melted butter across the top before baking for 30-45 minutes.
5. Allow to cool for 15 minutes before serving warm with maple syrup and powdered sugar.

# KALE AND MUSHROOM STRATA

This vegetarian breakfast strata is the perfect breakfast that'll feed a family all week!

Prep time: 20 minutes | Inactive time: 2 hours | Cook time: 1 hour | Yield: 8-10 servings



## Ingredients

- 2 c. bread, toasted and cut into 2" cubes
- 2 c. milk
- 6 eggs
- 1 c. cheddar cheese, grated
- 2 c. kale, washed and sliced
- 1 tsp. olive oil
- 2 tbsp. butter
- 1 shallot, diced
- 1 ½ c. button mushrooms, washed and sliced
- 2 tsp. thyme
- 1 tsp. pepper
- ½ tsp. salt

## Instructions

1. Lightly toast the bread, then cut into cubes and add to a greased 9x13" baking dish.
2. In a bowl, whisk together the milk, eggs and half of the cheese. Pour the mixture over the bread and use a spatula to press down to submerge all the pieces. Then, cover with plastic wrap and refrigerate for two hours.
3. After the allotted time, remove from the refrigerator and discard the plastic wrap. Preheat the oven to 350° F.
4. Prepare the kale by washing, destemming and roughly chopping it. Add it to a bowl with olive oil and use your hands to massage the kale so it's not so fibrous. Allow to sit.
5. Add the butter to a large pan and melt over medium-high heat. Add the shallot and sauté for five minutes, then reduce the heat to medium.
6. Add the mushrooms to the pan and stir occasionally to cook. Be sure not to overcrowd the pan as that will result in the mushrooms cooking unevenly.
7. Season with thyme, pepper and salt. After five minutes, add the kale. Continue to cook the mushrooms and kale over medium heat until the kale has wilted, about an additional five minutes.
8. Then, remove from heat and allow to cool slightly before adding the vegetables to the baking dish. Stir to combine and evenly distribute amongst the baking dish.
9. Top with the remaining cheese and bake for one hour. If the edges start to burn, cover with foil.
10. Then, remove from the oven, serve warm and enjoy!



# ROOTED IN PURPOSE

Community gardens are flourishing across the country. These shared plots of land, found in locations like vacant lots, rooftops and public parks, offer a space where individuals, families and groups can come together to grow plants and harvest food. More than just places to grow produce, community gardens serve as vibrant hubs for community building, education and environmental sustainability.



## WHY COMMUNITY GARDENS MATTER

Community gardens offer numerous benefits for both individuals and the broader community:

- **Enhanced Well-Being:** Gardening reduces stress, provides physical exercise and offers time outdoors. Community gardens create therapeutic spaces that support mental and physical health.
- **Learning Opportunities:** Community gardens serve as hands-on learning environments where people of all ages can explore gardening, ecology and sustainable food practices.
- **Environmental Benefits:** Community gardens promote urban greening, improve air quality and enhance biodiversity. They also encourage eco-friendly practices like composting and water conservation.
- **Access to Fresh Produce:** In urban areas, access to fresh fruits and vegetables can be limited. Community gardens provide a way for people to grow their own food, ensuring a steady supply of nutritious produce.



# TYPES OF COMMUNITY GARDENS

- **Demonstration Gardens:** Often created by city or university projects, these gardens serve as community educational resources, letting participants experiment with different techniques.
- **Allotment Gardens:** Individuals or families are assigned separate plots within a larger garden area, allowing them to grow their own plants while sharing communal resources.
- **School Gardens:** Designed for educational purposes, these gardens allow students to participate in planting and harvesting while learning about nutrition. Produce from these gardens may also be used in school meals.
- **Residential Gardens:** Located in housing areas, these gardens provide shared or private plots for residents to grow plants, share produce and strengthen neighborhood ties.





## START YOUR OWN COMMUNITY GARDEN

- 1. Gather a Group:** Begin by finding others who share your interest in starting a garden. This group will form the core team responsible for planning and managing the project.
- 2. Research Local Programs:** Before you begin, research existing community garden programs in your city. Many cities have initiatives that support urban gardening by providing resources, grants or access to land. Connecting with these programs can provide valuable guidance and support for your project.
- 3. Secure Funding:** You may need to raise funds for tools, soil, seeds and other supplies. Consider hosting a fundraiser, applying for grants or seeking donations from local businesses.
- 4. Find a Location:** Look for a suitable spot in your neighborhood, such as a vacant lot, schoolyard or rooftop. Ensure the location has enough sunlight, access to water and permission from the property owner.
- 5. Plan and Design:** Work with your team to design the garden layout. Consider the number of plots, types of plants and additional features like compost bins, seating areas or tool sheds.
- 6. Set Guidelines:** Establish clear rules for garden maintenance, plot allocation and communal responsibilities. Establish a process for resolving disputes and ensuring fair use of the garden.



By engaging with these green spaces, individuals contribute to a collective effort that fosters a stronger, more resilient community.

# LESS CLUTTER, MORE CLARITY

## Feeling overwhelmed by clutter?

It's time to simplify your life and reduce stress. Decluttering isn't just about tidying up; it's about letting go of the excess that weighs you down. Here are some tips to help you declutter and simplify.



## 1 Start Small.

Don't try to tackle every room at once. Begin with a manageable area like a drawer or a shelf. Once you've successfully decluttered this space, move on to the next.

## 2 Follow the "One In, One Out" Rule.

Whenever you get a new item, make sure to get rid of something old. This helps to prevent clutter from piling up and encourages you to be more mindful of purchases.

### 3 Use the Four-Box Method.

When decluttering a room, use four boxes labeled “Keep,” “Donate,” “Sell” and “Trash.” As you go through items, place them in the appropriate box to streamline the process and make decisions easier.

### 4 Limit Storage Space.

Restrict the amount of storage space you have for certain items. For instance, designate a specific drawer for office supplies and only keep what fits. This prevents you from accumulating too much.



### 5 Practice the “Out of Sight” Method.

If you’re unsure about keeping an item, place it in a box and set it aside for a predetermined number of days. If you don’t miss or need it during that time, consider letting it go.

### 6 Reduce Visual Clutter.

Minimize decorative items on surfaces like countertops and tables. This can make your space look tidier and more open.



**PRO TIP:** When deciding to keep something, ask yourself: Does it serve a purpose? Do I love it? Have I used it in the past year? If the answer is no, it may be time to let it go.

Remember, decluttering is a journey, not a destination. It’s okay to take your time and celebrate your progress along the way.

# Cooking Happy

In a world where stress and hectic schedules often dominate, finding solace in the kitchen can be surprisingly therapeutic. The act of cooking isn't just about preparing meals; it's a way to nurture your mind and soul.

**Embracing the joy of cooking can lift your spirits and transform your mood in delightful ways.**

# IGNITE YOUR Culinary Spirit

Cooking allows you to be creative and **express yourself** in a way that few other activities do. When you're in the kitchen, you're an artist with ingredients as your medium. Whether you're experimenting with new recipes or adding your **personal touch** to a classic dish, the process of creating something delicious can boost your mood and provide a much-needed escape from daily stressors.



# FEAST ON Connection

Sharing a meal with loved ones fosters a sense of connection and **community**. Cooking for others not only allows you to express that you care but also enhances your **social bonds**. The laughter, conversation and shared experiences around the table contribute to emotional well-being and create lasting memories.



## COOK UP Nostalgia

Food has a unique ability to evoke **nostalgia** and **comfort**. Preparing a dish that reminds you of home creates a sense of connection despite time and distance. The familiar flavors and aromas can trigger positive memories and emotions, **lifting your spirits**.



## INDULGE IN A Mindful Escape

Cooking offers a chance to practice mindfulness — a state of being present and fully engaged in the moment. As you chop vegetables, stir sauces or knead dough, you focus on the **sensory experiences**: the **colors, textures** and **aromas**. This mindful engagement can help you shift your attention away from worries and anxieties. The rhythmic nature of cooking can also be **meditative**, creating a **calming effect** that soothes the mind.

## WHIP UP Wellness

By preparing meals at home, you have the power to choose exactly what goes into your food. This means you can create dishes that are packed with **nutrients** and support your **health goals**. Eating healthy does wonders for your body, and that's great for your mind too. When you make thoughtful choices about what you eat, you not only fuel your body but also feel empowered and accomplished.



## BITE INTO Sensory Delights

Cooking engages all your senses, from the sizzle of ingredients hitting a hot pan to the aromatic bouquet of spices. This sensory stimulation can be **invigorating and uplifting**. The visual appeal of a beautifully plated dish, the satisfying crunch of fresh vegetables and the rich taste of a well-seasoned meal all contribute to a multisensory experience that can enhance your overall **sense of well-being**.



## SAVOR THE Routine

Incorporating cooking into your daily routine adds **structure** and **enjoyment** to your day. Setting aside time for meal prep offers a **refreshing break** from the usual hustle and establishes a steady rhythm.

Cooking is more than just a culinary activity; it's a therapeutic journey that can enrich your life in countless ways. By embracing the joy of creating, sharing and savoring food, you can unlock a world of benefits that extend far beyond the delicious meals you prepare.

**So, step into your kitchen and discover the transformative power of cooking for your mind, body and soul.**



# INTO YOUR FIRST BOUNDARY WATERS TRIP

**N**estled between Minnesota and Canada, the Boundary Waters Canoe Area Wilderness offers an enchanting expanse of pristine lakes, lush forests and rugged terrain. This paddler's paradise boasts over 1,200 miles of canoe routes waiting to be explored.



# YOUR ADVENTURE

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It is highly recommended to work with an outfitter to help plan your trip. Outfitters have extensive knowledge of the area and can help you create your agenda, select the best route for your skill level and provide you with all the necessary gear and equipment.

Before you set out on your adventure, you'll need an entry permit for the specific entry point you plan to use from [recreation.gov](http://recreation.gov). The type of permit depends on your trip, whether it's overnight, day use, hiking or paddling. Don't forget fishing licenses if you plan to cast a line!

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Here are a few other must-haves to bring along:

- Boundary Waters map
- Compass
- Flashlight (and extra batteries)
- Dry bag
- Multi-tool knife
- First aid kit and insect repellent
- Water filter or purification tablets
- Rain gear
- Bear-proof food containers
- Passport if any of your routes go into Canada

\*No cans or glass bottles are allowed in the area



## YOUR FEET WET

If you're gearing up for your first trip to the Boundary Waters, the vast network of lakes and trails can be daunting. Ease into the experience with day trips from a central campsite. This allows you to explore the stunning scenery without the daily hassle of setting up and breaking down camp.



## THROUGH PARADISE

### KELSO LOOP

The Kelso Loop is known for its easy paddling, making it a perfect introduction to the Boundary Waters' magic. This scenic route, which encompasses Sawbill, Alton and Kelso Lakes, can be completed in about four to six hours, allowing plenty of time for sightseeing and relaxation. The adventure begins on Sawbill Lake, where you can catch some walleye for dinner. As you glide through the crystal-clear waters of Alton Lake, you'll be captivated by the stunning scenery. The journey continues to the tranquil marshlands of Kelso, where you can unwind and soak in the peaceful atmosphere.



## KAWISHIWI RIVER TRIANGLE

This picturesque triangular loop begins at Farm Lake, meandering along the stunning Kawishiwi River to Clear Lake before returning to Farm Lake. Spanning 21 miles, the loop usually takes about three days to complete. If you are visiting during June or July, start your day early, as the first eight miles offer only a few scattered campsites.

As you navigate the South Kawishiwi River towards Clear Lake, conquer a few short portages before tackling the longer one connecting you to the North Kawishiwi. From there you'll retrace your route back to Farm Lake, allowing you to savor the stunning scenery from a different perspective.

Starting from the end of the Gunflint Trail, this route features minimal and short portages, making it particularly appealing for those who prefer to spend more time paddling and less time hauling gear. While an overnight trip is possible, a three-day journey allows you to fully immerse yourself in the experience.

Fishing enthusiasts will delight in the abundant opportunities along this route, where you can cast for smallmouth bass, lake trout, walleye and northern pike. Wildlife is also plentiful, with moose frequently spotted in the shallow bays, taking a refreshing dip during the warm summer months.

# THE BOUNDARY WATERS

beckons with endless adventures,  
promising an unforgettable escape into  
the heart of a remarkable wilderness.





# GLOBAL GRILLING

Grilling is a global tradition, with each region adding its own distinct flavors and techniques to the flame.

In the Caribbean, grilling is synonymous with bold, fiery spices. The smoky heat of a grill amplifies the region's vibrant spice blends, creating an intense kick that lingers long after the last bite.

In Asia, the focus is on balancing sweet and savory, with marinades that combine ingredients like soy, ginger and a touch of sweetness. The result is a harmonious blend of flavors that enhances the natural smokiness of the grill. Meanwhile, in India, grilling often incorporates a rich variety of spices and yogurt-based marinades that infuse the meat with deep, complex flavors.

Across cultures, grilling is more than a cooking method — it's a way to bring people together, celebrating both flavor and tradition.

# BEEF BULGOGI

This traditional Korean beef barbeque dish features tender, juicy meat that is layered with flavor!



## INGREDIENTS

- 1 ½ lbs. boneless ribeye steak
- 1 tsp. pepper
- 1 tsp. salt
- ½ c. crushed Korean pear
- ¼ c. soy sauce
- 3 tbs. brown sugar
- 1 tbs. sesame oil
- 1 ½ tbs. ginger, grated
- 2 tsp. gochujang
- 4 garlic cloves, grated
- 2 green onions, sliced
- 1 tsp. sesame seeds
- 1 c. cooked rice

Prep time: 10 minutes

Inactive time: 2 hours

Cook time: 10 minutes

Yield: 6 servings

## INSTRUCTIONS

1. Grease a 9x13" baking dish and set aside. Remove any fat from the steak, then slice against the grain to create ¼ - ½" thick pieces. Place in baking dish. Pat dry, then season with salt and pepper.
2. In a large bowl, combine the pear, soy sauce, brown sugar, sesame oil, ginger, gochujang and garlic. Once mixed, pour into the baking dish and cover with plastic wrap.
3. Refrigerate for two hours, then remove and allow to come to room temperature.
4. Grease a cast-iron griddle and heat over medium-high heat. Once hot, use tongs to carefully place the steak on the griddle.
5. Cook for three minutes on each side, then remove from the heat. Repeat with all the pieces of steak.
6. Garnish with green onions and sesame seeds. Serve over rice and enjoy!

# GRILLED JAMAICAN JERK CHICKEN WINGS

Chicken wings just got a whole lot more delicious! These wings feature the vibrant flavors of the Caribbean, specifically the signature flavors of Jamaica!

Prep time: 10 minutes | Inactive time: 5 hours

Cook time: 15 minutes | Yield: 6-8 servings

## INGREDIENTS

- 2 lbs. chicken wings
- 2 tsp. dried thyme
- 3 garlic cloves, minced
- 2 tsp. ginger powder
- 1 jalapeno, seeded and diced
- 1 tsp. pepper
- 1 tsp. salt
- ¼ c. orange juice
- ½ tsp. allspice
- 2 tbsp. lime juice
- ½ tsp. cayenne pepper
- 1 tbsp. soy sauce
- ¼ tsp. cinnamon
- 1 tbsp. honey
- ¼ tsp. nutmeg
- 2 tsp. smoked paprika
- ⅓ c. olive oil

## INSTRUCTIONS

1. Add the chicken wings to a large Ziplock bag with the minced garlic and jalapeno.
2. Add the remaining ingredients to a large bowl and whisk to combine to make the marinade. Pour the marinade into the Ziplock bag and close, ensuring there's no air in the bag. Use your hands to combine the ingredients to coat the chicken wings.
3. Marinate in the refrigerator for five hours. After the allotted time, grease the grill and heat it to medium-high heat.
4. Spread a layer of aluminum foil out on the counter. Transfer the wings to the foil and wrap to secure the wings. Brush the wings with the marinade left in the bag.
5. Place the foil pack directly on the grill and allow to cook for 10 minutes, or until the wings reach an internal temperature of 165° F.
6. Remove from the grill and allow to cool before opening the foil pack. Then, enjoy!





# CHINESE-STYLE PORK SPARERIBS

These ribs are bursting with flavor and are the perfect alternative to traditional baby back ribs!

Prep time: 15 minutes | Inactive time: 4 hours | Cook time: 25 minutes | Yield: 6 servings

## INGREDIENTS

- 2 lb. slab of pork spareribs
- 1/3 c. soy sauce
- 1/3 c. hoisin sauce
- 2 tbsp. dry sherry
- 2 tbsp. honey
- 1 tbsp. brown sugar
- 2 garlic cloves, minced
- 2 tsp. rice wine vinegar
- 2 tsp. chili garlic paste
- 1 tsp. Chinese five-spice seasoning
- Green onions, for garnish
- Sesame seeds, for garnish
- Red pepper flakes, for garnish

## INSTRUCTIONS

1. Pat the ribs dry with paper towels and carefully remove any excess fat and the membrane from the back of the ribs. Place in a 9x13" baking dish.
2. In a medium-sized bowl, combine the soy sauce, hoisin, dry sherry, honey, brown sugar, garlic, rice wine vinegar, chili garlic paste and five-spice seasoning.
3. Set 1/3 of the marinade to the side and pour the remaining marinade over the ribs in the baking dish. Cover with plastic wrap and marinate for four hours in the refrigerator.
4. After the allotted time, remove the ribs from the fridge and allow to come to room temperature.
5. Lightly grease the grill before heating to medium heat. Place the ribs directly on the grill and cook for 25 minutes. Use the remaining marinade to baste the ribs every 10 minutes.
6. Remove the ribs from the grill once the internal temperature reaches 165° F.
7. Garnish the ribs with green onions, sesame seeds and red pepper flakes. Enjoy!

# TANDOORI LAMB SKEWERS

Discover the rich flavors of Indian cuisine with these delicious lamb skewers!



Prep time: 15 minutes

Inactive time: 8 hours

Cook time: 10-15 minutes

Yield: 4-6 servings

## INGREDIENTS

- 1 lb. boneless leg of lamb, cut into 2" pieces
- 1 c. plain Greek yogurt
- ¼ c. lemon juice
- 3 garlic cloves, grated
- 2 tbsp. curry powder
- 2 tsp. garam masala
- 2 tsp. ginger
- 2 tsp. cumin
- 1 tsp. onion powder
- 1 tsp. smoked paprika
- 1 tsp. turmeric
- 1 tsp. pepper
- ½ tsp. salt
- Freshly minced parsley, for garnish
- Cooked basmati rice, for serving
- Naan, for serving

Note: Soak wooden skewers in water for one hour to prevent them from burning or use greased metal skewers.

## INSTRUCTIONS

1. Remove any excess fat from the lamb, then carefully slice into 2" pieces. Place into a large bowl.
2. Add the following ingredients to the bowl with the lamb: yogurt, lemon juice, garlic, curry powder, garam masala, ginger, cumin, onion powder, smoked paprika, turmeric, pepper and salt.
3. Use a spatula to combine all of the ingredients in the bowl. Once all the ingredients are incorporated, cover the bowl with plastic wrap and allow the lamb to marinate overnight in the refrigerator.
4. When ready to grill, arrange the lamb on skewers. Then, wrap each skewer in aluminum foil.
5. Grease the grill and heat to medium-high heat. Place the foil-wrapped skewers on the grill, cooking each side for five minutes.
6. After each skewer has cooked for 10 minutes, remove from the grill and turn off the heat.
7. Allow the skewers to cool for a few minutes before unwrapping.
8. Garnish with parsley and serve with rice and naan.



# GAMES TO KEEP YOUR MIND SHARP

Just like you hit the gym to keep your body fit, keeping your mind sharp is crucial for feeling great and staying on top of your game as you age. Keeping your brain in shape helps with memory, problem-solving and staying sharp in daily life. Whether you're in your twenties or your sixties, it's never too early or too late to start exercising your brain.

Games are a fantastic and enjoyable way to give your brain a boost. Whether it's through classic puzzles or modern brain teasers, playing games can sharpen your mind while providing loads of fun. Incorporating these into your daily routine is a great way to keep your mental muscles in top form.

# MIND-SHARPENING FAVORITES

## RUMMIKUB

Rummikub is a tile-based game that mixes the best of rummy and mahjong, offering a playful challenge for your strategic thinking and numerical skills. As you create sets and runs of numbered tiles, you'll need to stay on your toes, adapting to the ever-changing board. Its lively pace and dynamic gameplay make it a fun way to keep your brain active.



## 7 WONDERS

In 7 Wonders, you'll build your own ancient civilization from the ground up, collecting resources, constructing impressive buildings and advancing your science. This card drafting game is perfect for flexing your critical thinking and strategic planning skills. With multiple paths to victory, players must constantly adapt their tactics based on opponents' moves.



## CHESS

Chess is the ultimate test of strategy and foresight. As you maneuver pieces and anticipate your opponent's moves, you'll exercise your planning and pattern recognition skills. The endless possibilities and strategic depth make chess a timeless challenge that keeps your brain sharp and focused.

## ZENDO

Zendo is all about logic and deduction. You'll use clues to figure out hidden rules and solve mind-bending puzzles. The game's open-ended nature makes it a playground for creative problem-solving and logical reasoning. If you love piecing together mysteries and testing your brainpower, Zendo is the game for you.

# BOOST YOUR BRAINPOWER WITH THESE CLASSICS

## CROSSWORD PUZZLES

These are great for improving vocabulary, problem-solving skills and memory. Whether you're doing a daily crossword from a newspaper or using an app, it's an easy way to stretch your mental muscles.



## SUDOKU

This number-based puzzle challenges logical thinking and concentration. It's excellent for enhancing problem-solving skills and improving focus.



# TRIVIA GAMES

Trivia games are a blast and great for your brain! Testing your knowledge across various topics keeps your memory and quick-thinking skills in top shape. Plus, they add a fun competitive edge to your mental workout.

By regularly challenging your brain, you can keep it active and healthy, ensuring you stay sharp and focused in your everyday life. So, why not make game time a part of your routine and give your mind a fun workout?

# ARTISTRY OF NATURE

## A Visual Guide to Rock Formations

From towering spires to whimsical shapes, Earth's rock formations are nature's own art installations. These awe-inspiring structures, sculpted over millennia, tell stories of ancient forces and dynamic changes.

### QUEEN'S HEAD

New Taipei City, Taiwan

The Queen's Head is a famous rock formation in Yehliu Geopark. Shaped like a regal profile, this natural sculpture is a result of 4,000 years of wind and sea erosion. It's one of the park's most recognizable and photographed landmarks. It is estimated that the "neck" of the rock erodes by about 1.5 centimeters every year.



## DEVIL'S POSTPILE

California, United States

This geological wonder consists of a series of columnar basalt formations, reaching heights of up to 60 feet. Created by volcanic activity and subsequent erosion, the monument's columns are so perfectly aligned they almost look like they were arranged by a giant's hand, making for a mesmerizing natural spectacle.



## PAMUKKALE

Denizli Province, Turkey

Pamukkale, or "Cotton Castle," is a dazzling array of white travertine terraces formed by mineral-rich hot springs. These stunning pools cascade down a hillside, creating a striking contrast against the surrounding landscape. Used by ancient Romans and visitors today, they continue to offer a unique and beautiful natural experience.



## SPHINX OF BALOCHISTAN

Balochistan, Pakistan

The Sphinx of Balochistan is a large, natural rock formation resembling the legendary Sphinx of Egypt. Carved by wind and rain, it stands about 20 feet tall and 30 feet wide. Its striking resemblance to the famous Egyptian monument makes it a fascinating subject of natural erosion artistry.

A large, light-colored rock formation in Joshua Tree National Park, California, that strikingly resembles a human skull. The rock has a prominent forehead, deep-set eyes, and a wide, open mouth. The background shows a sunset over a desert landscape with some greenery.

## SKULL ROCK

California, United States

Skull Rock is exactly what it sounds like — a rock formation that strikingly resembles a human skull. Standing around 20 feet tall, this eerie yet fascinating feature in Joshua Tree National Park has been sculpted by the relentless forces of wind and water, making it a must-see for hikers and photographers alike.

A landscape in Cappadocia, Turkey, featuring numerous tall, slender rock spires known as fairy chimneys. The spires are made of volcanic ash and basalt and have conical tops. The landscape is arid and rocky, with some small trees and a clear blue sky.

## ROCK SITES OF CAPPADOCIA

Nevşehir Province, Turkey

Step into a fairy tale with the enchanting fairy chimneys of Cappadocia. These tall, slender rock spires, reaching up to 130 feet, are like something from another world. Created from layers of volcanic ash and basalt, they create a whimsical landscape that's perfect for viewing from a hot air balloon.

A beach in New Zealand featuring large, smooth, spherical boulders scattered across the sand. The boulders are dark in color and appear to be made of sedimentary rock. The background shows a sunset over the ocean with a colorful sky.

## MOERAKI BOULDERS

Koekohe Beach, New Zealand

The Moeraki Boulders are a collection of large, spherical boulders scattered across Koekohe Beach. These unique formations were created by the slow process of sedimentary rock erosion. The boulders, which appear perfectly round and are often found partially buried in the sand, create a dramatic and surreal landscape.



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# SUPER SIMPLE GRILLED VEGGIES

## INGREDIENTS

- 1 zucchini, sliced
- 1 bell pepper, cut into chunks
- 1 red onion, cut into wedges
- 1 c. cherry tomatoes
- 2 tbsp. olive oil
- Salt and pepper to taste
- 1 tsp. dried herbs of choice

## INSTRUCTIONS

1. Preheat grill to medium-high.
2. In a large bowl, toss the vegetables with olive oil, salt, pepper and dried herbs.
3. Place the veggies in a grill basket.
4. Grill the veggies, turning occasionally, until tender and lightly charred, about 10-15 minutes.
5. Remove from grill and enjoy!

# DUTCH OVEN BREAD

PREP TIME: 15 MINUTES

COOK TIME: 40 MINUTES

YIELD: 1 LOAF

## INGREDIENTS

3¼ c. all-purpose flour  
1 tsp. active dry yeast  
1 tsp. salt  
1½ c. warm water (approx. 100° F)

## INSTRUCTIONS

1. In a large bowl, whisk together warm water, yeast and table salt until they are almost dissolved.
2. Add flour to the bowl and stir until a sticky dough forms.
3. Cover the bowl with a towel and leave in a warm place for two to three hours and allow to rise.
4. Preheat oven to 450° F, place Dutch oven with lid onto the center rack and heat for 30 minutes.
5. Place the dough onto parchment paper dusted with flour. Use the parchment paper to shape the dough into a round loaf.
6. Using a sharp knife, make ¼-inch deep slashes across the top of the loaf. Gently lower the bread into the heated Dutch oven, cover and bake for 30 minutes. Remove the lid and bake for an additional 5-10 minutes until golden brown.
7. Allow to cool for 20 minutes before slicing.



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# Homemade Crêpes



- 3 tbsp. unsalted butter, melted
- 1 c. all-purpose flour
- 1 tbsp. granulated sugar
- $\frac{1}{8}$  tsp. salt
- $\frac{3}{4}$  c. whole milk, room temperature
- $\frac{1}{2}$  c. water, room temperature
- 2 large eggs, room temperature
- $\frac{1}{2}$  tsp. pure vanilla extract

1. Melt three tablespoons of butter in the microwave or on the stove. Set aside and let cool for five minutes.
2. Combine the cooled melted butter, flour, sugar, salt, milk, water, eggs and vanilla in a blender. Blend on medium-high speed until batter is smooth. Refrigerate in an airtight container for at least 30 minutes.
3. Heat an 8-inch skillet over medium heat and generously grease with butter. Once the skillet is hot, pour  $\frac{1}{4}$  cup of batter into the center of the pan. Tilt the pan from side to side, forming an even circle. Cook until lightly browned, approximately one to two minutes, then flip. Cook the other side for 30 seconds until set. Repeat with the remaining batter, making sure to grease the pan between each crepe.



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