

Compliments of Jodee Harris

essential living

212



Gift Baskets to the Rescue



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\$6.99 Issue #212



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With the holiday season upon us, it's the perfect time to gather your friends and family for a game night! We have the coolest games that will keep everyone entertained and, of course, stir up a little friendly competition. If you discover that you and your friends thrive on competition, you could take things up a notch at the archery range. Our Ultimate Guide to Archery will tell you everything you need to know to best the competition.

Of course, what's a good competition without a bet on the line? We recommend defaulting to the classic "loser makes dinner bet" because then everyone can be a winner with our easy meatless meals, which are perfect for any day of the week.

Even with all the fun and games mixed in, there's no doubt that the end of the year is stressful. Luckily, we've put together three soothing vacations you'll want to book ASAP. Escape to a rustic island lodge, a little cottage tucked away on a farm or a luxe Central Park hotel for some much-needed R&R. But what do these have in common? They're all eco-friendly, so the Earth can catch a little breather, too.

If you get a little too caught up in planning your getaway and realize you forgot someone on your gift list, we have you covered with some gift basket pointers. These were made for the frantic, last-minute shopper, so you can pick up most of these items on your grocery run. Phew!

Once all the hustle and bustle winds down, we wish you and your family the brightest holiday cheer.

— From the Publisher

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THE NEW GAMES ON THE BLOCK

You don't have to be bored with board games any longer.

When it comes to board games, most people think of the classics: "Clue," "Monopoly," etc. Who doesn't love a good-ole murder mystery themed game? Or the game of master negotiators and real estate tycoons?

But what happens when you play – and beat – the classic board games more times than you can count on two hands? That's a pretty good indication it's time for something new – and, dare we say, unique.

Enter: not-your-average board games. They have out-of-the-box rules, interesting characters and all-new ways to win. Intrigued?

Great. Cease the interrogation of Professor Plum, put down the Monopoly money and look beyond the ancient classics to something more modern. Here are a bunch of new board games that are fun, unique and just a little bit weird. You can thank us later.



GAME: BETRAYAL AT HOUSE ON THE HILL

- **PLAYER COUNT:** 3-6 players
- **DURATION:** About 60 minutes
- **IN A FEW WORDS:** Where spooky scary meets goofy

This game is just as weird as its nonsensical name. Betrayal at House on the Hill? Why not "Betrayal at the House on the Hill" or simply "Betrayal"? Anyway, I digress.

Here's how it's played: Each player is given a character that has different personality and physical traits – like knowledge, might, speed and sanity. Then, everyone works collaboratively to explore the spooky mansion rooms. In these rooms, players can acquire cards for items, wacky events (like running into spiders or a creepy child) and omens. You still following?

The players will then read their cards out loud to the rest of the group. These are meant to be ghost stories. In the spirit of things, dark rooms, silly voices and a flashlight under your chin are highly encouraged.

The omen cards can trigger the second phase of the game, which is called Haunt. This is where one player becomes a traitor and faces off against the rest of the players. It's essentially a dramatic finale until one side emerges triumphant.

As confusing as that all sounds, the framework behind "Betrayal at House on the Hill" is actually quite simple. Even so, there are over 100 different scenarios that can take place. All are reminiscent of popular horror and sci-fi movies. Cards are constantly being drawn, players face a dice challenge and, along the way, they acquire magical items that help them win later on.

GAME: TERRAFORMING MARS

- **PLAYER COUNT:** 2 players only
- **DURATION:** About 20 minutes
- **IN A FEW WORDS:** Science, strategy and the inhabitation of Mars

Let's set the scene – it's the year 2400, and humans are finally starting to live on other planets, like Mars. All players must work together to colonize Mars and make it a hospitable place for human life. Picture yourself as Matt Damon in the movie "The Martian."

You earn points by advancing the infrastructure not only on Mars but throughout the entire solar system as well. You're really competing to have the most successful settlement as humans begin to make the journey from Earth to your city.

The game has over 200 cards that represent different projects, and along the way, you'll even learn some facts about the universe. Go outer space!





GAME: SUSPICION

- **PLAYER COUNT:** 2-6 players
- **DURATION:** About 45 minutes
- **IN A FEW WORDS:** Like "Clue," but not exactly

"Suspicion" is a game for die-hard "Clue" lovers who want to try something a little different.

Each player is given a secret identity (hint: it's one of 10 world-class jewel thieves). The purpose of the game is to unmask the identities of the other players, using your top-notch detective skills.

The game works off of a point system. You will earn points as you steal gems throughout the game, and if you guess someone else's identity, you'll get extra points. In the end, the player with the most points wins!

GAME: THE MIND

- **PLAYER COUNT:** 2-4 players
- **DURATION:** About 20 minutes
- **IN A FEW WORDS:** Cards, no talking and lots of numbers

It might be simple to understand the rules, but this game is very challenging to play. Let's just say you could be pushed to your mental limits after a few rounds.

Here's how the game goes – in the first round (level one), everyone receives one card, in the second round (level two), everyone receives two cards and so on. Did we mention everyone is on the same team?

At each level, the players must stack their cards in ascending order. For example, 20, 32, 56, 72. Sounds easy enough, right? Wrong. Players cannot disclose anything about their cards. There are no secret signals, no sharing of information. You can't even speak to one another. We're having flashbacks of icebreakers that require you to sort yourself within a group of strangers ... You too?

Essentially, your goal is to climb as many levels as possible without placing the cards in the wrong order. You don't want to be the one to bring your group back down to level 1!

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Level 1

GAME: SCYTHE

If you're looking for a weekly game night activity that takes several hours to complete and is challenging to understand, look no further than "Scythe." Between the intense strategy sessions and beautiful aesthetic, you'll be hooked in no time. But don't be surprised if it takes you two or more hours to finish one game. Yup, it's that intense.

Okay, here's how it goes – players represent one of five factions in post-World War I Eastern Europe. The name of the game is to earn a fortune and claim land. Each player will be given resources at the start of the game, including power, coins, combat cards and popularity. Players also get assigned a starting location and two hidden objectives.

From there, each player takes turns and chooses from one of four actions on their assigned faction mat. The goal is to set up systems that gain more resources as the game progresses. The game ends after a player gains their sixth achievement of the Triumph Track. But really, whoever has the most coins wins.

- **PLAYER COUNT:** 1-5 players
- **DURATION:** 90-120 minutes
- **IN A FEW WORDS:** Strategy and lots of capitalism metaphors

GAME: TOKAIDO



- **PLAYER COUNT:** 3-5 players
- **DURATION:** About 45 minutes
- **IN A FEW WORDS:** A simple concept with competitive tactics

"Tokaido" is definitely a cutthroat, competitive board game, but easy enough that kids can participate as well. The board itself features a peaceful design that appreciates all the beautiful things in life, like delicious food, beautiful art, relaxation, etc.

The concept of the game is pretty straightforward – every player is journeying through Japan and accumulating points on the way. There are character figures, metal coins and even a soundtrack to accompany your game. It's an entire experience in itself.

As players move throughout the game, they earn points by staying at inns, eating food, taking baths, buying trinkets, visiting temples and appreciating art. Once everyone reaches the end of the board, whoever has the most points wins the game.

Let's just say this is a great option if you're burnt out from the intense strategizing in "Scythe."



Want to keep the fun going? Check out these **podcasts** all about **board games!**

**BOARD
GAME
BARRAGE**

**THIS
GAME IS
BROKEN**

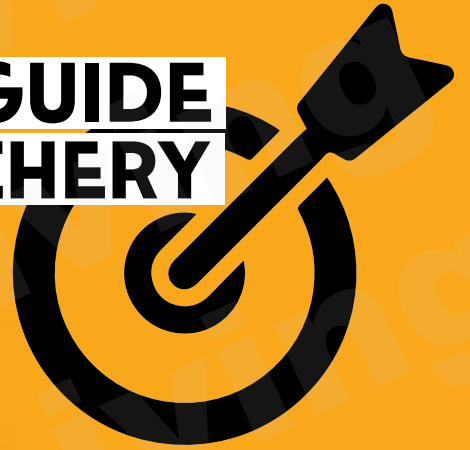
**SHUT UP
&
SIT DOWN**

GAME ON!

There are thousands of new board games created every year, so why not try something new? Expand your collection beyond the classics. The games listed above have earned a place on your game night rotation.

A person wearing a red long-sleeved shirt, a black jacket, and grey pants is shown from the side. They are holding a bow and a quiver of arrows. A small tan pouch is attached to their belt. The background is a solid orange color.

THE ULTIMATE GUIDE TO ARCHERY



NOCKING YOUR FIRST ARROW

Whether you're inspired by "Game of Thrones" or intrigued by the elegant practice, the sport of archery is worth a shot. It's a relatively accessible, low-cost hobby that can be a fun and unique skill for people of all ages.

But before you excitedly grab a bow and start aiming at the bullseye, there are a few terms to know, measurements to learn and items to buy. This guide will give you all the information that you need on your path to becoming the next Robin Hood.

WHAT TO KNOW BEFORE STARTING

If you have just discovered archery, don't feel the need to spend hundreds of dollars on equipment. You should first test the waters to see if it's something you really enjoy and can see as a long-term hobby.

Lessons are the best place to start learning the basics of archery and, most importantly, how to shoot safely and successfully.

Group lessons are a cost-effective way for beginners not just to learn the skills, but also to get a sense of the community. You'll get to connect with other archers who are interested in the sport just like you. Learning in a group offers opportunities to learn from each other and start to build your own network of archers. Even a single introductory course will help immensely.

EQUIPMENT NEEDED



If you've ever watched archery in the Olympics or a professional play in a competitive league, you may be thinking that you need all this fancy equipment. But don't worry, there's no need for all those accessories when you're just starting out.

A beginner archer will need the following:

- Your preferred type of bow (see the section below)
- Arrows
- Bow string

- Bow stand
- Bow stringer
- Quiver
- Finger tab
- Target

Call your local sporting goods store or check to see if there's an archery shop near you. They can show you equipment that meets your exact needs and possibly even recommend a few lessons if you're interested.

PARTS OF A BOW AND ARROW

Before we get too far ahead, let's take a quick look at the various parts that make up the bow and arrow.

Parts of a Bow:

- Riser: the body of the bow
- Limbs: the ends of the bow
- Back: the side of the limbs that faces the target
- Belly: the side of the limbs that faces you
- String Nock or Limb Tip: where you slip the string loop around
- Arrow Rest: what holds your arrow as you draw, aim and release
- Shelf: the part of the riser cut out for your arrow rest
- Bowstring: the string of the bow

Parts of an Arrow:

- Shaft: the body of the arrow
- Nock: a piece of plastic or metal that clips onto the bowstring
- Fletchings: the wing-like mechanism that stabilizes the shaft during flight

THE DIFFERENT TYPES OF BOWS

Archery is rich in culture.

Throughout the sport's long history, archers have invented and used many different types of bows. Thanks to many advances in technology, bows have received a few upgrades since first being invented. Most are now made from fiberglass and carbon fiber for a high-tech, well-crafted bow. You'll also find all sorts of impressive features and shooting mechanisms when browsing.

There are a total of four main types of bows — the recurve bow, compound bow, longbow and crossbow. Each serves a different purpose and is used for distinct types of archery, making some better than others for beginners.



Recurve Bows

The recurve bow is named after its shape — the central part of the bow curves toward you, while the ends curve away from you. This structure will help you shoot with more power while requiring less energy.

Recurve bows are great for both beginner and expert archers. They're easy to operate yet involve a ton of working parts that enable extremely accurate shooting. They can also support pressure buttons, sights and other archery accessories to help improve your shot.

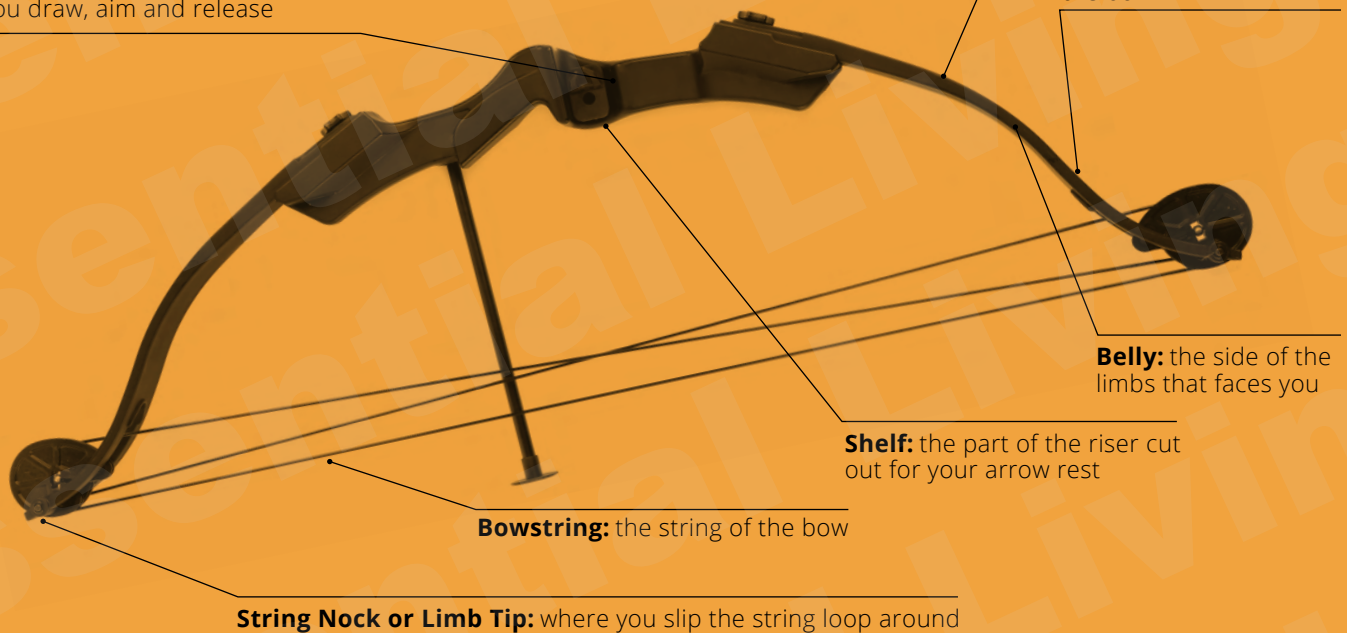
These bow types are versatile, being used for indoor, 3D, field and target archery. Most can be deconstructed, which makes them easy to pack up and carry around.

PARTS OF A BOW:

Arrow Rest: what holds your arrow as you draw, aim and release

Back: the side of the limbs that faces the target

Limbs: the ends of the bow



Longbows



Longbows are the picture of traditional archery. These bows were used during the medieval period, primarily from the 14th to 16th century.

Longbows have a simple design, with a curved piece of wood that's around the same height as the archer. The longer length helps to disperse weight over a larger area.

On the downside, longbows do not have arrow rests or sights, making them harder to aim. They are also far less powerful compared to recurve and compound bows. However, their longer draw makes them easier to shoot and a great option for beginners.

Compound Bows



Compound bows are a better fit for intermediate to experienced archers. While they offer astounding velocity, distance and accuracy, compound bows are more complex and difficult to learn.

This bow type uses an intricate levering system of cables, pulleys and cams to bend the limbs. This helps to relieve some of the weight for the archer. However, they still require a lot of strength to pull, and the archer must hold the draw long enough for the pulley system to kick in.

In general, compound bows are mainly used in target practice and hunting. As a modern invention, most are constructed with durable materials like aluminum, magnesium alloy and carbon fiber. This makes them less vulnerable to weather and moisture.



THE PRACTICE OF ARCHERY HELPS TO IMPROVE PATIENCE, FOCUS AND DISCIPLINE FOR HEALTHY MENTAL STIMULATION.

TEST YOUR SKILLS

Once you start hitting the target more than you miss, you might consider putting your skills to the test at a tournament. Competitive archery provides a great chance to improve your shooting, compete against others and, best of all, have fun!

There are plenty of indoor and outdoor tournaments throughout the country that attract all ages and abilities! Most regional, county and local clubs will have notice boards with upcoming competitions.

Here's a quick look at how a tournament is typically scored.

Tournaments are organized

into rounds. While the number of rounds can vary between tournaments, the goal is always the same: hitting the bullseye. But even if you don't get that perfect shot, you can still get points by hitting the other rings on the target. The rings are valued from 10 to one, with the bullseye being the highest valued, and the outermost ring offering one point. If the arrow lands between two scoring zones, it typically gets the higher value.

If you're still honing your craft and your arrow landed elsewhere, your scorecard will be marked with an "M" for miss, which holds no value. But let's be honest, it wouldn't be fun to get a bullseye every time anyways!

RULES OF THE RANGE

Though specific rules for a range or tournament may be clearly displayed, there are some universal ones that are unwritten, which you're still expected to follow.

- Inspect your equipment prior to shooting.
- If you're not about to shoot, arrows should be facing down or in the quiver.
- Triple-check that your line of fire is clear.
- Only shoot a properly nocked arrow.
- You might not be at the pool, but the no running rule still applies.
- Most of all, have fun!



Give It Your Best Shot!

Archery is a great hobby to get into. It gets you moving and is a great way to meet new people. The practice of archery helps to improve patience, focus and discipline for healthy mental stimulation. You'll learn to pay attention to your breathing, form and the target. As you develop your skills and learn to execute well, your sense of self-confidence will also improve. So, go channel your inner Robin Hood and try it out yourself!



3 Eco-Friendly Vacations

From coast to coast, the U.S. offers an abundance of outdoor adventures. If you're seeking to travel more sustainably, a bit of planning and research before you embark can go a long way. And as more organizations offer transparency in their design and operations, there are even more opportunities to celebrate nature with every element of your trip. These values are at the heart of ecotourism.

Ecotourism separates itself from outdoor adventure vacations with the intentional goal of learning about and engaging in environmental initiatives within the destination. This includes minimizing one's footprint and supporting local tour operators and businesses. Ecotourism is travel with the goal of not only discovering a destination, but helping it continue to thrive.

Whether you're seeking a remote refuge or you're headed to a bustling metropolis, here are a few U.S. destinations that offer nourishing nature connections, educational programs and inspiring sustainability efforts.



The Lodge at Little St. Simons Island

littlestsimonsisland.com

Located in the Golden Isles of Georgia's coast, the Lodge at Little St. Simons Island offers a serene retreat and hosts a capacity of only 32 guests. Surrounded by thousands of acres of undeveloped shoreline, marshes and forests, a visit to Little St. Simons Island provides outdoor excursions aplenty, like kayaking, birding and biking. Don't forget to sign up for a naturalist-guided tour, which is included with your stay at the Lodge.

An important aspect of ecotourism is choosing accommodations that are aligned with environmental values. The team at the Lodge incorporates sustainability throughout their daily operations, from energy-efficient fixtures to on-site recycling and composting. And you'll be able to dive into the flavors of the Golden Isles with every meal: the Lodge grows fruits and veggies on-site, and partners with local farmers to source additional produce like eggs and honey.

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Mar Vista Farm + Cottages

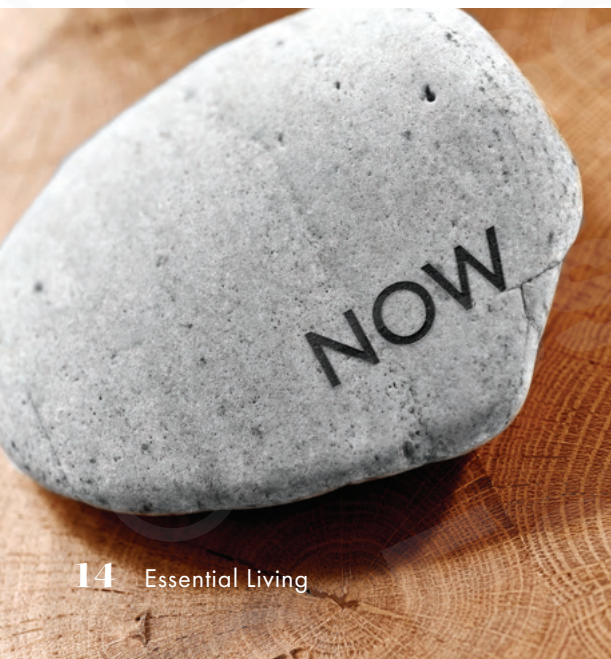
marvistafarmandcottages.com/experience/adventures-activities/

On the West Coast, there's Mar Vista Farm + Cottages. Meadows, redwoods and the Pacific coastline await at this picturesque California locale. In addition to on-site farming and eco-friendly initiatives, Mar Vista is also a certified wildlife habitat by the National Wildlife Federation. From tide pool explorations to gardening classes (you'll find over 20 gardens here), you can nestle into nature or hone your horticulture with Mar Vista's team.

Mar Vista also hosts many family-friendly activities. If you're traveling with children, they're sure to love Mar Vista's resident chickens, goats and bunnies. Guests are invited to join afternoon feedings, and you can enjoy fresh eggs delivered to your cottage in the evenings. Kids even have a cottage all their own, which serves as an on-site playhouse. And you can help your crew understand the value of a digital disconnect during your travels, as well — there are no TVs anywhere at Mar Vista. It may just be the dream vacation you never knew you needed.

Photo Credits: ABOVE AND OPPOSITE PAGE: Nicole Lamotte Photography RIGHT BOTTOM: Tim Boettcher Photography





1 Hotel Central Park

1hotels.com/central-park

Even in the midst of the concrete jungle, you can find destinations incorporating the values of ecotourism. If you're traveling to NYC, check out the 1 Hotel Central Park. The hotel not only overlooks NYC's green oasis, but also weaves sustainability throughout its design and operations. This LEED-certified hotel features organic and reclaimed materials, and incorporates local and sustainably sourced produce in its menus. And if you're in need of some wheels for your adventures, the 1 Hotel provides an all-electric Audi e-tron to guests on a first come, first served basis.



It may be more of a challenge to plan eco-inspired activities in a city, but it's possible. When it comes to ecotourism in a city landscape, think nature and giving back. Beyond Central Park, consider museums or gardens for daily activities, as they enrich the community with conservation work and educational programming. You can also look into local volunteer opportunities that might include cleaning up trash, planting trees or sprucing up a community garden. Local organizations love sharing what they're all about, and a helping hand is always appreciated!

Tips for Traveling Green

To travel sustainably is to celebrate environmental efforts throughout your journey. From bookings to dining, here are some helpful tips on planning an eco-focused holiday.

MAP OUT YOUR TRIP

There are many resources out there to help you make more eco-friendly choices with flights and accommodations. Google Flights offers carbon emission estimates on search results, while LEED keeps a well-documented list of their certified hotels.

PACK WITH CARE

From reef-friendly sunscreen to reusable straws, bring along items that reduce waste and are more gentle on the environment. And don't forget your reusable water bottle! Purchase one with a built-in filter if you're concerned about the water quality at your destination.

EAT WELL

From on-site food production to plastic-free initiatives, seek out restaurants that are invested in these community endeavors. There are various apps to assist with menu picks, like sustainable seafood guides. A destination's tourism bureau can also be a helpful resource in finding farm-to-table restaurants, local markets or vegetarian options.

CREATE THOUGHTFUL ITINERARIES

Whether you're headed to a remote locale or a big city, you can impact a community for good just by your activity and leisure decisions. National and state parks, museums and wildlife sanctuaries lead conservation and research initiatives in a destination year-round. Your support is an investment in this important work.

GIFT BASKETS TO SAVE THE HOLIDAYS

GIFTS TO PULL TOGETHER LICKETY-SPLIT!

The holidays are right around the corner, and we can promise, you're not the only one frantically shopping for gifts. Let's just say this isn't our first time trying to figure out what happened to the time between the last days of the summer and the now rapidly approaching end of the year.

Luckily, these gift baskets were made for last-minute shopping. Between a Target run and a pit stop at a grocery store, you'll have everything you need to pull these off!

TIPS:

- Purchase items first, then find a basket that will be sturdy enough and fit everything.
- Place larger items in the back and make sure all gifts are visible.
- Use tissue paper or paper shreds to boost the height of the items and add cushioning.

FOR THE GIFT EXCHANGE

You know, the one you forgot about until just now. Luckily, you may already have some of the ingredients to give you a little head start!

- A bottle of Grenache or Pinot Noir wine
- Fresh oranges and/or apples
- A bottle of brandy
- Cinnamon sticks
- A bag of fresh cranberries

Feel free to add anything else you think of! This list is simply a helpful start.



FOR THE NEW HOMEOWNERS

There is probably at least one person on your list who bought a house in the past year. This basket has all the goodies to help keep their home fresh and clean!

- Organic all-purpose cleaner
- Beeswax food storage wraps
- All-natural dishwasher detergent
- Reusable produce bags
- Swedish cloths
- Silicone baking mats

Gift it in a compost bin or tote bag, and it will look like you've been planning it for months.



FOR THE HOST FAMILY

Even those who love to host know it's a lot of work and a full-family affair to pull off a good event. Thank the whole family with this cozy and relaxing basket.

- Cozy throw blanket
- Hot cocoa mix
- Gourmet trail mix
- Handwritten thank you note
- Jigsaw puzzle

For bonus points, pick up a treat for the family pet too!



FOR THE NEW PARENTS

Whether they just had their first baby or baby number three, all parents of a newborn will be more than appreciative of this dinner in a basket.

- Artisan spaghetti
- Jar of gourmet green olives
- Gourmet olive oil
- Sea salt flatbread crackers
- Jar of pesto sauce
- A handwritten copy of your favorite pasta recipe



If this isn't the first year the holidays have snuck up on you either, grab a few extra of each item while you're at it, so you'll have a head start next year. Just be sure you don't give the same basket to someone twice!

Meatless Meals for Any Day of the Week

No Meat, No Problem

How often would you say you eat meat?

In today's world, there's an emphasis on the importance of protein. For most, chicken, turkey or the occasional ground beef serves as the primary source of protein in a daily diet. But what if vegetables were the main source? Hear us out.

The deli counter isn't the only place to pick up some protein. Legumes (like lentils) and tofu (one of the most well-known alternatives) are both packed with protein. With so many other

options to choose from, cutting back on meat is hardly a challenge. Even when you're out to eat, you'll notice more restaurants adding plant-based protein dishes to their menus, and honestly, we're here for it!

Whether you're vegetarian or just trying out Meatless Monday, our entire week's worth of delectable meals has something for everyone. We've created six protein-packed recipes that give vegetables the chance to shine and that your whole family will love!



Portobello Mushroom Gyro

PREP TIME:
20 MINUTES

COOK TIME:
20 MINUTES

YIELD AMOUNT:
2 SERVINGS

Is Mediterranean food calling your name? If so, these portobello mushroom cap gyros will hit the spot!

INGREDIENTS

For the Mushrooms

- 2 large portobello mushroom caps, rinsed and julienned
- 1 medium red onion, julienned
- 4 tbsp. olive oil
- 1 tsp. cumin

- 1 tsp. turmeric
- 1 tsp. paprika
- ½ tsp. salt
- ½ tsp. pepper

For the Gyros

- 2 pitas
- 1 Roma tomato, diced

- ½ cucumber, diced
- ¼ head red cabbage, julienned
- ¼ c. Kalamata olives
- ¼ c. feta cheese

Tzatziki Sauce

- ¾ c. plain Greek yogurt

- ½ cucumber, thinly diced
- 2 tbsp. olive oil
- 1 tbsp. lemon juice
- 2 tsp. lemon zest
- 2 tsp. dill
- 2 cloves garlic, crushed

INSTRUCTIONS

For the Mushrooms

1. Preheat the oven to 425° F and line a large baking sheet with parchment paper.
2. Add the mushroom caps and julienned onion to the prepared sheet.
3. In a small bowl, whisk together the olive oil and spices.
4. Drizzle the mixture over the vegetables, stirring to evenly coat.
5. Roast for 20 minutes.

For the Gyros

1. Once the veggies are done, divide the cooked mushrooms and onions into each pita.
2. Top with tomato, cucumber, cabbage, olives and feta.

For the Tzatziki Sauce

1. Add all of the ingredients to a small bowl.
2. Mix to combine.
3. Drizzle the sauce over each pita.

Cauliflower Tikka Masala

PREP TIME: 40 MINUTES
COOK TIME: 20 MINUTES
YIELD AMOUNT: 6 SERVINGS

If Indian cuisine is your go-to for takeout, this dish is for you!

INGREDIENTS

For the Cauliflower

- 1 large head cauliflower
- 2 tbsp. olive oil
- 2 tbsp. garam masala seasoning
- 2 tsp. cumin
- 2 tsp. turmeric
- 1 tsp. chili powder
- 1 tsp. pepper
- 1 tsp. salt

For the Curry Sauce

- 2 tbsp. olive oil
- 1 white onion, diced
- 4 cloves garlic, minced

- 1 tbsp. ginger paste
- 2 14-oz. cans crushed tomatoes
- 2 tsp. garam masala
- 2 tsp. cumin
- 1 tsp. turmeric
- 1 tsp. red chili powder
- 1 tsp. pepper
- 1 tsp. salt
- ½ tsp. cayenne pepper
- 3 tbsp. tomato paste

To Serve

- 1 c. white basmati rice, cooked
- ¼ c. fresh parsley, minced

INSTRUCTIONS

For the Cauliflower

1. Preheat the oven to 400° F and line a large baking sheet with parchment paper.
2. Slice the head of the cauliflower into bite-sized florets. Set aside.
3. Combine the olive oil and spices in a bowl.
4. Add the cauliflower to the bowl and toss until well coated.
5. Evenly spread the cauliflower on the baking sheet.
6. Roast for 30 minutes.

For the Curry

1. Add the diced onion and olive oil to a large pan and sweat over medium heat for five minutes,

stirring occasionally to prevent burning.

2. Add the minced garlic and cook down for two minutes, then add the ginger paste, cans of crushed tomatoes and tomato paste.
3. Stir to combine, and reduce the heat to low.
4. Add the seasonings, then cover and simmer for 20 minutes.
5. Once the cauliflower is done, remove the lid on the curry sauce and add the roasted cauliflower.
6. Stir to combine, evenly coating the florets in the sauce.
7. Remove from heat, serve over white rice and finish with parsley.



Chickpea and Sweet Potato Buddha Bowl

This easy and filling bowl is perfect for lunch on the go.

INGREDIENTS

- 1 c. brown rice, cooked
- 1 c. sugar snap peas, cut in half
- ½ head of napa cabbage, julienned
- ¼ c. radishes, sliced
- 1 can chickpeas, drained and rinsed
- 2 tbsp. olive oil
- 1 tbsp. paprika
- 1 tsp. turmeric
- 1 tsp. garlic powder
- ½ tsp. salt
- ½ tsp. pepper
- 2 tbsp. white miso paste
- 1 white sweet potato, peeled and diced
- 1 tbsp. water
- 2 tsp. chili garlic paste
- 1 tsp. soy sauce
- 1 tsp. honey
- 1 tbsp. sesame seeds

INSTRUCTIONS

1. Preheat the oven to 425° F and line a large baking sheet with parchment paper.
2. In a small bowl, season rinsed chickpeas with olive oil, paprika, turmeric, garlic powder, salt and pepper.
3. Add chickpeas to the prepared baking sheet.
4. In a medium bowl, mix together the miso paste, water, chili garlic paste, soy sauce and honey.
5. Add the diced sweet potatoes to the mixture.
6. Toss to evenly coat all of the pieces.
7. Add the seasoned sweet potatoes to the baking sheet.
8. Bake for 30 minutes.
9. Assemble your bowls by adding the rice at the bottom, then the snap peas, radishes and cabbage on the side.
10. Allow sweet potatoes and chickpeas to cool for 10 minutes before adding to the bowls.
11. Garnish with the sesame seeds and enjoy!

PREP TIME:
20 MINUTES

COOK TIME:
30 MINUTES

YIELD AMOUNT:
4 SERVINGS

Air-Fried Eggplant Stir Fry

This easy recipe is the perfect addition to any dinner rotation!

INGREDIENTS

- 2 medium Chinese eggplants
- 1 tsp. lemongrass paste
- 1 tbsp. olive oil
- 2 cloves garlic, minced
- 1 tbsp. sesame oil
- 2 tsp. red pepper flakes
- 1 tbsp. tamari
- 2 tbsp. scallions
- 1 tbsp. honey
- 1 tsp. sesame seeds
- 1 tbsp. ginger paste
- 1 c. brown or jasmine rice, cooked
- 2 tsp. miso paste

INSTRUCTIONS

1. Chop the eggplant into 1½" cubes and set in a paper towel lined bowl for 20 minutes to absorb any excess moisture.
2. In a large bowl, combine the olive oil, sesame oil, tamari, honey, ginger paste, miso paste, lemongrass paste, minced garlic and red pepper flakes. Let sit.
3. Once the extra moisture is absorbed from the eggplant, add eggplant to the bowl and stir to evenly coat all the pieces.
4. Place the seasoned eggplant in the air fryer, one half at a time, at 400° F for 20 minutes.
5. Make sure you shake halfway to prevent burning.
6. After the eggplant has cooked, repeat with the rest.
7. Serve with rice, scallions and sesame seeds.



PREP TIME: 10 MINUTES
COOK TIME: 20 MINUTES
YIELD AMOUNT: 4 SERVINGS

Butternut Squash Mac 'n' Cheese

Forget the box mac 'n' cheese! This recipe is the perfect way to sneak veggies into your kids' dinners.

INGREDIENTS

- 1 lb. butternut squash, peeled and diced
- 1 ½ c. vegetable broth
- 3 tbsp. nutritional yeast
- 1 tsp. garlic powder
- 1 tsp. paprika
- 12 oz. elbow pasta
- 1 tbsp. unsalted butter
- 1 tbsp. Dijon mustard
- 1 tsp. pepper
- ½ tsp. salt
- 1 c. shredded cheddar cheese
- ½ c. shredded Parmesan
- ½ c. breadcrumbs
- ¼ c. fresh parsley, chopped

INSTRUCTIONS

1. Preheat the oven to 400° F.
2. Add the vegetable broth to a large pot and bring it to a boil, then add the diced butternut squash.
3. Boil for 5-7 minutes, then reserve ¼ c. of the broth before draining.
4. Add the butternut squash and reserved broth to a blender with the nutritional yeast, garlic powder and paprika.
5. Blend for 2-3 minutes until smooth.
6. Cook the pasta according to the box instructions.
7. Reserve ¼ c. pasta water before draining.
8. Once the pasta is cooked, add the pasta water and pureed butternut squash to a bowl.
9. Stir to combine, then add the butter, Dijon mustard, pepper, salt, cheddar and Parmesan cheeses.
10. Stir to combine, then pour into a 9" by 9" baking dish.
11. Sprinkle the breadcrumbs on top and broil on high for 5 minutes.
12. Once done, top with fresh parsley and serve!

PREP TIME: 20 MINUTES
COOK TIME: 40 MINUTES
YIELD AMOUNT: 8 SERVINGS



Black Bean Veggie Burger

If you're craving a burger, this veggie burger will leave you more than satisfied!

INGREDIENTS

- 2 15-oz. cans black beans, drained and rinsed
- 1 tbsp. olive oil
- 1 red bell pepper, diced
- ½ yellow onion, diced
- 2 cloves garlic, minced
- 2 tsp. ground cumin
- 1 tsp. chili powder
- 1 tsp. smoked paprika
- 1 tsp. garlic powder
- ½ tsp. salt
- 1 tbsp. harissa sauce
- 1 large egg, room temperature
- ½ c. feta cheese, crumbled
- ½ c. breadcrumbs

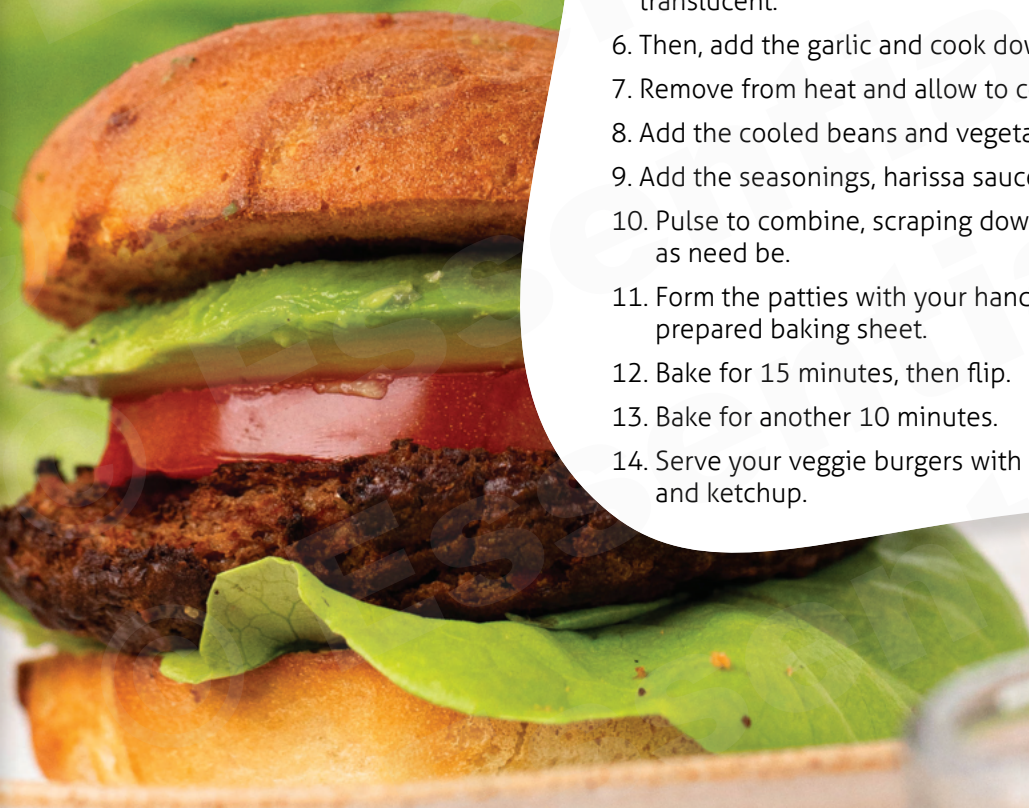
INSTRUCTIONS

1. Preheat the oven to 400° F and line two large baking sheets with parchment paper.
2. Add the rinsed beans to one sheet and evenly spread out.
3. Bake the beans for 20 minutes to dry them out, then allow to cool for 10 minutes.
4. In a medium-sized pan, add the olive oil, red bell pepper and onion.
5. Sweat the bell pepper and onion for five minutes until the onion is translucent.
6. Then, add the garlic and cook down for 2-3 minutes.
7. Remove from heat and allow to cool.
8. Add the cooled beans and vegetables to a food processor or blender.
9. Add the seasonings, harissa sauce, egg, feta cheese and breadcrumbs.
10. Pulse to combine, scraping down the edges with a spatula as need be.
11. Form the patties with your hands and place them on the other prepared baking sheet.
12. Bake for 15 minutes, then flip.
13. Bake for another 10 minutes.
14. Serve your veggie burgers with buns, tomatoes, lettuce, avocado and ketchup.

PREP TIME:
25 MINUTES

COOK TIME:
25 MINUTES

YIELD AMOUNT:
6-8 SERVINGS



VISUAL GUIDE TO KITCHEN COUNTERTOPS

GRANITE

BEST FOR HANDLING THE HEAT

DURABLE, MODERN
AND INVITING

Scratch resistance:
Excellent

Heat resistance:
Excellent

MARBLE

BEST FOR A CLASSIC LOOK

TIMELESS, STUNNING
AND NO TWO ARE
THE SAME

Scratch resistance:
Good

Heat resistance:
Good

SOAPSTONE

BEST FOR AN ANTIQUE LOOK

NON-POROUS, DARK AND RUSTIC

Scratch resistance:

Fair

Heat resistance:

Excellent

PORCELAIN TILE

BEST FOR BUSY HOUSEHOLDS

VERSATILE AND LONG LASTING

Scratch resistance:

Good

Heat resistance:

Excellent

SOLID SURFACE

BEST FOR LOW-MAINTENANCE HOUSEHOLDS

SEAMLESSLY INTEGRATES INTO ANY SPACE

Scratch resistance:

Poor

Heat resistance:

Poor

LAMINATE

BEST FOR THE BUDGET

LOW MAINTENANCE AND AVAILABLE IN MANY STYLES

Scratch resistance:

Poor

Heat resistance:

Poor

A TIMELINE TO COUNTERTOPS OVER THE YEARS

1920s

GRANITE WAS A POPULAR CHOICE IN LUXURY HOMES DATING BACK TO THE 1920s



1960s

BRIGHT AND BOLD FORMICA COUNTERTOPS WERE SUPREME IN THE '60s



1990s

BLACK CORIAN COUNTERTOPS REIGNED THE AS CRAZE OF THE '90s THROUGH TO THE EARLY 2000s.



2020s

SO FAR THE 2020s HAVE SEEN HIGH DEMAND FOR GRANITE AND MARBLE COUNTERTOPS



1930-1950s

TILE COUNTERTOPS HAD A LONG RUN AT #1 IN POPULARITY FROM THE '30s-'50s



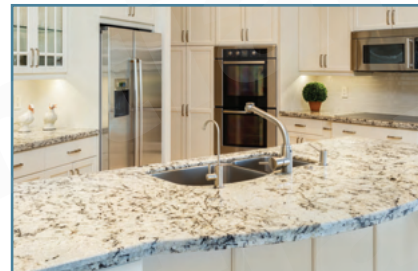
1980s

THANKS TO ITS AFFORDABILITY AND EASY INSTALLATION, TILE MADE A COMEBACK IN THE '80s



2000s

QUARTZ BECAME POPULAR IN THE MID 2000s AND HAS PROVEN IT'S HERE TO STAY



PRIORITIZE YOUR BRAIN!

THE BEST TIME TO START A HEALTHY LIFESTYLE IS TODAY



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



Jodee Harris

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Ready for a change? I can help!

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



Jodee Harris

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