

Compliments of Jodee Harris

essential living

409

Create a Home
You Love



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As the crisp air and changing leaves usher in a new season, it's the perfect time to embrace the abundant joys fall has to offer.

Gather your friends and family for an unforgettable fall extravaganza. We've curated a treasure trove of ideas, from delectable autumn-inspired treats to fun and creative activities for all, guaranteeing a roaring good time.

Amidst the excitement, remember to slow down. Our tips on slow living help you find joy in simple pleasures.

For adventure-seekers, try fishing on the Niagara River. Our guide unlocks the secrets of this world-renowned fishing destination — experience the thrill of reeling in a trophy catch.

And if fishing's not your thing, enjoy a sumptuous fish dinner! From salmon florentine to fish tacos, satisfy your cravings.

This season, relish the flavors, reconnect with loved ones and create lasting memories.

— From the Publisher



**What home décor style
inspires you?**

Scan the QR code to cast your vote!



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DAY TRIP PLANNING CHECKLIST

- Schedule: Plan itinerary
- Packing: Essentials
- Maps: Download or bring
- Tickets: Purchase in advance
- Safety: Know guidelines, emergency info

Check off each item for a smooth day trip!

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5 FANTASTIC FISH RECIPES

Get ready to enjoy some tasty fish dinners with these easy recipes that whip up fantastic seafood suppers in a snap. Forget the old days of saving fish for fancy restaurant outings — these recipes prove you can cook up top-notch meals right in your own kitchen, even on busy weeknights. From Florence-inspired salmon to mouthwatering tacos, these recipes are sure to be a catch for everyone in the family.

SWEET CHILI PINEAPPLE SALMON

This salmon recipe brings maximum flavor with minimal effort.

INGREDIENTS

- 2 6-oz. salmon fillets, boneless
- 1 8-oz. can pineapple slices, drained
- 1 8-oz. can crushed pineapple
- 2 tbsp. water
- ⅓ c. honey
- ⅓ c. rice wine vinegar
- 1 tbsp. red chili flakes
- ½ tbsp. minced garlic
- Salt and pepper, to taste

INSTRUCTIONS

1. Preheat the oven to 375° F. Line a baking sheet with foil and spray with nonstick cooking spray.
2. Arrange pineapple slices in a single layer on baking sheet and lay salmon on top. Fold edges of the foil up.
3. Season salmon with salt and pepper to taste and set aside.
4. In a large bowl, mix the crushed pineapple, water, honey, rice wine vinegar and red chili flakes together until well combined. Pour sauce over salmon fillets. Save any extra sauce to serve on the side.
5. Bake for 12-15 minutes, depending on desired doneness.



Prep Time: 10 minutes
Cook Time: 15 minutes
Yield: 2 servings

TILAPIA TACOS WITH LIME CABBAGE SLAW

These zesty fish tacos will bring a taste of coastal delight to your plate.

INGREDIENTS

For the Tacos

- 3 tbsp. extra-virgin olive oil
- Juice of 1 lime
- 2 tsp. chili powder
- 1 tsp. paprika
- ½ tsp. cayenne pepper
- ½ tsp. ground cumin
- 1 ½ lb. tilapia (or other flaky white fish), boneless
- 2 tsp. vegetable oil
- Salt and pepper, to taste
- 8 corn or flour tortillas, toasted

For the Lime Cabbage Slaw

- ½ red cabbage, shredded

- ¼ tsp. salt, more to taste
- ¼ c. red onion, thinly sliced
- ¼ c. cilantro, finely chopped
- ½ jalapeño, finely chopped, more to taste
- 2 tbsp. fresh lime juice
- 1 tbsp. olive oil

For the Sriracha Mayo

- ½ c. mayonnaise
- ½ c. sour cream
- 2 tbsp. sriracha sauce
- 3 tbsp. fresh lime juice
- 1 garlic clove, minced
- Pinch of salt

INSTRUCTIONS

For the Tacos

1. In a medium bowl, whisk olive oil, lime juice, paprika, chili powder, cayenne and cumin.
2. Add tilapia and toss until coated. Let marinate for 15 minutes.
3. Meanwhile, in a large skillet heat vegetable oil over medium-high heat.
4. Remove tilapia from marinade; season both sides of fish with salt and black pepper.
5. Arrange fish in skillet skin-side up. Cook, turning once, until opaque and cooked through, three to five minutes per side.
6. Let rest five minutes before flaking with a fork.

For the Lime Cabbage Slaw

1. Place the shredded cabbage in a medium bowl and toss with salt. Add the onions, cilantro, jalapeño, lime juice and olive oil; toss well. Add more jalapeño, lime or onion to taste.

For the Sriracha Mayo

1. Whisk together all ingredients in a small bowl until well combined.
2. Allow to rest in refrigerator for at least one hour before serving.

Prep Time: 25 minutes
Cook Time: 10 minutes
Yield: 8 servings



BAKED COD WITH TOMATO, BASIL AND THYME SAUCE

This delectable dish is bursting with flavor in every bite!

Prep Time: 25 minutes

Cook Time: 10 minutes

Yield: 8 servings

INGREDIENTS

For the Tomato Sauce

- 3 tbsp. olive oil
- 1 tbsp. white wine vinegar
- 1 shallot, chopped
- 4 garlic cloves, minced
- 2 c. cherry or grape tomatoes
- ¼ c. fresh basil leaves, finely chopped
- 2 tbsp. fresh lemon juice
- ½ tsp. fresh lemon zest
- 1 shallot, sliced
- ¼ tsp. kosher salt
- ¼ tsp. pepper

For the Baked Cod

- 5 6-oz. cod fillets, boneless
- 2 tbsp. olive oil
- ¼ tsp. crushed red pepper flakes, plus more to taste
- Salt and pepper to taste
- 1 lemon, sliced
- 6-8 fresh thyme sprigs

INSTRUCTIONS

For the Tomato Sauce

1. Place a rack in the center of the oven and preheat the oven to 425° F. Pour three tablespoons of olive oil and vinegar into a 9x13" baking dish. Add the shallots, garlic, tomatoes, salt, pepper and lemon slices. Toss gently and bake for 10 minutes.
2. Set dish aside and lower heat to 400° F.
3. Stir in the white wine, then allow the mixture to come to a gentle simmer. Stir in the basil, lemon juice, lemon zest, salt and pepper and cook for two minutes. Remove from heat and set aside.

For the Baked Cod

1. Pat cod filets dry with a paper towel. Arrange the cod in the prepared baking dish. Brush with olive oil and sprinkle with salt, pepper and red pepper flakes. Bake for 8–10 minutes.
2. Jostle the pan and sprinkle with lemon zest, basil and thyme. Bake 3–4 minutes, until fish flakes easily with a fork.
3. Serve immediately and enjoy!

SALMON FLORENTINE

Tender, juicy and flaky salmon is perfectly paired with a creamy spinach sauce that will level up any weeknight dinner.

INGREDIENTS

- 2 tsp. olive oil
- 4 6-oz. salmon fillets (skin on)
- 1 tsp. salt
- 1 tsp. pepper
- 3 tbsp. butter
- 2 cloves garlic, minced
- $\frac{3}{4}$ c. heavy whipping cream
- $\frac{1}{4}$ c. dry white wine
- $\frac{1}{2}$ c. grated Parmesan cheese
- 4 c. spinach
- 6 oz. baby portobella mushrooms, sliced

INSTRUCTIONS

1. Preheat the oven to 425° F. Line a rimmed baking sheet with parchment paper.
2. Drizzle olive oil over prepared baking sheet and add the salmon, skin-side down. Sprinkle the fillets with salt and black pepper.
3. Bake the salmon until fully cooked, about 12–15 minutes depending on thickness. Remove from oven once cooked and set aside.
4. Meanwhile, heat a large skillet over medium heat. Add butter and garlic, and cook until fragrant, about three minutes; stir constantly.
5. Add the mushrooms and cook until they begin to soften; stir frequently.
6. Add the heavy whipping cream, dry white wine and Parmesan to skillet and simmer for three minutes; stir occasionally.
7. Add spinach and cover, allowing spinach to wilt, about 3–5 minutes.
8. Add the cooked salmon to the skillet, spoon the spinach cream sauce over each fillet and serve.

Prep Time: 5 minutes
Cook Time: 25 minutes
Yield: 4 servings

CRISPY FISH PATTIES

These fish patties are crispy on the outside, tender on the inside and seasoned to perfection.

Prep Time: 25 minutes

Cook Time: 10 minutes

Yield: 8 servings



INSTRUCTIONS

For the Potatoes

1. Preheat oven to 425° F and bake potatoes for 45–60 minutes or until they can be easily pierced with a knife.
2. Cut in half and scoop flesh out into a large bowl.
3. Lower oven temperature to 375° F.

For the Fish

1. While the potatoes are baking, sprinkle both sides of fish with salt and pepper.
2. Melt butter in a large nonstick skillet over medium-high heat. Add half the fish and cook, turning, for four minutes in total. Cook until it flakes easily and is opaque.
3. Transfer cooked fish to a cooling rack and repeat with remaining fish.

For the Patties

1. Once all the fish is cooked, add garlic, chili, thyme and green onion to the leftover butter in the same skillet. Cook for one minute until garlic is fragrant, then pour over the potatoes.
2. Add parsley and salt to the potatoes, then roughly mash the potatoes with a wooden spoon. Be careful not to over mash; the potatoes should have a lumpy texture.
3. Add fish then gently stir together, breaking it up slightly to evenly mix in. Be careful not to mash the fish.
4. Prepare a baking sheet with parchment paper.
5. Scoop out $\frac{1}{4}$ cup of the mixture and pack it firmly into a $\frac{2}{3}$ "-thick patty. Place on baking sheet and repeat until all mixture is used.
6. Prepare the dipping station with three bowls, one with the flour, one with the eggs and one with the breadcrumbs.
7. Take each patty, coat it in flour (shaking off the excess), dip it in the egg (letting the excess drip off) and then cover it in breadcrumbs, pressing to adhere.
8. Heat oil in skillet over medium-high heat. Cook fish patties in batches for one and a half minutes on each side, or until golden, then transfer back to baking sheet.
9. Place in the oven and bake for 10 minutes.
10. Garnish with dill, serve hot and enjoy!

INGREDIENTS

For the Fish

- 1 lb. haddock boneless fillet (or other white fish)
- 4 tbsp. butter
- $\frac{1}{2}$ tsp. salt
- $\frac{1}{4}$ tsp. pepper
- 1 tbsp. fresh thyme leaves, chopped
- 1 tbsp. fresh parsley, chopped
- $\frac{1}{2}$ tsp. salt
- Dill, to garnish

For the Potatoes

- 4 large potatoes
- 2 garlic cloves, finely minced
- $\frac{1}{2}$ c. green onion, chopped

For the Patties

- 1 c. all-purpose flour
- 2 eggs, lightly whisked
- $1\frac{1}{2}$ c. panko breadcrumbs
- Vegetable oil, for frying



YOUR GUIDE TO AN

Epic Fall Extravaganza

Throw a fall-inspired extravaganza that brings together friends, family and all the best parts of autumn. Dive into the vibrant season with lively games, tantalizing treats and an array of elements destined to carve out lasting memories at your fall extravaganza.

Amp up the Atmosphere

- Spice up the place with fall-themed décor – think pumpkins, gourds and leaves. Throw in some fairy lights for an ambient glow and scatter comfy blankets and pillows around.
- Craft a playlist that epitomizes fall – acoustic melodies, folk tunes and classic autumn jams.
- Cheers to the season with hot cider or a pumpkin spice latte.

Rustle Up the Fun

A little friendly competition is sure to get your party started! Encourage everyone to join in the fun by awarding prizes for the winning teams.



Pumpkin Patch Plunder

Sharpen your pumpkin-snatching skills and get ready to put a twist on the classic game, capture the flag. In this fall-flavored adaptation, it's not flags you're after, but the prized pumpkins hidden in the opposing team's territory. Strategize your moves, navigate through the crisp autumn air and swiftly pick a pumpkin to bring back to your patch.



Scarecrow Showdown

Challenge guests to create the most outlandish scarecrows using materials like old clothes, hay bales and burlap; then watch as quirky scarecrows come to life. Encourage everyone to vote for their favorites and award prizes for the quirkiest, funniest and most creative scarecrows.

Creative Cornucopia

Everyone loves a party favor to take home, especially if they made it! These fall-inspired crafts will keep your guests entertained and make the perfect décor to spruce up their home. ■ ■ ■ ■ ■

Pumpkin Picasso Party

Provide a variety of pumpkins, paints, markers and craft supplies for guests to unleash their artistic flair, whether it's traditional jack-o'-lanterns or abstract pumpkin masterpieces.



Wreaths to Welcome the Season

Autumn foliage isn't just for admiring, it's for crafting! Set up a station with wreath forms, ribbons and colorful leaves, and let your guests weave the essence of the season into rustic works of art.

Savor Autumn's Bounty

What's a party without food? Don't fret about getting stuck in the kitchen and missing out on the fun – the food at this extravaganza is all DIY!



DIY Dipped Apples

Set up a station brimming with toppings like chocolate drizzle, chocolate chips and mixed nuts, then let your guests unleash their inner Willy Wonka, crafting delicious masterpieces to enjoy.

Gourmet S'mores Bar

Forget boring marshmallows! Elevate the campfire treat with a gourmet s'mores station. Swap graham crackers for cookies and offer unexpected delights like flavored marshmallows, crushed candy, caramel sauce, peanut butter and fresh fruit.





Soup Tasting Flight

Warm up your guests with a fall-inspired soup journey. From creamy butternut squash to hearty chili and classic chicken noodle, this tasting flight will tantalize taste buds and soothe souls. Set out small cups, slice up some bread and let your guests taste the flavors of fall.

Build-Your-Own Harvest Bowls

Create autumn in a bowl with roasted vegetables like Brussels sprouts and butternut squash, spiced lentils and quinoa and vibrant cranberry chutney. Don't forget the maple mustard dressing and the pumpkin seeds for a crunchy finish.

So, gather your friends and family, embrace all the pumpkin spice and let your fall extravaganza begin!





the art of SLOW LIVING

Life can often feel like a constant sprint from A to B, chasing deadlines, juggling commitments and barely catching our breath in between. But here's the thing: life isn't a race to the finish line, and what good is reaching the end if you haven't savored the journey?

That's where slow living comes in. It's not about crawling like a snail; it's about reclaiming your pace, stepping off the hyper-speed treadmill and rediscovering the richness of every moment. It's about saying "no" to the relentless hustle and "yes" to the simple pleasures, the meaningful connections and the joy of being present.



The Pillars of Slow Living

Mindfulness

It all starts with being present. Ditch the autopilot, silence the phone's incessant chirping and take a deep breath. Whether it's a morning meditation, a walk in the park or simply focusing on the taste of your coffee, train your mind to be fully engaged in the here and now. You'll be amazed at how much richer and more vibrant your surroundings become.

Self-Care

Your life shouldn't feel like a never-ending to-do list. It's essential to give yourself the TLC you deserve. Prioritize sleep, nourish your body with good food and carve out time for activities that bring you joy. Whether it's dancing in your kitchen, reading a good book or finally getting into that hobby you always dreamed about, your well-being is a nonnegotiable.





Connection

Make quality time with loved ones a priority. Ditch texting for a phone call, the virtual communities for local get-togethers. Savor the warmth of a shared laugh, the depth of a heartfelt conversation and the joy of building genuine relationships that go beyond the pixels of a screen.

Balance

Slow living helps to eliminate the things in your life that add stress and not joy. Set realistic goals, learn to say “no” with grace and ensure all the important areas of your life get their turn in the spotlight. Work, relationships, passions and personal growth — it’s all about finding the sweet spot where everything thrives without one taking over the show.



Navigating the Roadblocks

While the benefits of slow living are profound, there are often a few bumps in the road going from a fast-paced lifestyle to a slower one.

Of course, embracing the slow lane isn't always smooth sailing. Here's how to tackle the common bumps in the road:

The Hustle Trap

We're bombarded with messages telling us that busyness equals success. But remember, a hummingbird buzzing from flower to flower isn't necessarily happier than a butterfly taking a leisurely flutter. Set your own pace, define success on your own terms and embrace the slow burn of a meaningful life.

Tech Overload

Notifications, emails, social media — they're like tiny digital gremlins stealing your focus. Schedule tech-free zones, put your phone away at mealtimes and reclaim your attention span. Remember, the real world is waiting outside your screen.

Patience, Grasshopper

Rome wasn't built in a day and neither is a mindful life. Celebrate the small wins, like finishing a meditation session or carving out an hour for yourself. Every step, however tiny, is a step closer to slow living bliss.

JOMO Is In, FOMO Is Out

Fear of missing out? More like the joy of missing out! Stop comparing your life to a highlights reel. Choose quality over quantity, experience the present and savor the moments you choose to have, instead of fearing the ones you miss.

Remember, slow living isn't a destination, it's a journey. Close your eyes, take a deep breath and get ready to live life in the slow lane.

DESIGN YOUR

Signature

HOME DECOR STYLE



Your home is a canvas for your personality, a reflection of your inner world splashed onto walls, furniture and fabrics. But with countless design styles and endless inspiration, finding your own unique aesthetic can feel overwhelming. Fear not, fellow design enthusiast! This guide is your compass, leading you through a self-discovery journey to unlock your true home décor style.





GET INSPIRED

Flip through design magazines, scroll through Pinterest boards and visit inspiring open houses. Notice what pulls you in, what makes you linger. Do cozy vintage cottages make your heart skip a beat, or do sleek, minimalist lofts spark joy?



FIND YOUR COLORS

Think about what colors make you happy. Do you crave the warmth of earthy tones like burnt orange and ochre, or the cool serenity of blues and greens?

- **Mid-Century Modern:** Think bold pops of mustard yellow, teal and olive green, punctuated by natural wood tones and dashes of black.
- **Scandinavian Minimalism:** Crisp whites, calming grays and soft greens create a sense of airiness and light.
- **Cottagecore:** Soft pastels like lavender and dusty rose, paired with neutrals like cream and white, provide a whimsical and romantic atmosphere.



BRING IN TEXTURES

Now, let's talk textures! Do you love the smoothness of polished marble or the urban charm of exposed brick? The cozy embrace of velvet, or the rustic warmth of wood? Texture adds depth and dimension, transforming a space from flat to captivating.

- **Industrial:** Raw and rugged textures, such as exposed brick, metal and reclaimed wood help create an urban and edgy aesthetic.
- **French Countryside:** Rough-hewn beams, natural linen curtains and vintage floral prints create a rustic yet refined atmosphere.
- **Modern Glam:** Velvet upholstery, metallic accents and sleek glass surfaces ooze sophistication.



ACCESSORIZE

Some prefer a minimalist approach, letting the space breathe, while others find joy in the curated chaos of well-chosen accessories. Are you drawn to the clean lines of a single statement piece or do you delight in the symphony of smaller treasures?

- **Eclectic Maximalism:** More is more! Layered rugs, mismatched patterns and a collection of unique finds create a vibrant and personal space.
- **Japandi:** Merging Japanese minimalism with Scandinavian hygge, this style incorporates natural textures, clean lines and a few well-chosen statement pieces.
- **Bohemian Chic:** Colorful throw pillows, macrame wall hangings and wicker accents make a cozy and inviting atmosphere.



Remember, your home décor style isn't confined to a single box. Don't be afraid to mix and match elements from different styles! A rustic farmhouse table can coexist with the softness of Scandinavian minimalism and a touch of industrial chic can add edge to mid-century modern. Experiment, have fun and let your personality shine through!

European Escapes

(NO PASSPORT REQUIRED)

While jetting off to Europe might be a dream, the United States is home to a surprising number of towns that offer faraway flair without any need for a passport. So, get ready for a whirlwind tour of Europe without the jet lag.



SOLVANG

California

■ STEP INTO A FAIRY TALE BROUGHT TO LIFE AS YOU ENTER SOLVANG, NESTLED IN CALIFORNIA'S SANTA YNEZ VALLEY.

Founded by Danish-American educators in the early 1900s, this town offers visitors an authentic Danish experience. Plan your visit during Solvang Danish Days, an annual cultural festival running for nearly 90 years.

Indulge in traditional Danish food like freshly baked **aebleskiver** (Danish pancake balls) or savory **medisterpølse** (sausage), before exploring the picturesque town complete with windmills, statues of Hans Christian Andersen and the Little Mermaid and ornamental storks perched on roofs – symbols of good luck in Denmark and Solvang!



LINDSBORG

Kansas

■ WHEN YOU ARRIVE IN LINDSBORG, KANSAS, YOU WILL QUICKLY FIND YOURSELF SAYING “I’VE A FEELING WE’RE NOT IN KANSAS ANYMORE.” ALSO KNOWN AS “LITTLE SWEDEN,” THE TOWN WAS FOUNDED BY SWEDISH IMMIGRANTS IN THE LATE 1860S AND HAS REMAINED TRUE TO ITS ROOTS EVER SINCE.

As you explore Lindsborg, prepare to be charmed by a unique herd of whimsical **Dala horses**! These proud symbols of Sweden, each creatively decorated by local artists, roam freely throughout the city. Spot their vibrant colors and playful designs as they peek out from gardens, stand guard at cafes or gallop across public squares.

While the town celebrates its heritage throughout the year with events such as the **Midsummer’s Festival** and **Millfest**, visitors can get a taste of the Swedish culture no matter when they visit. Numerous eateries serve up traditional dishes and pastries including scrumptious homemade **Swedish cinnamon rolls**. Before you leave, stop into **Hemslöjd Gift Shop** to pick up your very own, handcrafted Dala horse.



HOLLAND

Michigan

■ NESTLED ON THE SHORE OF LAKE MACATAWA NOT FAR FROM LAKE MICHIGAN, THIS LIVELY CITY OF 34,000 BOASTS AN UNMISTAKABLE EUROPEAN FLAIR. FOUNDED IN THE 1840S, HOLLAND'S RICH DUTCH HERITAGE CONTINUES TO INFUSE ITS STREETS WITH PICTURESQUE ARCHITECTURE AND CHARMING TRADITIONS.

Experience Dutch heritage at the De Klomp Delft Factory, where you can witness the art of Delftware-making firsthand. Watch skilled artisans mold, hand-paint and glaze the only authentic blue and white Delftware crafted in the United States. Holland is also home to the only authentic operating Dutch windmill in the U.S., De Zwaan, which sits on 36 acres of exhibits, flower gardens and natural areas.

However, what the town may be best known for is its **Tulip Time Festival**. This week-long event started more than 90 years ago and attracts thousands of visitors from around the world. During the festival, spectators are treated to a mesmerizing display of **65,000 vivid tulips** as they walk through the immersion garden. The festival is also full of entertainment including **traditional Dutch dancing**.



LEAVENWORTH

Washington

CHRISTMAS YEAR-ROUND? YES, PLEASE! LEAVENWORTH, WASHINGTON, TRANSFORMED ITSELF INTO A BAVARIAN VILLAGE IN THE 1960S, AND THE FESTIVE SPIRIT REMAINS YEAR-ROUND.

Timber-framed buildings, decorated with twinkling lights and nutcrackers, line the streets, while Christmas music fills the air. Enjoy a mug of hot gluhwein at the **Christkindlmarkt**, a traditional German Christmas market, or take a sleigh ride through the snow-covered town during the winter months.



MELTS

THAT WILL MELT YOUR HEART

Prep Time: 10 minutes
Cook Time: 10 minutes
Yield: 6 servings



Melts unlock a world of culinary creativity with endless ingredient combinations, allowing you to customize to your heart's content. From classic comfort food to adventurous flavor explosions, there's a melt for every mood and palate. Get ready to tantalize taste buds and melt hearts (and sandwiches) with these delectable recipes.

MINI CUBANO MELTS

Sandwiches have never been more delicious than this tasty Cubano melt!

Ingredients

For the Pork

- $\frac{1}{2}$ – $\frac{3}{4}$ lb. pork tenderloin
- 2 tsp. black pepper
- $1\frac{1}{2}$ tsp. salt
- 2 tbsp. orange juice
- 2 tsp. orange zest
- 1 tsp. cumin
- 1 tsp. paprika
- 1 tsp. lime juice
- 2 cloves garlic, grated
- 1 tbsp. olive oil

For the Cubano

- 1 package of ciabatta bread (6 pieces)
- $\frac{1}{2}$ c. butter
- $\frac{1}{4}$ c. Dijon mustard, plus more for serving
- $\frac{1}{2}$ lb. thinly sliced deli ham
- 5 oz. Swiss cheese, sliced
- 12 dill pickle slices

Instructions

For the Pork

1. Pat the pork dry with paper towels before seasoning with salt and pepper.
2. Add the remaining ingredients, except for the olive oil, to a ziplock bag, then place the pork inside. Massage the pork in the bag.
3. Allow to marinate in the refrigerator for one hour, then remove from the refrigerator and allow to sit at room temperature.
4. Add the olive oil to a cast-iron skillet and heat over medium-high heat. Once hot, place the pork in the skillet.
5. Cook for five minutes on each side, rotating with tongs until each side is cooked and the internal temperature has reached 145° F. Allow to rest for 15 minutes before slicing.

Instructions for the Cubano

1. Grease a panini press, then brush the melted butter over the outside of each piece of ciabatta bread. Brush the Dijon mustard over the inside of each piece of bread.
2. Then, layer with the sliced pork, deli ham, Swiss cheese and pickles.
3. Place one melt at a time on the panini press and press down. This will flatten the melt and give it those signature marks, all while melting the cheese.
4. Once it's toasted on the outside and the cheese is melted, transfer to a plate and continue until each melt has been toasted.



WAFFLE CAPRESE MELT

Prep Time: 15 minutes | Cook Time: 20 minutes | Yield: 4 servings

Switch up your classic melt with this waffle recipe featuring tomatoes, mozzarella and chicken!

Ingredients

For the Waffles

- 1 ½ c. all-purpose flour
- 2 tbsp. baking powder
- ¾ tsp. salt
- ¾ c. almond milk
- 2 eggs
- 4 tbsp. unsalted butter, melted
- 2 tbsp. cane sugar
- 1 tsp. vanilla extract

For the Melt

- ¼ c. mayonnaise
- 2 tbsp. sriracha
- 4 chicken breasts, cooked and sliced
- 2 8-oz. balls of fresh mozzarella cheese, sliced
- 2 Roma tomatoes, sliced
- 1 avocado, pitted and sliced
- 1 c. arugula

Instructions

For the Waffles

1. Combine the flour, baking powder and salt in a small bowl. Whisk together, then set to the side.
2. In a large bowl, combine the milk, eggs, butter, sugar and vanilla extract. Mix to combine then add in the dry ingredients and whisk until thoroughly incorporated.
3. Grease a waffle iron and pour a ladle of the waffle batter into the prepared iron. Press down for one to two minutes.
4. Once the waffle is cooked and fluffy, release and transfer the cooked waffle to a plate.

5. Repeat with the rest of the batter.

For the Melt

1. Combine the mayonnaise and sriracha in a small bowl. Spread two teaspoons over each waffle.
2. Add the sliced chicken breasts, tomato and mozzarella cheese to one waffle. Place in the air fryer at 375° F for five minutes until the cheese is melted.
3. Layer avocado and arugula before topping with the other waffle. Repeat with the remaining ingredients and enjoy!



Prep Time: 25 minutes
Cook Time: 10 hours + 15 minutes
Yield: 15 servings

BEEF SLIDER MELTS

This melt recipe is the perfect dish to feed a crowd! It's so easy to make and is sure to impress your guests.

Ingredients

For the Beef

- 2 tbsp. butter
- 2.5 lb. chuck roast
- 2 tsp. salt
- 2 tsp. pepper
- 3 bay leaves
- 4 sprigs of thyme
- 1 yellow onion, julienned
- 2 garlic cloves, grated

- 1 tbsp. Worcestershire sauce
- 2 c. beef broth

For the Melt

- 1 package of 15 Hawaiian rolls
- 6 slices of sharp cheddar cheese
- ½ c. butter
- 3 cloves garlic, grated
- ¼ c. minced parsley

Instructions

For the Beef

1. Allow the chuck roast to come to room temperature, then pat dry with paper towels.
2. Add the butter to a large skillet and sear each side of the chuck roast over medium-high heat. Sear for one to two minutes on each side until brown.
3. Then, remove from heat and transfer to a slow cooker.
4. Season with salt, pepper, bay leaves and thyme.
5. Add the onion, garlic, Worcestershire sauce and beef broth.
6. Cook on low for 10-12 hours.

For the Melt

1. Preheat the oven to 350° F and grease a large baking dish.

2. Carefully cut the Hawaiian rolls lengthwise and put the bottom in the baking dish.
3. Layer the cheese to cover the Hawaiian rolls.
4. Carefully transfer the cooked onions from the slow cooker to the baking dish and place on top of the cheese.
5. Remove the bay leaves and thyme from the slow cooker and use two forks to shred the beef. Then, place the shredded beef on top of the onion.
6. Place the top of the Hawaiian rolls over the meat.
7. Melt ¼ cup butter and combine it with the grated garlic. Brush over the top of the Hawaiian rolls and bake for 15 minutes.
8. Remove from the oven, then take the remaining butter and melt it. Combine it with the parsley and brush over the melts before serving.

FISHING

Niagara Falls

A NEW TAKE ON A CLASSIC TOURIST SPOT

Fishing probably isn't the first activity you think of when considering a trip to Niagara Falls. The waterfall is, after all, the area's main attraction. However, the Niagara River is a vastly underrated fishery, offering fantastic fishing throughout the year. Different seasons offer different fish, so the Niagara fishing experience will never grow old.



Where to Fish

The 36-mile Niagara River connects Lake Ontario and Lake Erie, while forming the border between Canada and the United States. It's an enormous river, as evidenced by the Falls. And while the fishing is good throughout the entire river, we'll focus on the fishing in the river below Niagara Falls. Locals call this the "Lower Niagara," and it offers great access for both do-it-yourself anglers and folks embarking on guided trips.

If you're the type who likes a challenge and wants to fish without a guide, the river is well-posted with access areas throughout the Lower Niagara section. Guides, on the other

hand, can help out-of-town anglers locate the best spots based on their skill level and goals. They usually run about \$350 per person for a full day on the water, depending on how many other anglers you're fishing with.

- Popular access areas on the Lower Niagara include
- Whirlpool State Park, Devil's Hole State Park, the
- New York Power Authority Bridge, Peggy's Eddy and
- Constitution Park.

What You'll Catch

Salmon are one of the biggest draws to fishing the Niagara River, but it's important not to overlook the steelhead and trout, either. Some of those steelhead and trout weigh more than 20 pounds, which is a trophy for just about any angler on the planet.

What you'll catch, though, largely depends on when you visit the river.

SPRING

The spring season starts in March and lasts through May. If you're a fan of catching big trout, this is one of the best times to visit the Niagara River. Anglers often catch brown and lake trout exceeding 20 pounds. You'll also find king and coho salmon in the river this time of year, along with steelhead.

SUMMER

June, July and August make up the summer season on the Niagara River, and this is when some of the most popular warm water fish species in America are most likely to end up in your net. Smallmouth bass fishing is excellent this time of year, along with walleye and muskie. The muskie fishing in the Lower Niagara can be particularly excellent, offering fish over 45 inches long — a trophy not usually found outside remote lakes in Canada.

FALL

September through November is the fall season on the Niagara River, and it offers the best chance to catch a wide variety of fish. King salmon come back to the river to spawn, and some of them weigh up to 40 pounds. Brown trout show up to spawn, too. All the spawning fish in the river create a feeding frenzy, including from big steelhead. Some of the fastest, most intense fishing of the year happens during the fall.

Regardless of when you visit, your chances of netting a trophy fish are high. Few fisheries offer the diversity and large fish that Niagara boasts.





More than Fishing

The other upside to fishing in the Niagara area is that it offers something for just about anyone with whom you travel. If your significant other isn't into fishing, they'll have a great time hiking, birdwatching or visiting the museums and cultural sites throughout the Niagara area while you're on the water. Once you're done fishing for the day, the area offers some wonderful dining options, including what might be the area's most long-lasting culinary contribution — Buffalo wings. Buffalo wings were invented at the Anchor Bar in Buffalo, New York, which is right next to Niagara Falls.

- When you visit the Niagara River, you'll find more than
- just another fishery. This area offers the chance to fish in
- a breathtakingly gorgeous location, with a wild, untamed
- edge. Throw in all the wonderful amenities nearby and it's
- easy to see why the Niagara River might become your new
- yearly fishing retreat. Nothing limits how many fish you
- catch except your own time and stamina. After catching all
- those trophy fish, you're sure to need a break!

THE ANIMAL NAME GAME



BEARCAT

(not a bear or a cat)

Despite its bear-like appearance and cat-like behaviors, the bearcat, or binturong, isn't related to either. It belongs to the viverrid family native to South and Southeast Asia, closer kin to small mammals like mongooses and meerkats.

The animal kingdom teems with creatures bearing names that may bewilder rather than enlighten. These names will have you imagining the strangest animal mashups, so prepare to have your preconceptions challenged and your curiosity piqued with these wild misnomers.



MANTIS SHRIMP

(not a mantis or a shrimp)

The peculiar mantis shrimp defies its name from beginning to end. Neither a mantis nor a shrimp, it falls under the distinctive order of crustaceans called Stomatopoda.

KING COBRA

(not a cobra)

The crowned king, boasting 18 feet of venomous neurotoxin, isn't a true cobra. Despite sporting the iconic flared hood of cobras, the king cobra earns its name from a diet predominantly composed of other snakes, including cobras.



DOGFISH

(not a dog or a fish)

The dogfish, not to be confused with a canine companion or a peculiar-looking fish, is a small shark that dwells in the ocean depths. Dogfish earned their bark-worthy title by hunting in packs like hungry, finned hounds.



MOUNTAIN CHICKEN

(not a chicken)

Should you anticipate witnessing a chicken scaling peaks, be prepared for a letdown, for the mountain chicken is actually a critically endangered frog species indigenous to the Caribbean islands of Montserrat and Dominica. The name's origin is unclear, with some speculating it's due to their large size, weighing up to two pounds, or perhaps because they taste like chicken.

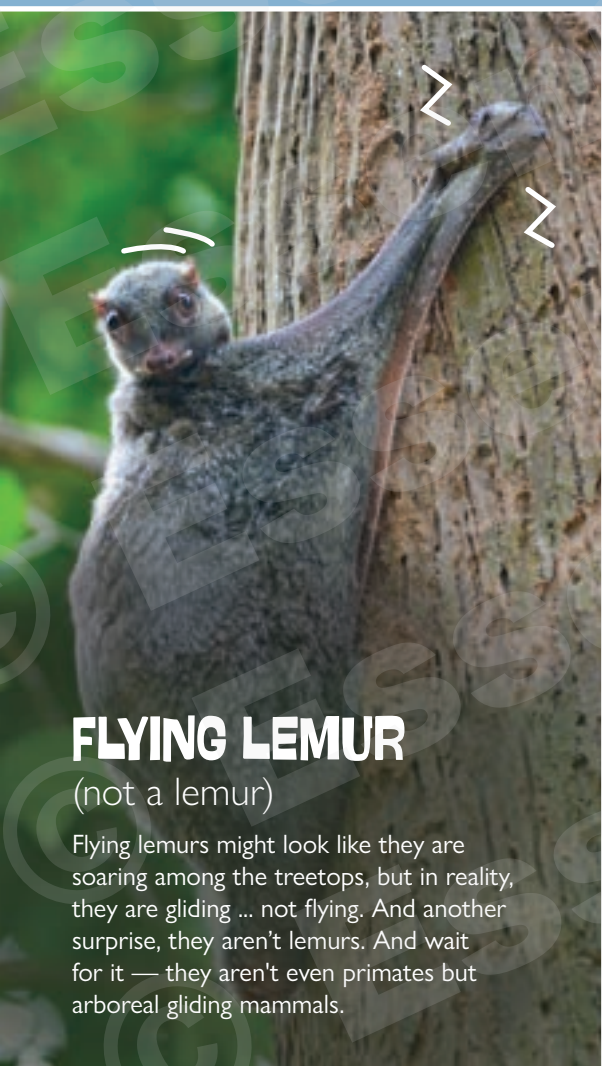




MOUNTAIN GOAT

(not a goat)

Although their cloven hooves, horns and shaggy coats make them look just like a goat, these expert rock climbers belong to the antelope family.



FLYING LEMUR

(not a lemur)

Flying lemurs might look like they are soaring among the treetops, but in reality, they are gliding ... not flying. And another surprise, they aren't lemurs. And wait for it — they aren't even primates but arboreal gliding mammals.



FLYING FOX

(not a fox)

If a flying fox sounds terrifying, you can breathe a sigh of relief because the flying fox has zero family ties to foxes. Instead, this bat was named for its fox-like face and orange fur.



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ELEPHANTS!

Elephants are the world's largest land animals, weighing up to six tons. They have remarkable memories, as they can recall places they've visited, recognize elephants they haven't seen in years and even identify themselves in mirrors.



OVERLOADED S'MORES POPCORN



COOK TIME: 10 MINUTES

PREP TIME: 10 MINUTES

YIELD: 10 CUPS

TWO CLASSIC TREATS IN ONE!

INGREDIENTS

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

INSTRUCTIONS

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



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3-Ingredient Banana Bread

Prep Time: 8 minutes

Cook Time: 45 minutes

Yield: 8 servings

INGREDIENTS

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

INSTRUCTIONS

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



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