

Compliments of Jodee Harris

essential living

604

Whisk Up Waffles That Wow



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\$6.99 Issue #604



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As the days grow longer and nature awakens, it's the perfect time to step outside and witness the beauty around us. We begin in Yellowstone, where towering geysers, bubbling hot springs and vast volcanic landscapes never fail to amaze.

While Yellowstone dazzles below, the skies are equally spectacular. From serene wetlands to bustling coastlines, North America's top birding spots offer front-row seats to the sensational sights and sounds of feathered life.

With nature's wonders all around, it's the perfect time to pause and refresh. Breathe in the newness of the season with small habits to refresh your mind and body, welcoming spring with energy and balance.

Don't forget to treat yourself to simple pleasures along the way. Indulge in golden, fluffy waffles, from Nutella to apple spice, every bite sure to delight.

— From the Publisher



What's your favorite bird?

Scan the QR code to cast your vote!



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Flourless Chocolate Cake

- ½ c. salted butter
- ¾ c. sugar
- 3 large eggs
- 1 c. semisweet chocolate chips
- 1 tsp. vanilla extract
- ½ c. unsweetened cocoa powder

1. Line a round 8" round cake pan with parchment paper and spray with non-stick spray. Set aside. Preheat the oven to 375° F.
2. Melt butter in a large glass bowl in the microwave. Add the chocolate chips and let sit for 3-4 minutes. Stir until chips melt. Let cool for 5 minutes.
3. Whisk the sugar and vanilla into the chocolate mixture. Whisk in eggs until blended. Stir in the cocoa powder.
4. Pour batter into prepared pan and bake for 25 minutes.
5. Cool in the pan for 15 minutes, then move to a cooling rack. Cool completely, then serve with fresh berries.

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Wonderful Waffles

Waffles are the perfect blend of crispy edges and fluffy centers, offering comfort and versatility in every bite. They're made to hold generous toppings like syrup, spreads and fresh fruit. From warm, comforting flavors to indulgent chocolatey twists, there's a waffle for every mood and moment.

Whether you keep it classic or pile on the toppings, waffles remain a breakfast favorite that never goes out of style.

Peanut Butter & Banana Waffles

These waffles are the perfect balance of sweet and salty and make the ultimate breakfast recipe.

Prep Time: 15 minutes | Cook Time: 20 minutes | Yield: 12 large servings

INGREDIENTS

- 1¾ c. all-purpose flour
- 2 tbsp. sugar
- 3 tsp. baking powder
- ¼ tsp. salt
- ¾ c. creamy peanut butter
- ½ c. vegetable oil
- 2 eggs, room temperature
- 1¾ c. almond milk
- 1 tsp. vanilla extract
- 2 mashed bananas
- Maple syrup, for serving
- Bananas and blueberries, for serving

INSTRUCTIONS

1. In a large bowl, whisk together the flour, sugar, baking powder and salt.
2. In another large bowl, combine the peanut butter and oil. Whisk until smooth, then add the eggs, milk and vanilla extract. Stir to combine, then mix in the mashed banana.
3. Gradually add the wet ingredients to the dry ingredients, stirring until fully combined.
4. Preheat and lightly grease a waffle iron. Once hot, add about ¼ cup of batter to the center. Close and cook for four to five minutes, or until golden and cooked through. Gently remove the waffle and set aside. Repeat with the remaining batter.
5. Serve with sliced bananas, fresh blueberries and maple syrup.



Nutella

Waffles

Rich, fluffy and loaded with chocolate-hazelnut goodness, these Nutella waffles are a decadent way to start the day.

Prep Time: 5 minutes
Cook Time: 20 minutes
Yield: 8 servings

INGREDIENTS

- 1½ c. all-purpose flour
- 2 tbsp. sugar
- 1 tbsp. baking powder
- ½ tsp. salt
- 1¼ c. milk
- 2 large eggs
- 4 tbsp. unsalted butter, melted
- 1 tsp. vanilla extract
- ½ c. Nutella, plus more for serving
- Fresh raspberries, for serving

INSTRUCTIONS

1. In a large bowl, whisk together the flour, sugar, baking powder and salt.
2. In a separate bowl, combine the milk, eggs, melted butter and vanilla extract. Whisk until smooth, then pour into the dry ingredients. Stir until fully combined.
3. Warm the Nutella slightly, then pour it into the batter. Use a spatula to gently fold it in.
4. Preheat and lightly grease a waffle iron. Once hot, add about ¼ cup of batter to the center. Close and cook for about five minutes, or until golden brown and crisp.
5. Gently transfer the waffle to a plate and repeat with the remaining batter.
6. Serve warm with an extra drizzle of Nutella and fresh raspberries. Enjoy.

Spiced Apple Waffles

||||| All of the delectable flavors of apple pie in a crisp, warm waffle!

||||| Prep Time: 5 minutes
Cook Time: 20 minutes
Yield: 6 servings

INGREDIENTS

- 1 c. almond milk
- ¼ c. unsalted butter, melted and cooled
- 1 egg, room temperature
- 1½ tsp. vanilla extract
- 1¼ c. all-purpose flour
- 2 tsp. baking powder
- 1 tbsp. cane sugar
- 2 tsp. cinnamon
- 1 tsp. nutmeg
- ½ tsp. cloves
- ½ tsp. salt
- ¾ c. apple, diced
- Maple syrup

INSTRUCTIONS

1. In a large bowl, whisk together the milk, melted butter, egg and vanilla extract until smooth
2. In a separate bowl, combine the flour, baking powder, sugar, cinnamon, nutmeg, cloves and salt. Stir to mix, then add the dry ingredients to the wet and whisk until just combined.
3. Fold in the diced apples.
4. Preheat and lightly grease a waffle iron. Once hot, add about ¼ cup of batter to the center. Close and cook for about five minutes, or until the waffle is golden and crisp. Transfer to a plate and repeat with the remaining batter.
5. Serve warm, topped with a sprinkle of cinnamon and a dollop of whipped cream.





Strawberry Shortcake

Belgian Waffles

Whether you're enjoying this recipe for breakfast or as a sweet treat, these waffles are the perfect indulgence.

Prep Time: 20 minutes
Cook Time: 15 minutes
Yield: 10 servings


INGREDIENTS

- 1½ c. all-purpose flour
- ½ c. cornstarch
- 3 tbsp. cane sugar
- 1 tbsp. baking powder
- ½ tsp. salt
- 2 c. buttermilk
- 2 large eggs, separated
- ⅓ c. canola oil
- 1 tsp. vanilla extract
- ¾ c. powdered sugar
- 2 c. strawberries
- ½ c. plain Greek yogurt

INSTRUCTIONS

1. In a large mixing bowl, whisk together the flour, cornstarch, sugar, baking powder and salt.
2. In a separate bowl, combine the buttermilk, egg yolks, canola oil and vanilla extract. Whisk until smooth.
3. Slowly pour the wet ingredients into the dry ingredients and whisk until combined.
4. In another bowl, use an electric mixer to beat the egg whites until stiff peaks form, about five to seven minutes. Gently fold the egg whites into the batter using a spatula.
5. Grease a Belgian waffle iron and heat. Once hot, add roughly ¼ – ⅓ cup of waffle batter to the center of each cavity. Close and cook according to the manufacturer's instructions.
6. Transfer the cooked waffle to a plate and continue to cook until all the batter is used.
7. Dust the waffles with powdered sugar, then add a tablespoon or two of yogurt to the waffle before topping with strawberries.
8. Serve warm with a side of syrup and enjoy!

TOP BIRD- WATCHING DESTINATIONS



North America is home to some of the **world's most exciting bird-watching destinations**. From coastal wetlands to mountain forests, each region attracts its own mix of **iconic and rare species**. Whether you're chasing lifers or soaking in migration spectacles, **these birding hotspots** deliver unforgettable encounters with some of the continent's most sought-after birds.

ROSEATE SPOONBILL



Everglades National Park

FLORIDA

EVERGLADES SNAIL KITE



A vast mosaic of mangroves, sawgrass marshes and coastal estuaries, Everglades National Park is a birdwatcher's dream. Home to more than 360 species, the park offers a front-row seat to some of Florida's most iconic birds. Visitors can glimpse wading birds like wood storks and herons, as well as migratory flocks passing through during the winter months. The roseate spoonbill, with its vibrant pink plumage, is a frequent highlight. The park is also one of the best places to see the endangered Everglade snail kite, which feeds almost exclusively on apple snails.

MUTE SWAN

Jutting into Lake Erie from southern Ontario, Point Pelee National Park is a magnet for migratory birds. Its unique shape funnels thousands of birds into a compact area during spring and fall migrations, making it one of Canada's premier bird-watching spots. More than 390 species have been recorded here, with spring drawing dazzling arrivals like indigo buntings, scarlet tanagers and over 30 species of warblers. The park's quiet trails and lakeside lookouts offer close encounters with everything from flycatchers to raptors.



Point Pelee National Park

ONTARIO



BLACK-COLLARED HAWK

Bosque del Apache National Wildlife Refuge

NEW MEXICO



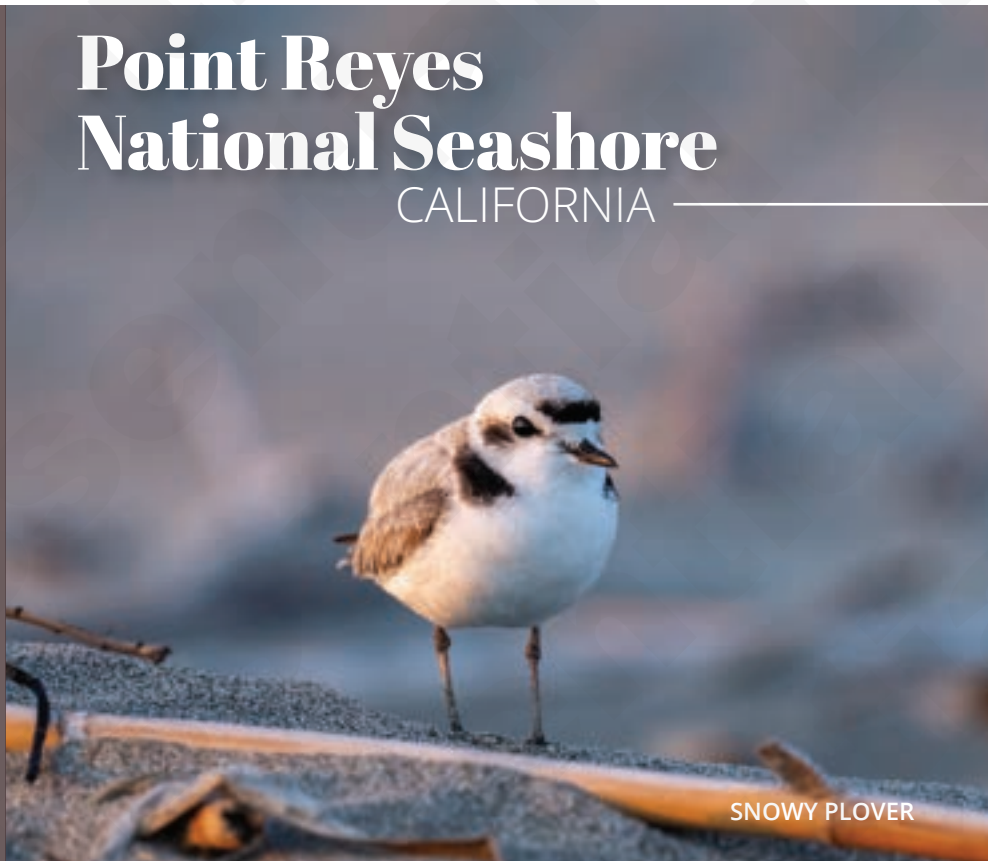
SANDHILL CRANE

Each winter, this high desert refuge comes alive with the thunderous calls of tens of thousands of sandhill cranes and snow geese. These massive flocks create dramatic scenes at sunrise and sunset, drawing birders and photographers from around the world. The Festival of the Cranes in November is the perfect time to witness the spectacle. The refuge also hosts a variety of raptors, including bald eagles and harriers.

Point Reyes National Seashore

CALIFORNIA

Just north of San Francisco, this coastal preserve is home to over 490 recorded bird species, making it one of the richest birding areas in the United States. Dramatic cliffs, estuaries and forested ridges support everything from shorebirds and raptors to warblers and owls. Spring and fall migrations are especially active and winter brings northern visitors like tundra swans and varied thrushes.



SNOWY PLOVER

RED KNOT



Cape May

NEW JERSEY

BLACK SKIMMER



Cape May, located at the southern tip of New Jersey, is a mecca for bird migration watchers. Positioned along the Atlantic Flyway, it serves as a critical resting and feeding area for birds journeying between their breeding and wintering grounds. During peak migration seasons, Cape May witnesses an impressive variety of species, including warblers, hawks and falcons. The Cape May Bird Observatory offers guided tours and educational programs for visitors of all ages.

Magee Marsh

OHIO



WHITE-EYED VIREO



YELLOW-RUMPED WARBLER

Known as the “Warbler Capital of the World,” Magee Marsh in northwest Ohio attracts birders from around the globe. During the spring migration, the forested boardwalks of Magee Marsh come alive with a kaleidoscope of warblers, vireos and thrushes. Bird-watchers flock to this serene sanctuary to witness close encounters with these colorful songbirds amidst a tranquil lakeside setting.

6 PAINTING MISTAKES TO AVOID



A fresh coat of paint can completely change the feel of a room. But before you grab a roller and dive in, it's worth learning from the most common DIY missteps. These small mistakes can turn a fun weekend project into a patch-up job. Here's what to watch for and how to get it right the first time.

MISTAKE: Skipping or rushing through surface preparation can lead to uneven paint application, poor adhesion and visible imperfections.

FIX: Start by thoroughly cleaning the walls to remove dust, dirt and grease. Fill holes and cracks with spackling compound, sand smooth when dry and prime bare surfaces before painting to ensure a smooth and durable finish.

1

NOT CLEANING THE WALLS



2

NOT USING PAINTER'S TAPE CORRECTLY



MISTAKE: Improper application of painter's tape can result in paint bleeding under the edges, ruining clean lines and requiring touch-ups.

FIX: Apply painter's tape carefully along edges, pressing it firmly to create a seal. Remove the tape while the paint is still slightly wet to prevent it from peeling off the dried paint. For intricate areas, use a putty knife to ensure a tight seal.

MISTAKE: Using flat paint in high-traffic or high-moisture areas like bathrooms or hallways.

FIX: Know your finishes. Use satin or semi-gloss in areas that need frequent cleaning. Save flat finishes for ceilings or low-traffic rooms.

3

CHOOSING THE WRONG FINISH



4

USING LOW-QUALITY TOOLS



MISTAKE: Cheap brushes or rollers can shed, streak or make the job harder than it needs to be.

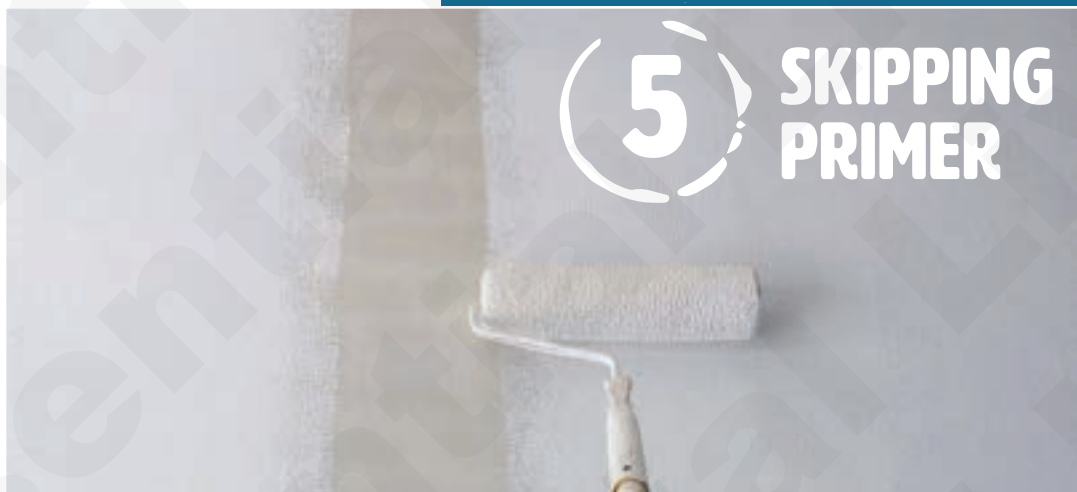
FIX: Invest in good-quality tools. They last longer, hold more paint and apply it more evenly.

MISTAKE: Going straight to paint without primer can lead to uneven color, patchy coverage or peeling later.

FIX: Primer creates a smooth, even base and helps paint stick better — especially on new drywall, patched areas or when covering dark or bold colors.

5

SKIPPING PRIMER



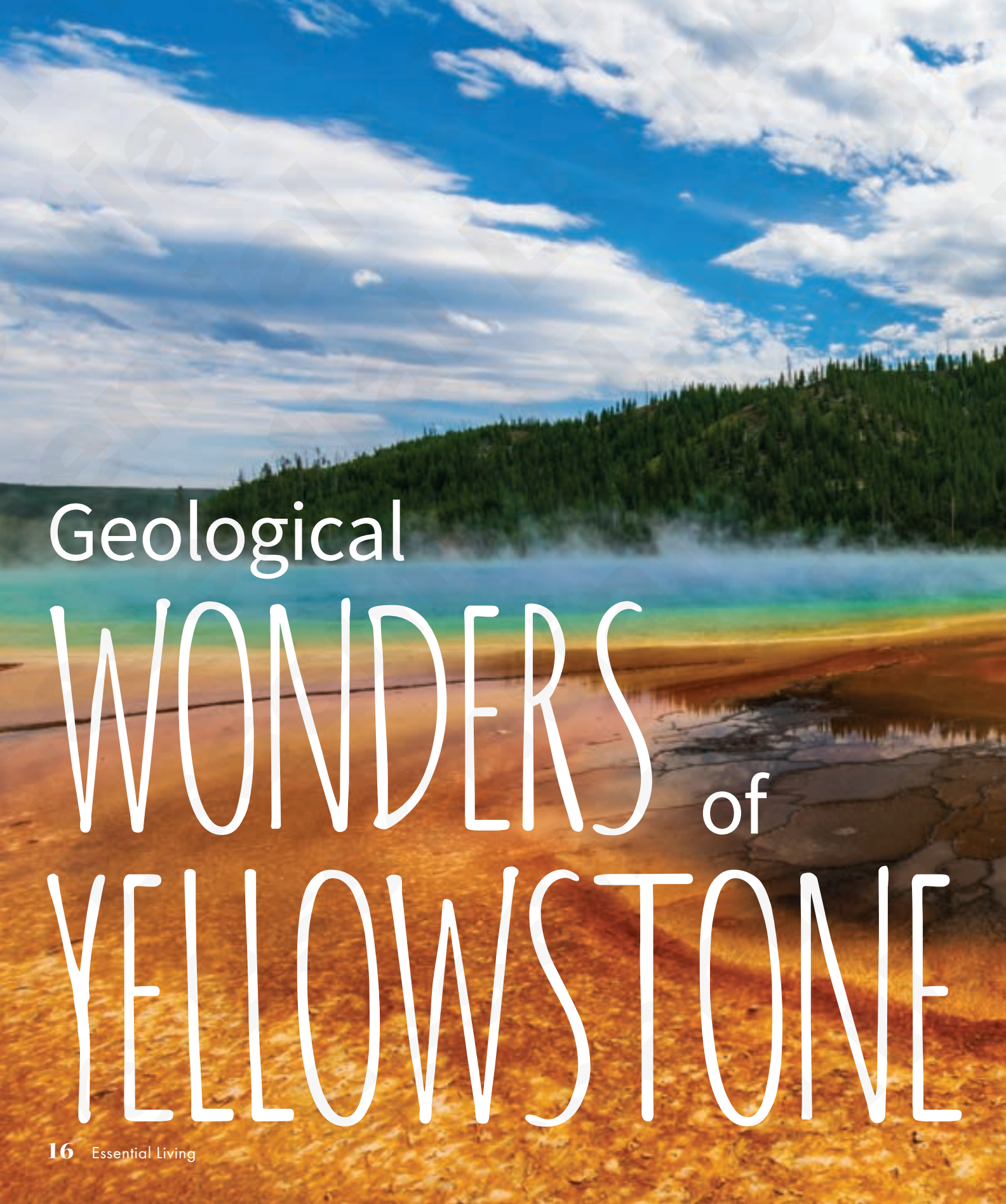
6

NOT TESTING THE COLOR FIRST



MISTAKE: That dreamy color looked perfect online or in the store, but once it's on all four walls, it suddenly feels too bright, too dark or just ... wrong.

FIX: Paint a sample directly on your wall and live with it for a few days. See how it looks in morning light, evening shadows and everything in between. Lighting can completely change how a color looks in your space.



Geological

WONDERS of
YELLOWSTONE

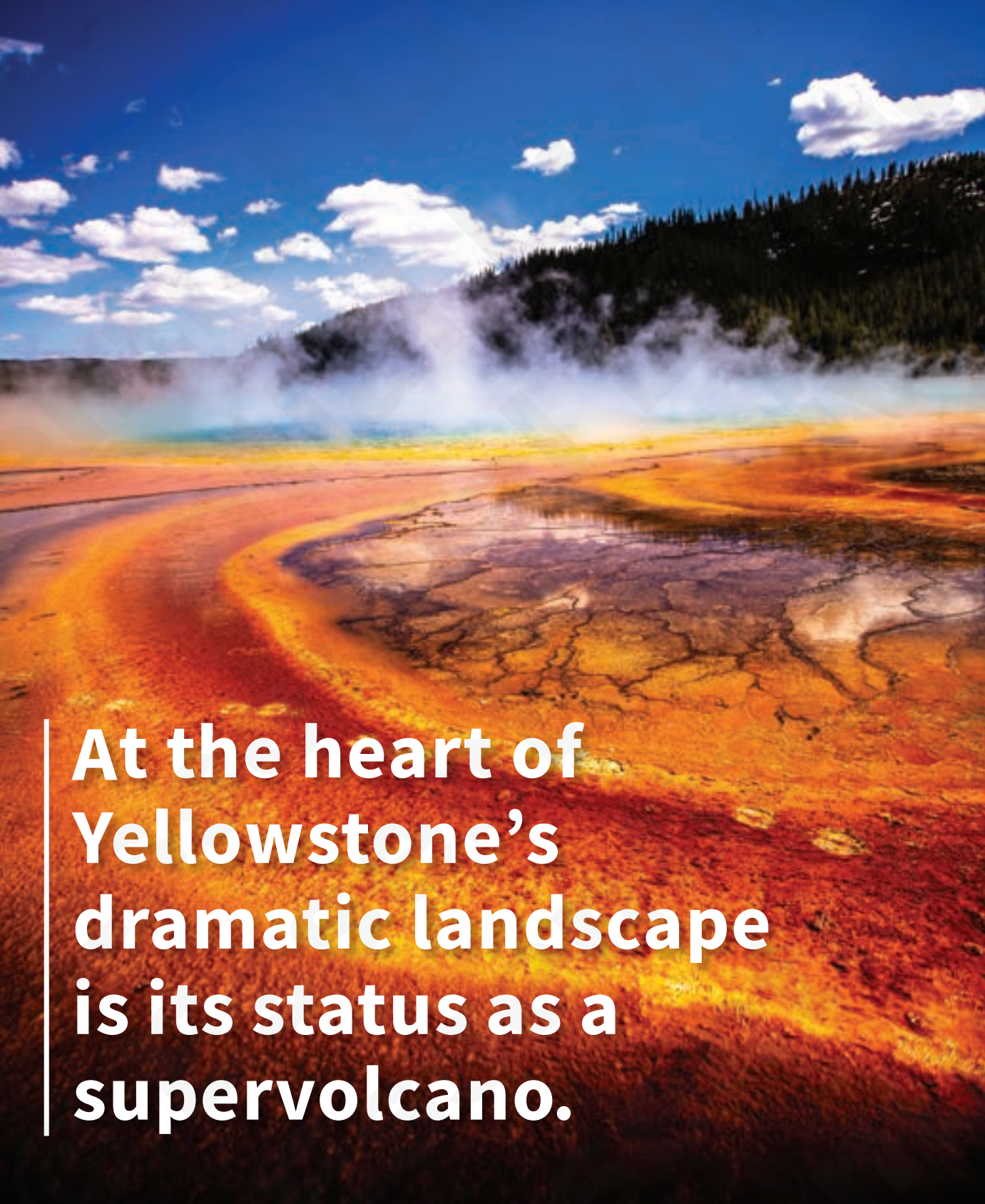


Yellowstone National Park is often celebrated for its **wildlife, waterfalls** and **sweeping vistas**. But its most powerful story lies **beneath the surface**. This rugged, otherworldly terrain was shaped by **fire, ice** and the low grind of **geologic time**. To stand in Yellowstone is to stand atop one of the most **active and volatile geologic regions** in the world.

For visitors, the park offers the rare chance to see geology in action. A **steaming geyser**, a **shifting valley** or a **rumbling ground** are not just scenic wonders. They are the planet's **inner workings** brought to the surface.



At the heart of Yellowstone's dramatic landscape is its status as a **supervolcano**. This vast underground chamber of **molten rock** has erupted with unimaginable force three times in the past **2.1 million** years. These ancient eruptions sculpted the region's **calderas**, uplifted its **mountains** and scattered **ash** as far away as the **Gulf of Mexico**. Today, that same geologic energy continues to drive Yellowstone's **geysers**, **hot springs** and **fumaroles** – visible reminders that the Earth is very much **alive**.



**At the heart of
Yellowstone's
dramatic landscape
is its status as a
supervolcano.**




GEYSERS, HOT SPRINGS AND BUBBLING POOLS

Yellowstone contains more than **half of the world's geysers**. Old Faithful may be the most famous, but it's just one of over 500 scattered across the park. Nearby, **Castle Geyser** blasts a tall, **thundering column of water** from a **cone-shaped formation**, while **Riverside Geyser** shoots diagonally over the **Firehole River**, creating a postcard-worthy spray. Each geyser has its own **rhythm**, with some erupting like clockwork and others lying dormant for years before suddenly **springing to life**.

Hot springs are equally mesmerizing. Grand Prismatic Spring is the largest in the United States and known for its dazzling rainbow rings of color. **The colors are caused by heat-loving microbes** that thrive in water too hot to sustain most lifeforms.



A bison stands in the center of a vibrant geothermal landscape. The water is a striking turquoise color, transitioning into bright orange and yellow mineral deposits. The ground is cracked and textured, reflecting the intense colors of the water. The bison is dark brown and is walking towards the left side of the frame.

Beneath Yellowstone, the land never truly rests. The park experiences **1,500 to 2,500 earthquakes each year**, though most are too small to be felt. These tremors help release underground pressure and give geologists insight into the movement of the magma chamber below.

The ground also shifts slowly over time. As magma feeds into the chamber located roughly **four to six miles beneath Yellowstone**, the ground above begins to rise. When that magma cools and starts to solidify, the surface gradually sinks back down. This vertical motion is another sign of the dynamic forces at work, constantly **reshaping the landscape** even if the changes aren't always visible to the human eye.

A LANDSCAPE IN MOTION

Shaped by ICE AND TIME

Yellowstone's rocky history goes far beyond its recent eruptions. The northern part of the park, near Mammoth Hot Springs, features **ancient limestone terraces** created by mineral-rich hot water bubbling up through rock laid down in prehistoric seas. The colorful terraces at Palette Spring and Canary Spring **continue to grow** and change with each passing year.

Glaciers also played a major role in shaping the landscape. During the last ice age, massive sheets of ice moved across the region, **carving deep valleys**, smoothing rugged ridges and leaving behind layers of rich soil. In places like Lamar Valley, you can still see U-shaped valleys and **giant boulders** dropped in place as the ice melted. The combination of glacial movement and volcanic activity gives Yellowstone its strikingly varied terrain.

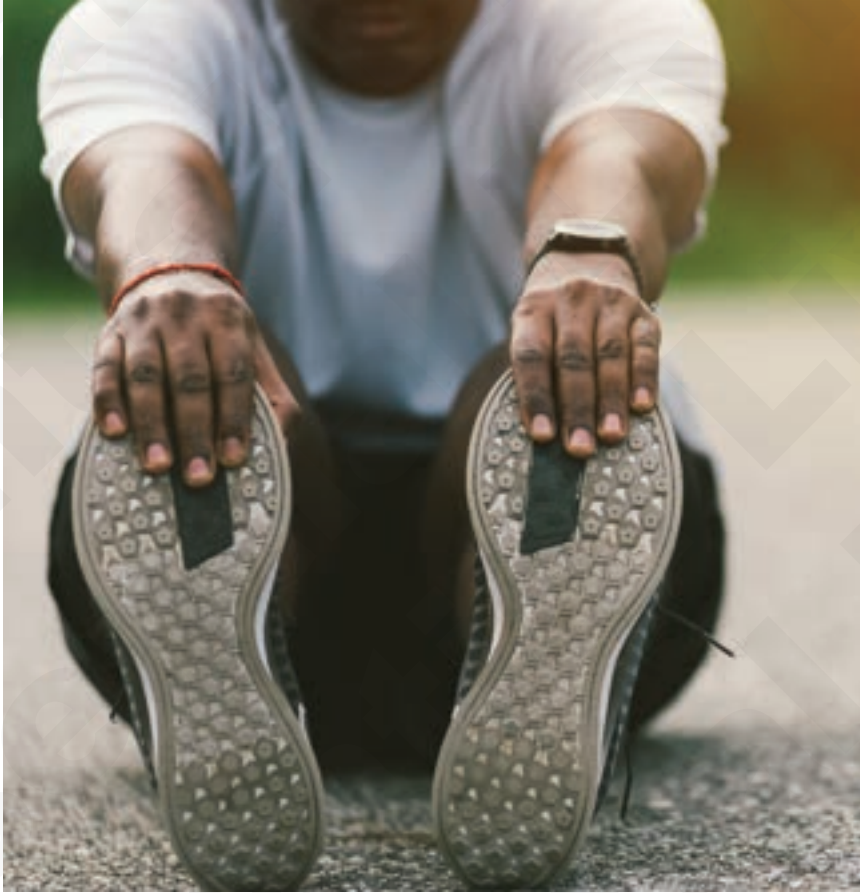


Yellowstone offers a rare glimpse into the natural forces that continue to shape the land. From geysers to glacial valleys, its landscape reflects a long and active past that's still unfolding today.

SPRINGTIME SELF-CARE

As the seasons shift and the days grow longer, spring invites us to start fresh. It's a natural time to shake off winter sluggishness and lean into gentle habits that support mental clarity, physical health and emotional well-being. Holistic self-care doesn't have to be extreme. With just a few small shifts, you can feel more grounded, energized and present in your daily life.





PRIORITIZE FRESH AIR AND MOVEMENT

Warmer weather is the perfect motivation to move your workouts outdoors. Spending time in nature has proven benefits for reducing stress and boosting mood. Even a brisk walk or light stretching in the park can help reduce stress and improve your mood. If your schedule is tight, look for small ways to increase movement, such as parking farther from your destination or taking phone calls while walking. The key is to make moving your body a regular, enjoyable habit, not a chore.



START THE DAY WITH INTENTION

How you begin your morning sets the tone for your whole day. Creating a mindful morning routine can foster calm and focus. This can include a few minutes of deep breathing to relax your nervous system, gentle stretches to awaken your body or a brief meditation to center your thoughts. Even simple rituals like savoring a cup of tea or journaling a few thoughts can help you begin with purpose. These simple practices can center your mind and prepare you to approach daily challenges with clarity and ease.

EAT WITH THE SEASON

Spring offers a fresh variety of fruits and vegetables that help boost your overall well-being. Incorporating these seasonal ingredients into your meals can add flavor and important nutrients without extra effort. Try adding spinach or kale to your morning smoothie, tossing fresh strawberries into a salad or roasting asparagus with a drizzle of olive oil for a simple, satisfying side dish.

TIDY YOUR SPACE, CLEAR YOUR MIND

Spring cleaning isn't just about appearances. A tidy, intentional space can have a big impact on your mental well-being. Choose one area of your home that feels cluttered and get rid of anything you don't need or use. Donate items you no longer need and wipe down surfaces to create a cleaner, calmer space. A refreshed environment can improve focus and reduce anxiety, helping you feel more balanced.

Remember, spring is a time for renewal, not a complete overhaul. A few intentional choices can create lasting calm and well-being that extend well beyond the season.



THE *Rhubarb* REVIVAL

Whether you're baking or braising, rhubarb can transform a simple dessert into a showstopper or elevate a savory main into something unforgettable. Its natural sweetness shines in desserts, while its tartness adds an unexpected twist to savory dishes. From tender glazed pork to a rich upside-down cake, these recipes showcase its versatility and prove this seasonal favorite deserves a spot on your shopping list.

Rhubarb-Glazed *Pork Tenderloin*

This hearty pork recipe uses fresh rhubarb to add a unique flavor to the tenderloin.

Prep Time: 15 minutes | Cook Time: 60 minutes
Yield: 2 pork tenderloins (8-10 servings)



Ingredients:

- 2 pork tenderloins (1 - 1½ lbs. each)
- 2 rhubarb stalks, sliced
- 2 tbsp. olive oil
- ½ c. honey
- 2 tsp. salt
- ¼ c. lemon juice
- 2 tsp. pepper
- 1 tsp. tamari
- 1 shallot, minced
- Parsley, for garnish

Instructions:

1. Preheat the oven to 450° F and line a baking sheet with parchment before placing a wire rack on top.
2. Add the pork tenderloins to the wire rack and pat dry with a paper towel. Next, drizzle one tablespoon of olive oil over both pieces. Then, sprinkle the salt and pepper evenly over the entirety of both tenderloins.
3. Add the remaining olive oil to a medium pan and heat over medium heat. Add the minced shallot and rhubarb. Sauté for seven minutes until softened.
4. Next, add the honey, lemon juice and tamari to a bowl. Whisk together, then add a pinch of salt and pepper before adding to the pan. Allow to simmer for six minutes until the mixture has reduced by half.
5. Add everything in the pan to a blender and blend twice before straining through a colander.
6. Once the oven is preheated and the pork is roughly room temperature, add to the oven and cook for 10 minutes. Then, remove the pork and reduce the heat to 325° F.
7. Brush the pork on all sides with the glaze, then return to the oven. Re-glaze every 15 minutes until the internal temperature of the pork reaches 145° F.
8. Remove from the oven and allow to cool for 10 minutes before slicing.
9. Garnish with freshly minced parsley and serve with roasted vegetables.



This recipe offers a sweet way to utilize seasonal rhubarb! With its fluffy, moist texture and caramelized rhubarb, this cake bread is the ideal dessert for summer.

UPSIDE DOWN RHUBARB *Cake Bread*

Prep Time: 15 minutes | Cook Time: 60 minutes
Yield: 9 servings

Instructions:

1. Preheat the air fryer to 350° F and grease a 9" x 9" baking dish. Line with parchment paper or dust with flour to ensure the bread doesn't stick.
2. Cut four tablespoons of butter into cubes and evenly distribute across the bottom of the baking dish.
3. Add the rhubarb to the bowl with $\frac{3}{4}$ cup sugar and one teaspoon vanilla extract. Mix together, then let sit for five minutes before transferring to the prepared baking dish. Arrange the rhubarb to create an even layer on the bottom of the baking dish.
4. Add the remaining sugar to a bowl with the lemon zest. Use your fingers to pinch together, then add the remaining butter.
5. Use an electric mixer to cream together the butter and sugar for two minutes. Next, add the eggs one at a time and beat between to combine.
6. Add the yogurt and remaining vanilla extract. Mix again, then set to the side.
7. In another bowl, combine the dry ingredients. Slowly add the dry ingredients to the wet ingredients, mixing on a low speed to incorporate thoroughly.
8. Spread the batter across the rhubarb in the baking dish. Then, bake on the center rack for one hour.
9. After the allotted time, remove the dish from the oven and allow to cool in the pan for 20 minutes. Then, run a knife along the edge to release the cake and invert so that the rhubarb is facing upward.
10. Serve warm or allow to cool to room temperature.

Ingredients:

- 12 tbsp. unsalted butter
- 16 oz. rhubarb, trimmed and cut
- 1 $\frac{3}{4}$ c. sugar
- 3 tsp. vanilla extract
- 2 tsp. lemon zest
- 2 large eggs
- 1 c. plain Greek yogurt
- 1 $\frac{1}{2}$ c. all-purpose flour
- 1 $\frac{1}{2}$ tsp. baking powder
- 1 $\frac{1}{2}$ tsp. salt

Rhubarb Apricot BBQ Chicken

This spin on classic apricot barbecue chicken is a must-try for summer! The rhubarb pairs beautifully with the apricot and takes this recipe to a whole new level.

Ingredients

FOR THE BBQ SAUCE:

- 2 tsp. olive oil
- 1 garlic clove, grated
- 1 c. rhubarb, chopped
- ½ c. apricot preserves
- ¼ c. ketchup
- 2 tbsp. apple cider vinegar
- 1 tbsp. orange juice
- 1 tbsp. Dijon mustard
- 1 tbsp. soy sauce
- 2 tbsp. brown sugar
- 1 tsp. smoked paprika
- ½ tsp. ground ginger
- 1 tsp. pepper
- ½ tsp. salt

FOR THE CHICKEN:

- 2 lbs. chicken thighs
- 1 tsp. olive oil
- 1 tsp. pepper
- 1 tsp. salt
- Parsley, for garnish

Instructions:

1. Warm the olive oil in a medium pan over medium heat. Add the garlic and sauté for two minutes, then stir in the rhubarb. Continue cooking for six to eight minutes until the rhubarb is softened.
2. Add the remaining ingredients to a bowl and mix before adding to the pan. Mix well, then stir into pan, reduce the heat to low and simmer for 20 minutes.
3. Next, remove from heat, then add to a blender. Blend until smooth, then set aside.
4. Pat the chicken dry with a paper towel, then season with olive oil, pepper and salt.
5. Place the chicken in a Ziplock bag or shallow baking dish. Add half to two-thirds of the BBQ sauce and coat the chicken evenly. Cover or seal and refrigerate for one hour to marinate.
6. Preheat the grill to medium heat and lightly grease the grates. Grill the chicken thighs directly on the grate, turning occasionally, for about 25 minutes. Brush with the remaining BBQ sauce throughout cooking.
7. Once the internal temperature reaches 165° F, remove the chicken from the grill. Tent loosely with foil and let rest for 10 minutes.
8. Garnish with fresh parsley and enjoy!



Prep Time: 30 minutes | Inactive Time: 60 minutes
Cook Time: 20 minutes | Yield: 4 servings

Rhubarb Short Ribs

Short ribs just got even tastier! Rhubarb adds a subtle tartness that cuts through the richness of the short ribs. The earthy mushrooms and thyme balance out the flavors of the dish to make this recipe the perfect elevated comfort food.

Ingredients:

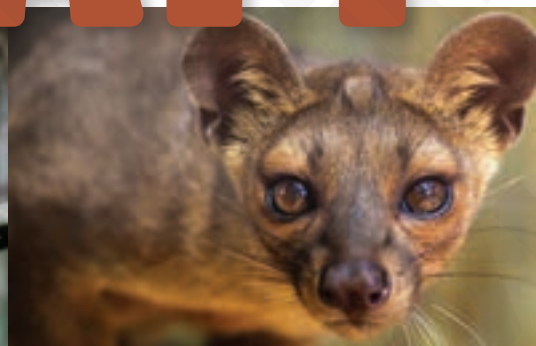
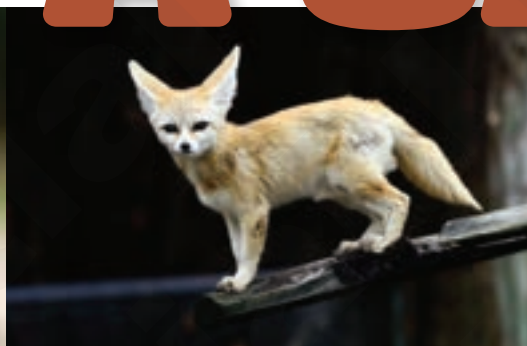
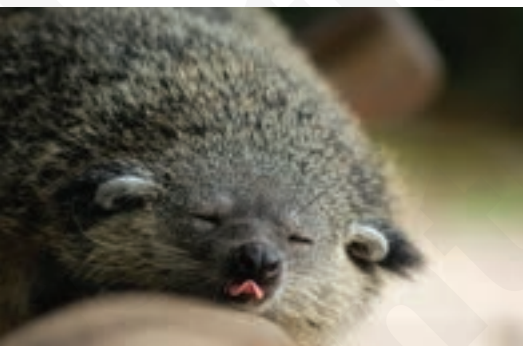
- 3 lbs. bone-in beef short ribs
- 3 tsp. salt
- 3 tsp. pepper
- 1 tbsp. olive oil
- ½ onion, sliced
- 3 garlic cloves, grated
- 1 c. cremini mushrooms
- 1 ½ c. rhubarb, chopped
- 2 tbsp. tomato paste
- ⅓ c. red wine
- 1 ¼ c. beef broth
- 3 sprigs fresh thyme, plus more for garnish
- 1 bay leaf

Prep Time: 20 minutes | Cook Time: 3 hours | Yield: 4-6 servings

Instructions:

1. Preheat the oven to 325° F. Pat the short ribs dry with a paper towel, then season with two teaspoons each of salt and pepper.
2. Add the olive oil to a large Dutch oven and heat over medium-high heat. Sear the ribs, two at a time for just 30 seconds on each side, to lightly brown the meat. Then, set to the side.
3. Add a splash of beef broth to deglaze the pot, then reduce the heat to medium and add the onion.
4. Saute for five minutes, then add the garlic and cook for another two minutes before adding the mushrooms. Add the remaining salt and pepper, and stir to combine.
5. Add the rhubarb and saute for three minutes. Next, add the tomato paste. Mix to combine to coat the ingredients.
6. Add wine to deglaze the pot. Use a spatula to scrape up the burnt bits, but do not discard!
7. Allow to simmer for three minutes, then add the beef broth, thyme and bay leaf.
8. Add the ribs back to the pot, cover with a lid and transfer to the oven to cook for two and half hours.
9. Remove from the oven and remove the lid. Allow to cool for 10 minutes before serving.
10. Garnish with more thyme and enjoy!

IS IT A CAT?



Cats have a very distinct look, from their sharp eyes to their graceful bodies. But nature loves to play tricks. Some animals may look like your typical house cat or a big wild cat, yet they come from very different family trees.

BINTURONG

Known as the “bearcat,” the binturong is not a bear, **nor is it a cat**. Native to the rainforests of Southeast Asia, this hefty creature can weigh nearly 80 pounds! It has a prehensile tail that works like a fifth limb, helping it navigate through trees. Binturongs have a unique smell often compared to popcorn, making them all the more memorable.

SMALL-SPOTTED GENET

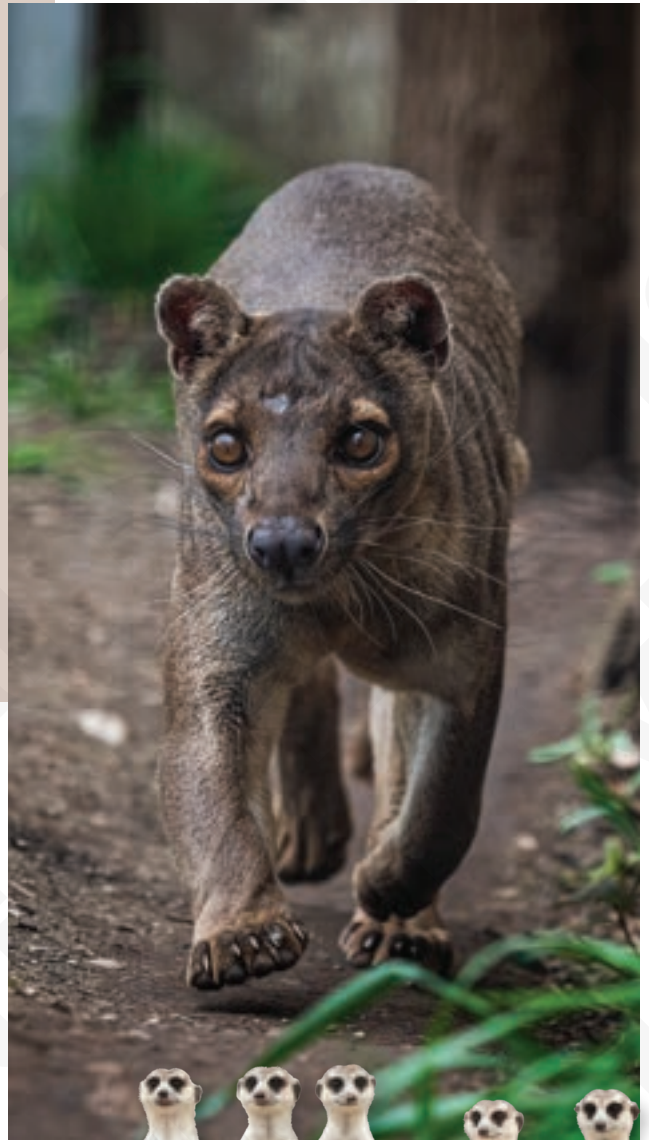
Weighing in at just four pounds, the small-spotted genet has a slim build, a sleek spotted coat and a dramatically banded tail that makes it **easy to mistake for a tiny wildcat**. Found throughout sub-Saharan Africa, this agile creature is mostly nocturnal and spends its nights climbing trees and hunting small prey.

FOSSA

The fossa is **often mistaken for a wildcat** or even a small cougar, but it is actually the top predator of Madagascar. Related to the mongoose family, they have flexible bodies and long tails that help with balance. Their agility in climbing trees and stealthy stalking has earned them a reputation as fierce hunters.

AFRICAN CIVET

At first glance, the African civet might remind you of a wildcat, but it **belongs to the Viverridae family**, which also includes genet and binturongs. These nocturnal mammals are native to sub-Saharan Africa and are known for their striking black and white markings. African civets are excellent climbers and have a musky scent used for marking territory.



MEERKAT

Given the name, it's easy to mistake these little guys for felines. However, meerkats **belong to the mongoose family**. These highly social creatures are often seen popping upright across the deserts and grasslands of southern Africa.



FENNEC FOX

The fennec fox looks like it could be a cartoon kitten brought to life. But despite the feline charm, **it's a true member of the dog family**. Native to the sandy deserts of North Africa, it is the smallest canid in the world, weighing just three and a half pounds. Its large ears help release heat and pick up the faintest sounds underground. These tiny creatures are expert diggers and often spend the heat of the day in underground burrows.



RINGTAIL CAT

Native to the southwestern United States and Mexico, the ringtail cat is a **member of the raccoon family**. Ringtails are shy, nocturnal and impressively agile. They can twist and pivot their bodies to squeeze through narrow crevices and leap with ease through rocky canyons and trees.





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BAKED BURRATA AND MARINARA SAUCE DIP

- 1 baguette, sliced into 1" pieces
- 1 tbsp. olive oil
- 2 c. marinara sauce
- 6 oz. fresh burrata cheese
- ½ tsp. red pepper flakes

1. Preheat the oven to 400° F.
2. Brush the bread with olive oil and sprinkle with salt.
3. In an oven-safe dish, add the marinara sauce. Place the burrata in the center of the dish and sprinkle with red pepper flakes.
4. Bake the bread and dip for 7-8 minutes, until the sauce is bubbling at the edges and the bread is golden brown.
5. Serve immediately and enjoy!

HOMEMADE *Cranberry Sauce*



PREP TIME: 5 minutes
COOK TIME: 15 minutes
YIELD: 6 servings

You'll never buy canned cranberry sauce again after making this easy recipe!

INGREDIENTS

- 12 oz. fresh cranberries, rinsed
- ¼ c. white sugar
- ¼ c. orange juice
- ¼ c. brown sugar
- ½ tsp. ground cinnamon

INSTRUCTIONS

1. In a medium saucepan, bring sugar, water and orange juice to a boil.
2. Add in the cranberries and cinnamon. Bring to a simmer, stirring occasionally until cranberries start to pop and sauce thickens.
3. Remove from heat and it will thicken as it cools. Cover and refrigerate for at least two hours.



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PREP TIME: 10 MINUTES
COOK TIME: 20 MINUTES
YIELD: 6 SERVINGS



Old-Fashioned Applesauce

INGREDIENTS

- 4 lb. tart apples
- 1 tsp. cinnamon
- 1 c. water
- $\frac{3}{4}$ c. sugar

INSTRUCTIONS

1. Peel, core and quarter the apples.
2. Bring apples, water and cinnamon to a boil in a Dutch oven.
3. Reduce heat; cover and simmer for 10-15 minutes until apples are tender.
4. Remove from heat and add sugar, stirring until dissolved.
5. Mash apples until desired texture is reached.



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