

Compliments of Jodee Harris

essential living

602

Wonders

Beneath the Surface



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Winter slows the pace just enough for us to notice the beauty around us. It is a season that invites both exploration and comfort, offering moments to embrace the outdoors and create warmth at home.

Start by wandering through the season's best parks. From desert trails to forest paths, these landscapes take on a special charm this time of year.

For a different kind of adventure, head underground to explore America's coolest caverns. Here, time feels suspended and every turn offers a new wonder.

Back at home, create your own sense of renewal with a weekly home reset. Small routines make your space feel calm and ready for the week ahead.

And when it is time to gather, raise a glass to the season with inspired mocktails. Bursting with flavor and creativity, they are perfect for celebrating life's small wins and big moments alike.

— From the Publisher



What's your favorite American cave?

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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MEATLESS MEALS

Meatless doesn't mean flavorless, and these four dishes are here to prove it. They're bold, satisfying and anything but boring. Whether you're in the mood for black bean tacos or crispy tofu, each dish is a reminder that skipping meat can be just as indulgent and exciting as its meaty counterparts.



BANG BANG TOFU

PREP TIME: 15 minutes | **COOK TIME:** 35 minutes | **YIELD:** 4 servings

INGREDIENTS

FOR THE TOFU

- 16 oz. extra firm tofu, pressed
- 2 tbsp. olive oil
- 2 tbsp. almond milk
- 1 tsp. apple cider vinegar
- 2 tsp. sriracha
- 1 tsp. garlic powder
- ½ tsp. salt
- ½ tsp. pepper
- ½ c. cornstarch

FOR THE SAUCE

- ¼ c. vegan mayonnaise
- 2 tbsp. sweet chili sauce
- 1-2 tsp. sriracha

FOR THE MEAL

- 1 c. cooked rice
- 2 c. bok choy, sautéed
- 2 tbsp. green onions, sliced
- 1 tsp. sesame seeds

INSTRUCTIONS

1. Preheat the oven to 425° F and line a large baking sheet with parchment paper. Slice the tofu into 1" cubes and add to a bowl.
2. In another bowl, whisk together the oil, milk, apple cider vinegar, sriracha, garlic powder, salt and pepper. Then, add the tofu to the bowl and gently stir to coat each piece. Sprinkle in the cornstarch and mix again before transferring to the baking sheet.
3. Bake on the middle rack for 30 minutes, flipping halfway through, then broiling on high for two minutes. Then, allow to cool for five minutes.
4. To make the sauce, mix together the mayo, sweet chili sauce and sriracha. Toss the tofu in the sauce, then serve over rice with a side of bok choy and enjoy!

MUSHROOM PASTINA

This creamy, flavorful pastina is paired with sautéed mushrooms to create an irresistible, cozy dinner.

PREP TIME: 10 minutes | COOK TIME: 20 minutes | YIELD: 6 servings

INGREDIENTS

- 1 lb. Stelline pasta
- 3 qt. chicken broth
- 3 tbsp. butter
- 1 shallot, minced
- 3 garlic cloves, minced
- 1 c. cremini mushrooms, rinsed and sliced
- 1 c. oyster mushrooms, rinsed and sliced
- 2 tsp. thyme, freshly minced
- 1 tsp. pepper
- ½ tsp. salt
- 2 tbsp. white wine
- 2 tbsp. parsley, plus more for garnish
- ½ c. freshly grated Parmesan cheese, plus more for serving

INSTRUCTIONS

1. Add the chicken broth to a large pot and bring to a boil, then add the pasta and cook according to box instructions.
2. Before you drain the cooked pasta, reserve at least ½ cup of the liquid. Then, drain the pasta and set to the side.
3. Add the butter to a large skillet and melt over medium heat. Once the butter is melted, add the minced shallot and sauté for five minutes. Next, add the garlic and cook down for another two minutes before adding the mushrooms.
4. Sauté over medium heat, then season with thyme, pepper and salt. Continue to cook until tender and brown, then deglaze the pan with the white wine. Use a spatula to scrape up any burnt bits, but do not discard.
5. Reduce the heat to low and add parsley. Then, stir in the cooked pasta. Slowly add the reserved broth, stirring constantly to incorporate.
6. Once all the pasta and liquid is added, sprinkle in the cheese and stir to combine until creamy.
7. Finally, garnish with more cheese and parsley and enjoy!



BLACK BEAN TACOS

These black bean tacos bring big flavor and a satisfyingly hearty bite.

PREP TIME: 20 minutes | COOK TIME: 60 minutes | YIELD: 8 servings

INGREDIENTS

- 12 corn tortillas
- 1 c. shredded vegan Mexican cheese
- 2 medium sweet potatoes, cubed
- 1 tbsp. olive oil
- 2 tsp. tajin
- 1 tsp. ground cumin
- 1 15-oz. can of black beans
- 1 4-oz. can of green chilis
- ½ c. sweet corn
- Guacamole, for serving
- Spicy mayo, for serving

INSTRUCTIONS

1. Preheat the oven to 425° F and line a large baking sheet with parchment paper.
2. Add the sweet potatoes to a bowl with the olive, tajin and cumin. Toss to combine, then spread out on the baking sheet. Transfer to the oven and bake for 35 minutes, until tender.
3. Once cooked, add the sweet potatoes back to the bowl and use a potato masher to pulverize until smooth and creamy.
4. Add the black beans to a separate bowl and mash until soft but still a little chunky. Stir in the green chilis until evenly combined.
5. To make the tacos, wrap 4-5 corn tortillas at a time in a damp paper towel and place on a microwave-safe plate. Heat for 35 seconds, then lay them flat on a baking sheet. Spread a layer of black bean mash over each tortilla, add a spoonful of sweet potato mash to one half, then top with cheese and corn. Fold the tortillas in half and repeat until the baking sheet is full.
6. Bake for 25 minutes, then allow to cool for at least five minutes before garnishing with guacamole and spicy mayo.



JACKFRUIT SLIDERS

These sliders are a tasty and unique recipe that's perfect to make if you're looking to mix it up a little!

PREP TIME: 10 minutes | COOK TIME: 30 minutes | YIELD: 4 servings



INGREDIENTS

- 1 20-oz. can of jackfruit, drained
- 1 tbsp. olive oil
- ½ yellow onion, diced
- ½ tsp. pepper
- ½ tsp. salt
- ½ c. water
- 1 c. BBQ sauce
- 4 hamburger buns, toasted
- Pickled onions, for garnish
- Pickles, for garnish
- Aioli, for garnish

INSTRUCTIONS

1. Add the olive oil to a large skillet and heat over medium-high heat. Add the drained jackfruit and cook for five minutes. Then, reduce the heat to medium and begin gently shredding the jackfruit. As it cooks down, it'll be easier to shred.
2. Once fully shredded, season with salt and pepper and continue to cook until tender. Next, add the water and ½ cup of BBQ sauce, then stir to combine.
3. Reduce the heat to low, cover the skillet and allow the jackfruit to simmer in the BBQ sauce for 15-20 minutes.
4. After the allotted time, remove the lid and stir in the remaining BBQ sauce.
5. Then, assemble your sliders by spreading aioli or your condiment of choice on the toasted buns and layering the jackfruit, pickles and pickled onions.

5 PARKS

YOU CAN'T MISS THIS WINTER

Winter doesn't mean pressing pause on outdoor adventure. In fact, some landscapes are at their most magical when the temperature drops. From snow-draped forests to steamy geysers surrounded by frost, these parks offer sights and experiences that summer simply can't match.



1 YOSEMITE NATIONAL PARK

California

When snow falls, Yosemite's famous granite cliffs like **El Capitan** and **Half Dome** get dusted in white, creating a surreal backdrop to a park that's already known for its awe-inspiring beauty. The **Badger Pass Ski Area** is a hub for snowshoeing and cross-country skiing, with easygoing slopes and scenic trails that feel a world away from the busy summer months.

2 MOUNT RAINIER NATIONAL PARK

Washington



Mount Rainier's snow-covered peak dominates the landscape and offers a wide range of **winter activities**. The **Paradise area** of the park turns into a winter playground, perfect for snowshoeing, sledding and backcountry skiing. The heavy snowfall blankets alpine meadows and towering evergreens, creating a pristine, postcard-worthy scene.



3 BIG BEND NATIONAL PARK Texas

Winter in Big Bend is pure desert magic. Located along the Rio Grande, Big Bend features vast canyons, rugged mountains and wide-open skies that are striking under winter's clear, crisp light. The **Chisos Mountains** may get a dusting of snow, but most of the park stays dry and sunlit, making it ideal for exploring trails like the Lost Mine or **Santa Elena Canyon** without the punishing summer heat. Winter also brings excellent opportunities for stargazing, with some of the darkest skies in the country.

4 EVERGLADES NATIONAL PARK

Florida

The Everglades are at their best in winter with **lower humidity, bright, sunny skies** and **wildlife** all around. Alligators lounge on the banks, roseate spoonbills add flashes of pink to the sky and manatees drift slowly through the mangroves. The dry season also means fewer bugs and clearer trails, making it prime time to explore the sawgrass on an **airboat** or **hike** through the wetlands.



5 SHENANDOAH NATIONAL PARK

Virginia

Winter in Shenandoah trades the bright colors of fall for expansive views across the **Blue Ridge Mountains**. Skyline Drive stays open when the weather allows, with quiet scenic overlooks perfect for a thermos of coffee and a moment of stillness. **Hikes to waterfalls** and ridgelines are still accessible and you're likely to spot wildlife like deer and wild turkeys along the way.

WHETHER YOU'RE CHASING SNOWY PEAKS, THE DESERT SUN OR VIBRANT WILDLIFE, THESE NATIONAL PARKS PROVE THAT WINTER OFFERS ITS OWN UNFORGETTABLE ADVENTURES.

WEEKLY HOME RESET

A weekly home reset is one of the easiest ways to keep things running smoothly. Instead of waiting until the mess piles up, taking time each week to tidy up helps you stay ahead of clutter, prep for the week and make your space feel more relaxed and ready for whatever the week brings.





DO A WALK-THROUGH

Start with a quick lap around your home. Pick up anything that's out of place — coffee mugs, jackets, bags, shoes — and put it back where it belongs. This five-minute habit keeps mess from building up and instantly makes your space feel calmer.



TIDY THE ENTRYWAY

This spot tends to collect clutter fast, especially if you're in and out all week. Recycle junk mail, put away extra shoes and make sure you have everything you'll need, such as keys, tote bags, umbrellas, ready to go. A quick cleanup in this high-traffic area makes leaving and coming home feel less stressful.



REFRESH LIVING SPACES

Take just a minute in your living room or bedroom to create a more inviting atmosphere. Fluff pillows on the sofa, neatly fold throws and clear off surfaces like the coffee table or nightstand. These swift touches make the whole room feel more pulled together and welcoming, without adding anything to your to-do list.

TACKLE A LOAD OF LAUNDRY

Rather than letting clothes or linens pile up, pick one load that will help you feel more ready for the week. That might be your favorite jeans, fresh towels or your go-to gym gear. Fold it, put it away and check it off your list. It's a manageable task that gives you a small win and a bit of breathing room for the days ahead.



CLEAR THE KITCHEN

Dedicate just five minutes to the heart of your home. Toss any expired or questionable items from the fridge and give the shelves a quick wipe down. Then check your counters, put away anything that doesn't belong and leave out only what you use daily. A clean, organized kitchen makes takeout less tempting and the thought of cooking feel far more manageable.



SET THE MOOD

Once you're done, do something simple that helps your space feel fresh. Open the windows for a breeze, light a candle or add a fresh bouquet of flowers. A small shift in atmosphere can help mark the start of a new week and make your home feel like it's working with you, not against you.



TURBO-CHARGE YOUR DINNER GAME

Meal prepping isn't just for busy people or fitness fans. It's about making your life easier and your meals better. When you prep ahead, you reduce stress around mealtime and avoid last-minute unhealthy choices. It helps control portions, saves money by cutting down on takeout and lets you enjoy homemade food even on your busiest days. With a little planning, you'll find yourself eating well without the daily scramble.



PLAN WITH PURPOSE

Before you shop or cook, decide how many meals and snacks you want to prep for the week. Think about your schedule — do you need lunches for work, dinners for busy nights or quick breakfasts? Choose recipes that fit your lifestyle and balance variety with simplicity.

START SMALL AND BUILD UP

Don't feel like you need to prep everything at once. Begin by prepping just one or two meals or snacks. This way you get comfortable with the process without feeling overwhelmed. Once you find your rhythm, you can expand and add more variety.

PREP INGREDIENTS AHEAD OF TIME

You don't always have to cook complete meals in advance. Sometimes just washing and chopping vegetables, marinating proteins or portioning snacks ahead of time can make assembling meals quicker and less stressful. Another great strategy is to batch cook staples like grains, beans or roasted veggies. These versatile ingredients can be combined in different ways throughout the week to keep your meals fresh and interesting.

KEEP IT TASTY

To avoid boredom, experiment with different herbs, spices and sauces. Adding a squeeze of lemon, a sprinkle of fresh herbs or a drizzle of your favorite dressing can transform basic ingredients without extra effort.

USE THE RIGHT CONTAINERS

Choose airtight, microwave-safe containers that stack easily. Glass containers are a great choice because they don't hold onto odors or stains. Clear containers also make it easy to see what's inside, so you can quickly grab what you need from the fridge or freezer.

SCHEDULE YOUR PREP TIME

Set aside a specific day and time each week for meal prepping. Treat it like an appointment so it becomes part of your routine. Having a dedicated slot helps reduce procrastination and ensures you stick with it.



EASY ONE-PAN CHICKEN AND VEGGIE MEAL PREP

Yield: 4 meals | **Prep time:** 15 minutes | **Cook time:** 20 minutes

This recipe is quick, easy and versatile, combining protein, veggies and carbs to give you four stress-free meals.



INGREDIENTS

- 2 chicken breasts, cut in half horizontally if thick
- 2 c. broccoli florets
- 1 c. cherry tomatoes
- 1 c. quinoa or rice
- 2 tbsp. olive oil
- Garlic powder, to taste
- Paprika, to taste
- Salt and pepper, to taste

INSTRUCTIONS

1. Preheat the oven to 400° F.
2. Place the chicken breasts, broccoli and cherry tomatoes on a baking sheet. Drizzle with olive oil and season, flipping chicken to coat both sides.
3. Roast for about 15 minutes, until the chicken is cooked through and veggies are tender.
4. While the chicken roasts, cook quinoa or rice according to the package directions.
5. Let the chicken cool, then slice into four equal servings.
6. Divide the quinoa/rice, roasted chicken and veggies into four containers.
7. Store in the fridge for up to four days. Reheat and enjoy a healthy, balanced meal in minutes.

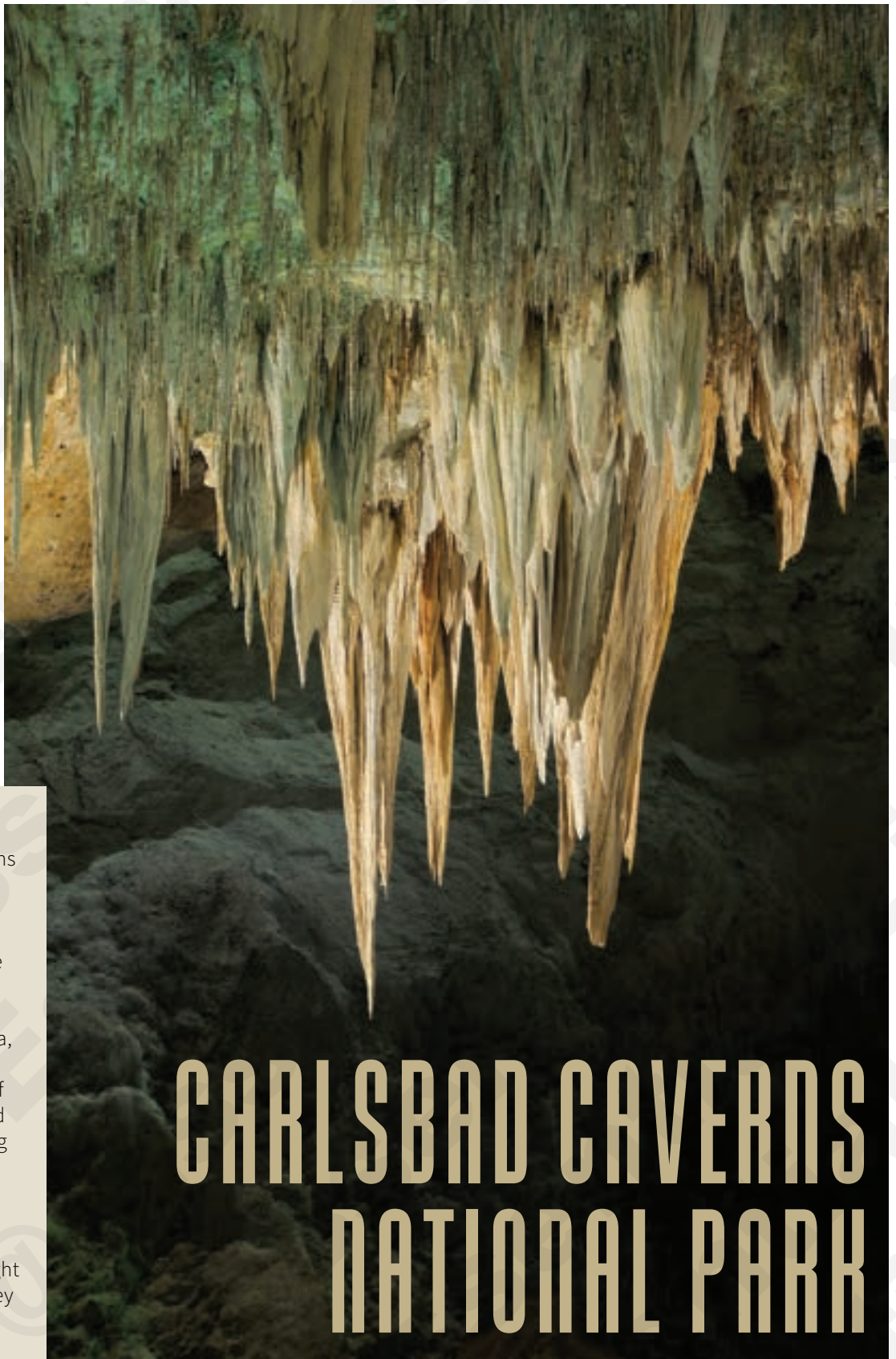


descend into
**AMERICA'S
COOLEST
CAVERNS**

Explore the mysterious underground world of America's coolest caverns, where nature unveils its most breathtaking formations. From the East Coast to the West, these subterranean wonders captivate visitors with their stunning stalactites, stalagmites and unique geological features.

NEW MEXICO

Deep in the Chihuahuan Desert lies Carlsbad Caverns National Park, famous for its vast network of more than 110 known caves. The park's centerpiece, the Big Room, ranks among the largest underground chambers in North America, featuring soaring ceilings and a breathtaking array of stalactites, stalagmites and other formations. Exploring the caves is possible by hiking down the Natural Entrance or taking an elevator, while evenings showcase the dramatic flight of thousands of bats as they emerge into the night sky.



CARLSBAD CAVERNS NATIONAL PARK



LURAY CAVERNS

VIRGINIA

In Virginia's Shenandoah Valley, Luray Caverns captivate visitors with their otherworldly beauty. Wander through cathedral-sized chambers adorned with shimmering limestone formations and crystal-clear reflective pools. The Great Stalacpipe Organ — a natural wonder that creates haunting melodies by striking stalactites — resonates through the vast caverns, filling the space with eerie, enchanting music and making the underground journey truly unforgettable.

JEWEL CAVE NATIONAL MONUMENT

SOUTH DAKOTA

South Dakota's Jewel Cave lives up to its name with over 200 miles of mapped passages and glittering calcite crystals coating its walls. The third longest cave in the world, this national monument winds through multiple levels of passages, offering visitors the chance to see rare formations like delicate helictites and unique boxwork patterns.



KENTUCKY

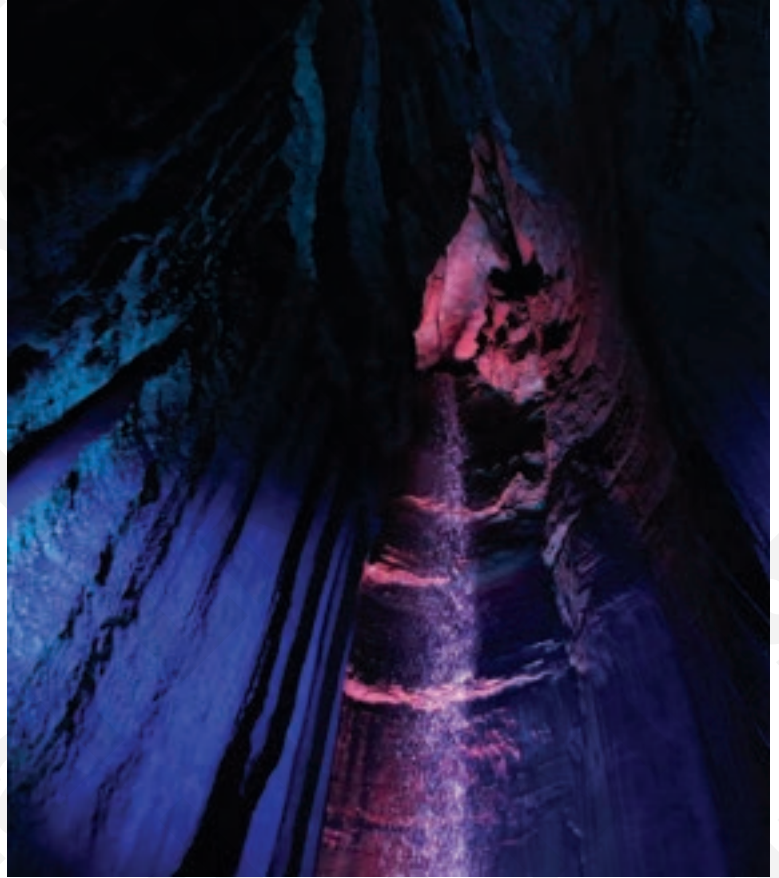
Venture into Mammoth Cave, the longest known cave system in the world with over 400 miles explored. Located in Kentucky, this UNESCO World Heritage Site features passages that range from vast domes to winding narrow corridors. Marvel at Frozen Niagara, a stunning cascade of limestone formations that resembles a frozen waterfall, or explore the cave's mysterious underground rivers that flow through its shadowy depths.

MAMMOTH CAVE NATIONAL PARK

RUBY FALLS

TENNESSEE

Hidden deep inside Lookout Mountain near Chattanooga, Ruby Falls is home to a breathtaking 145-foot underground waterfall. Visitors travel through narrow, winding passageways lined with impressive stalactites and stalagmites before reaching the illuminated falls, where cascading water plunges into a clear pool below. This unique underground wonder combines natural beauty with a sense of adventure, making it one of the most memorable cavern experiences in the country.



FEEL THE MOTION OF KINESTHETICS

KINESTHETICS IS THE PRACTICE OF BUILDING BODY AWARENESS THROUGH MOVEMENT. AT ITS CORE, IT'S ABOUT TUNING IN TO PROPRIOCEPTION — YOUR INTERNAL SENSE OF WHERE YOUR BODY IS IN SPACE. THE MORE YOU DEVELOP THIS AWARENESS, THE BETTER YOUR BALANCE, COORDINATION AND POSTURE BECOME.

BENEFITS

- **Reduces injury** risk by teaching your body to move safely
- **Improves coordination** so you can walk, run or lift with more ease
- **Supports mental clarity** by grounding you in the present moment



SIMPLE KINESTHETIC EXERCISES TO TRY



BALANCE HOLD

Stand near a wall or sturdy chair for support if needed. Lift your right foot off the ground and bring it to rest lightly against your left ankle or calf (avoid the knee joint). Engage your core and try to keep your hips level. Find a spot to focus your gaze and hold for 15 to 30 seconds. Switch sides. For a challenge, extend your arms overhead or close your eyes.

CONE REACH

Place a small object like a cone or water bottle about two feet in front of you. Stand with your feet hip-width apart and shift your weight onto one leg. Bend at the hips and reach forward to pick up the object, allowing your opposite leg to extend straight behind you for balance. Keep your back flat and your core engaged to avoid collapsing into the movement. Slowly return to standing before repeating.

BIRD DOG

Start on all fours with your hands under your shoulders and knees under your hips. Engage your core so your back stays flat and steady throughout the movement. Slowly extend your right arm forward while straightening your left leg behind you, keeping both parallel to the floor. Reach out through your fingertips and heel, then pause for a moment. Return to the starting position and switch sides.



By practicing these exercises regularly, you'll build strength, balance and confidence that carry into all parts of your life.

Essential Living does not provide medical advice, diagnosis or treatment. Any information in this publication is not intended as a substitute for medical advice, and you should not take any action before consulting with a healthcare professional.

Moving Mocktails

 Looking for refreshing beverages to keep you energized and satisfied? Whether you're craving something sweet, tangy or bubbly, these vibrant mocktails are perfect for any occasion. From herb-infused spritzers to fruity twists on classic favorites, each drink is designed to refresh and delight with natural, bold flavors. Get ready to sip on something exciting and easy to make, ideal for warming up any gathering or relaxing day!



Mint To Be Mojito

Light and crisp, this tasty drink is the perfect choice for a fun day!

Prep Time: 10 minutes | Yield: 4 servings

Ingredients

- 1 c. fresh mint leaves, plus more for garnish
- 2 limes, plus more for garnish
- 2 tbsp. simple syrup
- 1½ c. club soda
- ½ c. fresh lime juice
- 2 c. ice

Instructions

1. Slice the lime into wedges and add to a large pitcher or muddling glass with the fresh mint. Use a muddler to gently press down on the mint and lime juice to release the flavors.
2. Add the simple syrup to the muddled mint and lime mixture. Stir to combine, then add the lime juice and mix again. Top off with club soda and stir again.
3. Distribute the ice to four small glasses, then pour the mixture into each glass.
4. Garnish with fresh mint leaves and lime slices, then serve!



Ingredients

- 1 c. fresh grapefruit juice
- ¼ c. fresh lime juice
- 1 tbsp. agave syrup
- 1 ½ c. sparkling water
- Pinch of salt
- Lime zest and salt, for garnish
- 1 ½ c. ice
- Grapefruit, for garnish
- Lime wedges, for garnish

Instructions

1. Add the grapefruit, lime juice and agave syrup to a large pitcher. Stir to combine, then add a pinch of salt and top with sparkling water.
2. In a shallow bowl, mix together flakey salt and lime zest. Then, dip the rim of each glass in lime juice before rolling in the salt and lime zest mixture.
3. Add the ice to each glass. Distribute the paloma mixture evenly among the three glasses. Garnish with grapefruit or lime wedges and enjoy!

Fizzy Paloma Bliss

This citrusy drink with a twist of grapefruit and lime is perfect for a bright, flavorful mocktail!

Prep Time: 10 minutes | Yield: 2 servings



Tropical Splash

Escape to paradise with this creamy mocktail, blending sweet pineapple and coconut for a refreshing tropical treat.

Prep Time: 10 minutes | Yield: 2 servings

Ingredients

- 1 ½ c. pineapple juice
- 1 c. coconut milk
- ½ c. crushed ice
- 2 tbsp. honey
- Pineapple slices, for garnish
- Maraschino cherries, for garnish

Instructions

1. Add the pineapple juice, coconut milk, ice and honey to a blender. Blend until smooth
2. Then, pour into two hurricane glasses and top with pineapple slices and cherries.
3. Serve and enjoy!

Kombucha Spritzer

With its zesty citrus and herbal notes, this bubbly concoction offers a refreshing twist on your favorite fizzy beverage!

Ingredients

For the Rosemary Simple Syrup

- 1 c. water
- 1 c. cane sugar
- 4–6 sprigs fresh rosemary

For the Spritzer

- 1 ½ c. ice
- ½ c. orange flavored kombucha
- ½ c. sparkling water, plus more for topping
- ¼ c. orange juice
- 2 tbsp. rosemary simple syrup
- Orange slices, for garnish
- Rosemary sprigs, for garnish

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

Instructions

For the Rosemary Simple Syrup

1. Add the water and sugar to a small saucepan and heat over medium-high heat.
2. Stir until the sugar is dissolved, then add the rosemary and bring to a simmer.
3. Allow to simmer for five minutes, then remove from the heat and let steep for another five minutes.
4. Strain through a colander. Discard the rosemary sprigs and allow the simple syrup to cool.

For the Spritzer

1. Distribute the ice evenly between two glasses.
2. Add the kombucha, sparkling water, orange juice and simple syrup to a cocktail mixing glass. Gently stir to combine.
3. Pour half into each glass, then garnish with orange slices and rosemary sprigs before topping with more sparkling water and serving!

Salty Refresher

From crisp cucumber to salty tajin, this mocktail is a must make!

Prep Time: 15 minutes | Yield: 2 servings

Ingredients

- ¼ c. tajin seasoning
- ½ c. sparkling water
- ½ cucumber, peeled and thinly sliced, plus more for garnish
- ¼ c. cold water
- ¼ c. fresh lime juice
- 1 c. ice cubes
- 1 tbsp. agave syrup
- Lime wedges



Instructions

1. First, prepare the two glasses by running a lime wedge along the rim. Next, add the tajin to a plate and roll the glasses to coat the rims with the seasoning. Add a quarter cup of ice to each glass or place one large ice cube in each.
2. Add the cucumber to a cocktail shaker and muddle to release its juices. Then, add the fresh lime juice, agave syrup, cold water and half a cup of ice. Shake well to combine.
3. Strain the mixture into the prepared glasses, top with sparkling water and stir gently.
4. Garnish with a sliced cucumber ribbon or lime wedge, then serve!



A perfect blend of sweet and tangy, this drink creation is perfect for any occasion.

Ingredients

- ¼ c. sugar
- 1 ½ c. fresh strawberries, sliced
- ½ c. lime juice
- 2 tbsp. agave syrup
- 1 c. ice
- ¼ c. coconut water
- ½ c. sparkling water
- Lime wedges
- Fresh strawberries

Instructions

1. Start by running lime wedges along the rims of coupe glasses. Add the sugar to a bowl, then dip the glasses in to coat the rim. Place the glasses in the refrigerator.
2. Next, add the strawberries to a mixing glass and use a muddle to crush them to release the juices.
3. Pour in the lime juice and agave syrup, then mix to combine before transferring to a cocktail shaker and adding the coconut water and ice.
4. Shake vigorously to combine, then remove the glasses from the fridge and strain the mixture into the two glasses. Top with sparkling water and stir gently to combine.
5. Add the lime wedges and fresh strawberries, then serve!

Strawberry Lime Twist

Prep Time: 15 minutes | Yield: 2 servings



A VISUAL GUIDE TO

NEON NATURE

THE WONDERS OF BIOLUMINESCENCE

The natural ability to produce light, known as bioluminescence, is a captivating phenomenon found across a diverse range of living organisms. From the subtle glow of fungi to the dramatic light displays of marine life, this extraordinary ability serves essential functions such as communication, attraction, camouflage and defense. Whether lighting up a summer night or illuminating the dark depths of the ocean, bioluminescence plays a crucial role in survival, revealing a hidden world of radiant beauty.

GLOWING FUNGI

More than 70 species of fungi can emit light, often a soft green glow visible on decaying wood in damp forests. These bioluminescent fungi, including species like *Panellus stipticus* and various *Mycena*, create a unique illumination in the undergrowth.

FLICKERING INSECTS

More than 2,000 insect species can produce light, using their glow to find mates, communicate, or lure in prey across forests, fields and caves.

GLOWWORMS

Often found in caves, these creatures emit a steady glow to lure prey into their sticky webs.

RAILROAD WORM

Both larvae and adult females emit two distinct colors of light: green along their body segments and a striking red light from their head. These glowing patterns are believed to aid in navigation and serve as a defense mechanism against predators.

FIREFLIES

Perhaps the most familiar bioluminescent insects, these beetles use precisely timed flashes as a language for courtship, with each species having its own unique signaling pattern.

RADIANT SEAS

The ocean is home to thousands of glowing species. These radiant creatures create a breathtaking spectacle in the otherwise dark underwater world.

ANGLER FISH

A bioluminescent lure dangles from the head of this deep-sea predator, which uses its glowing bait to attract prey in the dark ocean depths.

LANTERNFISH

These small fish use glowing patterns to blend into their environment for camouflage and to communicate with one another in the deep sea.

ATOLLA JELLYFISH

When threatened, this jellyfish flashes dramatically. The sudden burst may startle predators or call in larger creatures that chase off attackers.

COMB JELLIES

With their rainbow-like shimmer, comb jellies both attract mates and confuse predators using shifting, colorful light.

DINOFLLAGELLATES

These tiny plankton shine blue in response to movement. Their waves of light create glowing coastlines during nighttime blooms.





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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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