

Compliments of Jodee Harris

essential living

605



Get Your Home Spring Ready



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Mornings set the tone for the day, and starting with a breakfast that satisfies both hunger and taste can make all the difference. From savory to sweet, our recipes for breakfast bowls are sure to kickstart your day.

With energy in hand, stepping outside becomes even more inviting. Whether you're tracing the historic Appalachian Trail or taking in sweeping vistas on Montana's Highline Trail, the country's landscapes are full of trails waiting to be explored.

Back at home, it's the perfect time to refresh your surroundings and welcome the new season. A little attention can make your space feel renewed, vibrant and ready for the days ahead.

Here's to stepping into your day with energy, adventure and a home that inspires.

— From the Publisher



**What do you like to see in your
breakfast bowl?**

Scan the QR code to cast your vote!



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Lemon Blueberry Mug Cake

- ¼ c. all-purpose flour
- ¼ tsp. baking powder
- 1 tbsp. sugar
- 1 tbsp. lemon juice
- 1 tbsp. coconut oil,
melted
- 1 tbsp. maple syrup
- 4 tbsp. milk
- 2 tbsp. blueberries

1. In a small mixing bowl, add your dry ingredients and mix well.
2. In a microwave-safe mug, mix lemon juice, coconut oil, maple syrup and milk. Add in the dry ingredients and mix well. Fold in the blueberries.
3. Microwave for 1-2 minutes, or until a toothpick comes out clean from the center. Allow to cool for 2-3 minutes and enjoy!

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BOWLS

TO BRIGHTEN YOUR MORNING

Breakfast bowls are a delightful way to kickstart your day, blending bold flavors, satisfying textures and hearty ingredients in one irresistible bite. Whether you're savoring creamy eggs and crispy potatoes or enjoying sweet layers of fruit, nuts and honey, these recipes prove breakfast doesn't have to be boring. With so many flavor combinations, every morning can feel fresh, exciting and utterly delicious.

BLUEBERRY BANANA CRUNCH BOWL

Creamy oats with sweet fruit and a hint of crunch make for a perfect start to any morning.

PREP TIME:
5 minutes

COOK TIME:
10 minutes

YIELD:
2 servings

Ingredients

- 1 c. old-fashioned oats
- 1 banana, sliced
- ½ c. fresh blueberries
- ¼ c. pistachios, chopped
- 2 tbsp. toasted coconut flakes
- 2 tbsp. creamy peanut butter
- 2 tsp. honey, plus more to taste

Instructions

1. Cook oats according to package instructions.
2. Divide oatmeal evenly into two serving bowls.
3. Top each bowl with banana slices, blueberries, chopped pistachios, toasted coconut flakes and a spoonful of peanut butter.
4. Drizzle with honey and serve warm.



PREP TIME: 20 minutes

COOK TIME: 40 minutes

YIELD: 4 servings

FARMER'S BREAKFAST BOWL

Golden potatoes, savory eggs and crispy bacon come together in a hearty morning mix.

Ingredients

- 1 lb. Yukon gold potatoes, chopped into 1" cubes
- 4 strips of bacon
- ½ onion, sliced
- 1 tbsp. extra virgin olive oil
- Salt and pepper, to taste
- 6 eggs
- 8 oz. shredded cheddar cheese
- 2 green onions, thinly sliced

Instructions

1. Preheat the oven to 425° F. Spread potatoes and onions on a large sheet pan. Drizzle with extra virgin olive oil, salt and pepper, then toss until evenly coated. Arrange in a single layer on pan. Roast for 30–40 minutes, stirring halfway through, until the potatoes are golden and tender.
2. While the vegetables roast, cook the bacon in a skillet over medium heat until crisp. Transfer to a paper towel-lined plate. Once cool, chop into small pieces and set aside.
3. In a large bowl, crack the eggs and season with salt and pepper. Whisk until smooth. Spray a skillet with nonstick spray and pour in the eggs. Scramble over medium heat until just set and still slightly glossy, then transfer to a plate.
4. When the vegetables are ready, divide them among serving bowls. Top each bowl with scrambled eggs and chopped bacon. Finish with a sprinkle of shredded cheese and sliced green onions. Serve immediately.



CHIA PUDDING BREAKFAST BOWL

This creamy, flavorful chia pudding is the perfect way to fuel your morning.

PREP TIME: 20 minutes

INACTIVE TIME: 1 hour

YIELD: 2 servings



Ingredients

- 1 c. unsweetened almond milk
- 4 tbsp. chia seeds
- 2 tbsp. maple syrup
- 1 tsp. vanilla extract
- 1 banana, sliced
- 1 c. granola
- 2 tbsp. creamy peanut butter

Instructions

1. Pour the almond milk into a glass container — add the chia seeds, maple syrup and vanilla extract, mixing well.
2. Let the pudding set for 20 minutes at room temperature.
3. Stir the pudding, breaking down any clumps, and refrigerate for at least one hour or overnight.
4. Transfer pudding into bowls and top with granola, bananas and almonds.
5. Top with peanut butter and enjoy!

SOUTHWEST BREAKFAST BOWL

Roasted potatoes and black beans deliver bold, zesty flavor to kick off the morning.

PREP TIME: 20 minutes

COOK TIME: 35 minutes

YIELD: 4 servings

Ingredients

- 1 lb. Yukon gold potatoes, chopped into 1" cubes
- 1 15-oz. can of black beans
- 2 Roma tomatoes, diced
- 4 eggs
- 1 tsp. minced garlic
- ¼ tsp. smoked paprika
- 1 c. shredded cheddar cheese
- 2 green onions, thinly sliced
- 1 tbsp. extra virgin olive oil
- Salt and pepper, to taste



Instructions

1. Preheat the oven to 425° F. Spread the potatoes on a large sheet pan and drizzle with olive oil, salt and pepper. Toss to coat evenly. Roast for 30–35 minutes, stirring halfway through, until golden and tender.
2. While the potatoes roast, prepare the eggs. Spray a skillet with nonstick cooking spray, and heat skillet over medium-low heat. Crack one or two eggs at a time and cook until the whites are set but yolks remain runny, about 3–4 minutes. Season with salt and pepper and transfer to a plate. Repeat with remaining eggs.
3. In the last few minutes of roasting, warm the black beans in a small saucepan over medium-low heat.
4. Once the potatoes are done, divide them evenly among four serving bowls. Top each bowl with black beans, diced Roma tomatoes, a sunny-side-up egg, shredded cheddar and sliced green onions. Serve and enjoy!

STRAWBERRY FIELDS

BREAKFAST BOWL

Light, refreshing and protein-packed, this bowl delivers satisfaction in every bite.

PREP TIME: 5 minutes

YIELD: 2 servings



Ingredients

- 1 c. cottage cheese
- 1 c. fresh strawberries, halved
- 1 c. cereal
- ¼ c. unsweetened coconut flakes
- ¼ c. walnuts, roughly chopped
- 2 tsp. honey, plus more to taste

Instructions

1. Divide cottage cheese evenly into two serving bowls.
2. Top each bowl with strawberries, cereal, coconut flakes and walnuts.
3. Drizzle with honey and serve immediately.



Mother's Day

Gifts She'll Love

Mother's Day is the perfect time to show the incredible woman in your life just how much she means to you. Whether it's your mom, partner or a special mother figure, a carefully selected gift can speak volumes.

For the Mom Who Loves *Sentimentality*

Family Recipe Book

A family recipe book is a heartfelt way to celebrate **traditions** and preserve the meals that mean the most. Gather **recipes** from relatives and friends, from holiday classics to the simple dishes that make weeknights memorable. Add little notes about where each recipe came from and the **memories** tied to it, creating a collection of **family stories** and flavors that can be cherished for generations.

Birthstone Jewelry

Birthstone jewelry is a timeless gift that keeps **loved ones** close in a meaningful way. Whether it's a **necklace, bracelet or ring**, each stone can represent a child, grandchild or another special person in her life. It becomes a beautiful reminder of the **relationships** she treasures most.

Digital Photo Frame

If she loves displaying photos but wants more variety, a digital photo frame is the perfect gift. This modern frame lets her showcase a rotating selection of **family photos**, and you can pre-load it with your favorite **memories** or send new ones remotely. It's a gift that keeps her **memories fresh** and her space filled with love.



For the Mom Who

Doesn't Like Clutter



An Experience

Sometimes the best gift isn't something tangible, but an unforgettable experience shared with the family. It could be a **picnic** in the park, a visit to a **museum** or **zoo**, a cozy **movie night** with all her favorite films or a day spent exploring a nearby **nature trail**.

E-book or Podcast Subscription

An **e-book** or **podcast subscription** is a gift that keeps on giving. She can explore new stories, learn new skills or dive into topics she loves – all without adding another book to the shelf.

For the Mom Who Loves

Pampering

Scented Candles

Scented candles are a wonderful way to create a **relaxing atmosphere**. Choose a high-quality candle with a soothing scent like lavender, eucalyptus or jasmine to help her unwind. Many luxury candles come in beautifully designed jars that can be repurposed as décor once the candle is used up. It's a thoughtful gift that adds **warmth** and **tranquility** to any room.



Loose-Leaf Tea

Give her the **calming experience** of a loose-leaf tea set. Paired with a simple tea infuser or strainer, this gift turns teatime into a **peaceful moment** to unwind after a busy day.

From heartfelt keepsakes to practical subscriptions, each gift celebrates the remarkable women in your life and the memories you share.

THE Spring HOME RESET



Spring is more than just a change in weather — it's a chance to refresh your home and bring in a sense of renewal. As the days grow longer and flowers begin to bloom, now is the perfect time to shake off the heaviness of winter and lighten up your space. You don't need a full redesign; a few intentional updates can make your home feel brighter, more open and ready for the season ahead.



Lighten Up Your Textiles

Start by swapping out cold-weather fabrics like wool and velvet for lighter materials such as cotton and linen. Choose colors that reflect spring's natural palette like soft pastels, crisp whites or floral patterns. Refreshing your throw pillows, curtains, table runners or bedding with these lighter options can instantly change the feel of a room.

Declutter and Deep Clean

There's no better time than spring to declutter and reset your home. Go beyond surface tidying and tackle forgotten corners, dusty baseboards and cluttered drawers. Donate unused items, clear off countertops and give your windows a good wash to let in more natural light. A clean space instantly feels more open and energized.



Bring the Outdoors In

Nothing says spring like greenery. Houseplants and fresh-cut flowers are an easy and affordable way to liven up your home. Add a potted fern to your kitchen shelf, place tulips or daffodils in a vase by the entryway or create a rotating bouquet from your local farmer's market. If you don't have a green thumb, high-quality faux plants can work just as well.

Refresh With Seasonal Scents

The right scent can instantly make your home feel more inviting. Put away winter's spicy or smoky candles and opt for fresh fragrances like citrus, lavender, eucalyptus or mint. Try a diffuser, room spray or a new candle to subtly shift your home's atmosphere to something lighter and more seasonal.



Switch Up Your Entryway

Your entryway is the first hint of spring your home can offer. Swap in a new doormat, hang a seasonal wreath and tuck away winter coats. A small plant or a fresh bowl of lemons on a console table can add a cheerful, welcoming vibe.

Rearrange and Reimagine Spaces

Spring is a great time to rethink how you use certain areas in your home. Consider rearranging your furniture to create better flow or make the most of natural light. Move a chair near a window to create a reading nook or clear space for a yoga mat and morning stretches. A small shift in layout can make a room feel entirely new.

With just a few thoughtful updates, your home can reflect the energy and brightness of spring, leaving your space feeling renewed and inspired.





Best HIKING TRAILS in America

**NATIONAL
PARKS**



**WILD
BACKCOUNTRY**



**SCENIC
COASTLINES**

Whether you're craving alpine views, desert solitude or forested pathways, America's hiking trails deliver. With countless miles of trails stretching across national parks, wild backcountry and scenic coastlines, it's easy to find a path that matches your exploration style.

The Appalachian Trail

EASTERN UNITED STATES

Spanning more than 2,190 miles from Georgia to Maine, the Appalachian Trail is the longest hiking-only footpath in the world. While few tackle it end-to-end, popular sections provide plenty of reward. Traverse through Grayson Highlands State Park in Virginia for expansive valley vistas or try the rugged White Mountains of New Hampshire if you're up for a challenge.



Highline Trail

**GLACIER NATIONAL
PARK,
MONTANA**

This 11.8-mile trail is often ranked among the most scenic in the country, thanks to its constant alpine views and animal sightings. The trail runs parallel to the Continental Divide and provides a front-row seat to Glacier's dramatic peaks and wildflower-strewn meadows. Look for mountain goats clinging to rocky ledges and marmots sunbathing near the trail. The Garden Wall section, with its sheer drop-offs, is both thrilling and unforgettable.

Mist Trail

YOSEMITE NATIONAL PARK,
CALIFORNIA



For a hike bursting with natural beauty, the Mist Trail is a must. This 3-mile round-trip trail takes you close to two of Yosemite's most spectacular waterfalls — Vernal Falls and Nevada Falls. As you ascend stone steps beside rushing water, you'll feel the cool spray creating a refreshing mist that gives the trail its name. Lush ferns and granite cliffs frame the path, while panoramic views open up at the top. It's a rewarding hike that combines both power and tranquility, perfect for those seeking a truly picturesque adventure.



KAUAI, HAWAII

Kalalau Trail

If wandering along towering sea cliffs with a backdrop of turquoise water and lush valleys sounds like your kind of expedition, the Kalalau Trail won't disappoint. Running 11 miles along the Napali Coast, this tropical trek includes steep climbs, river crossings and dense jungle terrain. Although demanding, the trail leads to the breathtaking paradise of Kalalau Beach. Most hikers camp overnight with a permit, but even a shorter hike to Hanakāpī'ai Falls offers an extraordinary jungle adventure.





The Enchantments

ALPINE LAKES WILDERNESS,
WASHINGTON

Tucked deep in the Cascade Mountains, the Enchantments grants a high-alpine experience that lives up to the name. This 18-mile point-to-point trail winds past crystal-clear lakes, jagged granite peaks and groves of radiant larch trees in autumn. The Core Enchantments zone requires a lottery permit for overnight stays, but lucky hikers are rewarded with one of the most magical landscapes in the Pacific Northwest.



Skyline Loop Trail

**MOUNT RAINIER
NATIONAL PARK,
WASHINGTON**

This 5.5-mile loop out of Paradise lives up to its name. The Skyline Trail showcases the very best of Mount Rainier, with subalpine meadows bursting with wildflowers and plenty of wildlife like marmots and mountain goats along the way. The trail ascends to Panorama Point, where clear days reveal sweeping views of Mount Adams, Mount St. Helens and Mount Hood.

Breathe Your Way to Calm

In today's world of constant stimulation and tight schedules, stress, poor sleep and scattered focus can easily take over. But one powerful tool to help manage all three is right under your nose — your breath. Controlled breathing exercises can calm the nervous system, ease anxiety, promote restful sleep and even enhance concentration. Best of all, you can do them anywhere, anytime.

The Power of Intentional Breathing

When stress kicks in, breathing becomes shallow and quick. This tells your body to stay on high alert. But when you breathe slowly and deeply, you signal the body to relax. The heart rate slows, muscles release tension and the mind begins to quiet down. Regular breathing practice can help you respond more calmly to daily pressures.

Box Breathing

GREAT FOR: Reducing stress, sharpening focus

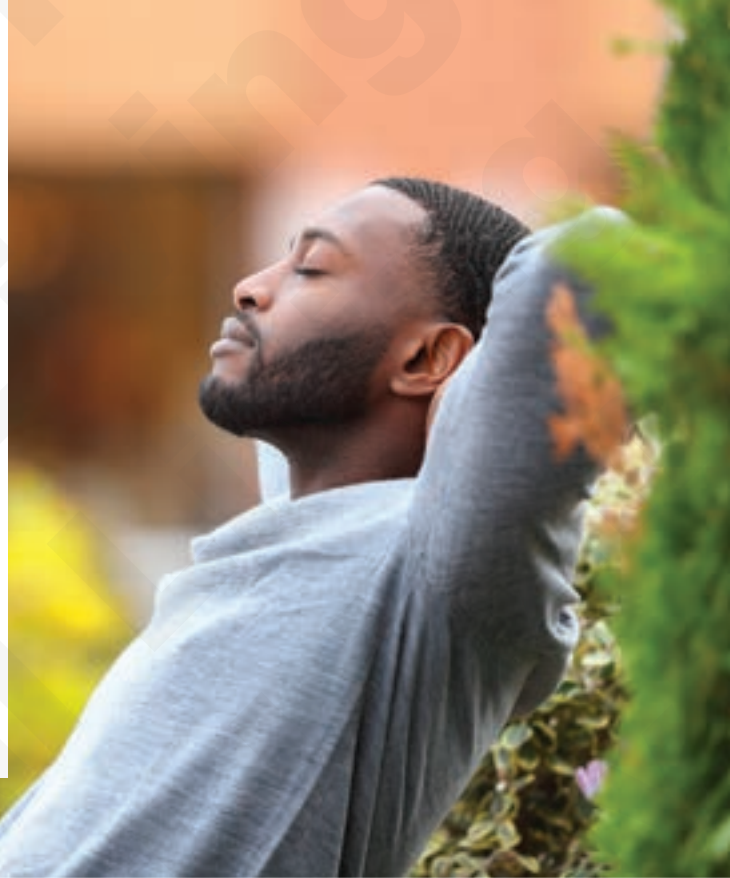
This structured technique, also called square breathing, helps steady the breath and quiet the mind. It creates a natural rhythm that lowers stress and increases mental sharpness.

HOW TO DO IT:

Before starting, sit with your back supported in a comfortable chair, feet flat on the floor and spine upright.

- Inhale for 4 counts
- Hold for 4 counts
- Exhale for 4 counts
- Hold again for 4 counts

Repeat for 1–2 minutes or until you feel more centered.



4-7-8 Breathing

GREAT FOR: Falling asleep faster, calming nerves

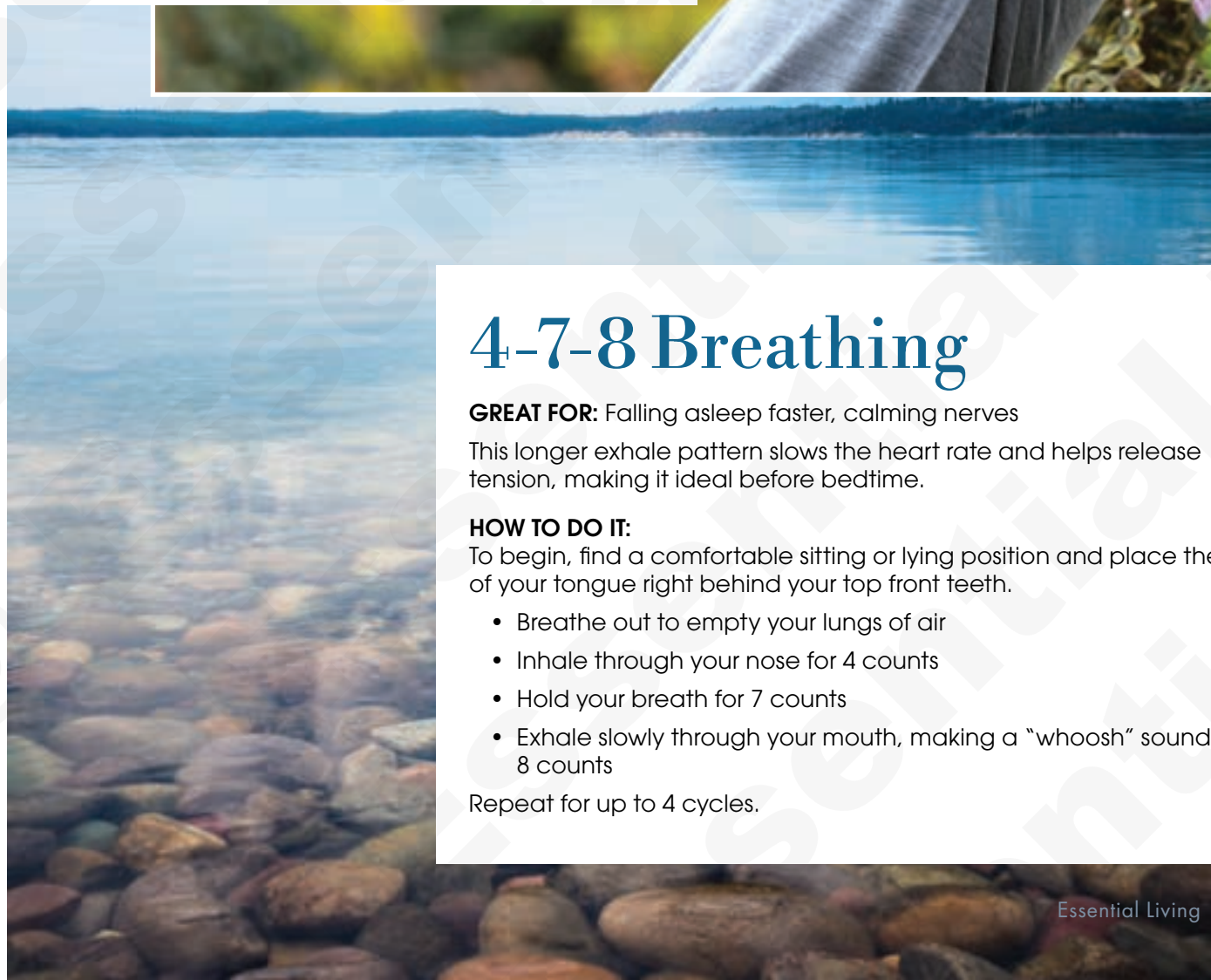
This longer exhale pattern slows the heart rate and helps release tension, making it ideal before bedtime.

HOW TO DO IT:

To begin, find a comfortable sitting or lying position and place the tip of your tongue right behind your top front teeth.

- Breathe out to empty your lungs of air
- Inhale through your nose for 4 counts
- Hold your breath for 7 counts
- Exhale slowly through your mouth, making a “whoosh” sound for 8 counts

Repeat for up to 4 cycles.





Double Inhale, Long Exhale

GREAT FOR: Quickly reducing anxiety, clearing mental fog

This simple pattern mimics a natural calming reflex in the body. It helps release tension and improve mental clarity, especially useful during moments of stress or overwhelm.

HOW TO DO IT:

To begin, sit comfortably in a chair or on the floor, keeping your head, neck and spine aligned.

- Inhale until your lungs reach capacity
- Then, take a breath in
- Exhale slowly and fully through the mouth

Repeat 1-2 times.

1-Minute Breathing Reset

GREAT FOR: Boosting energy, improving concentration

This short, focused exercise uses deep belly breathing to re-energize and refocus your mind.

HOW TO DO IT:

To get started, sit in a comfortable upright position and relax your abdominal muscles.

- Inhale deeply into your belly for 6–8 counts
- Once your stomach expands, hold your breath for 6–8 counts
- Exhale slowly through your mouth for 6–8 counts

Repeat for 4–5 rounds.

Make It a Habit

Start with just five minutes a day. Whether you're preparing for a meeting, winding down before bed or simply need a moment of calm, a few conscious breaths can make a big difference.

Porch Perfect

Spring is the perfect time to refresh your porch and welcome the warmer days ahead. A welcoming porch not only adds charm but also creates a cozy spot to enjoy warmer days. Whether you have a small stoop or a spacious veranda, these simple DIY ideas will help you transform your outdoor space into a vibrant, inviting retreat.





Bring It to Life With Colorful Planters

Brighten your porch with pots filled with seasonal flowers like tulips, pansies or marigolds. Mix different sizes and styles to create a natural, layered look that instantly livens the space. You can also add trailing vines or herbs to introduce texture and delightful scents.



Brighten It Up With String Lights

Add a soft, enchanting glow to your porch with string lights, perfect for enjoying those longer spring evenings outdoors. Draped along the ceiling or wrapped around porch posts, they create a cozy, magical atmosphere.



Make It Cozy With Comfortable Seating

Comfortable seating is essential for turning your porch into a go-to spot. Add a pair of chairs with weather-resistant cushions that invite you to sit back and relax. Even a simple bench with plush cushions can transform your porch into a welcoming nook for reading, sipping tea or chatting with neighbors.



Refresh With Decorative Pillows

Refresh your seating with decorative pillows in spring-inspired colors like soft pastels, sunny yellows or fresh greens. Patterns such as florals, stripes or subtle geometrics can add texture and interest without overwhelming the space.

Add Practical Style With Functional Decor

Place a small side table or storage bench to keep essentials handy. A stylish umbrella stand can also add personality while keeping your porch tidy.



Create Impact With a Layered Doormat

Make a stylish first impression by layering two doormats — a larger neutral mat underneath and a smaller, patterned mat on top. This simple trick brings dimension and charm right to your doorstep.



Welcome Spring With a Seasonal Wreath

Welcome guests with a spring-themed wreath on your front door. Fresh greenery, blossoms or light décor can instantly refresh your porch's look with seasonal charm.



D Foil-Pack Dinners

Foil-wrapped dinners are a deliciously simple way to create meals bursting with flavor. Juices and seasonings stay sealed inside, infusing every ingredient with rich, savory taste. With minimal prep and almost no cleanup, they make cooking feel effortless. From tender salmon to bacon-wrapped corn, these recipes show how foil packets can turn simple ingredients into a show-stopping dinner.



Cracked Black Pepper Salmon and Potatoes

Prep time: 15 minutes

Cook time: 20 minutes

Yield: 2 servings

Ingredients:

- 2 6-oz. salmon steaks
- 2 tbsp. olive oil
- ¼ c. freshly ground black pepper
- 1 tsp. salt, divided
- 1 garlic clove, minced
- 1 tsp. dried parsley
- 1 tsp. dried rosemary
- 1 lb. Yukon Gold potatoes, cut into 1" pieces
- ½ lemon, sliced

Directions:

1. Preheat the oven to 375° F.
2. Add the Yukon Gold potatoes to a large bowl. Drizzle with one tablespoon olive oil and ½ teaspoon salt. Toss to coat and set aside.
3. Place each salmon steak on a large sheet of foil. Drizzle the remaining olive oil over all sides, then sprinkle with black pepper, garlic, parsley, rosemary and the remaining salt. Rub the seasonings evenly over the salmon to coat thoroughly.
4. Arrange the potatoes and sliced lemon around the salmon, leaving room at the edges. Fold the foil over the salmon and potatoes, sealing the edges to create a tight packet.
5. Place the packets on a baking sheet and bake for 20–25 minutes, until the salmon flakes easily and the potatoes are tender.

Shrimp and Veggie Foil Pack

Prep time: 15 minutes | Cook time: 20 minutes | Yield: 2 servings

A super-fast, simple and summery meal with juicy shrimp and roasted vegetables.

Ingredients:

- 1 lb. large shrimp, peeled and deveined
- 1 c. zucchini, chopped
- 1 c. yellow squash, chopped
- ½ red onion, chopped
- 1 green pepper, chopped
- 1 10-oz. package cherry tomatoes
- 1 8-oz. can sweet corn
- 4 cloves garlic, minced
- 2 tbsp. minced cilantro, or parsley
- 3 tbsp. olive oil
- 1 tsp. paprika
- Salt and pepper, to taste

Directions:

1. Preheat the grill to medium-high heat.
2. In a large bowl, combine all ingredients and toss to mix.
3. Lay out four 18x12-inch sheets of heavy-duty foil, using two sheets per packet with the second sheet placed perpendicular to the first. Divide the shrimp and vegetable mixture into a rectangular shape in the center of each foil stack.
4. Fold and roll the edges to completely seal each packet.
5. Grill the packets for 12–14 minutes, flipping halfway through, until the shrimp is cooked through.
6. Carefully open the packets. Squeeze lemon over top before serving.



Sweet corn wrapped in crispy bacon for a savory-sweet crunch.

Bacon-Wrapped Corn on the Cob



Prep time: 20 minutes | Cook time: 60 minutes

Yield: 5 servings

Ingredients:

- 5 ears corn, husked and cleaned
- Cajun seasoning, to taste
- Salt and pepper, to taste
- 1 lb. sliced bacon

Directions:

1. Preheat grill to high heat.
2. Sprinkle each ear of corn with Cajun seasoning, salt and pepper, to taste. Then, wrap each ear with 2-3 slices of bacon, covering it as much as possible.
3. Wrap the ears in aluminum foil, twisting the ends tightly to seal.
4. Place the wrapped corn on the grill and cook over high heat for 10 minutes per side. Lower the heat and continue grilling for about 45 minutes, turning occasionally, until the bacon is cooked through and the corn is tender.
5. Remove from the grill and carefully unwrap before serving.



*Tender inside,
crispy outside,
these potatoes
are pure buttery
goodness.*

Hasselback Potatoes

Prep time: 15 minutes | Cook time: 15 minutes | Yield: 4 servings

Ingredients:

- 5 medium russet potatoes
- 5 tbsp. unsalted butter, melted
- 2½ tsp. salt
- 1 tsp. pepper
- 4 garlic cloves, minced
- 2½ tbsp. fresh rosemary, finely chopped
- 2½ tbsp. fresh parsley, chopped

Directions:

1. Preheat the grill to high heat.
2. Wash and scrub the potatoes.
3. Make thin slices about ¼ inch apart, stopping just before cutting all the way through. Place a wooden spoon alongside each potato while slicing to ensure even cuts and prevent slicing completely.
4. Place each potato on its own sheet of foil and gently fan out the slices.
5. Next, drizzle the melted butter over each potato, making sure it gets in between the slices. Sprinkle with salt, black pepper, garlic and rosemary.
6. Loosely wrap the foil over each potato.
7. Grill until potatoes are tender, about 40 minutes. Unwrap carefully and enjoy!

A VISUAL GUIDE TO THE BEAUTY OF Butterflies

Butterflies are some of the most captivating insects on the planet, known for their vibrant wings and delicate flight. Found on every continent except Antarctica, they thrive in a wide range of habitats from tropical rainforests to alpine meadows. Each species has its own unique features, from bold colors that signal danger to transparent wings that offer near-invisibility. Here are some of the most fascinating and beautiful butterflies around the world.

Glasswing

MAIN REGION:

Central America and Northern South America

Their **transparent wings** help them vanish into a variety of environments.

Caterpillars feed on toxic plants, making them **poisonous to predators**.



Clipper

MAIN REGION:

South and Southeast Asia

There are more than 30 subspecies, each with its own unique wing patterns to blend into different habitats.



Blue Morpho

MAIN REGION:

Central and South America

Their wings appear electric blue due to **microscopic scales** that reflect light.

Despite their vivid upper wings, their **undersides are brown** to help camouflage when at rest.



Western Pygmy Blue



MAIN REGION:
Southwestern United States
and Mexico

With a wingspan of less than a ½ inch, it is the **smallest butterfly** in North America and possibly the world.

Their coloring combines coppery tones with silvery blue, helping them **disappear** among desert plants.

Ulysses



MAIN REGION:
Northeastern Australia
and nearby islands

Males are drawn to nearly **anything blue**, mistaking it for potential mates or rivals.

Scarlet Mormon

MAIN REGION:
South and Southeast Asia

The females come in multiple color forms, some of which **mimic toxic butterflies** to avoid predators.



Giant Owl

MAIN REGION:
Central and South America

This is the **largest butterfly species** in the Americas, with a wingspan up to 8 inches.

Fermented fruit makes up much of its diet, often making it **appear a little under the influence**.



Crimson Rose

MAIN REGION:
India and Sri Lanka

Caterpillars can be **cannibalistic** under food-scarce conditions.

Its **striking coloring warns predators** to stay away, letting it move with a more elegant, unhurried flight.



Apollo

MAIN REGION:
Mountain ranges in Europe

Adapted to **cold alpine climates**, they are found in mountainous parts of Europe.



Queen Alexandra's Birdwing

MAIN REGION:
Oro Province, Papua New Guinea

With a wingspan of up to 11 inches, it's the **largest butterfly in the world**.

It is a **once in a lifetime** experience if you are lucky enough to spot one in the wild.



Malachite

MAIN REGION:
Central and South America

This butterfly is **named after the mineral malachite**, which is the same shade of green.

Unlike most butterflies, they prefer **rotting fruit** over flowers.



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couscous salad

Ingredients

- ½ c. couscous
- 6 ¾ oz. vegetable stock, hot
- 2 spring onions
- 1 red pepper
- ½ cucumber
- ½ c. feta cheese
- 2 tbsp. pesto
- 2 tbsp. pine nuts

Instructions

1. Tip the couscous into a large bowl and pour over the stock. Cover, then leave for 10 minutes until fluffy and all the stock has been absorbed.
2. Slice the onions and pepper, and dice the cucumber. Add these to the couscous and fork through the pesto. Sprinkle the crumbled feta and pine nuts on top before serving.

5 WAYS TO CREATE A Welcoming Entryway



1. Use a mix of ambient, accent, and task lighting for warmth.
2. Add functional storage for keys, mail, and essentials.
3. Add a rug that complements your décor.
4. Place a small bench or chair for putting on shoes.
5. Include fresh flowers or a potted plant for a touch of nature.



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3 House Plants

THAT WILL THRIVE IN YOUR KITCHEN

ALOE VERA

Prefers bright, indirect light. Water sparingly, allowing soil to dry out between watering.

SPIDER PLANT

Prefers indirect light and can tolerate a bit of neglect. Water when soil feels dry.

POTHOS

Allow the soil to dry between waterings and avoid direct sunlight.



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