

Compliments of Arleatha Williams

start HEALTHY

ISSUE 43

Embracing International **Cooking Techniques**

Spice up your home cooking | **PAGE 30**

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Front of Tear Out Card 1



**charred cucumber
and shiso
quick pickles**



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Back of Tear Out Card 1



- 1 to 1¼ lb. Persian cucumbers (approximately 5 small)
- 1 to 2 tbsp. neutral vegetable oil (such as cold-pressed rice bran oil or grapeseed oil)
- Fine sea salt
- 1 tbsp. vinegar (rice wine, white wine, champagne, or red wine)
- ½ c. (loosely packed) shiso sprouts, or 6–8 shiso leaves cut into 1-in. squares

Halve the cucumbers lengthwise and then again, crosswise. Set a 12- or 14-in. heavy-bottomed skillet, preferably cast iron, over high heat and add the oil. Swirl the oil around the pan until no bald spots remain. Place the cucumbers in the skillet cut side down and char 4 to 5 minutes (you may have to do this in batches so as to not overcrowd your skillet; add more oil between batches if the skillet seems dry). Transfer the cucumbers to a rimmed plate or baking sheet and sprinkle with salt and vinegar. Let cool to room temperature. Taste, and add more salt, if needed. Toss gently and then shower on shiso sprouts or shiso leaves. Stack in small serving bowls.

4 TO 6 SERVINGS (AS A SIDE DISH)

Recipes from *The Modern Larder* by Michelle McKenzie. Roost Books, an imprint of Shambhala Publications, Inc., 2021. Recipe photographs © Rick Poon.



Spring is a time of change, when baseball season returns, bright flower petals pop from their buds, and people everywhere look forward to getting out and getting away. This issue of Start Healthy encourages you to revel in the season with tips for refreshing your mindset, a packing guide, a look at a travel destination worthy of consideration, and more.

Mental health is an important topic in the twenty-first century, and even the smallest mindset makeover can make a big difference. Inside, a medical expert offers six strategies for cultivating a healthier outlook in your daily life.

A change in your packing strategy can also be beneficial, especially with this season's temperature fluctuations and unpredictable weather. Check out the enclosed clothing, footwear, and accessory tips to help make your springtime travel prep less trying.

Speaking of travel, as the weather warms, so does the anticipation for a change of scenery. If you're looking for ideas on where to go, be sure to read this issue's article on Florida's Emerald Coast. With breathtaking beaches, a vibrant nightlife, and adventures aplenty, there's fun for everyone along this stretch of coast.

What will you do this season to make positive changes for yourself and others? As always, it's a pleasure to send you this magazine.

Arleatha Williams



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The Treasure of the Gulf Coast

Emerald waters and snow-white sands make up some of America's finest beaches.
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a daily dose of
Mental Wellness

written by: EMMANUEL RIVERA, MA, LPC

PRIORITIZING YOUR MENTAL HEALTH can go a long way toward enhancing both your daily welfare and overall happiness. Here are some foundational strategies for fighting everyday stressors and developing a healthier mindset.

 **Tackle essentials**

Exercising and doing household chores are key components of self-care because they involve you setting aside time for yourself. Finding ways to make these tasks part of your daily routine can boost your sense of daily satisfaction.

 **Eat well**

Eating a balanced diet that includes macronutrients, vitamins, minerals, and antioxidants has a significant effect on your neural science, helping you balance your mood and regulate your emotions.

 **Prioritize sleep**

Being intentional about improving your sleep can preserve your immune system, memory, mood, and overall mental performance. Do a relaxing activity before bed—preferably one that doesn't involve a screen—such as listening to music or meditating. Also, invest in creating a comfortable sleep environment.

 **Delve into hobbies**

Recreational activities aren't just fun; they can also promote mental wellness

and general feelings of happiness. Try to find daily opportunities for grounding, or using your five senses to focus on the present and take your mind off stressful or negative thoughts.

 **Embrace community**

Whether you lean more introverted or extroverted, forming relationships with others can reduce feelings of isolation and boost your confidence. If you want to improve your social life, start with simple activities like calling a family member or going on a walk in a public space. Socializing is a language, and the more you practice it, the more comfortable you'll be with it.

 **Seek assistance**

Everyone experiences conflict and personal problems. But if you feel you're stuck in a cycle of strong negative emotions or notice that your mental health is impacting your work, daily routine, or relationships, consider reaching out to a mental health professional.

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All photos in Start Healthy are provided by Getty Images unless noted.

a transitional weather **PACKING GUIDE**

written by:
ALLISON GOMES

WITH THE SPRING LANDSCAPE BLOSSOMING,

you may be antsy to get out and explore the newly awakened world. However, there's one major factor that could put a damper on your travel plans—the weather. Perhaps more than any other, this season can fluctuate greatly in temp and climate, going from gloomy and cold in the morning to hot and sunny in the afternoon and back the other way by nightfall.

So if you're getting ready to pack for your next getaway, here are a few key tips to help ensure that you have what you need for the often bumpy meteorological ride.

Prioritize clothes you can layer

Given its unpredictability, the best way to combat spring's fickle weather is to bring layers. Start with lightweight and breathable clothing choices that will keep you cool when the temps are higher; think short-sleeved shirts or tops in lighter fabrics like cotton and linen. Next, select a few sweaters or cardigans you can throw over your outfit should the day start to grow chilly. Opt for ones that aren't too bulky so you can tie them around your waist or stash them in your bag when you don't need them. Complete your suitcase with a versatile outer layer, such as a waterproof windbreaker, that you can remove and stow away as the day warms up or the rain trails off. This layered-clothing approach will allow you to easily adapt your outfits to any conditions Mother Nature may throw your way.



Make versatile clothing choices

When it comes to the layering approach, versatility is your best friend. Choose just a few items you can easily mix and match to create multiple outfits so you can save space in your luggage while still being prepared for any occasion. For instance, lightweight scarves and wraps are not only quick, functional ways to add warmth to an outfit but also stylish options that make it easy to change up a look. Dresses and skirts or button-down shirts are other useful choices. With the former, you can layer leggings or tights under them for cooler days and pair them with sandals when it's warm. And the latter can be worn on their own or with a shirt underneath as needed.

As for footwear, limit yourself to three pairs of shoes you can wear for various weather conditions. If you're expecting to walk a lot during your trip, tennis shoes are a necessity; they'll give you the support you need to enjoy your excursions and are good for cooler mornings or nights. You'll also want a pair of loafers or sandals that can provide support for walking on hotter days and are waterproof for unexpected rain showers. And for extra rainy days, lightweight boots are a great option that can help you enjoy your adventures without having to suffer wet socks all day.

Bring appropriate accessories

Small accessories can make a big difference when dealing with spring weather. A compact, travel-sized umbrella is essential for those sudden afternoon showers, allowing you to stay dry without the hassle of carrying around a full-sized one. Sun protection is equally important, so bring sunscreen as well as sunglasses and a wide-brimmed hat or baseball cap to keep you safe on cloudless days. It may also be worth throwing a pair of warm socks and a blanket in your luggage; despite warm mornings, nights in many parts of the country can still be chilly.

Before you embark on your journey, be sure to check the forecast for your destination—this can enable you to make any last-minute adjustments to your packing list, ensuring that you're prepared for any surprises. By planning wisely and anticipating the varied weather conditions, you can stay comfortable and enjoy your vacation to the fullest.

The Treasure of *the Gulf Coast*

written by: ANDRE RIOS *photography by:* GETTY IMAGES, UNLESS NOTED

Welcome to the Emerald Coast, a paradise where the shimmering waters of the Gulf of Mexico meet sugary-white sands and perfect sunsets are the backdrop for thrill seeking and lounging alike. Stretching approximately one hundred miles along Florida's panhandle, this region encompasses a variety of charming towns and natural wonders to behold.

So pack your beach bag, gather your loved ones, and get ready to experience the beauty and allure of the Emerald Coast firsthand. Whether you're seeking ultimate relaxation, aquatic adventures, or a taste of coastal culture, you're sure to find it at any of its many delightful destinations.

Picture-perfect Pensacola

One of the most spectacular spots in this strip, Pensacola entices visitors with an array of activities rooted in its a surprisingly in-depth history spanning over 450 years. Remarkable sites like Fort Barrancas and the Pensacola Lighthouse provide both a glimpse into the city's nineteenth-century past and panoramic views of its glittering shores, while the popular National Naval Aviation Museum showcases fascinating aircraft and offers exciting flight simulators. Even the animated Palafox Street, a downtown hub of vibrant shops, restaurants, and bars, has roots dating back to 1812, lending a unique experience that blends modern leisure and historic architecture.

But what makes Pensacola especially remarkable is its jaw-dropping natural scenery. To see why the Emerald Coast earned its name, head to the popular Pensacola Beach to lie back on its warm sands and soak in its iridescent waters. Or head fifteen minutes east to Gulf Islands National Seashore, a pristine stretch of quiet public beaches, dramatic coastal dunes, and rustling maritime forests. With minimal crowds and wildlife like brown pelicans and great blue herons freely gracing the coastlines, you're sure to enjoy the perfect relaxing seaside afternoon.



Photo by: Destin-Fort Walton Beach



Pensacola Beach Pier



Destin, Florida



Photo by: Destin-Fort Walton Beach

Best of Destin

This sunny shoreside town—situated like a keystone atop the Gulf of Mexico—boasts the perfect combination of urban charm and spacious beaches. You'll especially want to make time for the Destin Harbor Boardwalk, where you can promenade beside the jewel-toned ocean, hunt for souvenirs in colorful shops, and enjoy fresh seafood at waterfront restaurants. Another essential stop (and a refuge from the hot sun) is the Destin History and Fishing Museum, found across Harbor Boulevard from the boardwalk. Here you can explore in-depth exhibits about this region's fascinating maritime heritage and aquatic life.

Once you're ready to hit the beach, make your selection from one of five beachfront parks spanning twenty-four miles of snow-white sands. Many feature quaint picnic areas and plenty of space to play; Henderson Beach State Park, for instance, is a tranquil oasis of nature trails, pristine shorelines, and dunes that climb a whopping thirty feet high. Is heart-pounding excitement more your speed? Book a nautical adventure such as parasailing, charter fishing, Jet Ski rides, or snorkeling excursions up close with sea life.



Spirit of South Walton

Located between Destin and Panama City, this region contains a cluster of beach communities, each of which are worthy of a dedicated visit. The town of Santa Rosa Beach, for one, offers a perfect blend of tranquility and adventure. Art aficionados who are eager to sample the local culture would enjoy the ample galleries, craft classes, and art demonstrations in this diverse place. Then again, you could spend all day soaking up nature either on the beach or at Topsail Hill Preserve State Park, where you can spot colorful birds, exotic reptiles, and other impressive wildlife.

Venture a little further southeast, and you'll hit Highway 30A, a thoroughfare boasting breathtaking sea views and picturesque coastal paths with stopovers in cozy beach towns. The best of these may just be Seaside; eclectic and pastel colored, it features many boutique shops and, most notably, was once named the number one family beach in the world by *Travel + Leisure* magazine. Make sure to visit the community of WaterColor, which earns its name with ocean sunsets that splash soft hues across the sky and provides all kinds of luxe lodging. And for untouched natural views, hit Grayton Beach State Park to navigate winding trails through undulating dunes and lush forests.



Hidden treasures of Panama City Beach

Known for its eclectic blend of pristine beaches and high-energy nightlife, Panama City Beach welcomes both the young and young at heart. While the surf and sand are natural temptations, beckoning visitors to kick back and relax with a cool beverage on the shores of St. Andrews State Park, this destination's most unique attraction lies far below the city itself—on the ocean floor. Join a scuba-diving excursion to investigate the shells of old battleships, cruise liners, and other vessels that lie in rest, featuring diverse sea life as their motley crew.

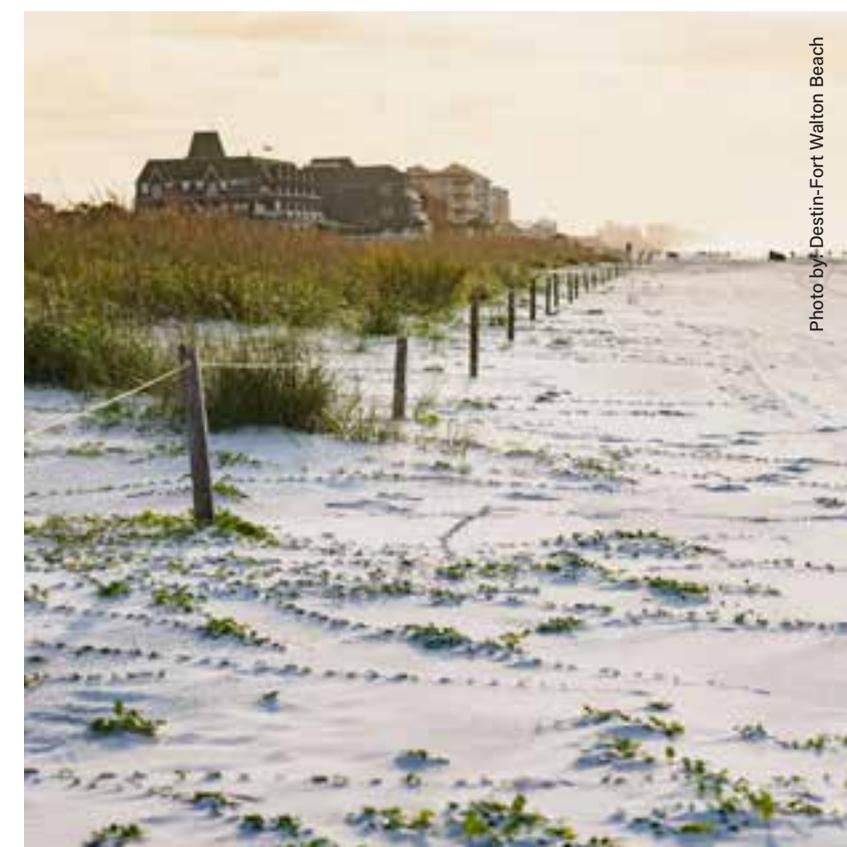


Photo by: Destin-Fort Walton Beach

As exciting as Panama City Beach is under the sun, though, after dark is when this it truly roars with energy. Bustling live music venues, bars with signature cocktails and ocean views, and beach bonfires keep the adventures going well into the night, proving that the Emerald Coast offers more than daytime fun.

Plan your escape

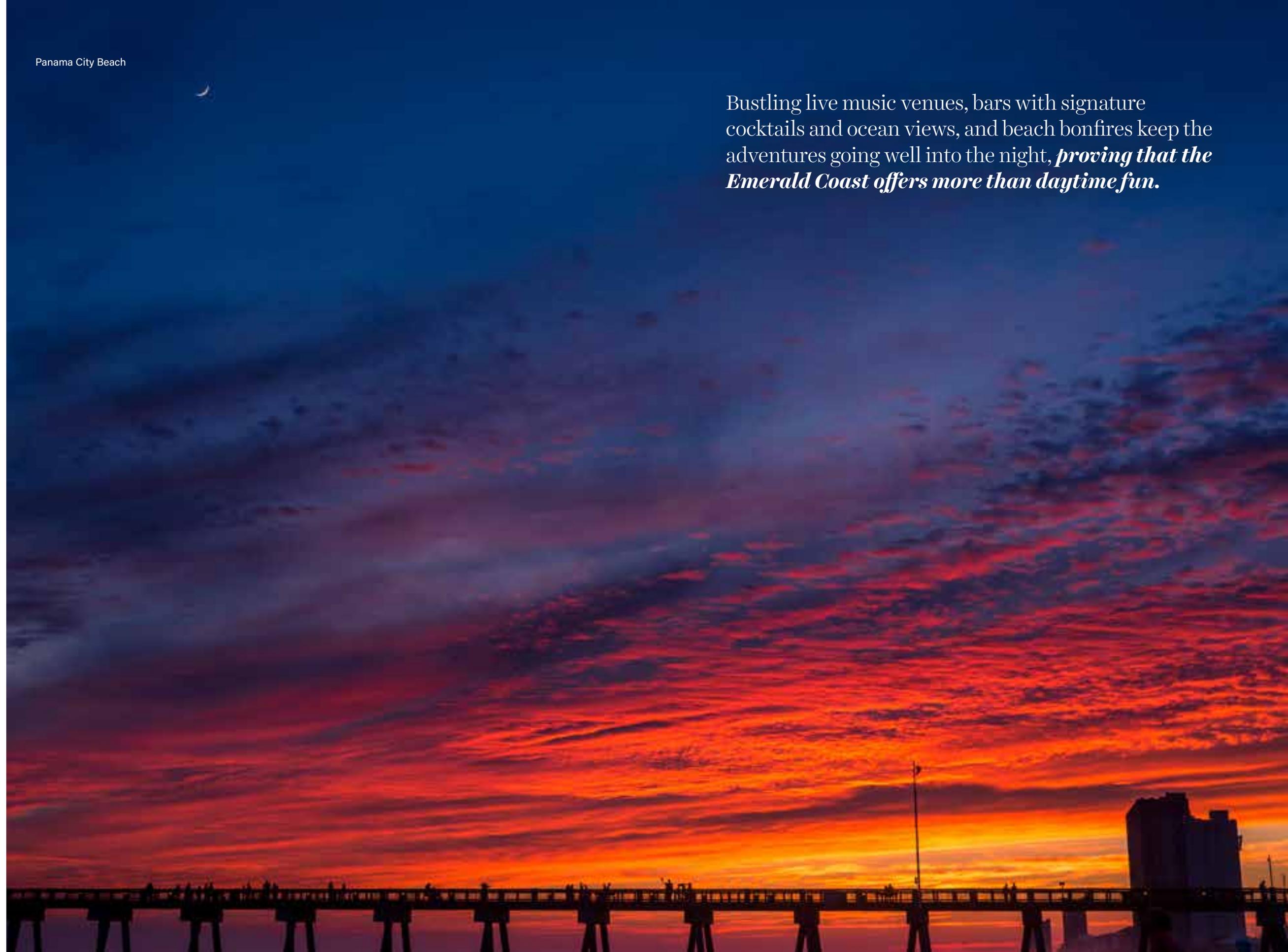
If a trip to this Florida paradise tempts you, be mindful of your travel dates first. The Emerald Coast enjoys mild weather year-round, but late summer and early fall lend more pleasant temperatures and much smaller crowds. As for accommodations, it has a variety of options for any budget and lifestyle, including luxury resorts and more inland hotels. Be sure to book in advance, especially if you're aiming for a peak-season vacation in spring or summer.

You may want to consider getting a vehicle for your visit as well. Renting a car is the most convenient way to explore the Emerald Coast since it grants you the freedom to build an itinerary around the locale's picturesque waters, lively towns, and abundant outdoor vistas—your opportunities for thrills and relaxation will be virtually endless! But whatever you do in this jewel of a destination, you're sure to create unforgettable memories that beckon you back again and again.

For more info, go to [visitflorida.com](https://www.visitflorida.com)

Panama City Beach

Bustling live music venues, bars with signature cocktails and ocean views, and beach bonfires keep the adventures going well into the night, *proving that the Emerald Coast offers more than daytime fun.*



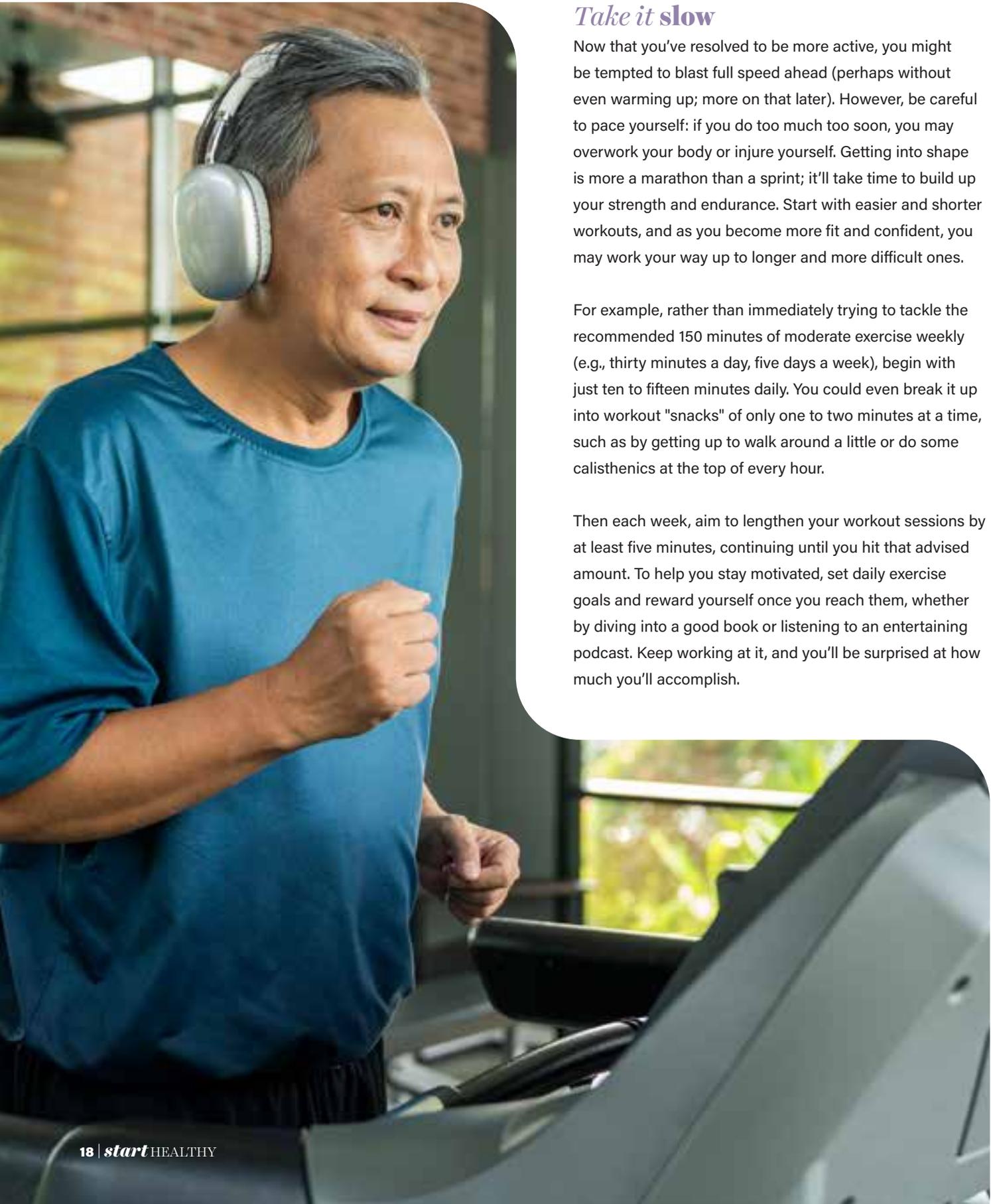
Fitness Strategies for Older Adults

written by: LAUREN KIM

THE FRESHNESS OF SPRINGTIME MAY naturally compel you to turn over a new leaf and adopt some healthy habits, perhaps even considering a fitness program. If you're in your forties, fifties, sixties, or beyond and have never exercised consistently, though, getting started may feel intimidating.

Don't let your enthusiasm get nipped in the bud. The pluses—including improving your muscle and bone health, reducing your risk for chronic diseases or combating their symptoms, and bettering your quality of life—may be well worth it. With these suggestions and the input of your doctor, you can develop a routine that will help you become less sedentary and unlock a healthier you.





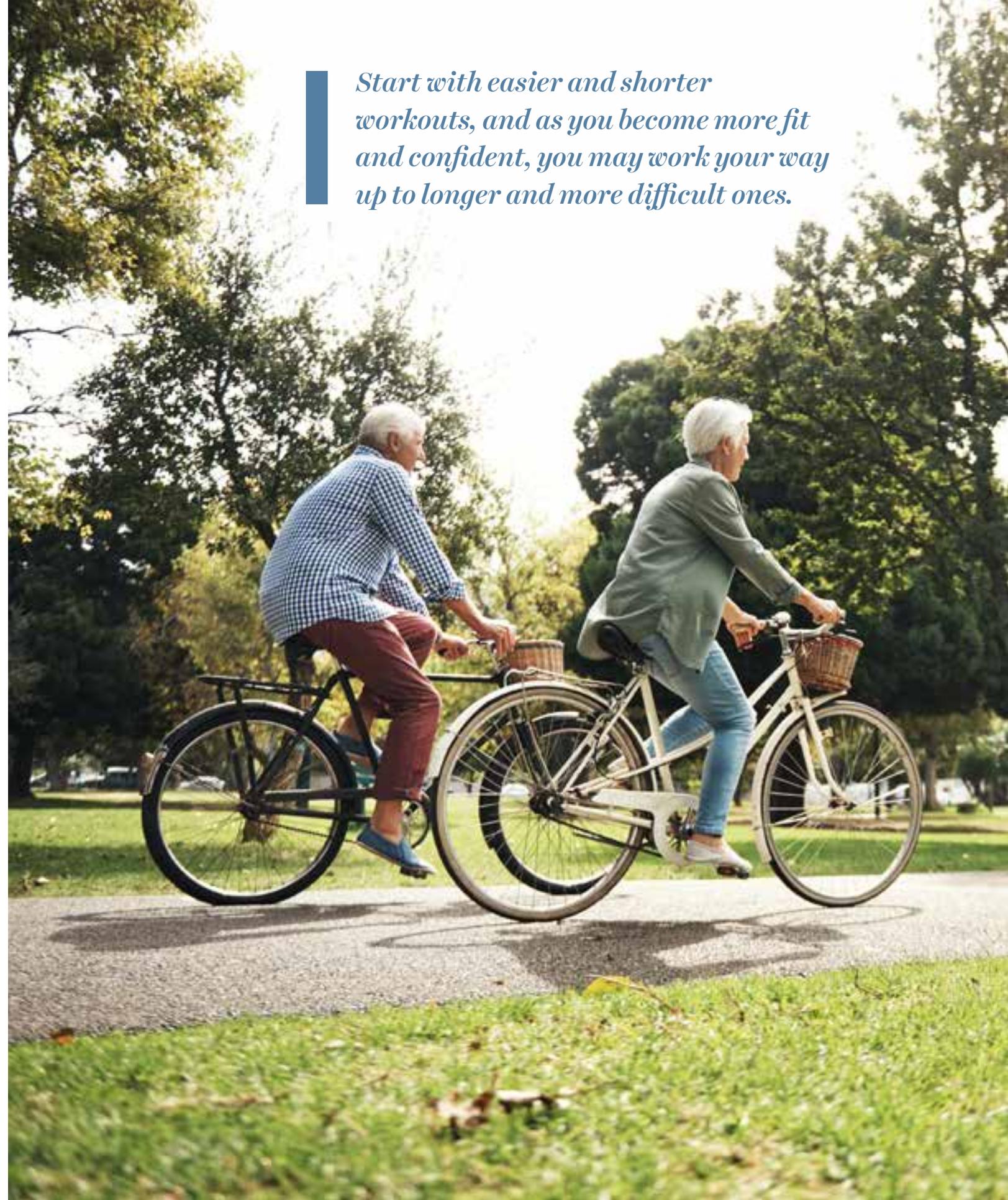
Take it slow

Now that you've resolved to be more active, you might be tempted to blast full speed ahead (perhaps without even warming up; more on that later). However, be careful to pace yourself: if you do too much too soon, you may overwork your body or injure yourself. Getting into shape is more a marathon than a sprint; it'll take time to build up your strength and endurance. Start with easier and shorter workouts, and as you become more fit and confident, you may work your way up to longer and more difficult ones.

For example, rather than immediately trying to tackle the recommended 150 minutes of moderate exercise weekly (e.g., thirty minutes a day, five days a week), begin with just ten to fifteen minutes daily. You could even break it up into workout "snacks" of only one to two minutes at a time, such as by getting up to walk around a little or do some calisthenics at the top of every hour.

Then each week, aim to lengthen your workout sessions by at least five minutes, continuing until you hit that advised amount. To help you stay motivated, set daily exercise goals and reward yourself once you reach them, whether by diving into a good book or listening to an entertaining podcast. Keep working at it, and you'll be surprised at how much you'll accomplish.

Start with easier and shorter workouts, and as you become more fit and confident, you may work your way up to longer and more difficult ones.



Pick activities you enjoy

Adopting a new fitness regimen can be challenging for anyone, but it's especially so when you're not accustomed to exercising. Finding activities you're comfortable with should make it easier; any movement you like that gets your heart pumping counts. Just make sure to keep in mind any mobility or other limitations you may have. For instance, if you experience ankle, knee, or hip issues, focus on low-impact workouts like walking and swimming, which can be gentle on muscles and joints. Here are just a few beneficial aerobic activities you could work into your weekly routine:

- Doing a few side steps, lifting your arms like as with jumping jacks
- Vigorously cleaning your house
- Trying a few seated calf raises or marching in place while watching TV
- Walking around the block or in the park, ideally with a friend
- Tending to your garden



Add weight-bearing exercises

In addition to aerobic activities, it's important to incorporate weight-bearing exercises into your workouts to help slow bone and muscle loss as you age. You don't need special equipment to target these areas—you can just use your body weight. Perhaps try performing several sit-to-stand movements or holding on to the back of a chair and lifting yourself up and down on your toes. As you grow stronger, do more repetitions of each exercise or add new ones to your routine. Other body-weight workouts you could mix in include squats, kneeling planks, and push-ups using a wall for support.

Always warm up and cool down

Once you've decided on your workout structure and activities, you're ready to dive into your routine! However,

make sure to first conduct a warm-up to prepare your body for movement; by loosening your muscles and stimulating blood flow, you can better prevent a strained muscle or other injury. A simple yet ideal session could involve performing a few seated stretches, including ones to loosen your arms, hamstrings, and shoulders, and walking in place for five minutes. Also consider doing some gentle stretching after your exercise to mitigate soreness the following day.

Don't let your age hold you back—fitness still can become your thing! So lace up those walking shoes, don a swimsuit, or hop on your bicycle and enjoy a more active lifestyle. Your body will thank you for it.



PANTRY-POWERED *Dishes*

recipes by: MICHELLE MCKENZIE *photography by:* RICK POON



4 TO 6 SERVINGS (AS A SIDE DISH)

CHARRED CUCUMBER *and Shiso Quick Pickles*

Charring cucumbers may seem like an odd move, but it is a quick way to make the familiar interesting again. They retain their refreshing quality—with additional brightness from the vinegar—but they become a shade darker, more savory in flavor, and almost meaty in texture.

measure

- 1 to 1¼ pounds Persian cucumbers (approximately 5 small)
- 1 to 2 tablespoons neutral vegetable oil (such as cold-pressed rice bran oil or grapeseed oil)
- Fine sea salt
- 1 tablespoon vinegar (rice wine, white wine, champagne, or red wine)
- ½ cup (loosely packed) shiso sprouts, or 6–8 shiso leaves cut into 1-inch squares

make

Halve the cucumbers lengthwise and then again, crosswise. Set a 12- or 14-inch heavy-bottomed skillet, preferably cast iron, over high heat and add the oil. Swirl the oil around the pan until no bald spots remain. Place the cucumbers in the skillet cut side down and char 4 to 5 minutes (you may have to do this in batches so as to not overcrowd your skillet; add more oil between batches if the skillet seems dry). Transfer the cucumbers to a rimmed plate or baking sheet and sprinkle with salt and vinegar. Let cool to room temperature. Taste, and add more salt, if needed. Toss gently and then shower on shiso sprouts or shiso leaves. Stack in small serving bowls.

scan here



to get the full cookbook,
The Modern Larder



2 TO 3 SERVINGS

PAN-SEARED RIB EYE *with Black Garlic Ghee*

I believe two things separate a mediocre steak from a great one: quality of meat and technique. And my technique is always the same: dry brine, temper, pan sear, baste with ghee, then rest with more ghee. I do occasionally, however, vary the basting mix. Here, black garlic steps in, its molasses-like sweetness and subtle tang accentuating that intensely savory beefy flavor of the choice rib eye.

Tip: Be sure to leave 24 hours for brining the steak.

measure

- One 1¾-inch-thick bone-in rib eye (approximately 1½ pounds)
- Fine sea salt
- 4 black garlic cloves
- ⅛ teaspoon fine sea salt, plus more for seasoning the rib eye
- 3 tablespoons ghee or unsalted butter, at room temperature
- 1 teaspoon olive oil
- Flaky sea salt

make

1. Season the steak generously with salt. Place on a rack set over a pan or plate and refrigerate overnight.
2. Put the black garlic in a small bowl; add a pinch of salt and use a fork to smash it into a paste. Add the ghee and use a spoon to mix thoroughly.
3. Pull the steak from the fridge 45 to 60 minutes before you plan to cook. Rub oil on the steak. Heat a 10- to 12-inch heavy-bottomed skillet, preferably cast iron, over medium-high heat for 1 full minute (it should be scorching hot). Cook the steak, turning every 3 minutes or so, until a dark brown crust forms on both sides and the internal temperature is a few degrees below your favored doneness (120 to 125°F for medium-rare), about 10 minutes.
4. Turn down the heat to medium and wait for about 30 seconds before adding 2 tablespoons black garlic ghee to skillet. Tilt the pan toward you so that the ghee pools on one side, and use a large spoon to continually baste the steak with ghee for about 1 minute. Transfer the steak to a rimmed plate or large shallow bowl and top with the remaining black garlic ghee. Let the steak rest 6 to 10 minutes.
5. Transfer the steak to a cutting board, reserving any buttery juices on the plate. Use a sharp knife to cut 1-inch slices of steak—always slicing against the grain. Pour the melted black garlic ghee from the rimmed plate over the steak and sprinkle with flaky sea salt.



8 CUPS; 4 TO 6 SERVINGS

POPCORN WITH NORI, *Citrus, and Rosemary*

Popcorn is a snack that somehow seems light and indulgent at the same time. It is welcome at any time and for every occasion. Buttered and salted, popcorn is very good. But it is made remarkable when showered with a striking mix of nori, citrus zest, and fresh rosemary. Make more of this seasoning than you need and sprinkle it on fried eggs, cold soba noodles, green salads, grilled vegetables, or fish.

measure

- ½ cup nori powder, store-bought or homemade
- Zest of 1 orange or yuzu (use a Microplane for best results)
- ½ chile de arbol, thinly sliced
- 1 sprig rosemary, leaves finely chopped
- ¼ teaspoon fine sea salt
- 8 cups (½ cup kernels) freshly popped popcorn

make

Place all the ingredients (except the popped popcorn) in a spice grinder and pulse until well combined. Store in an airtight container at room temperature for up to 1 week. Add ¼ cup seasoning to freshly popped popcorn and toss lightly to combine.



4 SERVINGS

WHOLE ROASTED EGGPLANT WITH *Tahini, Crispy Chickpeas, and Sumac*

Eggplant is one of my favorite vegetables—I could fill an entire book with recipes singing its praises, and I don't see why it can't be the star of the show rather than just a supporting act. In this large-format dish, whole eggplants cook until slightly charred on the outside and meltingly tender within. Tahini adds much-needed richness and creaminess, crispy chickpeas add texture (and protein), and lemon and sumac bring brightness. I consider this a lovely vegetarian main course, but it could also serve as a side dish for chicken, lamb, or fish. Any leftovers can be blitzed into a fine eggplant dip in the food processor (add an ice cube for the smoothest result) and refrigerated for up to 3 days.

measure

- 4 medium eggplants (each approximately 12 ounces)—Listada or similar egg-shaped variety such as Globe
- $\frac{3}{4}$ cup olive oil, plus more to serve
- Fine sea salt
- 3 cups cooked chickpeas, homemade or canned, drained and patted dry with paper towels
- 1 tablespoon sumac
- $\frac{1}{2}$ lemon
- 2 cups tahini sauce
- $\frac{1}{2}$ cup coarsely chopped flat-leaf parsley

make

1. Preheat oven to 475°F and line 2 rimmed baking sheets with parchment paper (make sure the parchment fits inside the pan; at this high temperature, any overhang could burn). Peel the eggplants, leaving stems attached; on each, poke the center of the base a few times with a fork or cake tester and divide between the 2 pans. Toss each eggplant with 2 tablespoons olive oil and a pinch of salt, massaging the salt into the flesh a little as you work. Create space between the 2 eggplants on each pan and roast for 40 to 50 minutes, turning the eggplants every 10 to 15 minutes to get even browning on all sides. Remove from oven and set aside.
2. Meanwhile, heat a 12- to 14-inch sauté pan over medium-high heat and add the remaining $\frac{1}{4}$ cup olive oil. Once the oil is shimmering, add the chickpeas and a pinch of salt. Pan-fry the chickpeas, stirring occasionally, for 8 to 10 minutes, or until crispy (as they crisp up, a few may pop out of the pan like popcorn). Lower the heat slightly, add the sumac, and cook just 1 minute more. Taste and add more salt, as needed.
3. Season each eggplant with a squeeze of lemon. Place on warmed plates or in shallow bowls and top the center of the base of each eggplant with a $\frac{1}{4}$ cup tahini sauce. Top the tahini sauce with a heaping $\frac{1}{2}$ cup sumac-coated, crispy chickpeas. Drizzle a little olive oil around the sides of the eggplant and top the olive oil with a sprinkling of chopped parsley. Serve at once.



EMBRACING *International Cooking Techniques*

written by: ANDRE RIOS



THERE MAY BE NOTHING MORE UNIVERSAL

than our love for food. In various global communities, people have handed down word-of-mouth recipes and loving instructions for generations, resulting in exceptional cooking techniques capable of crafting soul-stirring dishes.

If you're unsatisfied with the same old homemade meals, eager to elevate your home-cooking skills, or simply enthusiastic about finding new flavors, take inspiration from the storied halls of international cuisine. Embark on this virtual tour to learn about some of the most unique and impactful methods you can incorporate into your skill set.

Moroccan tagines

We'll begin in the vibrant, bustling cities of the Sahara. Moroccan cuisine is perhaps best known for its tagines: stew-like dishes featuring meats with aromatic produce and spices. Tagine also, though, refers to the vessel used to make such a dish—a beautiful, ceramic, cone-shaped pot for steaming food. It distributes heat evenly, locking in moisture and intensifying flavors, and is surprisingly simple to use. You only need to toss a protein and a few veggies with some fragrant spices and olive oil, sauté them in the tagine's base on a stovetop over low heat, add water, and cover the mixture with the hood to let the dish cook.

It's easier than you may think to find tagines in the States; various retailers such as World Market and Williams Sonoma offer them in stunning patterns and colors. Once you select one you like and grow confident in using it, turn to your tagine for making various meals, such as stews and creamy casseroles, noting how this method lends each dish a delightful texture and more impactful seasoning.

Mexican dry-roasting

Salsas, the flavorful and sometimes-flame-packed sauces of Mexican cuisine, may often be thought of as



just mixtures of tomatoes, peppers, and seasonings, but they also encompass far more intricate recipes, including mole and chipotle sauces. The secret to all of them? The dry-roasting technique, which unlocks the complex flavors dormant in peppers and spices, imbuing them with a delightfully distinct smokiness. To achieve this, char ingredients on an unglazed clay or cast-iron pan on medium heat until they are fragrant. Just take care not to overcook them; veggies should remain intact and pliable, and spices should change color only slightly.

While dry-roasting is central to Mexican salsas, it's certainly not limited to them; you can also add this step as you prepare your usual home-cooked recipes. For example, dry-roast shallots to elevate their flavor in a stew, or toast whole cinnamon sticks and pecans before crushing them to add to a pie. You'll be amazed at the difference it can make.





Korean saucing

Korean cuisine's unique identity may be rooted in its funky, aged products known as *jangs*: a family of pastes and sauces made with fermented beans that lend richness and depth to any regional dish. Simply put, something just won't taste Korean without an ingredient like *ganjang*, *doenjang*, or *gochujang*, which may be stirred into a stew or tossed with veggies to soften them. While they all vary in method, use, and taste, they each add powerful flavor to staple dishes like bulgogi and kimchi.

You can likely find such sauces at your nearest international market, so try taking home a few and testing them in your standard recipes. You could add a tablespoon of rich, briny *doenjang* to elevate chicken noodle soup or blend a salad dressing with spicy-sweet *gochujang*. And if you can't hunt down any *jangs*, simply apply an American take on the Korean saucing technique, such as by stirring a few tablespoons of brown mustard into a slow-cooker stew or using pickle juice to brine a chicken before roasting.

Italian deglazing

There is much to learn from Italians' strict cooking approaches—which has helped make theirs among the most beloved cuisines the world over—but one of their greatest contributions is featuring wine not just as a beverage but also as an ingredient. Deglazing with it can transform all kinds of dishes, from a weeknight spaghetti meal to a comforting weekend roast, infusing them with flavorful sugars, a bouquet of complex aromas, and scrumptious pan drippings.

To master this technique, first select a dry wine with a flavor profile that suits your recipe,

seeking guidance from your local wine purveyor if needed. As you shop, bear in mind another statute of Italian cuisine: only use quality ingredients that are good enough to enjoy on their own. That means deglazing with a wine that's also tasty to drink. Then after sautéing foods, pour in the wine and scrape the cooking vessel as you stir to enjoy its fruits to the fullest.

Broaden your horizons

These tips are just a sampling of the many ways we can learn from one another and celebrate the monumental power of food. To expand your culinary skill set even further, try researching an ingredient like Brazilian *sal grosso*, a technique like Indian spice blooming, or a serving preparation like Ethiopian *wot* and *injera*. Open your heart and your palette to these cuisines—there's a whole world to savor.





KEEPING LIFE GOLDEN

as You Age written by: LAUREN KIM

THERE CAN BE MANY UPSIDES TO AGING, including growing wiser with experience, more resilient after adversity, and more connected as family ties and friendships strengthen over the years. But that doesn't mean finessing life's many transitions is always fun—in fact, it can sometimes be downright challenging.

Just as your body changes as you age, your self-image and outlook on life may also evolve, being influenced by factors like your physical health, mental acuity, socioeconomic status, social life, and significant events. Even when such changes are positive, they can still stir up feelings of self-doubt or uncertainty. These feelings are only natural, but refusing to let them bring you down is critical. Follow these tips to help you embrace the aging process and retain a youthful zest for life no matter which birthday you're nearing.

FORGET THE NUMBER

In general, we tend to put a lot of emphasis on milestone ages, with our excitement for them growing staler as we hit each one—going from “I can't wait to turn sixteen” to “I can't believe I'm turning thirty” to “Am I really going to be fifty already?” However, there isn't anything inherently negative that comes with these ages, making it curious why we focus on them at all.

So rather than the number, turn your attention to how you feel, or what scientists call your “subjective age.” Studies have shown that adults who don't get caught up with their chronological age tend to feel younger than they are and have a more positive image of themselves and better mental health overall. They may even experience fewer physical problems and, on average, live more than seven years longer than those who view aging negatively.



LOOK AFTER YOUR PHYSICAL HEALTH

One of the biggest grievances people often have with aging is the physical toll it has on their bodies, which is why taking care of it is vital to enjoying life at any stage. Prioritizing sleep, nutrition, and fitness can allow you to experience fewer aches and pains and have more energy so you can feel your best, in turn increasing your sense of happiness and overall enthusiasm in your day-to-day.

To start, make sure to get the recommended seven hours of sleep minimum a night; besides increasing your risk for conditions like obesity, heart disease, and depression, not getting enough shut-eye can simply make you feel older than you are. In addition, work on incorporating more plant-based foods into your diet while limiting your intake of saturated and trans fats, and aim to exercise moderately at least 150 minutes a week. Another key is to schedule regular checkups with your

doctor so they can catch and treat potential medical issues early. And when you do notice signs of aging, try to accept, if not embrace, them with confidence and grace—they're merely a sign of the life you've lived and how far you've come.

KEEP YOUR MIND SHARP

A second common struggle with aging is cognitive decline, which can make certain tasks more difficult and lead to frustration. To keep your mind engaged and your spirits high, frequently take the opportunity to learn or try something new. The benefits can be vast—regularly challenging your brain can help maintain its functioning, prevent conditions like Alzheimer's disease, and add more fun and fulfillment to your life. So make it your mission to strengthen your cognitive ability regularly by engaging in mentally stimulating activities like taking classes, working on puzzles, or planting an herb garden.



FIND YOUR JOY

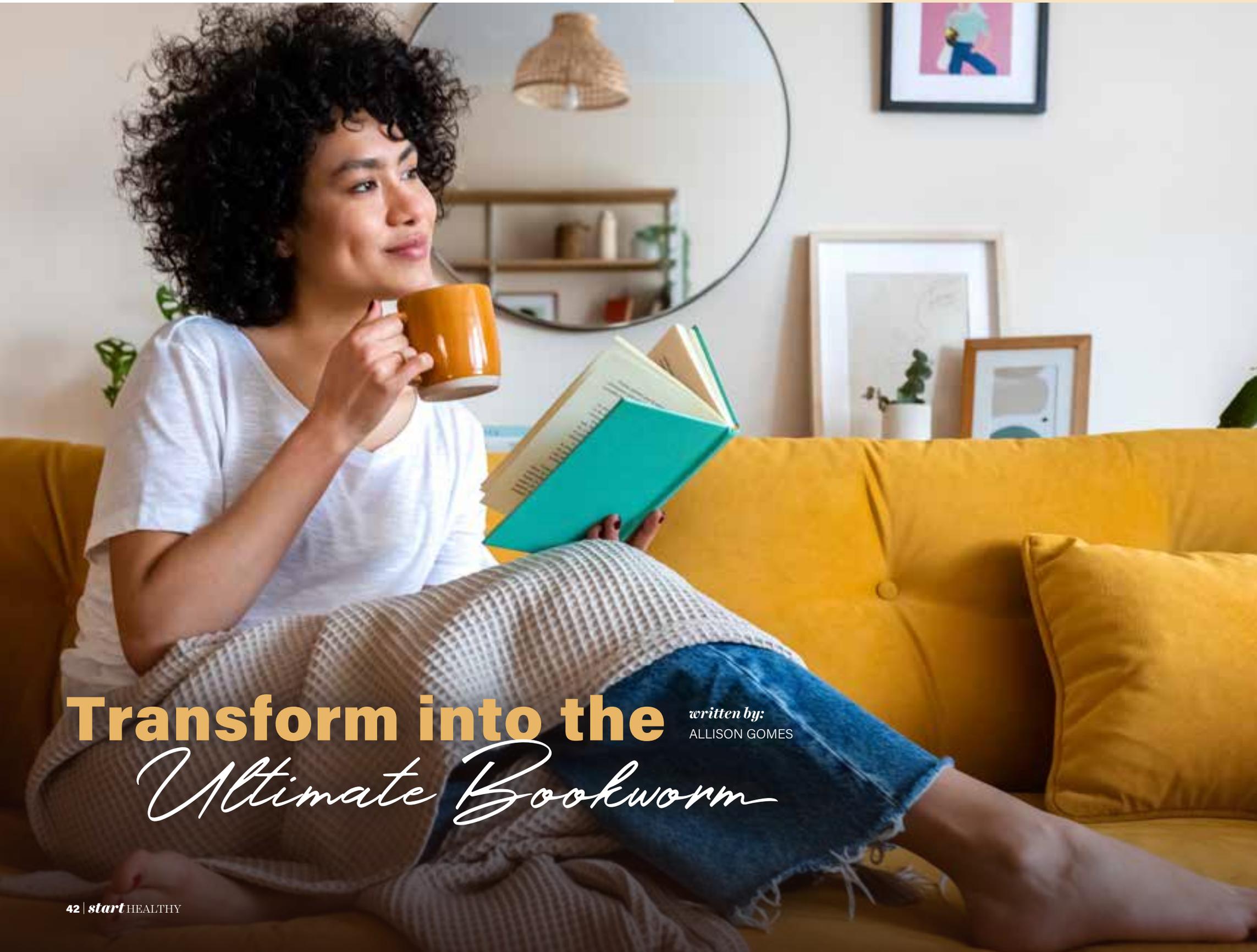
Star Trek actor William Shatner, who blasted into space for real at the age of ninety in 2021, has frequently said that his secret to maintaining a zeal for life is finding happiness even in the little things, including good food and his dogs. But you don't have to orbit the earth to appreciate life to the fullest. Simply relish small pleasures and pursue what makes you happy with gusto, whether it's playing with your kids or grandkids, participating in your book group, or traveling to a favorite spot. It may also be beneficial to keep a gratitude journal of everything you're thankful for to help you stay focused on your positives.

MAKE CONNECTIONS

A good friend can do more than just make you smile; they can also help boost your self-esteem and support you as you navigate the changes that come with aging. Besides maintaining your current friendships, try to forge new connections as well to strengthen your social network. While this may require more deliberate effort than when you were younger, it can be made easier by organizing or participating in group events like a book club, potluck dinner, or community cleanup. Also consider rekindling old friendships through text or social media.

Remember: age is just a number, so get out there and embrace each day as an opportunity to learn, grow, and connect. The best part of your life may just be waiting to be explored.





Transform into the *Ultimate Bookworm*

written by:
ALLISON GOMES



READING—YOU EITHER LOVE IT OR LOATHE IT.

But whether you long for the moments when you can dive into a novel or look back on your mandatory English homework with hatred, it's undeniable that reading books is a great habit with numerous benefits for your well-being. Engaging in a long-form piece of storytelling is good for your brain health, improves your memory, increases your knowledge, and can even reduce your stress, anxiety, and depression. And between print books, e-books, and audiobooks, there are many formats you can try to facilitate a healthy reading habit. With a little time and a few key tips, you may just discover (or rediscover) your love of books.

Start small

If it's been a long while since you last picked up a book, you likely won't be interested in sitting down and reading a hundred pages each evening. Instead, start with a small goal based on your preferred format. For instance, you could aim to read just one page of a print book or listen to just five minutes of an audiobook a day. It might not seem like much, but doing this will get you used to opening a book daily. Before long, you may find yourself having moments when you want to go beyond that single page or those few minutes—a sure sign that you've not only found a story you're interested in but also begun to solidify the habit.

Try different genres

Part of the struggle may be that you don't know what kinds of books you enjoy, making you unsure of what to reach for. Fortunately, there are *many* genres to pick from, including comedy, memoir, historical fiction, fantasy, mystery, horror, travel, and romance. That's a lot to sift through, so take your time figuring out what kinds of stories excite you. Such experimentation may sound expensive, but you don't need to go out and purchase dozens of different novels. On the contrary, simply take advantage of your local library to browse for free. With a card, you could even borrow e-books and

audiobooks through the Libby app, which you can then use to read or listen to them on your phone or tablet if you don't have an e-reader.

And remember: you don't have to commit to a book once you begin reading it. If you're fifty pages in and aren't liking it, it's OK to move on to something else. Keep searching until you find one you can enjoy from start to finish, and let that empower you to select your next read by searching for others by that author or within that same genre.

Incorporate it into other activities

One way to help you get in the habit of reading each day is to work it into other parts of your usual routine. This is where the different formats can come in handy. For instance, you could listen to a few chapters of your current novel on audiobook during your drive to work each morning. Or buy an e-reader, which allows for easier page flipping than a paperback or hardback, to place on the treadmill while walking or running at the gym in the evenings.

As you integrate reading into your day-to-day, focus on activities that don't require a lot of attention, allowing you to divert more of it to the book; it's no use reading if you're going to be too distracted to remember what happened during your next session. It may take some trial and error, but you'll eventually find the option that works best with your lifestyle and helps ensure that you read each day.





HAVE REALISTIC EXPECTATIONS

Honestly, you may never read one book a week or a hundred each year—those are lofty ambitions for a working adult. Even as your reading habit grows, always keep your goals realistic. Any objective, such as reading a book a month or five total by December, can help keep you motivated and, even more, make you feel prouder and more accomplished once you meet it.

Reading books can, and really should, be a fun pastime that just also happens to be incredibly healthy. So take the time to discover the types that bring you the most joy and make reading them a delightful part of your daily routine.

HOW TO SELECT A PHYSICIAN

written by: ANDRE RIOS

Having a dependable doctor is crucial for addressing your major health concerns and managing your ongoing wellness. Whether you are experiencing health issues, have relocated to a new community, or simply want to switch to a different health-care provider, try these simple steps to select the best option for you.



ASSESS YOUR NEEDS

Determine which type of doctor you need based on your current health, such as a primary care doctor or a specialist. If you don't currently have a family doctor, pediatrician, or internal medicine physician (for adults), consider starting there. Lean on them for all your health needs, including referrals to other providers; depending on your insurance, starting with primary care may be required.

CHECK YOUR HEALTH INSURANCE

Review your policy to determine which doctors are in-network so you can avoid significant out-of-pocket costs. Most insurers have online directories that allow you to search for board-certified doctors in your area who accept your plan.

ASK FOR RECOMMENDATIONS

Seek recommendations from friends, family, or colleagues who have had positive experiences with their doctors. Online review sites like Healthgrades and Zocdoc can also provide insights into real patients' personal experiences. Use these details to make a short list ordered by ranking; you can start at the top and save the rest as potential backups.

SCHEDULE A CONSULTATION

After selecting a doctor to try, reach out to make your first appointment, noting the ease or difficulty of the scheduling process. Do they offer the flexibility of reserving online? What are their cancellation policies? Most importantly, consider the physician's appointment availability before you decide to book.

TRUST YOUR INSTINCTS

Note your gut feelings about the doctor during your appointment. Are they attentive and sensitive to your concerns? Do you feel comfortable speaking with them? If your experience is negative, turn to the next option on your list and go through the same process to evaluate them. Once you can answer such questions affirmatively, congratulations! You've found a trustworthy physician you can return to for your future health-care needs.



When it comes to creating your own monthly budget, sometimes planning is easier than the practice. Keeping track of finances can be tricky, but, with a few guidelines and time, you can take charge of your bank account once and for all.

Adopt a weekly allowance.

Parents offer their children an allowance to teach them about saving money, and the same principles can be applied to your own spending as an adult. Set aside a specific amount for treats and other nonessential expenditures, and vow that once the money is gone, extras can wait until next week.

Consider saving to be a payment to yourself.

Adding to your savings account after each paycheck is just as important as paying any other bill, so treat it as such. Choose a set amount to put away from each paycheck you receive and, before you know it, the number in your savings account will be something you can be proud of.

Leave the cards at home.

There's nothing wrong with using your credit cards or debit cards for the occasional purchase, but most often it's best to use cash for everyday shopping. Cards make it extremely easy to overspend. If you aren't handing the cashier money, it's like you aren't spending it, right? The truth is, cards can lead to dangerous spending binges, and cash is often the best way to avoid spending more than you have.

Save all of your receipts.

Keeping receipts is a great way to see your spending in action. Sometimes it's difficult to remember how much a cup of coffee a day or a take-out meal each week adds up by the end of the month, but putting your receipts in a secure spot and adding up the amounts can help prevent you from overspending.

Avoid eating your meals out.

Planning out your meals for the week and grocery shopping ahead of time may seem like a pain, but it can help you save money in the long run. Eating out at restaurants and fast food places adds up significantly over time. Just remember to be cautious at the grocery store or warehouse store to avoid temptation buys.

Front of Tear Out Card 2



popcorn
with nori, citrus,
and rosemary



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HARBOUR BRIDGE
WEALTH MANAGEMENT ADVISORS

Back of Tear Out Card 2



- ½ c. nori powder, store-bought or homemade
- Zest of 1 orange or yuzu (use a Microplane for best results)
- ½ chile de arbol, thinly sliced
- 1 sprig rosemary, leaves finely chopped
- ¼ tsp. fine sea salt
- 8 c. (½ c. kernels) freshly popped popcorn

Place all the ingredients (except the popped popcorn) in a spice grinder and pulse until well combined. Store in an airtight container at room temperature for up to 1 week. Add ¼ c. seasoning to freshly popped popcorn and toss lightly to combine.

8 CUPS; 4 TO 6 SERVINGS

Recipes from *The Modern Larder* by Michelle McKenzie.
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5 BENEFITS TO WORKING OUT

We heard it in gym class growing up, and we still hear it today from infomercials on TV and from our doctors: it is important for us to exercise. Although the many physical benefits associated with exercise might be common knowledge these days, there are also many lesser known benefits you might not be aware of. Here are just a few reasons to make exercise a regular part of your routine.



Strengthen your immune system: Various studies have shown that exercise improves immune function. In adults, exercise is a powerful natural immune cell stimulator, which reduces the risk of infectious diseases and increases the response to vaccination.



Boost brainpower: Want to be a smarty pants? Exercise can increase production of cells in the hippocampus, which boosts memory and the ability to learn new things. Research also suggests that exercise increases levels of a brain-derived protein believed to help with decision making, higher thinking, and learning.



Get more done: Is your nine-to-five bringing you down? Taking a few steps away from your desk might be just what you need to get more done. Studies show that workers who take time for regular physical activity are more energetic and productive when compared with their sedentary peers.



Bring on the happy: What causes the warm and fuzzy feeling you get when you are on a run? When you increase your heart rate, your body produces endorphins that create feelings of happiness and euphoria as well as dopamine, the “reward chemical.” This is why regular exercise can alleviate symptoms of clinical depression.



Improve your confidence: This one isn't that surprising! Exercise makes you feel better both physically and mentally. So, of course, people who work out regularly typically have higher self-esteem and a more positive self-image.

