

Create. Sell. Profit.

METRO[®]
NEWSPAPER SERVICE

February 2025

**Creative & Planning
SearchBook**[®]

**Print + Digital
Sales, Creative
& Editorial
Solutions Inside!**

All of our print
ads come with
companion
web ads.

Hot Topic:

Heart Health

Informative Social Media
& Sponsorship Opportunities
for Heart Month



View and download our newest content directly from this digital SearchBook!



GAL & VALENTINE'S DAY
Drinks & Dining Promotions



CHILI MONTH
Chili Cook-Off & More Ideas



VALENTINE'S DAY
Activity Page & Advertising



**More Events
& Opportunities**

FEBRUARY 2025



GAL & PALENTINE'S DAY

- **BAR and RESTAURANT AD TEMPLATES** for Galentine's and Palentine's Day on February 13 – PRINT and WEB versions!
- Fresh **HEADINGS** and **IMAGES** to build ads
- **SOCIAL MEDIA POST** for promoting local events and advertisers
- Recipes for celebrating at home and a Galentine's Day **EDITORIAL FEATURE**



NATIONAL CHILI MONTH

- Promotion for a **CHILI COOK-OFF** with a coordinated **AD TEMPLATE** for winning restaurants
- **HEADING DESIGNS** and **SOCIAL MEDIA POST**
- **RECIPE** for "Totally Excellent Chili"
- **GROCERY** store print and web **AD** template
- Appetizing **IMAGES** to build more ads



HEART MONTH

- Series of heart-healthy lifestyle tips provided as **SPONSOR-READY ADS, SOCIAL MEDIA POSTS** and ready-to-drop-in **AD SPOT FILLER** images
- Ad templates for **FOOD, YOGA, MEDICAL** and **FITNESS** businesses
- New **HEADINGS** and **IMAGES** to build more ads
- **EDITORIAL FEATURES** and **RECIPES** focused on heart health



VALENTINE'S DAY

- Sell more advertising geared toward **PETS** and **KIDS** with new heading and ad designs
- Sell sponsorships with a kids' **ACTIVITY PAGE** in your paper, or provide it as an **ACTIVITY PLACEMAT** to local restaurants
- **PRINT** and **WEB AD TEMPLATES** and images for **RESTAURANT, BAKERY** and **CANDY** advertisers
- Infographic-style **FUN FACTS PAGE** with ad spots



ADDITIONAL FEBRUARY OPPORTUNITIES

Black History Month, Presidents' Day, Spay/Neuter Awareness Month, National Weddings Month, National Margarita Day, National Pizza Day, Children's Dental Health Month, Pet Dental Health Month, Library Lovers' Month, National Cancer Prevention Month, Pink Shirt Day in Canada, Family Day in Canada and more



PUZZLES, GAMES & RECIPES

New every month: Crosswords, Crypto Fun, Guess Who, Sudoku, Recipes, Horoscopes, Kids' Corner, Word Scramble, Word Search



WE LOVE CUSTOMER REQUESTS!

Send us your needs and wants:

- Articles • Ads • Images
- Editorial • Contests

service@metro-email.com

THEMED SECTIONS + WEBSITES & DIRECTORIES



FEBRUARY TITLES: Spring Home • Living 50 Plus



= MiAD® Wizard Enabled

See how to personalize these spec ads with the Wizard!



Planning Calendar

Use this online calendar to plan advertiser promotions around monthly events all year. Click on any event for more information, as well as related ads and images!




[Click to Access ALL 2025 Calendar Layouts](#)



POP-UPS & SOCIAL POSTS

These JPGs can be used directly on your social media feeds or website!



 **CLICK HERE TO INSTANTLY PERSONALIZE AND SEND E-CARDS**

Use Metro E-Cards to Pitch Monthly Opportunities to Advertiser Prospects... They're Included in Your Subscription!

Social Posts

Ready-to-post JPGs for your Facebook and Instagram accounts make it easy to enhance your digital marketing strategy.



Instagram 1080 x 1080px Facebook 1200 x 630px



Instagram 1080 x 1080px Facebook 1200 x 630px



Instagram 1080 x 1080px Facebook 1200 x 630px



Instagram 1080 x 1080px Facebook 1200 x 630px



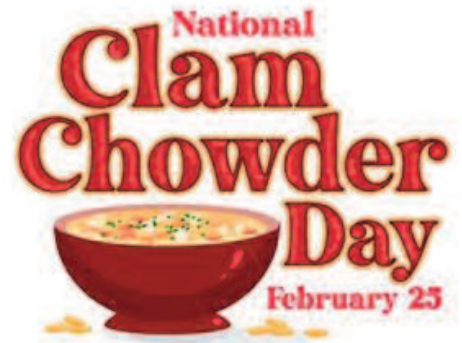
Instagram 1080 x 1080px Facebook 1200 x 630px



Instagram 1080 x 1080px Facebook 1200 x 630px

Monthly Events

Use special event headings to launch or expand promotional opportunities for your advertisers. Use them in ads as a springboard to larger promotions, sections or full-page developments.



Monthly Events

Use special event headings to launch or expand promotional opportunities for your advertisers. Use them in ads as a springboard to larger promotions, sections or full-page developments.

February Is
BLACK HISTORY MONTH

NATIONAL Margarita Day
February 22



NATIONAL Pet Dental Health Month



Heart Month



NATIONAL Pizza Day
February 9th



February 17^{*}
Presidents' Day



National women's heart week
February 1-7



National Weddings Month



WORLD SPAY DAY
FEBRUARY 25, 2025



NATIONAL HOT Breakfast MONTH



SPAY/NEUTER AWARENESS MONTH



WORLD CANCER DAY
FEBRUARY 4



Library Lovers' Month



METRO REVENUE IDEA

Everything
You See Here
- & More -
Is Included!

Target Coordinated Revenue From Every Angle:
Print & Digital Ads, Social Media & Editorial Features.



HEADINGS

Build ads around them!



SOCIAL MEDIA POST

Upsell advertisers!



Click Here for **More**
IMAGES, AD TEMPLATES
& EDITORIAL FEATURE - Included!

LOOK WHAT WE DID!

We Created These Layouts Using Your Metro Content...

Present & Sell Them to Advertisers, or Customize Them Using Your Subscription Resources!

Brews & Bites With Your Best Buds
Celebrate bromance with a night of food, drinks and fun!

HAPPY VALENTINE'S DAY

Thursday, February 13
\$10 Pitches
\$6 Appetizers
\$12 Baskets

Trivia & Prizes
Reservations Welcome

Local Bar & Restaurant
1234 Washington Street | Somersville Heights
000-000-0000 | www.namewebsite.com

PASS 2 col x 5 ★

Wine & Dine
Wish Your Galentines

Celebrate your gal pals with a night of food, drinks and fun!

HAPPY VALENTINE'S DAY

Thursday, February 13
- Half-Price Wine Deals
- \$15 Charcuterie Boards
- Karaoke at 9 pm.

Reservations Welcome

Local Bar & Restaurant
1234 Washington Street | Somersville Heights
000-000-0000 | www.namewebsite.com

PASS 2 col x 5 ★

Take Us Out to Celebrate **Galentines, Palentines & Valentines!**

Pizza Party Takeout Deal
Large Two-Topping Pizza
Family-Style House Salad
Parmesan Garlic Bread
Fresh-Baked Cookies
Only \$29
Special Price February 13-16 Only

Call, come in or order online for fast and friendly pickup or delivery service!
Open 11 a.m. - 11 p.m. | Closed Mondays

Italia Pizzeria & Kitchen
1234 Washington Street | Somersville Heights
000-000-0000 | www.namewebsite.com

PASS 2 col x 5 ★

HAPPY VALENTINE'S DAY

Thursday, February 13
Great Food & Drink Specials!

Local Bar & Restaurant
1234 Washington Street | Somersville Heights

WEB ADS W ★

Rectangle 250 x 300
Leaderboard 728 x 90
Mobile Banner 320 x 50

HAPPY VALENTINE'S DAY

Thursday, February 13
Great Food & Drink Specials!

Local Bar & Restaurant

HAPPY VALENTINE'S DAY

Thursday, February 13
Food & Drink Specials All Night!

Local Bar & Restaurant
1234 Washington Street | Somersville Heights

Wine & Dine
Wish Your Galentines

HAPPY VALENTINE'S DAY

Thursday, February 13
Food & Drink Specials

Local Bar & Restaurant
1234 Washington Street | Somersville Heights

WEB ADS W ★

Rectangle 250 x 300
Leaderboard 728 x 90
Mobile Banner 320 x 50

HAPPY VALENTINE'S DAY

Thursday, February 13
Food & Drink Specials

Local Bar & Restaurant

Wine & Dine
Wish Your Galentines

HAPPY VALENTINE'S DAY

Thursday, February 13
Food & Drink Specials

Local Bar & Restaurant
1234 Washington Street | Somersville Heights

Pizza Party Takeout Deal
Only \$29

Celebrate at home with your Galentines, Palentines & Valentines!

Italia Pizzeria & Kitchen
1234 Washington Street | Somersville Heights

WEB ADS W ★

Rectangle 250 x 300
Leaderboard 728 x 90
Mobile Banner 320 x 50

Pizza Party Takeout Deal
Only \$29

Italia Pizzeria & Kitchen

Pizza Party Takeout Deal
Only \$29

Celebrate at home with your Galentines, Palentines & Valentines!

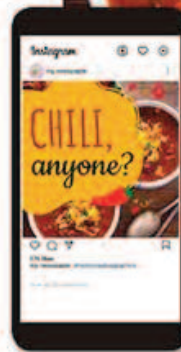
Italia Pizzeria & Kitchen
1234 Washington Street | Somersville Heights

Discover **EVENT MARKETING TIE-IN IDEAS** for every month of the year

METRO REVENUE IDEA

Everything
You See Here
- & More -
Is Included!

Target Coordinated Revenue From Every Angle:
Print & Digital Ads, Social Media & Editorial Features.



SOCIAL MEDIA POST
Upsell advertisers!

HEADINGS

Build ads around them!



Click Here for More
**IMAGES, RECIPES &
AD TEMPLATES** - Included!

LOOK WHAT WE DID!

We Created These Layouts Using Your Metro Content...

Present & Sell Them to Advertisers, or Customize Them Using Your Subscription Resources!

Make It a Chili Night!

ON SALE THIS WEEK

80% lean Ground Beef \$1.99 lb.	2 for \$5 Name Brand Spice Specials	Name Brand Canned Beans Only 99¢ 00 oz.
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Advertised offers good through 00.00.25. List details, terms and conditions here.

Visit us online for more fast, easy and affordable family meal ideas and recipes!

[f](#) [i](#)

Neighborhood Market

1234 Washington Street | Somersville Heights
000-000-0000 | www.namewebsite.com

PASS 6 col x 3 ★

Pair this ad with the **Totally Excellent Chili** recipe from your **Metro site! Hundreds of RECIPES ARE INCLUDED** with your **Metro subscription.** If you need help finding them, use the link at the bottom of page 08, or give us a quick call!

CHILI COOK-OFF

THE HEAT IS ON

...as your favorite local restaurants get set to compete for the title of chili champion!

Saturday, February 00
Event Location Here

You be the judge!

\$15 Tasting Tickets On Sale Now

Purchase your \$15 tickets online through February 00, or purchase at the door for \$20. Ticket price includes a free chili tasting from each of the 00 participating contestants!

Somersville Chili Cook-Off

1234 Washington Street | Somersville Heights
000-000-0000 | www.namewebsite.com

[f](#) [i](#)

PASS 2 col x 5 ★

voted Best Chili

Thanks for making us the chili champs!

Taste for yourself, and see why we bowled them over at the annual Chili Cook-Off!

Winning Recipe

Chili Bread Bowl \$12.99

... or Spice Up Any Lunch or Dinner Entree With a \$5 Chili Side Cup!

Mom & Pop Restaurant

1234 Washington Street | Somersville Heights
000-000-0000 | www.namewebsite.com

[f](#) [i](#)

PASS 2 col x 5 ★

WEB ADS [W](#) ★

Rectangle 250 x 300
Leaderboard 728 x 90
Mobile Banner 320 x 50

Make It a **Chili Night!**

> VIEW WEEKLY DEALS

Neighborhood Market

1234 Washington Street | Somersville Heights

CHILI COOK-OFF

Saturday, February 00
Event Location Here

GET DETAILS

\$15 Tasting Tickets On Sale Now

Somersville Chili Cook-Off

1234 Washington Street | Somersville Heights

voted Best Chili

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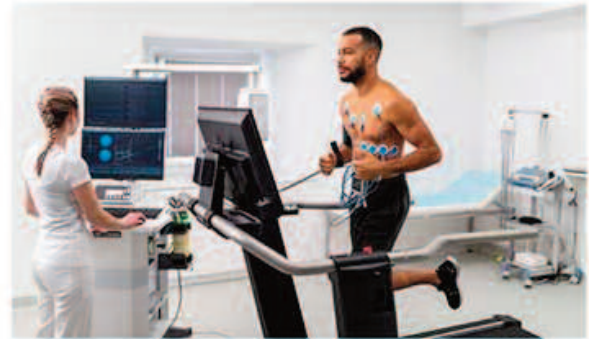
Mom & Pop Restaurant

1234 Washington Street | Somersville Heights

★ Customize these ads in 1, 2, 3 easy steps with **MiAD WIZARD**

February is Heart Month

February is Heart MONTH



HEADINGS

Build ads around them!



SOCIAL MEDIA POST

Upsell advertisers!

Click Here for More **IMAGES, EDITORIAL FEATURES & AD TEMPLATES** - Included!

LOOK WHAT WE DID!

Created These Layouts Using Your Metro Content...

Present & Sell Them to Advertisers, or Customize Them Using Your Subscription Resources!

February is Heart Month

Can certain foods lower cancer risk?



Researchers have found phytochemicals can protect humans from environmental toxins and metabolic processes that can lead to chronic diseases, such as cancer and heart disease. Polyphenols are good examples of phytochemicals.

Health experts recommend packing every meal with healthy and nutrient-rich foods that include plenty of vegetables, whole grains, fruits, and beans. M.D.C.C. recommends filling at least two-thirds of a plate with these healthy options. The remaining one-third of the meal should come from lean meat, fish or plant-based proteins and nuts/seeds. It also is important to limit foods that may increase cancer risk, including super-saturated oils and foods, processed meats, red meat, and alcohol.

According to MD Anderson Cancer Center, cancer-fighting foods are plant-based items that are rich in phytochemicals, which also are called phytonutrients. LC Davis Nutrition Department says phytochemicals are bioactive compounds found in vegetables, cereal grains and plant-based beverages like tea.

Cancer is a prolific group of diseases that can affect any area of the body. Although many cancers can be successfully treated, cancer avoidance is undeniably preferable. There is no way to completely prevent a cancer diagnosis, but cancer foods may help reduce your risk for the disease.

When incorporating diets to help reduce cancer risk, these heavy hitters should be included:

- Barley
- Broccoli
- Broccoli sprouts
- Cauliflower
- Edamame
- Egg or soy substitutes
- Fish
- Green or white tea
- Grapes
- Leafy greens
- Lean chicken
- Lentils and other legumes/beans
- Onions
- Oranges
- Plant proteins
- Quinoa
- Spices
- Whole grains, including brown rice

Making smart food choices can keep a person healthy and may reduce the risk of cancer.

Eat Smart for a Healthier Heart

Consuming healthy meals and snacks that are rich in fresh fruits and vegetables, and low in processed foods, can help prevent heart disease. The Centers for Disease Control and Prevention recommend limiting intake of salt, saturated fat, trans fat, sugared alcohol, while eating more food that are high in fiber.

Free Weight & Well-Being Webinar Thursday, February 04 at 5 p.m.
Looking for a heart-healthy nutrition plan that can help you maintain a healthy weight and improve the way you eat?
Join us for a heart-healthy nutrition plan that can help you maintain a healthy weight and improve the way you eat.

Weight-Loss & Nutrition Clinic
1234 Washington Street | Somerville Heights
900-000-0000 | www.metronewsdate.com

Warning signs for heart disease



Recognizing types of pain in their chest, such as stiffness after straightening or discomfort stemming from a pulled pectoral muscle? According to the British Heart Foundation, chest pain related to heart attack is marked by feelings of heaviness, tightness or pressure in the chest. Pain or tightness in the chest that subsides after a few minutes may be indicative of angina, which the Mayo Clinic notes is a symptom of coronary artery disease caused by a reduction of blood flow to the heart.

Stomach pain People may not instantly associate stomach pain with heart disease, but in certain instances such discomfort might indicate a heart problem. The BHF notes that a painful or burning feeling in the stomach can be indicative of a heart problem, including heart attack. Though it's not easy to distinguish between heartburn, which is pain in the upper abdomen, and stomach pain indicative of heart attack, it's best to avoid eating off abdominal pain as heartburn. The Mayo Clinic notes that many heart attacks do not involve sudden, crushing chest pain, and are instead characterized by a host of warning signs, including abdominal pain. The BHF advises anyone experiencing stomach

discomfort to seek medical attention immediately.

Arm pain Pain in the arm is another potential indicator of heart disease. According to the Mayo Clinic, arm pain that appears suddenly and is severe could be a symptom of heart attack. This pain may occur alongside feelings of pressure, fullness or squeezing in the chest. The BHF notes that a heart attack is more likely to occur if the pain is going down the arm, particularly the left arm, or into the neck.

Swelling in the lower legs The National Library of Medicine notes that swelling in the legs, ankles or feet is indicative of a heart problem. Blood flow is adversely affected when the heart is not working at peak capacity and that can contribute to what's effectively a traffic jam impeding the blood in the veins of the legs. That backup causes the buildup of fluid in the tissues.

Heart disease is a formidable and deadly foe. Learning to recognize the warning signs of heart disease might prove lifesaving.

urgently can help people reduce their risk for cardiovascular disease. Learning to recognize warning signs of heart disease is another way individuals can reduce their risk of developing the global but often preventable threat.

Chest pain Chest pain is widely recognized as a sign of heart attack, however, many people experience chest pain without ever suffering a heart attack. So how can individuals distinguish chest pain suggestive of heart disease from less

Have You Checked In With Your Heart Lately?

Heart disease is a leading cause of death around the world. Prevention begins with heart-healthy lifestyle choices, but it's also important to know your blood pressure, blood sugar and cholesterol levels, and to talk with your doctor about any cardiac risk factors or symptoms you may experience.

To learn more
about cardiac disease prevention, warning signs and the best testing options available to you, we invite you to visit us online today and take charge of your heart health.

Somerville County Hospital
1234 Washington Street | Somerville Heights
900-000-0000 | www.metronewsdate.com

PASS 6 col x 21

Actively Protect Your Heart

A healthy, active lifestyle is your best line of defense against heart disease. While even 15 minutes of exercise a day can positively impact your health, experts recommend getting at least 30 minutes of moderate exercise, or at least 75 minutes of vigorous exercise, each week. Recent research indicates that meeting recommended levels of physical activity can lower your risk of developing heart disease by 25 percent!

Heart Month

Ready to get moving? We'll help you get started!

Save 20% Off Your Next Purchase
Sign up for our active lifestyle newsletter online now to get your first coupon!

Keslar Sporting Goods & Fitness
1234 Washington Street | Somerville Heights
900-000-0000 | www.metronewsdate.com

PASS 6 col x 3

Actively Protect Your Heart

Download a digital coupon

Heart Month

WEB ADS

Rectangle 250 x 300
Leaderboard 728 x 90
Mobile Banner 320 x 50

Keslar Sporting Goods & Fitness
1234 Washington Street | Somerville Heights

Actively Protect Your Heart

Download a digital coupon

Heart Month

Keslar Sporting Goods & Fitness
1234 Washington Street | Somerville Heights

Relax...your heart will thank you!

Stress is an important, and often overlooked, risk factor for cardiovascular disease, according to the National Institutes of Health. Chronic stress may lead to high blood pressure, which can put you at somewhat risk for heart attack and stroke. Learning to manage your stress can help lower your risk of heart disease. A deeper sleep, physical activity, social connections and meditation are all everyday ways to help lower stress levels.

Heart Month

Aum Yoga & Meditation Studio
1234 Washington Street | Somerville Heights
900-000-0000 | www.metronewsdate.com

PASS 6 col x 3

AD SPOT FILLERS

Have You Checked In With Your Heart Lately?

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Heart Month

Eat Smart for a Healthier Heart

Consuming healthy meals and snacks that are rich in fresh fruits and vegetables, and low in processed foods, can help prevent heart disease. The Centers for Disease Control and Prevention recommend limiting intake of salt, saturated fats, trans fat, sugar and alcohol, while eating more foods that are high in fiber.

Heart Month

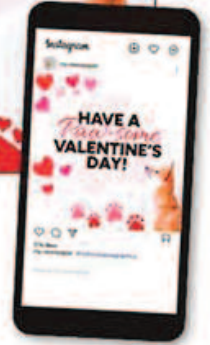
YOUR METRO SUBSCRIPTION INCLUDES UNLIMITED EDITORIAL FEATURES - Click Here to Access Them

VALENTINE'S DAY
Gifts They'll Love

Gifts
for Your
PAWlentine

Happy
Valentine's
Day

Class Favorites
for Valentine's Day



HEADINGS

Build ads around them!

SOCIAL MEDIA POST

Upsell advertisers!



85% of parents planned to give their children a gift on February 14, while 59% of spouses planned to give their partners a gift, according to a Today show survey of 1,500 people.



Click Here for More
**IMAGES, AD TEMPLATES &
EDITORIAL FEATURES** - Included!

LOOK WHAT WE DID!

We Created These Layouts Using Your Metro Content...

Present & Sell Them to Advertisers, or Customize Them Using Your Subscription Resources!

Doubletruck Placemat 19.334" x 13"
Single Sheet 11" x 8.5"


Placemat Layout or Activity Page!

Sell the sponsor spots to run this layout as a page in your publication, or provide it to local restaurants as a placemat that gives your advertisers an extra helping of exposure.

Americans spend over \$2 billion on their pets for Valentine's Day, according to Capital One Shopping Research.

WEB ADS

Rectangle 250 x 300
Leaderboard 728 x 90
Mobile Banner 320 x 50

2 col x 5" 

 **SALES REPS**, see how to create a personalized presentation using this content

Get Fresh Ideas Quarterly to Amp Up Revenue

FROM YOUR CLASSIFIED SECTION

Subscription & Advertising Marketing for Your Newspaper
 Weddings, Birthdays, Obituaries & More Announcements
 Real Estate Listing Layouts & Agent Promotions
 Job Directories & Recruitment Advertising
 Auto Dealership Spec Ad Templates
 Directories & Campaigns | Tons of Bonus Images

TAKE A LOOK!
 Click Here



SAVE 50% OFF
Your First Quarterly Issue
 With No Contract or Obligation

Not sure if you're subscribed? **Check your account here.**

GET STARTED

LEARN MORE



DON'T MISS THESE BONUS ADS

Available From This Month's Wizard Spec Ad Library

These Ads Coordinate With Your Newest Editorial Features & Metro Themed Special Sections

Instantly Personalize Any Ad Template for Sales Presentations Using Metro's Ad Wizard

» See the **Latest Bonus Ads Here**

Not sure if you're subscribed to **Wizard Spec Ad Library**?

EMAIL US here for assistance or to set up access.



Plan and Sell Now for March Revenue With These Advertiser-Friendly Sales Ideas

WOMEN'S HISTORY MONTH

SAINT PATRICK'S DAY

RESTAURANT CAMPAIGNS

Photos, Art & Headings
Ready-to-Sell Print & Web Ad Templates
Email & Social Media Marketing
Editorial Features

IT'S ALL INCLUDED IN YOUR SUBSCRIPTION



> SEARCH WOMEN'S HISTORY

> SEARCH ST. PATRICK'S DAY

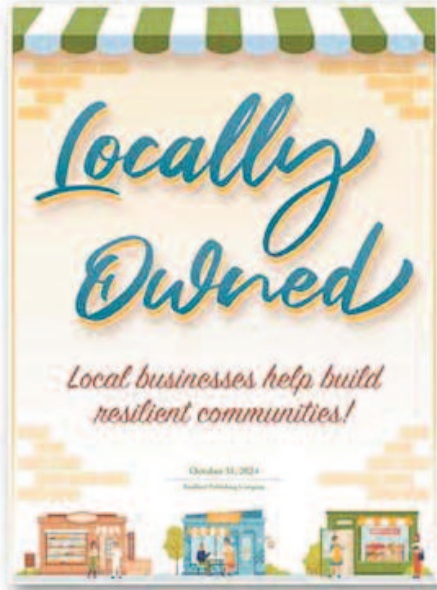
> SEARCH RESTAURANT



Plan Ahead With Our 52 Sales Ideas

A Sales Idea for Every Week of The Year!

> VIEW WEEKLY IDEAS



CREATE: Bradford Publishing recently produced their third annual Locally Owned special section ahead of the 2024 holiday season. It ran as a book in three of the group's local publications in print and online. The section included advertising from a variety of local businesses, as well as features from the Metro Editorial Library that focused on supporting local businesses. Locally Owned published on October 31, to capture the attention of an increasing number of early holiday shoppers.

Special Section Shines a Spotlight on Locally Owned Businesses

Bradford Publishing helps local businesses stand out ahead of the holiday shopping season with a unique special section.

The Bradford Era, PA and Orlean Times Herald, NY



SELL: Regional Ad Manager Jill Henry says the section has gained popularity over the years, with local businesses contacting her about participating after the piece was published. She recommends putting this type of section on every locally owned business proposal, and notes you can run this theme at any time of the year. She says the publication's pitch to advertisers is, "We are a locally owned business, and being a part of the community, every business counts."

PROFIT: Henry says that in spite of economic challenges affecting area businesses, the section was a success. To keep it affordable and encourage participation, they dropped the price for local advertisers this year. The section still produced over \$5,000 in revenue, and remains a valuable advertising vehicle for local businesses and consumers.

Jill Henry
Regional Ad Manager
 Bradford Publishing/
 Community Media Group
 (716) 372-3121
 jillh@bradfordera.com

Our fully templated, ready-to-run special section is also available to purchase.

- > [Preview Our "Shop Local" Section Here](#)
- > [Learn More About Metro's Special Sections](#)

Metro Subscribers, You Have Access to > ["Shop Local" Editorial Features](#)

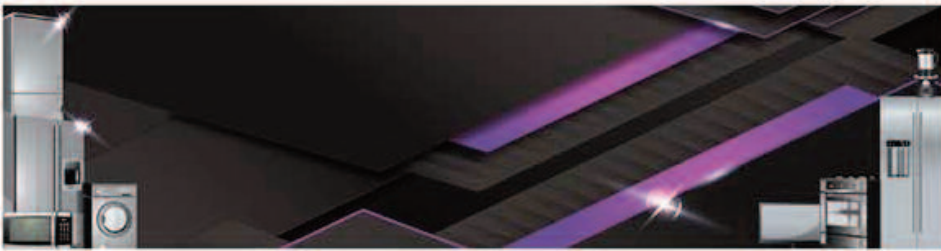
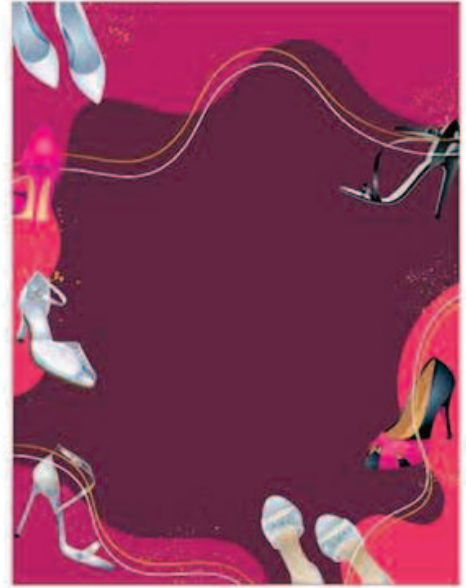
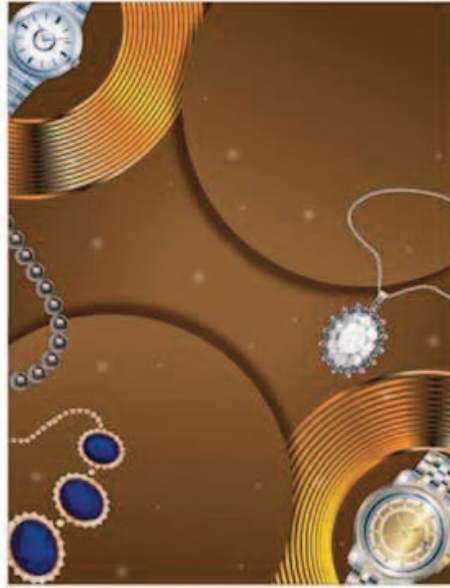
\$\$ Click here to see more **SUCCESS STORIES**

Themed Backgrounds & Elements

Versatile backgrounds and coordinated elements to build themed pages or print, digital and social media campaigns.



Tab 10" x 13"



6col x 3"





PASS 2 col x 5



PASS 2 col x 5



PASS 2 col x 5



WEB ADS
 Rectangle 250 x 300
 Leaderboard 728 x 90
 Mobile Banner 320 x 50



WEB ADS
 Rectangle 250 x 300
 Leaderboard 728 x 90
 Mobile Banner 320 x 50



WEB ADS
 Rectangle 250 x 300
 Leaderboard 728 x 90
 Mobile Banner 320 x 50



SOCIAL MEDIA POST
 More energy-efficient designs can help offset the cost of replacing old appliances, and special financing offers can sweeten the deal for customers.



SOCIAL MEDIA POST
 Jewelry stores, pawn shops and scrap gold buyers alike can use this social media post to promote their business to potential sellers.



SOCIAL MEDIA POST
 Create a comprehensive print, digital and social media campaign for a department store, shoe shop or wedding boutique with these designs.

Themed Backgrounds & Elements

Versatile backgrounds and coordinated elements to build themed pages or print, digital and social media campaigns.



Tab 10" x 13"



6col x 3"



Themed Backgrounds Demo

Versatile backgrounds paired with easy-to-edit headings for print and digital campaigns you can customize



PASS 2 col x 5



PASS 2 col x 5



PASS 2 col x 5



WEB ADS 
 Rectangle 250 x 300
 Leaderboard 728 x 90
 Mobile Banner 320 x 50



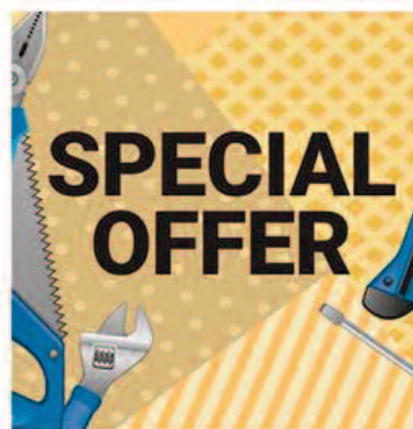
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 Leaderboard 728 x 90
 Mobile Banner 320 x 50



SOCIAL MEDIA POST
 Use this series to promote offers from a painting contractor or paint store, or help any retail advertiser that may be remodeling their space promote a new look or grand reopening.



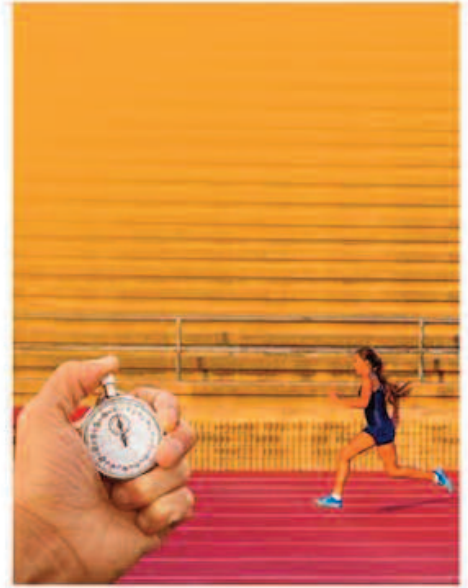
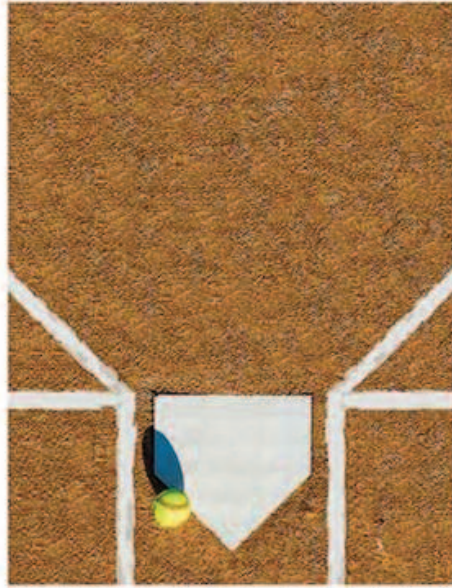
SOCIAL MEDIA POST
 Promote senior discounts, flat-rate project specials or customer reviews and ratings on home repair services, or target tool rental, repair or sharpening services.



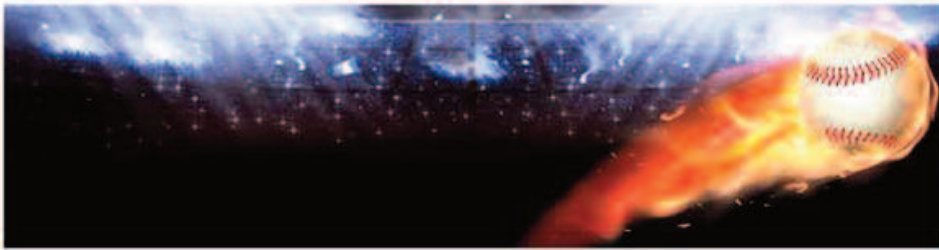
SOCIAL MEDIA POST
 Use this series to create campaigns for window installers, glass repair services, window cleaning or even custom blind and window treatment advertisers.

Themed Backgrounds & Elements

Versatile backgrounds and coordinated elements to build themed pages or print, digital and social media campaigns.



Tab 10" x 13"

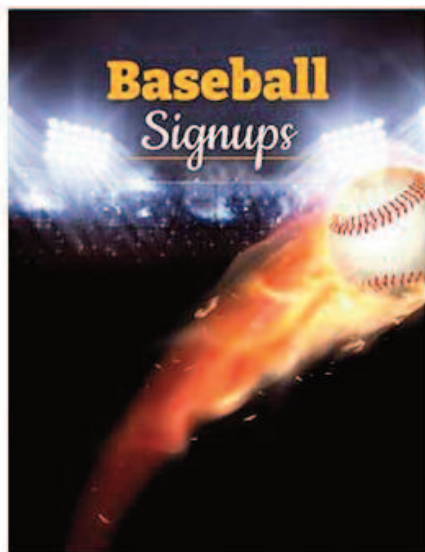


6col x 3"



Themed Backgrounds Demo

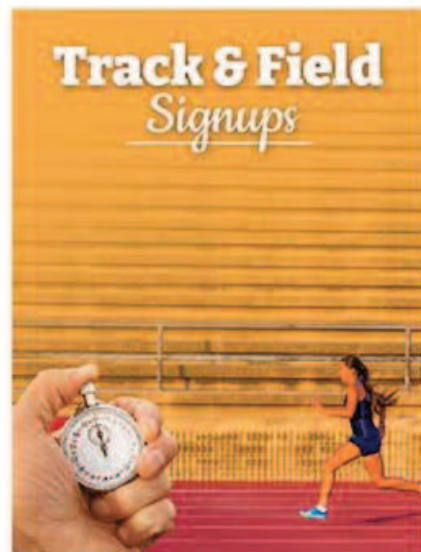
Versatile backgrounds paired with easy-to-edit headings for print and digital campaigns you can customize



PASS 2 col x 5



PASS 2 col x 5



PASS 2 col x 5



WEB ADS 
 Rectangle 250 x 300
 Leaderboard 728 x 90
 Mobile Banner 320 x 50



WEB ADS 
 Rectangle 250 x 300
 Leaderboard 728 x 90
 Mobile Banner 320 x 50



WEB ADS 
 Rectangle 250 x 300
 Leaderboard 728 x 90
 Mobile Banner 320 x 50



SOCIAL MEDIA POST



SOCIAL MEDIA POST



SOCIAL MEDIA POST

Use these print, digital and social media campaign designs to promote school sports programs, youth leagues and adult leagues in your community. Team sports can positively impact physical fitness, as well as mood and social development, for players of all levels and ages!

Themed Backgrounds & Elements

Versatile backgrounds and coordinated elements to build themed pages or print, digital and social media campaigns.



Tab 10" x 13"

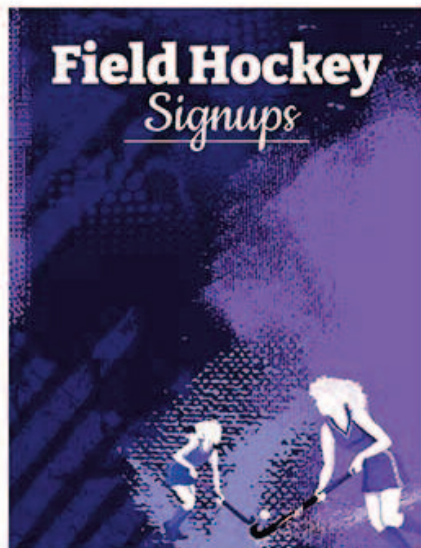


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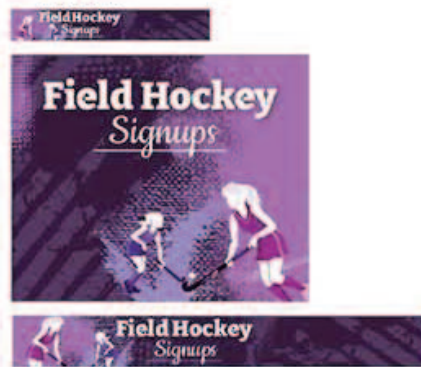
PASS 2 col x 5



PASS 2 col x 5



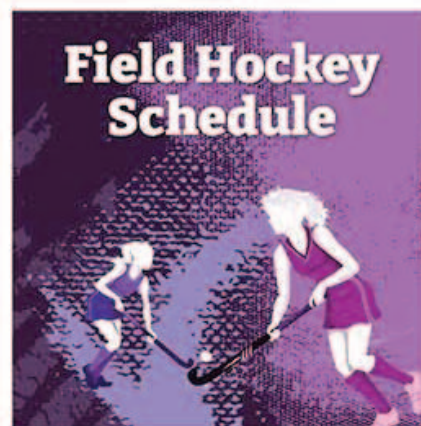
WEB ADS 
 Rectangle 250 x 300
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WEB ADS 
 Rectangle 250 x 300
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WEB ADS 
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Use these print, digital and social media campaign designs to promote school sports programs, youth leagues and adult leagues in your community. Team sports can positively impact physical fitness, as well as mood and social development, for players of all levels and ages!

Themed Special Sections & Themed Websites

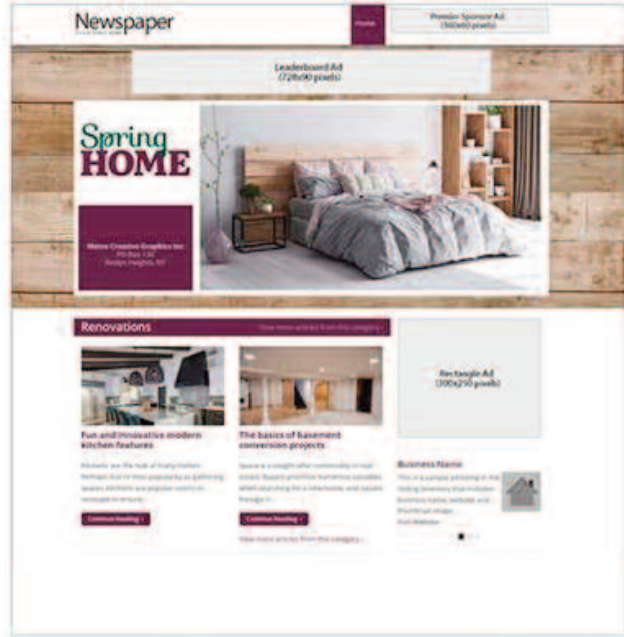
Print and online themed sections and directories to connect your advertisers with their target audience



Please Note, Themed Sites & Sections Are Available by Separate Purchase.



>> View Section



>> View Websites

Promotional Materials Included

Rate Cards | Advertiser & Reader Ads | Web Ads & Social Media Posts

Ad Type	Size	Color	Rate
Full Page	10 1/2" x 14 1/2"	Color	\$1,200
Half Page	5 1/4" x 14 1/2"	Color	\$600
Quarter Page	5 1/4" x 7 1/4"	Color	\$300
Small Ad	2 1/4" x 3 1/4"	Color	\$100

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Small Ad	2 1/4" x 3 1/4"	Color	\$100



Email this image with your contact info and offers to capture the attention of prospective sponsors.

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To learn more about these and other upcoming promotional opportunities for your business, contact us today!

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[CLICK HERE TO](#)

instantly personalize and send this feature as an e-card promotion directly to sales prospects.

TO-DO
Home Improvement Guide

Spring Savings
for Your Home

The benefits of lighting up your landscape

93.3%	91.4%
71.2%	68.3%
67.5%	61.2%
66.3%	64.8%
63.8%	62.1%

It's All Included in Your Subscription!

- Photos, Art & Headings
- Ready-to-Sell Print & Web Ad Templates
- Email & Social Media Marketing
- Copyright-Free Editorial Features

[SEARCH ALL SPRING HOME IMPROVEMENT CONTENT](#)



Living 50 Plus



Please Note, Themed Sites & Sections Are Available by Separate Purchase.

Living 50 Plus

Back to Work
Considerations for your second act

Wealth After Working
Financial strategies to consider as retirement draws near

Fit After 50
Fitness classes for the over-50 crowd

Newspaper

Leaderboard Ad (728x90 pixels)

Living 50 Plus

Life After 50

5 activities for modern empty nesters

Considerations for your second act

Business Name

Strategies to manage and tame stress

3 tips to get a more restful night's sleep

The impact of reading on cognitive decline

Did You Know?

Newspaper

Living 50 Plus

>> View Section

>> View Websites

Promotional Materials Included

Rate Cards | Advertiser & Reader Ads | Web Ads & Social Media Posts

Special Section with Exclusive Opportunities

Living 50 Plus

Reach a Local Audience of Readers Ages 50 & Better

Name Newspaper

Market to More Seniors With Focused Local Advertising

Living 50 Plus

50 or Better? Let the Adventure Begin!

Living 50 Plus

Market to More Seniors With Focused Local Advertising

Living 50 Plus

Market to More Seniors With Focused Local Advertising

Living 50 Plus

Market Your Business to More Local Seniors!

Name Newspaper

Living 50 Plus

Advertise in our Online Special Section

Living 50 Plus

Advertise in our Online Special Section

Living 50 Plus

Market to More Seniors With Focused Local Advertising



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To learn more about these and other upcoming promotional opportunities for your business, contact us today!

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instantly personalize and send this feature as an e-card promotion directly to sales prospects.



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- Photos, Art & Headings
- Ready-to-Sell Print & Web Ad Templates
- Email & Social Media Marketing
- Copyright-Free Editorial Features

[SEARCH ALL HEALTH CONTENT](#)

Did You Know?

Home Improvement Projects With The Highest ROI

- 194% ROI Garage Door Replacement
- 188% ROI Entry Door Replacement made of Steel
- 153% ROI Replacing Siding with Stone Veneer

According to the housing market research and analytics firm Zonda Media.

Home renovations are wildly popular, and that popularity can be traced to a number of factors. Some homeowners renovate their homes with their own comfort in mind, while others do so to improve the resale value of the property. For those in the latter group, a recognition of renovations that yield the highest return on investment may help them decide which projects to pursue. According to the housing market research and analytics firm Zonda Media, a garage door replacement offered the highest return on investment in the American real estate market in 2024, earning a whopping 194 percent return on homeowners' initial investment. An entry door replacement with steel door offered the second best ROI at 188 percent of homeowners' initial investment, while replacing siding with stone veneer was third on the list with an average ROI of 153 percent.

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Did You Know?

Landscape lighting has become increasingly popular in recent years.

Such lighting can extend living spaces, and many homeowners report that a well lit landscape helps them feel more safe at home. Though the final cost to light up a home's exterior will depend on the size of a property, landscape lighting is among the more budget-friendly home renovations homeowners can consider. According to the renovation experts at Angi.com, the average cost of a landscape lighting project is \$4,000. Considering how much landscape lighting transforms the look of a property at night, that's a lot of bang for homeowners' bucks. Solar lights are popular, but homeowners may want to consider electrical wiring that ensures lights maintain their awe-inspiring glow throughout the night. Electrical work requires additional labor, and thus a higher price tag. However, Angi notes that modern LED bulbs consume just 25 percent of the energy used by incandescent alternatives, which can make them a more reliable option than self-installed solar lights.

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Data indicates the average professional is retiring shortly after turning 60.

A high cost of living and advancements in medicine that have contributed to longer life expectancies would seemingly compel individuals to work longer, but data indicates the average professional is retiring shortly after turning 60. Data from the 2024 Macmillan Retirement Happiness Study indicates that the average retirement age among American retirees is 60. That's in spite of the fact that pre-retirees and retirees who participated in the study indicated that 65 is the ideal retirement age. Canadians are staying in the workforce a good deal longer, as Statistics Canada reports the average retirement age across Canada in 2023 was 63. That disparity could be due to the Canada Pension Plan (CPP), which requires part of retirees' income with a monthly, taxable benefit. The Government of Canada reports the standard age to start the CPP is 65.

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Do sleep needs change as adults grow older?

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Adults know much about their health changes as they grow older, but health experts note that sleep requirements generally remain the same throughout adulthood. According to the National Institute on Aging, older adults need roughly the same amount of sleep as all adults. The Centers for Disease Control and Prevention notes that the recommended amount of sleep for adults is at least seven hours each day, and various organizations recommend adults get between seven and nine hours of sleep per night. Those recommendations can promote optimal health into one's golden years, but that a bit is not being heeded by a significant portion of the adult population. The CDC Behavioral Risk Factor Surveillance System (BRFSS) tracked the sleeping habits of men and women between 2013 and 2022 and a study found that 77.5 percent of men and 56 percent of women were not getting enough sleep during that time period. The percentage of individuals not getting enough sleep was particularly high among adults between the ages of 38 and 64, among whom nearly four in 10 were falling short of the recommended daily amount of sleep.

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The SPCA of York County says

a single unspayed female cat can birth about 180 kittens

in her lifetime, on average

Millions of cats reside safely in people's homes, but many more are stray, outdoor cats that make their living quarters in any spots where they can find shelter. These outdoor cats also mate with one another, producing litter upon litter of kittens that quickly lead to overpopulation. The SPCA of York County says a single unspayed female cat can birth about 180 kittens in her lifetime, on average. Females have the potential to give birth three to four times per year. Outdoor cats can be nuisances in neighborhoods, digging, scavenging or defecating in people's yards. They also may sleep under people's cars or close to the engine to stay warm, where they are vulnerable to injuries, accidents or even death. Stray cats also may get into fustles with domesticated pets, leading to other injuries. Controlling overpopulation of cats, which may end up in shelters and other facilities, often comes down to sterilization. People who have outdoor pets are urged to keep them indoors at all times and to spay or neuter them. In regard to feline stray cats, the Humane Society of the United States suggests a solution of TNR trap, neuter, return. TNR is a non-lethal way to deal with overpopulation to help improve the quality of life for cats. A growing number of animal welfare organizations have TNR programs and encourage people with the resources they need. To learn more about TNR and taming cat overpopulation, visit www.humanesociety.org.

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The National Eye Institute reports that

age-related macular degeneration, also known as "AMD," is very common.

The condition, which is a disease marked by blurred central vision caused by age-related damage to the macula, affects 11 million people in the United States. AMD also is a notable threat in Canada, where the organization Fighting Blindness Canada reports that 2.5 million Canadians have the condition. AMD is a leading cause of vision loss in both nations, and adults over 50 should know that they're more likely to develop the disease than other demographics. AMD is often detected during routine comprehensive dilated eye exams, which is one of many reasons why such tests should be part of anyone's, but particularly aging adults', wellness regimens.

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Home Improvement Projects With The Highest ROI

194% ROI - Garage Door Replacement



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153% ROI - Replacing Siding with Stone Veneer

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Use These Drop-In Image Files to Quickly Fill Unsold Ad Space With Engaging Editorial Features

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The average retirement age across Canada in 2023 is 65.1

As reported by Statistics Canada.

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a single unspayed female cat can birth about 180 kittens

1.1 million lifetime offspring

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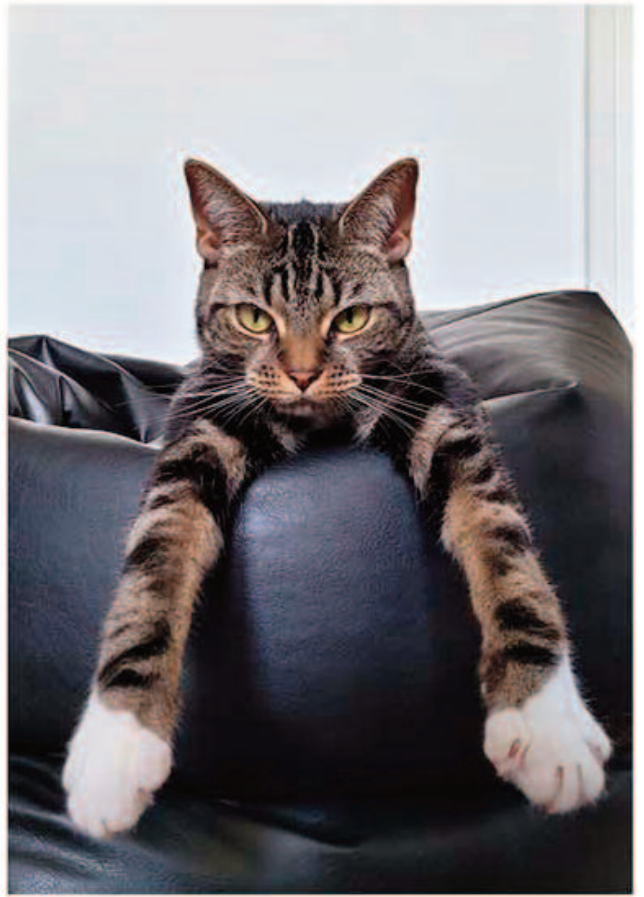
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Leaderboard 728 x 90
Mobile Banner 320 x 50




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Scan or visit us online


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Casino Packages

Tickets & Schedules

Local Bus Company 000-000-0000



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- HELMETS • APPAREL • PROTECTION
- BAGS • ACCESSORIES

Custom Jersey & Uniform Headquarters
Trust local! Call, come in or visit us online for help.

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PUT A STOP TO CHRONIC PAIN

Advanced treatment options to relieve back, neck and joint pain symptoms.

Schedule a Consultation

Pain Management Clinic
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Somersville Heights



GEAR UP

- STICKS • SKATES • GLOVES
- HELMETS • APPAREL • PROTECTION
- BAGS • ACCESSORIES

Custom Jersey & Uniform Headquarters

Hockey Shop Unlimited
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A to Z for Busy Bees

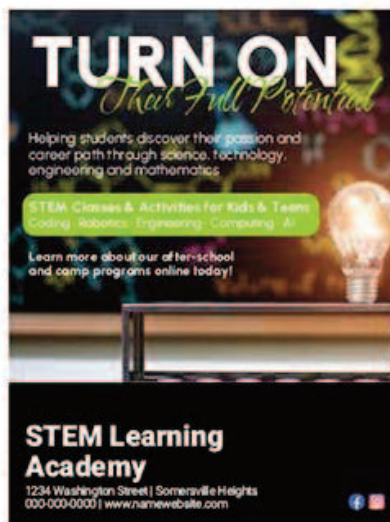
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Lumber & Building
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Power Tool Rentals | Lawn & Garden | Keys Made

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Somersville Heights



TURN ON That Full Potential

LEARN MORE

STEM Learning Academy
1234 Washington Street
Somersville Heights

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Present these multi-platform ads – for print, online and mobile use – to core advertisers and seasonal or event-based prospects in your local market.

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Join us Friday through Sunday for a special Valentine's Day menu and martini specials!

Valentine's Day Prix-Fixe Menu
\$79 per guest

Winter Salad
Scallops/Pasta
Choice of Protein
Assorted Desserts

2 for \$14 Specialty Martinis

Bridgeview Restaurant
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All You Needs Is
LOVE
and chocolate

Handmade Artisan Chocolates & Candies
gift boxes • candy cozies • free samples

Candy & Chocolate Shop
1234 Washington Street | Somersville Heights
000-000-0000 | www.namewebsite.com

PASS 2 col x 5 ★

WEB ADS
Rectangle 250 x 300
Leaderboard 728 x 90
Mobile Banner 320 x 50

Dinner & Valentinis
Special Valentine's Day Menu
2 for \$14 Specialty Martinis
Friday through Sunday
Make a Reservation

Bridgeview Restaurant
1234 Washington Street
Somersville Heights

All You Needs Is
LOVE
and chocolate

Candy & Chocolate Shop
1234 Washington Street
Somersville Heights

Sweet Treats for
Valentines Who
Take the Cake

homemade desserts • custom cakes • breads & pastries • espresso bar • vegan selections

Grab-and-go cookie and dessert trays for your office, classroom or gatherings!

Sugarspun Bakery
1234 Washington Street
Somersville Heights

Sweet Treats for
Valentines Who
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homemade desserts • custom cakes • breads & pastries • espresso bar • vegan selections

Grab-and-go cookie and dessert trays for your office, classroom or gatherings!

Sugarspun Bakery
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PASS 2 col x 5 ★

HAPPY BLACK HISTORY MONTH

As we recognize and celebrate the myriad achievements and contributions of African American individuals, families, communities and organizations throughout history, let's take this opportunity to reaffirm our collective commitment to continue working toward a more inclusive and just future.

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HAPPY BLACK HISTORY MONTH

Join us in recognizing and celebrating the myriad achievements and contributions of African American individuals throughout history!

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Ready to
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Times Roll?

Whip up a Hurricane Cocktail!

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Shadow or No Shadow, We're Ready for Spring!

Groundhog Day Weekend Sale
Saturday & Sunday February 1-2, 2025

20% Off New Spring Arrivals
• Merchandise • Merchandise • & More

Retail Store
1234 Washington Street | Somersville Heights
000-000-0000 | www.namewebsite.com

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Ready to
Let the Good
Times Roll?

Beer • Wine • Liquor • Mixers • Party Supplies • Kegs

Hurricane Cocktail Recipe

Midtown Liquors
1234 Washington Street
Somersville Heights

Shadow or No Shadow, We're Ready for Spring!

Groundhog Day Weekend Sale

Retail Store
1234 Washington Street | Somersville Heights

Valentine's Day FUN FACTS



over 8 Billion
Candy Conversation Hearts are produced for Valentine's Day every year
Source: New England Confectionery Company



The Colors of Valentine's Day
Red = romantic love and passion
White = pure love and innocence
Pink = platonic love for friends, children, family and pets



The Birth of Cupid
In Roman mythology, Cupid was the son of Venus, the goddess of love and beauty. He was often depicted as a winged little boy who followed his mother's wishes to make people fall in love, using a bow and arrow that could alter people's emotions. The name Cupid stems from a translation of the word "desire."



nearly 250 Million Roses
are grown in preparation for Valentine's Day each year
Source: The Society of America Florists



The Wings of Love
Medieval birdwatchers in Europe observed that birds began to choose mates in mid-February. They designated a precise date of February 14, a feast day which eventually became associated with Saint Valentine.

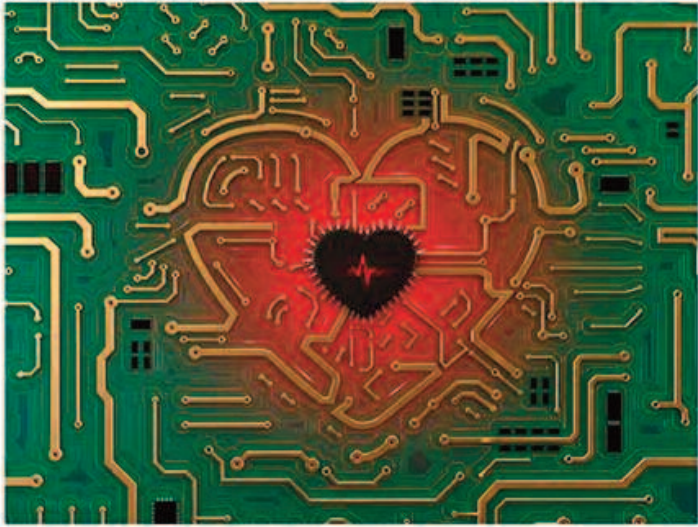


The Valentine
While the oldest known Valentine's Day card may date back to the 15th century, artist and entrepreneur Esther Howland of Massachusetts is credited with selling the first mass-produced Valentine's Day cards in the 1840s.

CARD & GIFT SHOP	KIDS' TOY STORE	RESTAURANT
WINE SHOP	BAKERY	JEWELRY STORE
CANDY SHOP	MOVIE THEATER	FLORIST

PASS 6 col x 21









RED VELVET CUPCAKE



CREME FILLED CHOCOLATES



CHERRY PIE



SURF & TURF



MINISTRONE SOUP



HOT BREAKFAST



ASSORTED HOT SOUPS



SLICE OF CARROT CAKE



MINI CARROT CAKE



HOT BREAKFAST



PIZZA PIE



CANNED FOODS





Doubletruck 19.334 col x 13"

Community Calendar



Valentine's Day **Wishes**
 Make This **Valentine's Day** Special!

LOOK FOR THIS CALENDAR LAYOUT EACH MONTH ALL YEAR!
 Search keyword: 2025 calendars

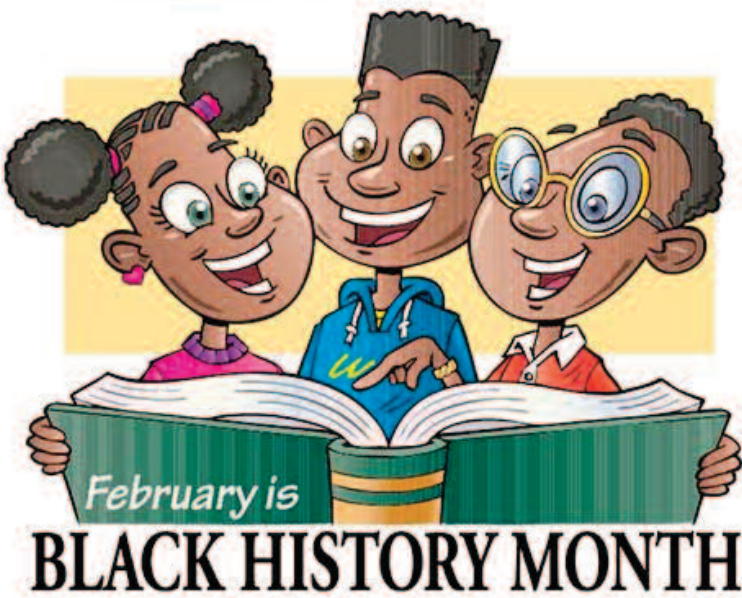
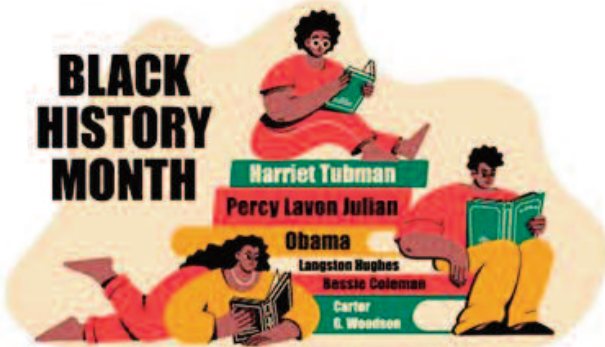
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New Year

Games & Recipes from Name Newspaper



Healthy soup offers many different benefits

Food is a critical component of healthy living, helping people to reduce their risk for illnesses and even helping them to overcome colds and other ailments. The properties of soup, for example, can chase away chills and offer other benefits. Soup is hydrating, and the ingredients included in the recipe may be able to do everything from tame coughs to reduce mucus to boost the immune system.

This recipe for "Navy Bean and Collard Greens Soup" courtesy of John La Puma, M.D., CheMD, includes collard greens. When one chews or chews collard greens, he or she gets the powerful, helpful chemicals isothiocyanates and indole-3-carbinol. They can help the liver produce enzymes that detoxify cancer-causing toxins in the body. In addition, the soup includes tofu, which will adopt the flavor of other ingredients and add a form of lean protein along with the beans.

Navy Bean and Collard Greens Soup Serves 4

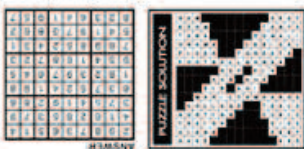
- 3 cups vegetable broth, such as Pacific Organic brand
- 4 cups coarsely chopped stemmed collard greens, preferably organic (1 bunch 10 to 12 ounces)
- 1/4 cup packaged julienned (matchstick) carrots
- 1/4 cup packaged chili garlic puree or chili paste with garlic
- 1 (12 ounce) package extra firm tofu, cubed in bite size pieces
- 1 (16 ounce) can unsalted navy beans, drained
- 1/4 cup grated Romano cheese

Combine broth, collard greens, carrots, and chili garlic puree in a large saucepan. Bring to a boil over high heat. Reduce heat; cover and simmer 10 to 12 minutes or until greens are nearly tender. Stir in tofu and beans; cover and simmer 5 minutes or until vegetables are tender. Ladle into shallow bowls; top with cheese.

Tips: Great northern or cannellini beans may replace the navy beans and Swiss chard may replace the collard greens if desired. Also, look for chili garlic puree or chili paste with garlic in the ethnic section of the supermarket. Because the beans are unsalted, there is no need to rinse them before adding to the soup.

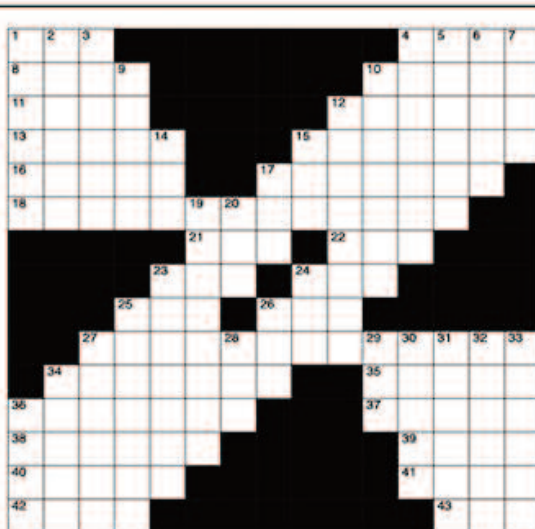
SUDOKU

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	3							9
	8					7	6	4
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	3		4	1				



Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!



CLUES ACROSS

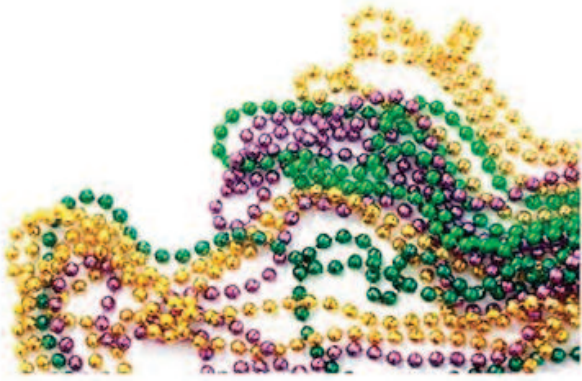
- 1. Americans' "uncle"
- 4. Chair
- 8. Ancient kingdom
- 10. Egyptian city
- 11. Alaskan glacier
- 12. One from Somalia
- 13. Ancient alphabets
- 15. Relating to vocabulary
- 16. Small mongrels
- 17. Natural settings
- 18. Weekend entertainments
- 21. Line from which light seemingly streams
- 22. Your own private code
- 23. Swiss river
- 24. Satisfaction
- 25. A person's brother or sister
- 26. Folk singer DiFranco
- 27. The Blonde Bombshell
- 34. Kids' school project
- 35. Bluish greens
- 36. Classifying
- 37. Cube-shaped
- 38. Choo-choos
- 39. Indian religious god of dissolution
- 40. French department
- 41. Leak into gradually
- 42. Foundation
- 43. Midway between south and southeast

CLUES DOWN

- 1. Counterbalancing debt
- 2. In slow tempo
- 3. Glamorous city
- 4. Japanese lute
- 5. Makes law
- 6. Informative book
- 7. Animal's body part
- 9. American playwright
- 10. Blood poisoning
- 12. Angels
- 14. Sino-Soviet block (abbr.)
- 15. Written account
- 17. Unwelcome pest
- 19. Saddle horses
- 20. Type of gibbon
- 23. Delta is one
- 24. NE Massachusetts cape
- 25. Soup cracker
- 26. Yes vote
- 27. Muddy ground
- 28. Physics apparatus (abbr.)
- 29. Type of drug
- 30. German city
- 31. Animal disease
- 32. Martini ingredients
- 33. Get away
- 34. Spanish municipality
- 36. Thrust a knife into

Tab 10" x 13"

>> Click here for more **GAMES & PUZZLES**





Happy Groundhog Day





Ad Starters

These designs are also available as backgrounds without headings. Find them by searching Images using the Ad Starter filter, or select the Background filter to search versions without headings.



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PASS 2 COL. x 5.25



PASS 1 COL. x 5.25



PASS 2 COL. x 5.25



PASS 2 COL. x 5.25



PASS 1 COL. x 5.25



PASS 2 COL. x 5.25



PASS 2 COL. x 5.25



PASS 1 COL. x 5.25

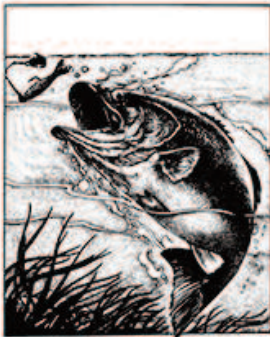




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Icon Sets

Search for 'icon set' using the 'exact match' function (or select it from the IMAGE CATEGORY filter options) to find these features on MCC. Click on any icon set, then scroll down, to view or download individual images from the set.



PRO TIP:
Enhance Your Site With These Web-Friendly Images!

MCC KEYWORD: ICON SET, Black History



MCC KEYWORD: ICON SET, Groundhog Day



MCC KEYWORD: ICON SET, Heart Month

Icon Sets

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PRO TIP:
Enhance Your Site With These Web-Friendly Images!



MCC KEYWORD: ICON SET, Mardi Gras

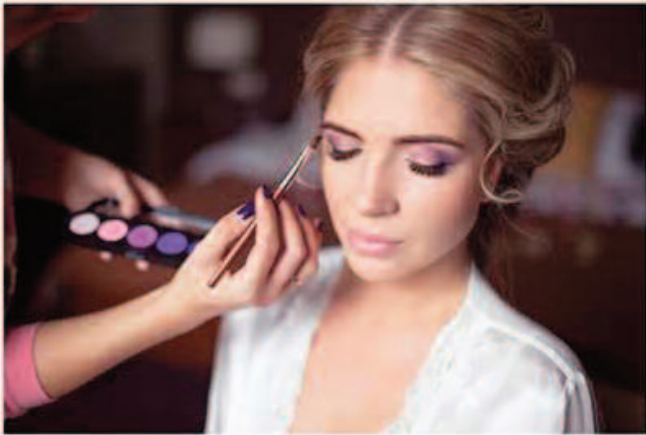


MCC KEYWORD: ICON SET, Spring Flowers



MCC KEYWORD: ICON SET, Valentine's Day





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LACTOSE FREE



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100% NATURAL



LACTOSE FREE



100% ORGANIC



FRESH



HARD HAT CONSTRUCTION WORKER



CHINESE NEW YEAR



DOG GROOMING



VEGAN



HOT CHOCOLATE



TEXTING WHILE DRIVING



BAND PLAYING ON STAGE



RADIO STATIONS FAADING



MAN DOING A CROSSWORD PUZZLE

Use these spec ads, headings and art to share faith-based messages.

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Everyone is welcome here!

Weekly Worship Services
Saturdays at 5 p.m.
Sundays at 8:30 a.m. & 10:30 a.m.

Valentine's Day
Coffee & Dessert Social
February 14, 6-8 p.m.

St. Matthew's Church
2221 Washington Street | Knoxville Heights
602-309-0000 | www.stmatthews.org

PASS 2 col x 5 ★

WEB ADS

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St. Matthew's Church
2221 Washington Street | Knoxville Heights
602-309-0000

YOU ARE LOVED
Everyone is welcome here!

Weekly Worship Services
Saturdays at 5 p.m.
Sundays at 8:30 a.m. & 10:30 a.m.

St. Matthew's Church
2221 Washington Street | Knoxville Heights
602-309-0000



MCC KEYWORD HINT: week1
This is your illustration and copy for February 6, 2025.

Give It Away

“They say love is the best investment, but here you give, the more you get.”
-Audrey Hepburn

Give It Away

I love it not something that we can store or save. We can with money or material possessions. Love is a feeling that affects us naturally when we act in loving ways. And that, it makes sense that we have more love the more that we give away. That is the more that we act in a loving manner, the more love we will get directed back to us and the more loving and loving we will feel. Like so many things in life, we often must take a leap of faith and act with love and generosity toward others and that same love that we give will come right back to us. We are always in a loving and being generous when we can. There are endless ways in which we can be loving and we can know we have what brings.

-Christopher Stone

PASS 2 col x 7

MCC KEYWORD HINT: week2
This is your illustration and copy for February 13, 2025.

A Valentine for Everyone

“Do everything in love.”
1 Corinthians 16:14

A Valentine for Everyone

When I was in graduate school it was common practice for the kids to give a valentine to everyone in their class. Our parents would buy packages of Valentine cards that had a bunch of small valentines with pre-printed messages such as “My Valentine” or “You’re my Valentine” on them and then the kids would fill in the names in the space for “to” and “from” and hand them out to their classmates on Valentine’s Day. And what a beautiful way to watch kids that they should be kind and loving to everyone. No one was left out and everyone went home with a pile of valentines. And of course, if there was someone special in your class who you had a crush on you could write an extra note to him or her. Maybe we should do something similar this year on Valentine’s Day. There are a million ways you can show others that you love them, from a note personal note to something you baked or made yourself. The only limit is your imagination and the love you have for those around you.

-Christopher Stone

PASS 2 col x 7

MCC KEYWORD HINT: week3
This is your illustration and copy for February 20, 2025.

Purification

“Cleanse me with hyssop, and I will be clean, wash me and I will be whiter.”
-Psalm 51:7

Purification

February is a month associated with purification. The Roman god Februus was the god of purification, and many rituals and rituals were held in his honor, most notably the Februa, a month-long festival of absolution and purification that was held in honor. Just intended to be a type of spring cleaning that would herald in the spring season and its gift of fertility. February is a good time to make amends for our sins and make offerings to the gods or God, however you conceive of Him or Her. The Romans would open and ask to their purification rituals. The ancient Romans used the hyssop plant. Hyssop is also a good time to “lean out the old” and make room for the new. It grows long and it’s not ever get, but spring is coming, so be good clean.

-Christopher Stone

PASS 2 col x 7

MCC KEYWORD HINT: week4
This is your illustration and copy for February 27, 2025.

You Gotta Serve Somebody

“It may be the Lord, or it may be the Lord, but you’ve gotta have an extra somebody.”
-Bob Dylan

You Gotta Serve Somebody

To serve is the essence of what it means to be fully human. If you think about what every job and every regular basic existence is, it that they serve others. And most service to others, we are ultimately serving God. Listen, that is, we are serving the Lord. What kind of job or activity serves the Lord? Anything that helps others or appeals to our better instincts. Someone who sells their dog, for instance, is clearly not serving humanity’s best interests. Instead, they are selling poison to people who have become addicted who are otherwise well-meaning about the health of their dogs. Most regular jobs or careers are not like that. The carpenter, the plumber and the electrician are all serving mankind in their own way, so are the doctor, nurse and teachers. We all have to serve somebody. Who are you going to serve?

-Christopher Stone

PASS 2 col x 7

PINK SHIRT DAY
February 26 2025



Family Day
February 17, 2025



Maple Leaf Flag Adopted February 15, 1965




C'est la Saint-Valentin mon amour!
(My Love, It's Valentine's Day)



Les âges de la beauté...
(Beauty Has No Age Limit)



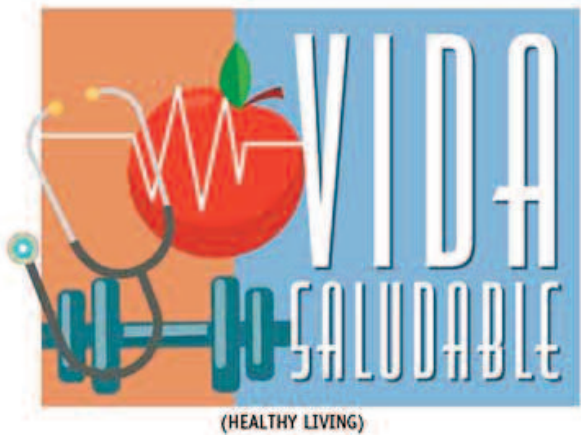
Avoir un petit animal... QUELLE BONNE IDÉE!
(Pets, The Perfect Companion)



Pensez à planifier votre aménagement paysager!
(It's Time To Think About Your Landscaping Projects)







FREE

FREEBIE

**FREE
SAMPLE**

FREE SAMPLES

FREE ENTRY

FREE SHIPPING

FREE TRIAL



Financial strategies to consider as retirement draws near

Freedom is often cited as a benefit of retirement. Many professionals look forward to the day when they retire and have more free time and the freedom to spend that time however they choose. Of course, the opportunity to spend retirement how one sees fit typically requires considerable financial freedom.

[READ MORE OR DOWNLOAD](#)



Spring planting pointers

Many people view spring as a season of rejuvenation. That renewal may be somewhat metaphorical for human beings, but it's literal for lawns and gardens that begin to grow anew as temperatures rise and hours of daylight increase in spring.

Each spring presents an opportunity for homeowners to get back outside and tend to their gardens. As the temperatures rise, homeowners can consider these spring planning pointers to ensure their landscapes look lush and full in the months ahead.

[READ MORE OR DOWNLOAD](#)



100 Years Ago This Month: Historical events from February 1925

The month of February has been home to many historical events over the years. Here's a look at some that helped to shape the world in February 1925.

[READ MORE OR DOWNLOAD](#)



Fun facts about hockey

Some sports are synonymous with certain times of year, and that certainly goes for hockey and wintertime. Perhaps because it's played on ice, hockey seems the perfect sport for cold winter days. With hockey season in full swing, now is the perfect time to consider some fun facts about this beloved sport.

[READ MORE OR DOWNLOAD](#)



Warning signs for heart disease

Heart disease is the leading cause of death across the globe. Data from the World Health Organization indicates that cardiovascular diseases, which are a group of disorders of the heart and blood vessels, claim roughly 18 millions lives each year. More than 80 percent of those deaths are due to heart attacks and strokes that oftentimes can be prevented.

[READ MORE OR DOWNLOAD](#)



Tips to reduce infection risk during pregnancy

Infections during pregnancy are common, but the health care experts at Merck note that the most common infections cause no serious problems. Despite that, expecting mothers and women hoping to become pregnant may still seek ways to reduce their risk of infections during pregnancy. That approach is understandable, and the American Academy of Pediatrics highlights the following ways women can lower their risk of infection during pregnancy.

[READ MORE OR DOWNLOAD](#)



Interesting facts about U.S. presidents

Americans celebrate President's Day each year in mid-February. Though some may see the holiday, which is celebrated on a Monday, as a great opportunity to book a three-day weekend getaway, others may be inspired to learn about the many men who have held the highest office in the United States. For the latter, the following are some interesting facts about U.S. presidents, courtesy of History.com.

[READ MORE OR DOWNLOAD](#)



Fun ways to celebrate Groundhog day

Move over local television and radio meteorologists. Come February 2, a different weather expert garners all the forecasting glory. Groundhog Day celebrations are an entertaining way to break up the bleakness of winter. Groundhog Day evolved from an earlier custom, known as Candlemas Day, which was observed by early European Christians. During Candlemas, clergy blessed candles and distributed them to others as a way to ward off the winter chill. A poem was recited during the ceremony.

[READ MORE OR DOWNLOAD](#)



Pick the perfect Valentine's Day flowers

Valentine's Day is steeped in tradition. Giving flowers is a popular tradition each February 14, and the National Retail Federation estimates that people spend around \$2.6 billion on flowers for Valentine's Day, when an estimated 250 million stems of flowers are sold globally. Valentine's Day is the most lucrative day for florists, with the red rose the most popular flower given on this day for lovebirds.

[READ MORE OR DOWNLOAD](#)



Romantic destinations for Valentine's Day

Valentine's Day is the official day of love. Nestled in the middle of February, Valentine's Day offers sweethearts an opportunity to spend time with one another and focus on their love. Romantic endeavors are on the minds of many come February, and travel may be the best way to capitalize on those warm and fuzzy feelings. Setting off for romantic locales can be an ideal way to spend Valentine's Day. Luckily, there are many romantic places for couples to visit.

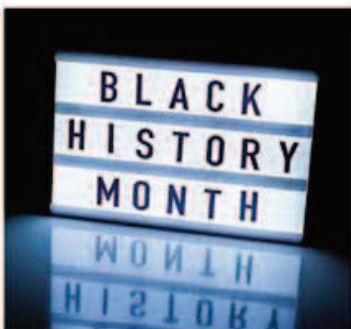
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4 memorable moments in the history of the NFL's biggest game

The National Football League offers no shortage of notable moments over the course of a typical season. Memorable plays and exciting moments begin when the NFL kicks off its season in early September, and the excitement only builds as the season inches closer to the Super Bowl, the league's much-watched championship game.

[READ MORE OR DOWNLOAD](#)



Milestone moments in Black history

Black History Month is celebrated each February in the United States and Canada. Each nation's history is filled with notable contributions from Black individuals, many of whom overcame incredible odds to make their countries better places for themselves and their peers to call home. As Americans and Canadians prepare to celebrate Black History Month, they can consider these milestone moments in Black history.

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02 2025 February

January							March						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
			1	2	3	4							1
5	6	7	8	9	10	11	2	3	4	5	6	7	8
12	13	14	15	16	17	18	9	10	11	12	13	14	15
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26	27	28	29	30	31		23	24	25	26	27	28	29
							30	31					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

[CLICK HERE FOR YOUR 2025 CALENDARS](#)

Update this layout for 2025 with the new calendar images provided! →

[CLICK HERE TO UPDATE THIS PAGE LAYOUT](#)

To generate your March event ads page, contact Sales Rep Name @ 508-555-5555 or email: sales@metro.com

February 00 Name Event Here Event Location Event Time	February 00 Name Event Here Event Location Event Time	February 00 Name Event Here Event Location Event Time	February 00 Name Event Here Event Location Event Time	February 00 Name Event Here Event Location Event Time	February 00 Name Event Here Event Location Event Time
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