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METRO
NEWSPAPER SERVICE

January 2026

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Sales, Creative
& Editorial
Solutions Inside**

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companion
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WINTER RECIPES

Cook up promotions
around National Soup
Month and Slow
Cooking Month
this January with
advertiser-friendly
recipe page designs,
spec ad templates,
delectable food
photography and more!

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SPRING SEMESTER & MENTORING MONTH

Editorial page designs and more,
ready for sponsors and advertisers



GETTING ORGANIZED

Pages, spec ads and promotional
ideas for the new year and National
Get Organized & Be Productive Month



TRAINING & FUN WITH PETS

Images, editorial, templates and
promotions perfect for International
Train Your Dog Month and Dress
Up Your Pet Day



More Events & Selling Opportunities

JANUARY 2026



SPRING SEMESTER & MENTORING MONTH

- Ready-to-sell editorial page featuring **TIPS TO START THE SPRING SEMESTER ON THE RIGHT FOOT**
- Ready-to-sponsor **EDITORIAL PAGE CELEBRATING THE IMPACTS OF MENTORING** with a layout option to recognize mentors in your community
- **HELPFUL HEADINGS, IMAGES and SOCIAL MEDIA TILE** to develop ads and additional promotions, plus spec ad template for a local mentoring organization
- More **SPEC AD TEMPLATES, IDEAS, IMAGES and EDITORIAL FEATURES** to sell around education topics when you search MetroCreativeConnection.com



DOG TRAINING & FUN WITH PETS

- **READY-TO-SELL EDITORIAL PAGE DESIGN** focused the benefits of dog training and tips for getting started during International Train Your Dog Month
- **PET PHOTO PAGE** template you can tie in with National Dress Up Your Pet Day on January 14
- Eye-catching **HEADING and SOCIAL MEDIA DESIGNS**, as well as new images, to build and cross-promote content
- Print and web **AD TEMPLATES** for dog training classes
- Find more **PAGE and AD TEMPLATES, IMAGES and EDITORIAL FEATURES** for all kinds of pet care advertisers when you search MetroCreativeConnection.com



GETTING ORGANIZED & CLEARING THE CLUTTER

- Ready-to-sell **EDITORIAL PAGE DESIGN** with tips for clearing clutter and getting organized can help you target advertisers around resolutions and National Get Organized and Be Productive Month this January.
- Kick off an **"IN WITH THE NEW" JANUARY GIVEAWAYS & OFFERS** program using the templates and promotional materials provided, starting off sales with the advertiser suggestions featured on the page.
- **SPEC AD TEMPLATE** for an Organizing Sale, plus **IMAGES, HEADINGS and SOCIAL MEDIA DESIGNS** to help you build additional promotions
- Find more **PAGES, PRINT and WEB ADS, IMAGES and EDITORIAL FEATURES** when you search MetroCreativeConnection.com



ADDITIONAL JANUARY OPPORTUNITIES

Find fresh images and headings to build advertising or sponsorship promotions around National Hobby Month, Financial Wellness Month, Trivia Day, Spaghetti Day, Bagel Day, National CBD Month, MLK Day of Service, Blood Donor Month, Glaucoma Awareness Month, Law Enforcement Appreciation Day, Catholic Schools Week and more in January



WINTER RECIPES

- Sell advertising in an enticing **TWO-PAGE RECIPE SPREAD** focused on warming winter meals and cooking tips perfect for tying in National Soup Month and National Slow Cooking Month in January.
- **HEADING and SOCIAL MEDIA DESIGNS** can help you build more promotions and upsell advertisers.
- Cook up interest with print and web spec ad **TEMPLATES FOR GROCERY ADVERTISERS**.
- Discover more **ROYALTY-FREE RECIPES, AD TEMPLATES, IDEAS and IMAGES** for food and beverage advertisers when you search MetroCreativeConnection.com



PUZZLES, GAMES & RECIPES

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



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- Editorial • Contests

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THEMED SECTIONS + WEBSITES & DIRECTORIES



JANUARY TITLES: Health & Wellness • Brides Today



= 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 2026 Calendar Layouts**



Click to Download Your **2026 At-a-Glance Events Calendar PDF**

Happy New Year

Let's make it your best one yet!



As a long-standing partner in this community, we pride ourselves on helping our neighbors' small businesses thrive with targeted, locally focused print and digital advertising solutions. Please reach out to schedule a free marketing consultation with us this January, so we can work together to position your business for success all year!

New Clients, Save 15% Off Your First Ad Buy
when you reserve during the month of January!
Ad Design Included!



Name Person
Ad Consultant
000.000.0000
name@namewebsite.com

Name Newspaper
Advertising Department | www.namewebsite.com

SOCIAL MEDIA POSTS

Happy New Year

Let's make it your best one yet!



E-CARD

Happy New Year

Let's make it your best one yet!



Contact us today for a free marketing consultation.

PASS 2 col x 5 

Happy New Year

New Clients, Save 15% Off Your First Ad Buy

[LEARN MORE >](#)

Name Newspaper
1234 Washington Street | Somersville Heights

WEB ADS

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

New Clients, Save 15% Off Your First Ad Buy [LEARN MORE](#) **Name Newspaper**

Happy New Year [LEARN MORE >](#) **New Clients, Save 15% Off Your First Ad Buy** **Name Newspaper**
1234 Washington Street | Somersville Heights

Looking for more ways to market your publication to readers and advertisers?



Click here to access your
**ADVERTISING & SUBSCRIPTION
ADS & IMAGES**



Instagram 1080 x 1080px Facebook 1200 x 630px



Instagram 1080 x 1080px Facebook 1200 x 630px



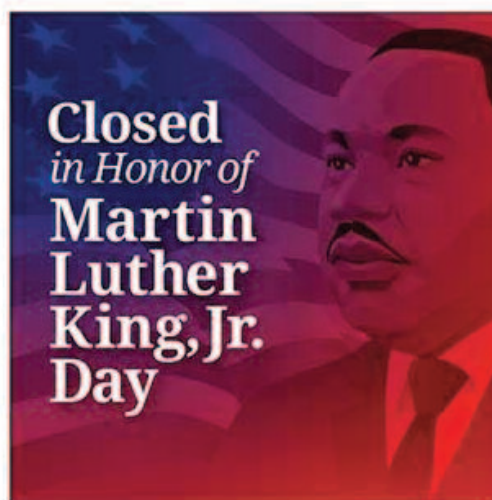
Instagram 1080 x 1080px Facebook 1200 x 630px



Instagram 1080 x 1080px Facebook 1200 x 630px



Instagram 1080 x 1080px Facebook 1200 x 630px



Instagram 1080 x 1080px Facebook 1200 x 630px

BACKGROUNDS

Create your own message with text-free backgrounds!

- Use the Social Media Image Type filter to search all designs.
- Click on any image, then scroll down to select the associated background.



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.



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!

**BACK
FROM BREAK**

★ ★ *Celebrating Our* ★ ★
Community's Mentors

**SCHOOL
CALENDAR**

January is National
Mentoring Month

SOCIAL MEDIA POSTS

Upsell advertisers!



Click Here for **IMAGES, AD
TEMPLATES & EDITORIAL FEATURES**



BACK FROM BREAK

Tips to start the new semester on the right foot!

Set Some Goals.
Think about what you'd like to accomplish over the next semester in your academic, personal and social life. Write down three things you can do to support each of these goals. Focus on actions you can control, such as attending all of your classes, setting a fixed study schedule, or trying out specific clubs or activities.

✓ _____

Get Organized to Plan Ahead and Manage Your Time Effectively.
At the start of the semester, record any deadlines and important dates in one easy-to-use, easy-to-see place. Set a reminder to review and update your semester calendar on the first of the month. Create a weekend routine for reviewing your assignments, exams, deadlines and important dates for the coming week to stay on top of things.

✓ _____

Practice Helpful Study Habits.
Be proactive about following a consistent study schedule to avoid cramming, which can negatively impact your sleep time, stress level and your ability to retain information. Keeping your phone out of sight and minimizing distractions while studying will help you concentrate better. For long study sessions, setting a schedule of 45 minutes on and 15 minutes off can also be beneficial for many students.

✓ _____

Plan for Summer Internships.
Deadlines for summer internships are often early, so be sure to ask your campus career center about opportunities and guidance for applying.

✓ _____

Keep the Lines of Communication Open.
Check in often with professors, employers, family and friends to let them know how you're doing. Address potential scheduling conflicts or assignment questions quickly, and don't be afraid to ask for help when you need it. Ask about and utilize any academic resources your school provides, such as tutoring and support services to help keep your grades on track. Stay engaged by following your school's social media feeds, visiting the student center and connecting with classmates.

✓ _____

Set and Follow a Consistent Sleep Schedule.
This means going to bed and waking up at the same time each day, which can help improve sleep quality and ensure you're getting sufficient rest.

✓ _____

Finally, Remember the Big Picture.
The pressures of balancing academics, work, friends and family can sometimes cause students to lose perspective and feel overwhelmed. Set aside time to relax and take care of yourself. This will help you reduce stress and recharge, so you can show up for yourself and others. Read a book, take a stroll, keep a journal, create art, meet a friend for coffee, try a new activity, join a club... follow your instincts and do what feels nourishing for you!

✓ _____

Tutoring Service	Campus Bookstore	Electronics Store	Coffee Shop
Fitness or Yoga Studio			

Tab 10 x 13
PASS 6 col x 21

Search more editorial layouts like this one by hovering over the Editorial tab along the top of your **Metro** site and selecting **Ready-to-Sell Editorial Pages**.

06 JANUARY 2026

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Mentors

Make Our World
a Better Place



**January is
National
Mentoring
Month,**

a time to celebrate
mentors in our
communities and
increase awareness of
how mentorship can
positively impact the
lives of young people.

What is a mentor?

Cambridge Dictionary defines a mentor as a person who gives a younger or less experienced person help and advice over a period of time, especially at work or school.

Tips for Becoming a Better Mentor



Mentoring is about guiding and supporting young people to help them grow, thrive, achieve and lead. Boys & Girls Clubs of America shares the following tips for cultivating a mentorship relationship that makes a lasting impact:

- Actively listen to what teens and kids are saying, encouraging safe discussion where they can express their thoughts, opinions and solutions without fear of being judged or dismissed.
- Embrace a "possibility mindset" that receives kids' ideas and thoughts with optimism and encourages them explore ways to manifest their ideas.
- Empower kids to solve problems and identify solutions on their own, helping them build the skills and confidence to eventually take the lead.
- Recognize that mentees and the mentorship experience can teach mentors a lot as well. We're never too old to learn, and we're never too young to teach!

For more tips and resources, you can visit the Boys & Girls Clubs of America website at bgca.org.

Impacts of Mentoring

An advocacy group and co-creator of National Mentoring Month, the MENTOR organization reports the following statistics about the impacts of mentoring on young people.

85% of youth with a mentor say

the relationship has helped them with issues related to school and education.

58% of youth with a mentor say

their mentor has supported their mental health.

To learn more about becoming a mentor and explore opportunities, you can visit the MENTOR website at mentoring.org.

74%

of youth who had a meaningful mentor feel that person contributed significantly to their success later in life.

Youth with a mentor are

92%

more likely to volunteer regularly in their communities.

Thanks to All of the Dedicated Mentors Who Care About
Helping Kids and Making Our Communities the Best They Can Be!

And Thanks to Our Page Sponsor, NAME LOCAL BUSINESS HERE, for Your Support!

Tab 10 x 13
PASS 6 col x 21

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.



NATIONAL
**BLOOD
DONOR**
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!

Get Ready, Get Set,
GET ORGANIZED!

*"In With the
New"*
**January
Giveaways & Offers**

January Is
**Get Organized
& Be Productive**
Month

**Organizing
SALE**

SOCIAL MEDIA POSTS

Upsell advertisers!



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



Get Ready, Get Set, GET ORGANIZED!

Increase
feelings of
happiness and
self-confidence
with a decluttered
home this
year!

Mess Got You Stressed?

Clear the Way for Calm.

A cluttered room or home can impede our ability to function physically by moving freely or locating things we need, but it can also negatively impact our mood or mental state. Recent research in the field of psychology indicates that living and working in spaces we perceive as cluttered causes stress and anxiety. Deacon Joseph Ferrari, PhD, is a professor of psychology and an expert on the psychology of clutter. His research has found that people with more clutter report lower life satisfaction and greater stress, while a 2010 study reported in Psychology Today showed a link between women viewing their homes as "cluttered" with elevated levels of the stress hormone cortisol throughout the day. A 2022 study by the University of Connecticut found that removing or controlling clutter can directly reduce the stress stemming from the mess, increasing feelings of happiness and self-confidence and lessening anxiety.



Can't Clear the Clutter?

Try these tips!

Ferrari defines clutter as "an overabundance of possessions that collectively can create chaos and disorderly living spaces." A 2019 study released by selling app Mercari found that 50 percent of Americans felt overwhelmed by the amount of stuff in their homes, with the average American household having 42 items they're no longer using. Ferrari cites a number of reasons why decluttering is difficult for so many people, including emotional attachment, lack of time, lack of resources and disagreement among members of a household. Ferrari recommends organizing as a first step toward decluttering. Sort your stuff, and identify multiple items you don't need. If you don't know where to begin and hiring a coach is not accessible, consider bringing in a good friend to help you identify clutter and hold you accountable for reducing belongings.

The Burke County Center, a cooperative extension of North Carolina State University, also offers **these tips to get started and declutter your home:**

- Getting started is often the most difficult step in clearing clutter, so identifying something that motivates you can be helpful. Maybe it's getting out the door efficiently in the morning. Maybe it's tidying the plasticware cabinet, so lids and containers are matched and organized. Tackling these smaller tasks successfully can help build momentum.
- Set a timer, committing 10 to 20 minutes to work in a space without distractions.
- Once you decide to get rid of possessions, get them out of the house by arranging a donation pick-up or loading them in your car for drop-off. The key is to remove items from your home, so they won't become reabsorbed.
- Be mindful of accumulating new things. The "one in, one out" rule is a helpful strategy to help maintain a tidy home.



*Did You
Know?*

January is Get Organized & Be Productive (GO) Month, an initiative sponsored by the National Association of Productivity & Organizing Professionals (NAPO). For more information and resources for creating an environment that supports productivity and well-being, visit their website at www.napo.net.

Tab 10 x 13
PASS 6 col x 21

Search more editorial layouts like this one by hovering over the Editorial tab along the top of your **Metro** site and selecting **Ready-to-Sell Editorial Pages**.

"In With the New"

January Giveaways & Offers

Time for a change?
Get ready, get set and go for it with these inspiring offers and freebies to kick off the new year!

HAIR SALON ADVERTISER Free Haircut With Color Service	CLOTHING STORE ADVERTISER Donate an Old Pair of Jeans, Save 30% Off a New Pair	ADULT EDUCATION ADVERTISER 25% Off Any Class Pack For New Students
"In With the New" January Giveaways & Offers New year, new look for your home!  Free Design Consultation Free Financing for 12 Months Free Delivery on Purchases Over \$399 <i>Plus, Save up to 40% on Furniture for Every Room!</i> Get details, terms and conditions here. Furniture Store 1234 Washington Street Somerville Heights 000.000.0000 www.namewebsite.com	HOME IMPROVEMENT ADVERTISER Free Consultation & 10% Off Labor	YOGA & MEDITATION STUDIO First Week Free & \$0 Initiation Fee

Look for New Offers Every Thursday All January! To Advertise, call 000.000.0000 or email name@namewebsite.com.

PASS 6 col x 10

COMING SOON...

Look for exciting new offers in print and online every Thursday in January, beginning January 11

"In With the New"

January Giveaways & Offers

Time for a change?
Get ready, get set and go for it with these inspiring offers and freebies to kick off the new year!

ADVERTISERS:
call 000.000.0000 or email name@namewebsite.com for details or to participate!

Name Newspaper
Local News & So Much More
Subscribe • Advertise • Donate
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WEB ADS  
Rectangle 250 x 300
Leaderboard 728 x 90
Mobile Banner 320 x 50

"In With the New"

January Giveaways & Offers

Look for exciting new offers!

[CLICK HERE](#)

Name Newspaper
1234 Washington Street | Somerville Heights

E-CARD

"In With the New"

January Giveaways & Offers

PASS 2 col x 5 

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.



National
GLAUCOMA
AWARENESS
Month

WORLD
BRaille
DAY
JANUARY 4

FAMILY FIT
LIFESTYLE
Month

National
CBD
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!

SOUP
SPECIALS

JANUARY IS NATIONAL
SOUP
MONTH



Slow Cooking
Month

Winter Recipes

SOUP
of the
DAY

SOCIAL MEDIA POSTS

Cross-promote advertisers



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

Warm up with these

Winter Recipes



There's no time like wintertime to savor the comforting warmth of homemade soups, stews and slow-cooker favorites.



Slow-cooked beef stew makes an ideal cold-weather comfort food

For many folks, nothing is more comforting on a cold winter day than a warm bowl of slow-cooked stew. As winter settles in, those looking for some slow-cooked comfort can try this recipe for "Crockpot Beef Stew With Potatoes and Peas" from Lines+Angles.

Crockpot Beef Stew With Potatoes and Peas

Makes 6 servings

- 2 pounds boneless stew beef
- 1 teaspoon coarse salt
- 1 teaspoon freshly ground black pepper
- 1/3 cup all-purpose flour
- 2 tablespoons olive oil
- 1 medium onion, peeled and finely chopped
- 2 celery ribs, rinsed, trimmed and sliced
- 2 cloves of garlic, peeled and pressed
- 2 cups baby carrots, sliced
- 6 small new potatoes, rinsed and cut into bite-sized pieces
- 6 ounces tomato paste
- 4 cups beef broth
- 2 tablespoons Worcestershire sauce
- 1 tablespoon dried parsley
- 2 cups frozen peas

1. Rinse the beef under cold running water and pat completely dry with paper towels. Using a sharp knife, cut the beef into generous bite-size pieces.
2. Combine the salt, pepper and flour. Place the cubed beef in a large resealable plastic storage bag. Add the seasoned flour and shake to thoroughly coat the beef with flour.
3. Heat the oil in a heavy bottomed skillet over medium heat. Add the flour-coated beef and brown on all sides.

4. Place browned beef in the crock pot. Add onions, celery, garlic, carrots, potatoes, tomato paste, beef broth, Worcestershire sauce, and parsley.
 5. Cook on low for 10 hours or on high for 6 to 7 hours. About 30 minutes before serving, add the frozen peas, cover and continue cooking for an additional 30 minutes.
 6. Ladle stew into individual serving bowls and serve.
- Tip:** Cooking time may vary depending on age and size of crockpot.

Home & Cookware
Store

Appliance
Center

Doubletruck 19.334" x 13"



Whip up a savory and satisfying winter meal

Italian seasonings and ingredients are on display in this recipe for "Hearty Tuscan Soup" from "Season's Best: Fast, Fun & Fabulous" by The Pampered Chef™ Test Kitchens.

Hearty Tuscan Soup

Serves 8

2 15-ounce cans reduced-sodium pinto beans
1 tablespoon olive oil
8 ounces Italian turkey sausage (about 2 links), casings removed
1 large onion
1 medium sweet potato, peeled
4 garlic cloves
4 cups unsalted chicken stock or chicken broth
1 14.5-ounce can fire-roasted diced tomatoes, undrained
1 tablespoon Pampered Chef™ Rosemary Herb Seasoning Mix
1/2 teaspoon black pepper
1 package fresh baby spinach leaves, washed and dried
16 melba toast rounds
3 tablespoons shredded Italian cheese blend

1. Drain and rinse pinto beans in a small colander. Transfer half of the beans to a food processor; process until almost smooth. Set aside both whole and mashed beans.
2. Heat oil in a Dutch oven over medium heat 3 to 5 minutes or until shimmering. Cook sausage 4 to 6 minutes or until no longer pink, breaking into crumbles.
3. Wedge onion, then chop. Cut sweet potato into chunks, then coarsely chop. Add onion, sweet potato and garlic to Dutch oven; cook and stir 5 to 6 minutes or until onion is softened.
4. Stir all beans, chicken stock, tomatoes, seasoning mix, and pepper into Dutch oven. Cover; bring to a boil over high heat. Reduce heat to medium; simmer, covered, 10 minutes.
5. Preheat broiler. Remove Dutch oven from heat; add spinach. Cover; let stand 2 to 3 minutes or until spinach is wilted. Top soup with melba rounds; sprinkle with cheese.
6. Place Dutch oven 2 to 4 inches from heating element. Broil 2 to 4 minutes or until croutons and cheese are lightly browned. Ladle soup and croutons into bowls.

Using a Slow Cooker? Check out these helpful tips:

Don't lift the lid while cooking!

Removing the lid even for a quick peek will alter the cooking time. If the lid does get lifted, the general rule of thumb is to add an additional 15 minutes of cooking time to the recipe.

Brown meats and sauté vegetables before adding them to the slow cooker for more flavorful meals.

Place sturdy vegetables like potatoes and carrots on the bottom, then place the meat on top.

Fully thaw meats and vegetables before cooking to prevent bacteria growth. *Note:* If you have purchased a prepackaged frozen meal made specifically for a slow cooker, follow the cooking instructions on the package.

Add dairy and ingredients that cook quickly, such as pasta or delicate vegetables, during the last 15 to 30 minutes of cooking, taking care to minimize the time your slow cooker is uncovered.

Avoid overfilling the slow cooker, aiming to fill it between one-half and two-thirds of the capacity.

Remember that the outside of a slow cooker gets hot. Avoid touching it, and use oven mitts to remove the insert. Always read the manufacturer's instructions for your slow cooker before use.

**UNLIMITED,
ROYALTY-FREE
RECIPES ARE
INCLUDED
WITH YOUR
SUBSCRIPTION!**

Hover over the Editorial tab at the top of your Metro site to locate them.

Grocery
Market

Utility Company or
Fireplace Showroom

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.



METRO REVENUE IDEA

Everything
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Target Coordinated Revenue From Every Angle:
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HEADINGS

Build ads around them!

January Is International 

Train Your Dog Month

 **Expert Dog Training**

PUPPY 
Training Classes

 **Best Dressed Pets** 

 **Dress Up Your Pet** 
Day January 14

SOCIAL MEDIA POSTS



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

January Is International



Train Your Dog Month



Working with a training pro is beneficial for pets and their people...

Dog training can be a fun and rewarding activity that provides a variety of benefits for both you and your pet. Here are a few of the reasons why animal behavior experts recommend enrolling in training classes with your canine companion:

More safety. Behaviors like jumping up on people or not responding when called can be dangerous for your pet and others. Training can teach your dog life skills like how to greet and interact with other dogs and people in a safe manner, and the importance of returning to your side when called.

Less stress. If your dog engages in problematic behaviors – such as creating destructive messes around the home, digging up the yard or jumping up to greet people – training can help you understand

their motivations and “language,” and steer them in a different direction with rewards and positive reinforcement.

Communication and Confidence.

Remember that your dog does not innately know what is expected of them, and certain surroundings and experiences can be confusing, overwhelming or even scary for them. Training can teach you to effectively communicate with your dog, and teach them how to respond to new situations without fear or anxiety.

Last, but certainly not least, remember that the time you and your dog spend together in training classes can strengthen your bond and trust in one another. Training can and should be an activity you enjoy together, creating a more rewarding relationship for both you and your best friend.



Ready to delve into dog training?

Whether or not you're working with a professional trainer, these useful tips can assist anyone in building mutual understanding and communication with canine companions, and help furry friends improve socializing skills.

Start simple. Teaching basic voice commands such as “stay” or “sit” is a good way to build a foundation for communication, gradually introducing more complex commands from there. It's also helpful to begin your training in a calm environment without distractions, allowing your dog to focus.

Stay positive. Punishment creates stress for dogs and can worsen undesirable behaviors. Be patient, and always focus on positive reinforcement, rewarding your dog for progress with treats and praise.

Keep it short, sweet and consistent. Limit training sessions to 10 to 20 minutes to prevent frustration and avoid overwhelming your dog. It's also important to maintain a consistent training schedule, and be consistent with commands, cues and rules across the household.

Advertiser - Dog Trainer



Expert Dog Training

Tab 10 x 13
PASS 6 col x 21

Search more editorial layouts like this one by hovering over the Editorial tab along the top of your **Metro site** and selecting **Ready-to-Sell Editorial Pages**.



National Dress Up Your Pet Day is January 14.

Get creative and have some fun capturing your pet's personality, then send your photos to us for inclusion in our best-dressed photo gallery!

Email photos to name@namewebsite.com with your pet's name and age by 5 p.m. January 00 for publication in our print and online photo gallery appearing January 14.



When dressing up your pet, remember to follow these precautions to ensure their safety and comfort:

- Avoid costumes that are too tight or that restrict your pet's ability to move, see, bark or breathe.
- Avoid choking hazards by selecting outfits without small, loose or easily chewed-off parts.
- Make sure your pet's vision isn't obstructed.
- If your pet shows any signs of being distressed, limit costuming to a simple accessory like a bandana or bow tie or skip it altogether.
- Make sure clothing and accessories are not irritating your pet's skin.



Spotlight On RESCUE PETS

*These Adorable Companions
Are Available for Adoption at:*

Name Animal Rescue

1234 Washington Street

000.000.0000 | www.namewebsite.com



VETERINARY
CLINIC

Tab 10 x 13
PASS 6 col x 21



Local Touches and Sponsored Content Help Drive the Success of an Annual Automotive Section

Pickens County Progress combines a Metro section with their own unique local features to engage advertiser revenue and readers year after year.

Pickens County Progress
Jasper, GA

CREATE: Pickens County Progress published their latest Drive & Ride special section as a print insert, with a note promoting it on the newspaper's front page. They also published the section online, promoting it with a link sent to all e-edition subscribers. The team used a Themed Special Section from Metro as the basis for their section, adding a variety of local touches, including a cover photo of a classic car show with a photo credit and interior feature showcasing a local car club. General Manager Sheri Crowe says the Metro Themed Special Section templates are always easy to use, and she finds that incorporating community features encourages advertiser participation.

Sheri Crowe
General Manager
Pickens County Progress
scrowe@pickensprogress.com



Check Out the Pickens County Progress Section Here

SELL: The publication publishes their auto section annually, so Crowe first contacts past advertisers about renewing, then reaches out to any local businesses with ties to automotive products or services. She promotes the fact that the section is posted to the publication's website, remaining there until the next year's issue is published. Crowe also pitched a special offer to a local vehicle dealership group: a free article with a paid half-page or larger ad. As a result, the group purchased a full-page ad for one of their vehicle dealerships, as well as a second full-page ad with a sponsored article promoting the RV arm of their business.

AD SALES FROM MORE THAN 20 LOCAL BUSINESSES!



PROFIT: Drive & Ride featured ads of all sizes from more than 20 local businesses, from vehicle dealerships and repair services to auto insurers and even a vision center promoting "better vision for safe driving." After expenses, the special section netted over \$3,000 for Pickens County Progress.

Customize your own Drive & Ride section with a fully templated Themed Special Section from Metro!

[> Learn More Here](#)



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"

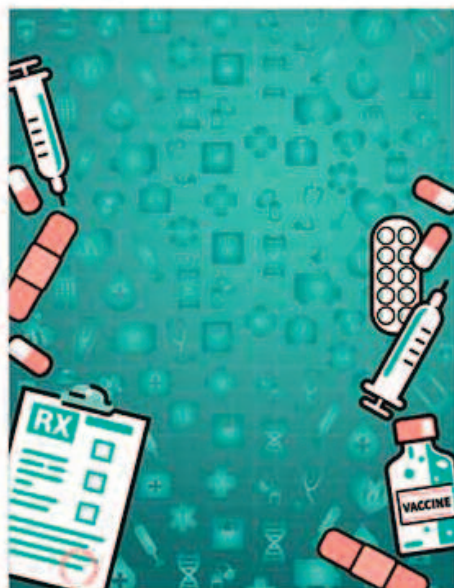


6col x 3"



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 & Elements

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



Tab 10" x 13"



6col x 3"

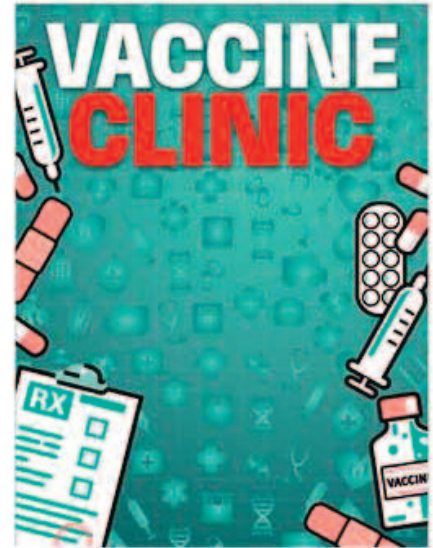




PASS 2 col x 5



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

Combine your print, online and social media power to help promote in-person and online auction events.



SOCIAL MEDIA POST

Promote home medical supplies as well as rentals for medical beds, mobility aids, portable oxygen and more.



SOCIAL MEDIA POST

Help a local medical office, urgent care center or pharmacy promote fast and easy vaccinations for flu, shingles, COVID and more.

Themed Special Sections & Themed Websites

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



HEALTH & Wellness

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

HEALTH & Wellness

The Right Fit
Finding a fitness facility that pulls its weight

Growing Older, Staying Happy
What seniors can do to safeguard their mental health

Food for Thought
What to know about processed foods

All-Inclusive Pricing!
All images, layouts and cover design included
Run as a section or as pages, in print or online

Newspaper

Leadboard Ad (720x90 pixels)

Exercise

Top multifaceted benefits of aerobic exercise

Best exercise duration

Business Health

HEALTH & Wellness

Tips to safeguard your mental health each day

KNOW?

Newspaper

HEALTH & Wellness

>> View Section

>> View Websites

Promotional Materials Included

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

HEALTH & Wellness

Give Your Business a Boost With Targeted Special Section Advertising

Reach over 100,000 readers in our Health & Wellness Special Section. Advertising opportunities are available in our print and online editions. Reach your target audience with targeted advertising in our print and online editions.

Ad Rates & Rates

Full Page (100x100) - \$200
1/2 Page (50x100) - \$100
1/4 Page (25x100) - \$50
1/8 Page (12.5x100) - \$25

Advertise Today!

Call us today at 800-455-6666 or visit us online at www.metroadvertising.com

HEALTH & Wellness

Level Up Your Sales Strategy

Level up your sales strategy with targeted advertising in our Health & Wellness Special Section. Reach your target audience with targeted advertising in our print and online editions.

HEALTH & Wellness

Here to Help With Your Health & Wellness Goals

Here to help you reach your health and wellness goals, we offer targeted advertising in our Health & Wellness Special Section. Reach your target audience with targeted advertising in our print and online editions.

HEALTH & Wellness

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HEALTH & Wellness

Connect With More Health & Wellness Consumers

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Full Page (100x100) - \$200
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1/8 Page (12.5x100) - \$25

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HEALTH & Wellness

Advertise in our Online Special Section. Click Here

HEALTH & Wellness

Advertise in our Online Special Section. Click Here

HEALTH & Wellness

Level Up Your Sales Strategy

>> Download Ads



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



CUSTOM E-CARD FORMAT AVAILABLE

> [CLICK HERE TO](#)

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



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 HEALTH & WELLNESS](#)

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.



All-Inclusive Pricing!
All images, layouts and cover design included. Run as a section or as pages, in print or online.



>> View Section

>> View Websites

Promotional Materials Included

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



>> Download Ads



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



CUSTOM E-CARD FORMAT AVAILABLE

► [CLICK HERE TO](#)

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



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Copyright-Free Editorial Features

► [SEARCH WEDDINGS](#)

The global impact of Martin Luther King, Jr.



Americans pay homage to Martin Luther King, Jr. every January. While King was a renowned leader for his role in the American civil rights movement, his legacy extends beyond American borders. King began to speak about global issues after receiving the Nobel Peace Prize in 1964, visiting countries in west Africa and toured South America. King also spent a month in India, where he was inspired by Mahatma Gandhi's use of nonviolence when protesting British rule. King spoke out against apartheid in South Africa and condemned the use of nuclear weapons against Japan during World War II. He also was a critic of the Vietnam War. As a Christian minister, King's first priority was to promote the teachings of Jesus Christ, and King felt an obligation to do God's work around the world.

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

PASS 2 col x 5 ★

Dog Training



Training a dog can help dog owners ensure the safety and well-being of their furry friends and foster a stronger relationship between an owner and their pet. The professional trainers at the Texas-based Dog Alliance report it typically takes four to six months to teach basic obedience commands. But no two dogs are the same, and some may take to training more readily than others. Other dogs may experience behavioral challenges that extend the length of time it takes to train the animal. The Dog Alliance also notes that additional variables unique to each dog, including age and breed, also can affect the time it takes to train a dog.

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PASS 2 col x 5 ★

January is International Train Your Dog Month

Autism rates are rising



The U.S. Department of Health and Human Services has prioritized finding possible causes of autism, including launching the Autism Data Science Initiative. Research is ongoing regarding which behaviors are safe, including examinations of medications taken during pregnancy. What is known right now is that autism rates are rising. As of the latest data, one in 31 children in the United States has autism, according to the organization Autism Speaks. This is up from the previous rate of one in 35. Around the world, one in 100 children are diagnosed with autism. Boys are nearly four times more likely to be diagnosed with autism than girls, and those who are American Indian or members of Alaska Native racial or ethnic groups have a higher prevalence of autism than others.

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000-000-0000 | www.namewebsite.com

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Did you know?



Regular physical activity is often associated with immediate effects, and rightfully so.

According to the Centers for Disease Control and Prevention, physical activity can improve cognition and thinking, reduce short-term feelings of anxiety, and make it easier for people to manage their weight. But physical activity also boasts some notable long-term benefits, particularly in regard to disease prevention. The CDC notes that regular exercise can reduce risk for cardiovascular disease, type 2 diabetes and metabolic syndrome, infectious diseases like COVID-19 and pneumonia, and various forms of cancer, including cancers of the breast, colon, kidneys, and lungs.

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Did you know?



The number of seniors with mental health disorders is expected to double by 2030.

According to a recent report from the American Hospital Association, some of that increase could be due to lack of treatment, as the AHA notes two-thirds of seniors with mental health issues do not receive necessary treatment for their conditions. The estimated increase in mental health condition incidence rates among seniors also could be due to what the World Health Organization notes is an increased vulnerability to such issues among aging adults. According to the WHO, mental health is shaped by numerous variables, including earlier life experiences and age-related stressors like a loss of functional ability and a reduced sense of purpose after retirement.

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Here comes the bride



It's customary for a bride to be to make a grand entrance on her wedding day, and for many that involves the processional song "Bridal Chorus," commonly referred to as "Here Comes the Bride." The song is from the 1850 opera "Lohengrin," which was composed by Richard Wagner. In the opera, the women in the wedding party sing the song as they escort the bride, Elsa, to her bridal chamber. The original lyrics included, "Faithfully, tell you go," and referred to the joy of the couple's new life together. After Princess Victoria, the daughter of Queen Victoria of England, used the song for her 1858 wedding procession, the music became a wedding staple across Europe and America. While the instrumental version is widely used for a bride's walk down the aisle, some religious institutions prefer couples choose another song because of the music's secular origins.

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

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Click Here for **MORE AD SPOT FILLERS** - Also Available as Sponsor-Ready Ad Files!

**National Catholic Schools
Week is January 25-31**



**National Bird
Day is January 5**



**National Trivia Day
is January 4**

Ready-to-Sell Spec Ad Templates

Use these templates to kick-start ad sales around seasonal themes, monthly events and the featured Revenue Ideas found on pages 5-19 of this SearchBook!

"In With the New" January Giveaways Offers

New year, new look for your home!

Free Design Consultation
Free Financing for 12 Months
Free Delivery on Purchases Over \$399

Plus, Save up to 40% on Furniture for Every Room!

To get inspired or schedule your free design consultation, visit us online or stop by the showroom today.

List details, terms and conditions here.

Furniture Store
 1234 Washington Street | Somerville Heights
 000-000-0000 | www.namewebsite.com

PASS 2 col x 5 ★

Dog & Puppy Training Classes

Bond, build trust and keep your best friend safe! We'll teach you how to positively build confidence and curb unwanted behaviors, all while having fun with your canine companion.

Learn More, Join Our Next Class or Schedule a Private Consultation!

Dog Training Program
 1234 Washington Street | Somerville 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

"In With the New" January Giveaways Offers

New year, new look for your home!

Save up to 40% on Furniture for Every Room!

Furniture Store
 1234 Washington Street | Somerville Heights

Dog & Puppy Training Classes

Bond, build trust and keep your best friend safe!

Dog Training Program
 000-000-0000

Join Our Next Class

Organizing SALE

Clear the clutter, clear your mind and clear the way to a more productive year!

up to 30% Off
 Stylish Storage & Organizing Solutions
 Bins • Boxes • Shelving & So Much More

Now Through January 00

List details, terms and conditions here.

Home or Hardware Store
 1234 Washington Street | Somerville Heights

Thinking About Volunteering?

Become a Mentor!

> LEARN MORE

Nonprofit Youth Mentoring Organization
 1234 Washington Street | Somerville Heights

Ramen Shop

Savor every slurp of our delicious house-made recipes!

Japanese Ramen Restaurant
 1234 Washington Street | Somerville Heights

ART MUSEUM

Rotating Galleries | Local Artist Showcase | Art Classes for kids & Adults | Community Programs & Events

scan the code for Discount Admission & Upcoming Events

Art Museum & Gallery
 1234 Washington Street | Somerville Heights

Organizing SALE

Clear the clutter, clear your mind and clear the way to a more productive year!

up to 30% Off
 Stylish Storage & Organizing Solutions
 Bins • Boxes • Shelving & So Much More

Now Through January 00

List details, terms and conditions here.

Home or Hardware Store
 1234 Washington Street | Somerville Heights
 000-000-0000 | www.namewebsite.com

PASS 2 col x 5 ★

Thinking About Volunteering?

Become a Mentor!

Free Information Session In Person & Online Saturday, January 00 at 10 a.m. At Name County Library

Nonprofit Youth Mentoring Organization
 1234 Washington Street | Somerville Heights
 000-000-0000 | www.namewebsite.com

PASS 2 col x 5 ★

Ramen Shop

Savor every slurp of our delicious house-made recipes!

Japanese Ramen Restaurant
 1234 Washington Street | Somerville Heights
 000-000-0000 | www.namewebsite.com

PASS 2 col x 5 ★

ART MUSEUM

Now Showing: Name Exhibit Here

Rotating Galleries | Local Artist Showcase | Art Classes for kids & Adults | Community Programs & Events

scan the code for Discount Admission & Upcoming Events

Art Museum & Gallery
 1234 Washington Street | Somerville Heights
 000-000-0000 | www.namewebsite.com

PASS 2 col x 5 ★

Use these ad templates to jump-start sales around the Revenue Ideas featured on pages 05-15 of this SearchBook!



January is National Get Organized & Be Productive Month



January is National Personal Self-Defense Awareness Month



Get On A HEALTH KICK

Start strong with everyday deals on fresh and flavorful healthy foods!

HEALTHY BULK FOODS


FRESH FRUITS & VEGETABLES


ALL-NATURAL MEATS & POULTRY


ORGANIC & SPECIALTY GROCERIES


Grocery Store / Health Food Market
1234 Washington Street | Somersville Heights
000-000-0000 | www.namewebsite.com

OPEN MON-SAT 8AM-9PM, SUN 9AM-5PM

 **Get Weekly Deals & Digital Coupons**
Free In-Store Rewards Program
Sign up online or at any register!

PASS 6 col x 10 

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

Get On A **HEALTH KICK**

Start strong with everyday savings on fresh and flavorful healthy foods!

SHOP WEEKLY DEALS

Grocery Store Market
1234 Washington Street
Somerville Heights

It's Soup & Stew Season

Cook up delicious and nutritious bowls of budget-friendly comfort food the whole family will enjoy!

 Fresh Loose Carrots **99¢ lb.**

 Fresh Loose Carrots **99¢ lb.**

 Fresh Loose Carrots **99¢ lb.**

 Fresh Loose Carrots **99¢ lb.**

 Fresh Loose Carrots **99¢ lb.**

 Fresh Loose Carrots **99¢ lb.**

 Fresh Loose Carrots **99¢ lb.**

 Fresh Loose Carrots **99¢ lb.**

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

 
Open Monday-Saturday 8 a.m.-9 p.m., Sunday 8 a.m.-6 p.m.
Advertised offer good through 02.02.26. List details, terms and conditions here. List details, terms and conditions here. List details, terms and conditions here. List details, terms and conditions here.

Stock-Up Savings

Name Brand White Beans
2 for **\$2.99**

Name Brand White Beans
2 for **\$2.99**

Name Brand White Beans
2 for **\$2.99**

Name Brand White Beans
2 for **\$2.99**

Name Brand White Beans
2 for **\$2.99**

PASS 6 col x 10 

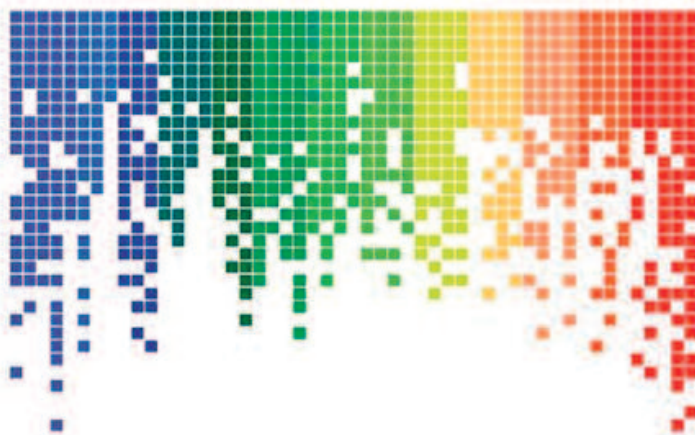
WEB ADS  
Rectangle 250 x 300
Leaderboard 728 x 90
Mobile Banner 320 x 50

Soup & Stew Season

Cook up delicious and nutritious bowls of budget-friendly comfort food the whole family will enjoy!

Grocery Store Supermarket
1234 Washington Street
Somerville Heights

Low Price! \$1.99



January is National
Weddings Month





**January is National
Financial Wellness Month**



**National Law Enforcement
Appreciation Day is January 9**

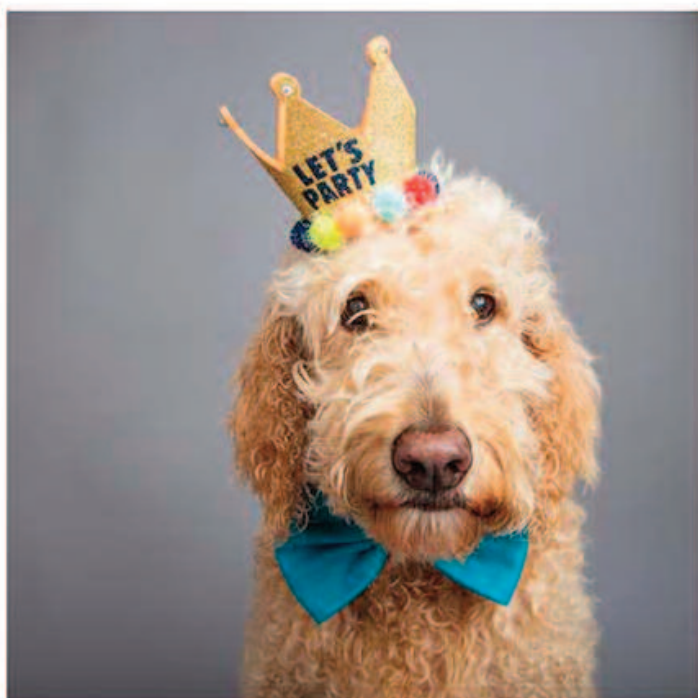


**January is Family
Fit Lifestyle Month**

January is National Skating Month



International Snowmobile Safety & Awareness Week is January 10-18



National Bagel Day is January 15



BAGELS

January is National Hot Tea Month



HOT TEA



OATMEAL



DRIED FRUIT

January is National Soup Month



EGG DROP SOUP



RAW STEAKS



LENTIL SOUP



CHARCUTERIE BOARD



MENUDO STEW



CUTS OF RAW MEAT

National Bloody Mary
Day is January 1



BLOODY MARY



FRESH ORANGE JUICE



January 2025

S	M	T	W	T	F	S
27	28	29	30	1 New Year's Day	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19 Martin Luther King, Jr. Day	20	21	22	23	24
25	26	27	28	29	30	31

Tab 10 x 13
PASS 6 col x 21





New Year's Resolution Week is January 1-7









New Year

Games & Recipes from Name Newspaper



Tips to make soup more nutritious

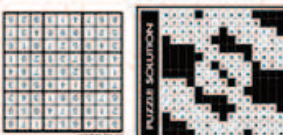
Soup is a dish that wears many hats. When the weather becomes chilly, people often turn to soup to warm themselves up from the inside out. Soup, especially when soup is paired with a favorite sandwich, also can be a simple and light meal when one doesn't want to spend too much time in the kitchen. Soup has been heralded as a remedy as well, a reputation that dates back thousands of years. In the twelfth century, Egyptian Jewish physician Moshe ben Maimonides prescribed chicken soup as a treatment for respiratory tract issues. And Penn Medicine suggests eating soup while ill is a good idea because the meal is nourishing, easy to digest and often full of nutritious components.

- People may wonder what they can do to tweak their favorite soups to make them even more nutritious, as many modern soups have gained a reputation as being sodium-heavy. These ideas can give soup a powerful boost.
- Use a higher ratio of vegetables in the soup when compared to meats and grains. Vegetables are notoriously high in nutrients that the body needs to stay healthy, including antioxidants and vitamins.
- Make your own soup stock from fresh ingredients. Doing so helps retain control over what goes into the soup, helping to reduce potential additives or other ingredients like sugar and sodium.
- Vary the color of the vegetables. Aim for vegetables of at least three different colors. The colors of the vegetables often

correspond to the nutrients and phytochemicals they contain. For example, carrots are high in beta-carotene. Beta carotene converts into vitamin A, which is necessary for eye health, healthy skin and a strong immune system.

- Replace the cream in soups with healthier ingredients. Soups that are cream-based tend to be loaded with calories and saturated fat. Instead, use Greek yogurt at the end (to prevent curdling) or even low-fat cottage cheese to amp up the protein content and give the soup a creamy consistency without the fat. Silken tofu or even a vegetable purée made from potato and cauliflower can add creaminess as well.
- Swap meat for lean proteins in the soup. Lentils, for example, are a plant protein rich in flavor and nutrition. According to UC Davis Health, lentils have about 18 grams of protein per cup and also are high in fiber. Relatively inexpensive, lentils also can help keep meal budgets in check. Alternative legumes also can work in soups, as can seafood or lean poultry.
- Add texture to the soup. Pumpkin seeds or flax seeds have taste and texture, and can be a healthier option for topping soups over buttery croutons or crackers.
- Keep ingredients "whole" in the soup. Lean on whole grains, fibrous vegetables, fresh herbs, and lean meats to build a well rounded soup that's bursting with nutrition.
- Add some turmeric and ginger. If the flavor profile allows, incorporate some fresh turmeric and ginger to the soup. Health magazine says these ingredients are part of the same plant family and have been used in traditional medicine in India and China for centuries. Both are known for reducing inflammation and alleviating symptoms of digestive disease.

Experiment with different ingredients to create soups that are not only delicious, but nutritious as well.

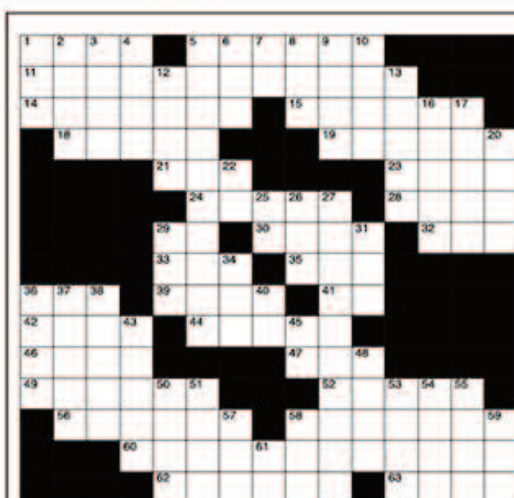


SUDOKU

	3			2		7		
			3	4	6	5		
			9	8			4	
7				4				6
		3						8
				5	2		1	
				2	7	8		
5		1	9					7
	6				9			

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

- Dough made from corn flour
- Rise
- Gratitude
- A low wall
- Kidnap
- A cup golfers want to win
- Outgoing
- "Partner" to flow
- Former Michigan coach Brady
- Proverb
- Gasteyer and de Armas are two
- Helps a body recover
- Baseball Cy Young winner
- Very fast airplane
- Offensive baseball stat
- Body of water
- Record of one's heartbeat
- Signs a contract
- Atomic #24
- Bind securely
- French Jesuit theologian
- Fragrant brown balsam
- Post office box
- Sells tickets at inflated prices
- Places to hang coats
- Jewish salutation
- Yellow fruits
- Poorly educated
- Microorganism
- Talk show host Barrymore

CLUES DOWN

- A way to plan
- Three-banded armadillo
- Mobile
- Romanian city
- Making sour
- Take a seat
- "The Golden State"
- When you hope to arrive
- Pointed ends of pens
- Extinct flightless bird
- Sharp-pointed dueling sword
- Nape of neck
- Problems (Spanish slang)
- Narrow carpet
- To avoid the risk of
- Spiritual academic degree (abbr.)
- Equally
- Traditional cars still need it
- Eligible voters
- Greek alphabet letter
- Body part
- Referee-declared outcome
- Means to moving money
- Popular footwear brand
- Cockatoo
- NFL's big game
- Botswana currencies
- News-reporting organization
- Batman villain
- Urgent request
- Not all
- Hallmark's specialty
- Knot in a tree
- Satisfy
- Notable space station
- Baby's dining accessory
- Stitch clothing
- ... and behold

Run ONLINE for AT-HOME PRINTING!

Click this page to access a printable black-and-white PDF you can post on your website.

Tab 10" x 13"

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



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.



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



PASS 2 COL. x 5.25



PASS 2 COL. x 5.25



PASS 1 COL. x 5.25



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happy BIRTHDAY 250 AMERICA



GO, USA!

While making your way through the maze, write down each letter you encounter along the correct path. These letters will spell out three words that pertain to the United States of America.

WORDS:

Did You KNOW?

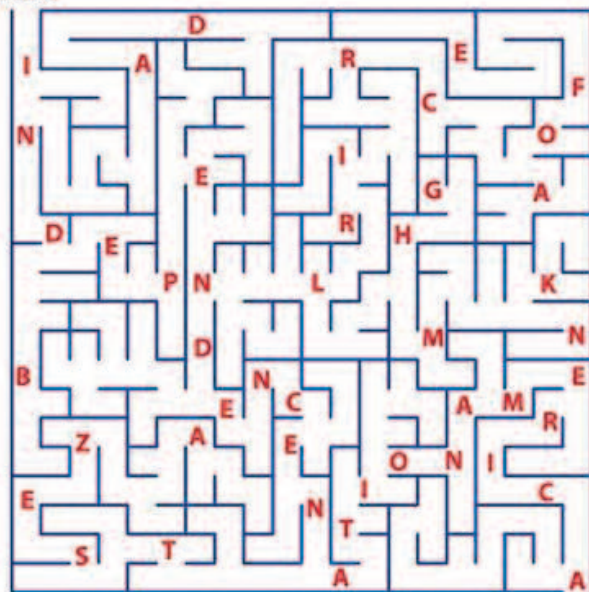
Thomas Paine

His name might not have been the inspiration for America's capital city, a state in the Pacific Northwest or countless locales across the nation, but Thomas Paine was a hugely influential figure in the formation of the United States. Born in England in 1737, Paine moved to Philadelphia in the early 1770s and soon wrote the pamphlet, *Common Sense*. According to the Mount Vernon Ladies' Association, Paine argued against the British colonial system, asserting it was rooted in tyranny directed by the aristocracy and monarchy. That assessment led Paine to contend the colonies should sever their ties to England and establish a democratic government. The success of Paine's work is due to various factors, including his writing style, which was clear and simple and thus digestible to the masses, a reader-friendly tone that many historians have noted helped to generate enthusiasm for the notion that the colonies should break apart from the British Empire.

How America got its name

As residents of the United States of America celebrate the nation's two hundred and fiftieth anniversary, some might be curious where the "America" portion of the country's name comes from. According to the Library of Congress, America is named after Italian explorer Amerigo Vesputti. The LOC contends that Vesputti was the first to suggest that the lands Christopher Columbus sailed to in 1492 were part of a separate continent. German mapmaker Martin Waldseemüller honored Vesputti's assertion in 1507, when he created a notable map that was the first to depict the lands as a separate continent, naming the area "America," which is a Latinized version of "Amerigo." That map is now part of the cartographic collections at the LOC, and is sometimes referred to as "America's Birth Certificate."

Start



Finish

WHAT'S THE DIFFERENCE?

Three of these nine pictures are different. Can you find the differences?



Source: www.fox.com
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AD SPOT FILLERS

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MCC KEYWORD: ICON SET, Basketball



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Bridal



MCC KEYWORD: ICON SET,
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Icon Sets

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PRO TIP:
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Images!



MCC KEYWORD: ICON SET, Winter Olympics



MCC KEYWORD: ICON SET,
Patriotic



MCC KEYWORD: ICON SET,
Winter Fun





**The 2026 Winter
Olympics will take place
in Milan, February 6-22**



BASKETBALL PLAYERS



SKIS AND POLES



SKI LIFT



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"To everything there is a season, and a time to every purpose under the heaven"
Ecclesiastes 3:1



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"To everything there is a season, and a time to every purpose under the heaven"
Ecclesiastes 3:1



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"To everything there is a season, and a time to every purpose under the heaven"
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"To everything there is a season, and a time to every purpose under the heaven"
Ecclesiastes 3:1



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Epiphany
Celebration

**Catholic
Schools
Week**

January 25-31, 2026



MCC KEYWORD HINT: week1

This is your illustration and copy for January 3, 2026.



“Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness.”
Lamentations 3:22-23 (NIV)

Our Enduring Resolution

New Year's resolutions can be an excellent way to initiate our commitment to something we want to achieve or a habit we want to change. While we might not always see these resolutions through to the end of the year, we can still gain experience and a greater understanding of our abilities to take on new challenges. Despite these points, it is necessary to remember our enduring resolution, that is, one of commitment to love for God, our families, and others. While someone may begin a New Year's resolution due to the feeling that they are lacking in some ability or quality themselves, we must first always remember what our primary commitments are. If you find yourself undecided on a resolution this year, perhaps consider one that affirms our appreciation for our loved ones. This may simply be resolving to spend more with those we care about, or maybe even thinking of regular acts of kindness we can perform for them.

-James Stone

PASS 2 col x 7

MCC KEYWORD HINT: week2

This is your illustration and copy for January 10, 2026.



“But how can one keep warm alone?”
Ecclesiastes 4:12 (NIV)

Offering Warmth in the Wintertime

As we endure the cold months of winter, it can be helpful to reflect on the individuals who may be lacking, or seeking, that warmth. We are called upon to guide those in our lives to warmth, both physically and spiritually, when we can. Recent statistics display that roughly 5 million Americans did not have functional heating equipment in their homes (U.S. EIA). Further, “winter pattern” Seasonal Affective Disorder is the most common type of the disorder, affecting 5% of American adults (American Psychiatric Association). Considering this, we can offer our help to this issue in a variety of ways this winter. Specifically, we can find fulfillment in charitable acts, especially when we notice someone may be struggling. If we know someone who is encountering personal issues, even a brief discussion about these matters can assist them on the path to spiritual enrichment. While these months may be particularly frigid, we can help in bringing about warmth through attention to those lacking it, or our own acts of charity.

-James Stone

PASS 2 col x 7

MCC KEYWORD HINT: week3

This is your illustration and copy for January 17, 2026.



“Set an example for the believers in speech, in conduct, in love, in faith and in purity.”
1 Timothy 4:12 (NIV)

Guiding Others in Faith

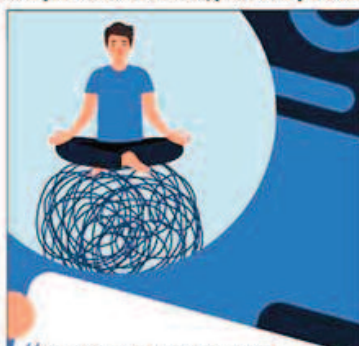
Following last month's celebration of Christ's birth, we plan for the season to honor His passion, death, and resurrection through Easter. As our own lives can sometimes feel slow leading up to this celebration, it is important to guide others in faith if they are in need of it. Perhaps a matter in someone's personal life or career could be affecting one's faith, or even questions about their faith itself. In approaching issues such as this, as laypeople, we may find it best to guide people to open discussion, perhaps with someone such as a priest or pastor at their congregation. While we should always try to maintain our own path in faith, we can always help others do so as well.

-James Stone

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MCC KEYWORD HINT: week4

This is your illustration and copy for January 24, 2026.



“Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.”
Galatians 6:9 (NIV)

Seeking Out Lasting Patience

About a month removed from Christmas, we should take time to rest and reflect on our actions during the season. While the time leading up to the holidays can seem lasting, the feeling of them is fairly fleeting. In understanding this, we can develop an attitude of great patience as the rush slows down and we go about our normal lives. While we may not always be able to spend our time with loved ones, regular reflection on these holiday memories we make can increase the effect of the experiences greatly. Further, as we may remain patient leading up to these holiday festivities, it is likely we will find greater enjoyment and relaxation through them.

-James Stone

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MCC KEYWORD HINT: week5

This is your illustration and copy for January 31, 2026.



“Let your eyes look straight ahead, fix your gaze directly before you.”
Proverbs 4:25 (NIV)

Decluttering for Clarity

People often talk about “spring cleaning,” though winter can often be a great time for decluttering as well. In a season with days of poor weather when we may find ourselves stuck inside, there are a few forms of decluttering which we may undertake. We might find ourselves desiring to declutter, spiritually. This can be done by examining our conscience and thinking about how we can have a refreshed approach to the coming days, weeks, and months. We may also find the time to declutter our to-do lists, which can certainly provide a beneficial jolt in productivity or motivation. Finally, we might declutter in the most basic form, that is, our homes, offices or anywhere else that needs organization. This often seems to help in decreasing our stress and worries, and taking time to do so this winter can certainly bring about these feelings earlier.

-James Stone

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(SKI & SNOWBOARD RENTALS)



(BRIDES TODAY)



(HAPPY 250TH ANNIVERSARY, AMERICA!)



(SHOP DINE ENJOY LOCAL)





(STUDENT ATHLETE)



(HEALTH & WELLNESS)



(WINTER SPORTS SCHEDULE)



(LOCAL NEWS)



(CELEBRATING 250 YEARS OF AMERICAN HISTORY)

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SHOP



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Restaurant



24-Hour
Diner

 *Cocktail*
Lounge

Bar
& Grill



Coffee
Shop





Festival FUN

Stock Show & RODEO



(Dog Sledding)



**Des rafales
de bas prix!**

(Announcing Flurries Of Low Prices)



(Skiing)

**LES PENTES
VOUS ATTENDENT**

(The Slopes Are Waiting For You)

**À des
patins!**

(Lace Up Your Skates!)

**1, 2, 3...
On retrouve la forme!**

(1,2,3...Time To Get In Shape)





Wedding Plans

What to know when picking a wedding reception menu



When picking a wedding reception menu, it's important to consider the venue, the time of day, and the overall theme of the wedding. The menu should be a reflection of the couple's tastes and the style of the event. It's also important to consider the budget and the number of guests. A good caterer will be able to help you create a menu that is both delicious and within your budget.

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Unique elements to include at your wedding reception



When planning a wedding reception, it's important to think about the unique elements that will make the event special. This could include a photo booth, a live band, or a special toast. It's also important to consider the venue and the overall theme of the wedding. A good planner will be able to help you create a reception that is both memorable and within your budget.

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Tips to clear a cluttered home

The dawn of a new year is often characterized as a chance to wipe the slate clean and start anew. The tradition of making New Year's resolutions reinforces that characterization, as many people resolve to turn over a new leaf and commit to a year of self-improvement on January 1. While the phrase "wipe the slate clean" may be figurative, some also might take it literally, particularly in regard to their homes. Those who want to turn over a new leaf in a cluttered home can consider these storage solutions to give spaces a fresh and less claustrophobic feel in the year ahead.

[READ MORE](#) OR [DOWNLOAD](#)



Tips to stay the course with a New Year's resolution

The tradition of making New Year's resolutions is older than many people may realize. According to History.com, the ancient Babylonians are believed to be the first people to make New Year's resolutions when they began doing so roughly 4,000 years ago during a 12-day festival known as Akitu. That festival was religious in nature, but many people now make resolutions with a goal toward self-improvement unrelated to their faith. As people ponder their resolutions for the year ahead, the following strategies might help them stay the course over the next 12 months.

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How to stay healthy while traveling for the holidays

The holiday season is always a busy time of year for the travel industry, and 2025 figures to be no exception. A November report from CNN indicated that the aviation analytics firm Cirium reported that passenger booking on major airlines for Thanksgiving were up by 2.22 percent from a year earlier, when holiday travel reached a record high.

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Hobbies that encourage adults to be creative

Parents of young children have undoubtedly read or learned about the benefits of giving children time to engage in creative pursuits. Such activities can help foster cognitive development in youngsters, but the benefits of being creative don't end in adolescence. In fact, adults also have much to gain from being creative as well.

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Tips for those new to skiing

Millions of people across the globe love to ski. Unofficial Networks Ski & Mountain News reports that the 2024-25 season recorded 61.5 million skier visits, the second-highest on record, which suggests the popularity of skiing and snowboarding shows no signs of slowing down.

[READ MORE OR DOWNLOAD](#)



What parents can do to cultivate kids' creativity

Kids love to play, and moms and dads know that watching children have fun is one of the true joys of parenting. Play time might be all about fun for youngsters, but it's also vital to their development. A recently reaffirmed clinical report from the American Academy of Pediatrics originally released in 2018 noted that developmentally appropriate play promoted social-emotional, cognitive, language, and self-regulation skills in children's brains. The authors of the report noted that play promotes executive function, allowing children to pursue goals and ignore distractions.

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How to protect your personal data online

Long gone is the era when individuals could store their personal data almost exclusively on paper. Modern life mandates that much of society now does everything from banking to conversing to buying groceries online. That's a lot of personal information floating around out there on the internet.

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These football cake pops make a great game day treat

Watch parties have become a game day tradition for millions of football fans, and it's customary to provide some delicious food when hosting such get-togethers. Chicken wings and nachos might be must-have foods for adults come game day, but it's important to provide something special for young fans as well. This year, playoff party hosts can whip up these tasty "Football Cake Pops" from Lines+Angles for young fans.

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Unique holidays on the Canadian calendar in January

Every country has its own unique culture and customs, and holidays are a notable part of those traditions. Though countries across the globe celebrate many of the same holidays, each nation also has its own unique holidays. This January, residents of Canada will commemorate various unique holidays that those outside the country may not know about.

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How to ring in the new year with Mother Nature

The arrival of a new year is a time of celebration for people across the globe. It's customary to mark the occasion with fireworks, countdowns and champagne. For those who indulge a little too much on New Year's Eve or stay up well past midnight, January 1 may be a day to recuperate. But spending New Year's Day with Mother Nature is a great way to enjoy the first few hours of a new year.

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7 lesser-known facts about Martin Luther King, Jr.

Martin Luther King, Jr. was a pivotal figure in the history of the United States. Much is known about his life and influence, but there's always an opportunity to learn more, especially some lesser-known facts regarding Dr. King's life. The following are some interesting tidbits about MLK, Jr.

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Embark on a path to self-improvement this year

There is always room to develop, grow and become a better person. With a new year on the horizon, setting self-improvement goals now can help anyone navigate a path to a better version of themselves. Here are some New Year's resolutions that can help a person grow and nurture their well-being.

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01 2026 January

December							February						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5	6	1	2	3	4	5	6	7
7	8	9	10	11	12	13	8	9	10	11	12	13	14
14	15	16	17	18	19	20	15	16	17	18	19	20	21
21	22	23	24	25	26	27	22	23	24	25	26	27	28
28	29	30	31										

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	30	31

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December 07 Name Event Here Name Event Location	December 08 Name Event Here Name Event Location	December 09 Name Event Here Name Event Location	December 10 Name Event Here Name Event Location	December 11 Name Event Here Name Event Location	December 12 Name Event Here Name Event Location
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December 25 Name Event Here Name Event Location	December 26 Name Event Here Name Event Location	December 27 Name Event Here Name Event Location	December 28 Name Event Here Name Event Location	December 29 Name Event Here Name Event Location	December 30 Name Event Here Name Event Location

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