

Create. Sell. Profit.

METRO
NEWSPAPER SERVICE

February 2026

Creative & Planning SearchBook®

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

All of our print
ads come with
companion
web ads.

Every image you see is yours to download!

HEART MONTH & VALENTINE'S DAY

Sponsor-ready
"selfie-love" contest,
heart-healthy
editorial page, five
reasons to love your
local newspaper,
gift ad templates
and more ideas!

View, share and download your newest content directly from this digital SearchBook!



HOT BREAKFAST MONTH

Recipe pages, eye-opening photos,
restaurant-ready heading designs,
spec ad templates and more



EXPOS & TRADE SHOWS

Templates, images and social media
designs to promote trade shows, farm
shows, auto shows and more



ROOFING SERVICES

Roofing facts and FAQs page, spec ad
templates, images and more to promote
roof inspections and services for springtime



More Events & Selling Opportunities

FEBRUARY 2026



HEART MONTH & VALENTINE'S DAY

- Sell sponsorships for a **SELFIE-LOVE CONTEST** that invites readers to share their favorite self-care tips for a chance to win, tying in products and services from local advertisers.
- Tie in more advertising for heart health and Valentine's Day with a **READY-TO-SELL EDITORIAL PAGE** featuring tips to reduce heart disease risk and manage stress.
- New **HEADINGS, IMAGES** and **SOCIAL MEDIA DESIGNS**
- New print and web **AD TEMPLATES** for Valentine's Day gifts
- **Newspaper SUBSCRIPTION ADVERTISING** themed for Valentine's Day
- More **TEMPLATES, IDEAS, IMAGES** and **EDITORIAL FEATURES** to sell around these topics when you search MetroCreativeConnection.com



HOT BREAKFAST MONTH

- Advertiser-friendly **PAGE SPREAD** featuring **RECIPES** for a crowd-pleasing brunch skillet, cinnamon buns and vegan overnight matcha oats, along with nutrition facts for some popular breakfast foods
- **SOCIAL MEDIA DESIGNS, HEADINGS, AD TEMPLATES** and **IMAGES** are available to help you cross-promote page advertisers and build additional food and restaurant promotions
- Print and web **AD TEMPLATES** for breakfast specials that are "worth the wake"
- **MORE RECIPES, TEMPLATES** and **IMAGES** geared toward breakfast are yours to download when you search MetroCreativeConnection.com



EXPOS & TRADE SHOWS

- A collection of new headings and social media designs can help you promote a variety of conventions in your area, including an **AUTO SHOW, BOAT SHOW, FARM SHOW, TRADE SHOW** and **HOME & GARDEN SHOW**
- Use the **SINGLE SHEET TEMPLATES** provided to create promotions for any of these conferences by simply swapping out the heading and images.
- Find hundreds more **IMAGES** to help promote each of these expo themes when you search MetroCreativeConnection.com by topic.



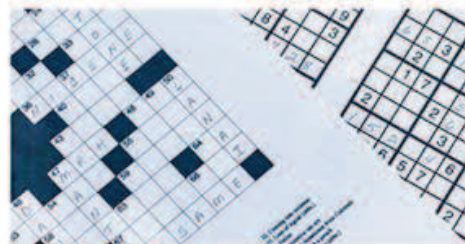
ROOFING SERVICES

- Informative **READY-TO-SELL EDITORIAL PAGE DESIGN** focused on roofing facts and FAQs creates a perfect sponsorship opportunity for a roofing contractor promoting inspection and repair services ahead of spring showers
- New **HEADINGS, IMAGES** and **SOCIAL MEDIA DESIGN** to build and cross-promote advertiser content, including free roof inspections
- Print and web **AD TEMPLATES** in two sizes for roofing services
- Find more **TEMPLATES, IMAGES** and **EDITORIAL FEATURES** for roofing, siding and all types of home improvements when you search MetroCreativeConnection.com



ADDITIONAL FEBRUARY OPPORTUNITIES

Find fresh images, headings, templates or editorial features to build ad promotions and sponsorships around more events including Lunar New Year, Presidents' Day, Black History Month, Cancer Prevention Month, Children's Dental Health Month, Spay/Neuter Awareness Month, National Pizza Day, the big football game, Lent and winter sports, as well as National Flag of Canada Day, Pink Shirt Day and Indigenous Languages Month in Canada.



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**
2026 Calendar Layouts



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



5 Great Reasons to Love Your Local Newspaper

- Essential local news*
Stay informed about the important local issues and developments that affect your life.
- Must-try food and restaurants*
Discover the best dining deals, neighborhood favorites and new restaurant openings.
- Adventures close to home*
Get the inside track on local entertainment and events for all ages and interests.
- Deals, deals, deals*
Save every day with coupons and exclusive offers on local shopping and services.
- A greater purpose*
Your subscription helps support the future of local journalism and its integral role in maintaining an informed and engaged democratic society!

Already a subscriber?
Thank you!
We love our readers, and we appreciate your continued support.

Name Newspaper
Support local news today!
Support • Subscribe • Advertise
000.000.0000 | www.namewebsite.com



Ready to enrich your life with a subscription?
Scan this code or call 000.000.0000.

PASS 6 col x 10 ★

SOCIAL MEDIA POSTS





Name Newspaper
1234 Washington Street | Somerville Heights

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



Name Newspaper

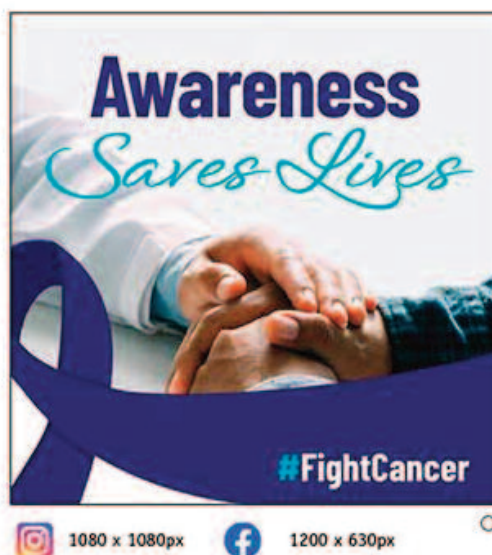
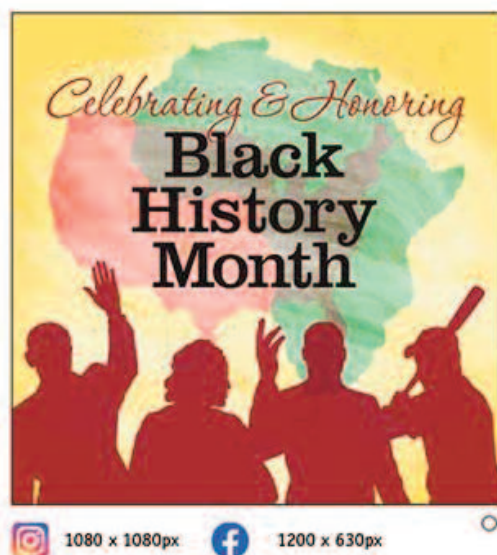


Name Newspaper
1234 Washington Street | Somerville Heights

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



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



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!


*Show Yourself
Some Love*
This Valentine's Day



SOCIAL MEDIA POSTS

Upsell advertisers!



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



Click Here for **Valentine's Day**
IMAGES, AD TEMPLATES
& EDITORIAL FEATURES



Show Yourself Some Love

This Valentine's Day



10 Ways to Help Protect Heart Health

1. Avoid smoking, tobacco use and secondhand smoke.
2. Engage in 30 to 60 minutes of physical activity daily.
3. Eat a diet rich in vegetables, legumes, lean meats, fish, whole grains, fresh fruits, low-fat dairy and healthy fats.
4. Limit consumption of sodium, sugar, refined carbohydrates, processed foods, saturated fat and trans fat.
5. Avoid or minimize consumption of alcohol.
6. Maintain a healthy weight with a BMI between 24.9 and 18.5.
7. Get at least seven hours of sleep each night, following a consistent sleep schedule.
8. Schedule regular health screenings to help control cholesterol, blood pressure and blood glucose levels.
9. Take steps to prevent infections, such as gum disease or vaccine-preventable illnesses.
10. Manage stress in healthy ways, such as physical activity, relaxation exercises, mindfulness, yoga and meditation.

Sources: Mayo Clinic, U.S. Department of Health & Human Services

My Stress Less List

1. Make a warm cup of herbal tea.
2. Set a timer for five minutes to focus on taking deep, steady breaths in through the nose and exhaling from the mouth.
3. Go for a walk around the block or neighborhood, or hit a trail.
4. Try out a yoga or meditation class in person or online.
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Stress & Heart Disease

49%
of Americans
report frequently
experiencing stress.

Sources: Gallup Poll Social Series, Ipsos-ReACTIV Poll

Experts agree that chronic stress is detrimental to health for several reasons. Chronic stress can increase inflammation, and stress hormones can cause sudden spikes in heart rate and blood pressure. What's more, stress often leads to poor coping mechanisms, such as unhealthy eating, smoking, drinking, lack of sleep and exercise avoidance, all of which are known risk factors for heart disease.

48%
of Canadians report
feeling "really or
seriously stressed"
at least once a week.

While we often can't control the occurrence of stressful events or situations, we can try to control how we react to stressors and manage stress. Research shows that engaging in healthy activities we find enjoyable can help lower cortisol levels and feelings of stress. Make a list of some hobbies or activities you can turn to for help managing stress. Use the suggestions provided above for help getting started!

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**.



Selfie- Love

As we celebrate Valentine's Day and Heart Month this February, readers share their favorite self-care tips, activities and hobbies for reducing stress and feeling their best!



Meet Our Contest Winner!



Name Person

"Self-care routine description here. Self-care routine description here. Self-care routine description here. Self-care routine description here. Self-care routine description here."



Name Person

"Self-care routine description here. Self-care routine description here. Self-care routine description here. Self-care routine description here. Self-care routine description here."



Name Person

"Self-care routine description here. Self-care routine description here. Self-care routine description here. Self-care routine description here. Self-care routine description here."



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Name Person

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Name Person

"Self-care routine description here. Self-care routine description here. Self-care routine description here. Self-care routine description here. Self-care routine description here."

Day Spa

Fitness Center

Massage Therapist

Yoga & Meditation Studio



Selfie- Love

Contest

Send us a selfie along with your favorite self-care tips or activities for reducing stress and feeling your best. We'll be publishing your top shares in our Selfie-Love feature, in print and online February 00!

Self-Care Prize Package Worth Over \$500

Everyone who participates is automatically entered for a chance to win, compliments of these contest sponsors:

- Name Contest Sponsor
- Name Contest Sponsor
- Name Contest Sponsor
- Name Contest Sponsor

To participate, email your name, selfie photo and tip(s) to namename@namepaper.com or visit us online at namewebsite.com/selfielovepage by 5 pm, February 00. All photos and information provided may be published by this newspaper. List additional details, terms and conditions here.

Name Newspaper Community Contests

In Print & Online | 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



Send us a selfie along with your favorite self-care tips!

Win a \$500 Self-Care Prize Package!

ENTER NOW!

Name
Newspaper

1234 Washington Street | Somerville Heights



Selfie-
Love

Contest

Send us a selfie along with your favorite self-care tips!

Win a \$500 Self-Care Prize Package!

ENTER NOW!

Name
Newspaper

1234 Washington Street | Somerville Heights

Tab 10 x 13
PASS 6 col x 21

Looking for more contest ideas? Select
"Contests" from "Specialty Ad Templates" located
under the **TEMPLATE TYPE** filter on your Metro site.

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!



SOCIAL MEDIA POSTS

Upsell advertisers!



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



BREAKFAST *is Served*

*Delicious recipe inspiration
to wake up your morning routine!*

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

Hover over the Editorial tab at the top of your Metro site to locate them. Please note, Metro recipes must retain recipe title, cookbook title, author and any alternative source material cited in the downloaded file.



A make-ahead breakfast for vegans and matcha lovers

Overnight oats are nutritious and easy options for any day of the week. As the name suggests, overnight oats are prepared the night before and then the flavors marinate with the oats for several hours, producing a rich and creamy breakfast in the morning. Oats are filling on their own, and "Matcha, Coconut and Cacao Overnight Oats" have the added benefit of green tea powder (matcha), which gives this dish a green color, and adds antioxidants, vitamins and an energy boost. Enjoy this recipe, courtesy of "Rainbow Bowls" (Sourcebooks) by Niki Webster.

Matcha, Coconut and Cacao Overnight Oats

5 tablespoons oats of your choice
½ teaspoon vanilla extract
6½ ounces plant-based milk, plus extra if needed
½ teaspoon matcha powder
2 tablespoons coconut yogurt
1 tablespoon cocoa nibs or dairy-free chocolate chips
1 to 2 teaspoons maple syrup
Topping options:
1 tablespoon chopped pistachios
Berries
Seeds

To make the overnight oats, add the oats, vanilla and milk to a mason jar or bowl and mix to combine. Cover and leave to soak overnight in the fridge.

Remove the oats from the fridge and stir in the matcha, yogurt, cacao nibs, and maple syrup.

Spoon into a bowl and add more plant-based milk to loosen if needed. Add toppings of your choice and enjoy.

Quick NUTRITION FACTS

for three popular
breakfast foods

Egg

(1, boiled)
77.5 calories
6.29 grams protein
5.3 grams fat
25 mg calcium

Source: University of Rochester Medical Center



Rolled Oats

(½ cup cooked in water)
165 calories
6 grams protein
3 grams fat
4 grams fiber

Source: Mayo Clinic



Low-Fat Plain Yogurt

(1 cup)
154.4 calories
12.9 grams protein
3.8 grams fat
448.4 mg calcium

Source: University of Rochester Medical Center



Grocery Market

Coffee Shop

Doubletruck 19.334" x 13"



This crowd-pleasing classic casserole is a savory start to the day

For lazy weekend mornings or when entertaining a crowd, this "Farmhouse Skillet" from "Lord Honey Traditional Southern Recipes with a Country Bling Twist" (Pelican Publishing) by Chef Jason Smith, puts together a blend of savory ingredients into an egg casserole that can be a winner on any brunch table.

Farmhouse Skillet

Serves 8-10

1 pound bacon, diced
2 cups cubed cooked ham
½ pound breakfast sausage, cooked and crumbled
1 small purple onion, diced
½ red bell pepper, diced
½ yellow bell pepper diced
10 eggs, beaten
½ cup heavy cream
1 20-ounce package frozen shredded hash browns, or tater tots, thawed
Salt and ground black pepper to taste
1 cup shredded Monterey Jack cheese

Preheat oven to 350 F.

In a very large cast-iron skillet (12-inch or larger), over medium heat, cook the bacon until crispy. Then add the ham and sausage and stir.

Add the onions and peppers, and sauté for 5 minutes, always stirring.

In a small bowl, whisk the eggs and heavy cream.

Stir the hash browns into the skillet, and add salt and pepper to taste. Cook for 5 to 8 minutes, until hash browns start to brown. Remove from heat. Add the egg mixture, top with cheese, and bake for 20 to 25 minutes or until bubbly and cheese is melted.

Wake up taste buds with a sweet morning treat

This recipe for "Sticky Cinnamon-Walnut Spirals" marries the best of cinnamon rolls with the convenience of a muffin/cupcake tin preparation, courtesy of "Small Sweet Treats" (Gibbs Smith) by Marguerite Marceau Henderson.

Sticky Cinnamon-Walnut Spirals

Serves 6

½ cup dried currants
1 cup hot water
1 sheet frozen puff pastry (from 17.3-ounce package), room temperature
1 tablespoon butter, melted
1 teaspoon finely grated orange zest
½ cup finely chopped walnuts
½ cup packed dark brown sugar
1 teaspoon ground cinnamon
1 tablespoon butter, melted
1 tablespoon sugar

Note: This recipe easily can be doubled. Just use two sheets of pastry, double the filling, and use a 12-cup muffin tin.

Place currants in a bowl and pour hot water over top to cover. Steep for 15 minutes and then drain off excess water. Cool currants to room temperature.

Roll out the pastry on a work surface. Brush the pastry with the melted butter. Combine the orange zest, walnuts, brown sugar, cinnamon, and reserved currants in a bowl. Spread the mixture evenly over the pastry. Roll up jelly-roll style, loosely. Place seam side down and cut into six slices, each about 2-inches wide.

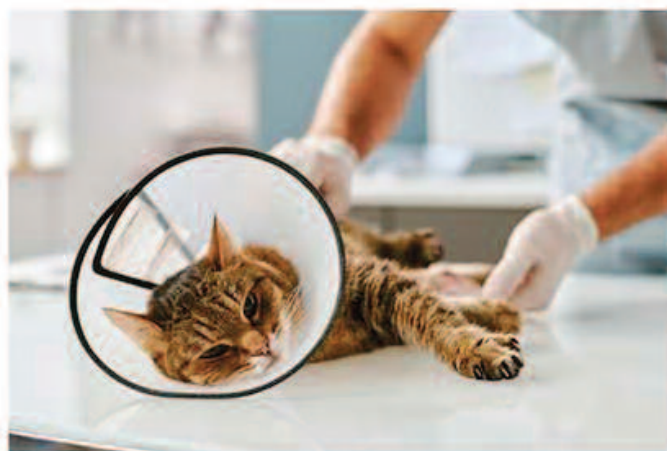
Brush the interior of the muffin tin with the remaining tablespoon of melted butter and sprinkle with sugar. Place the cut slices of pastry into each muffin cup. Bake on the middle rack of a preheated 400 F oven for 22 to 25 minutes until golden brown and puffed. Allow to cool for a minute or two before removing from muffin pan.

Breakfast Cafe

Bakery

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

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– & More –
Is Included!

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

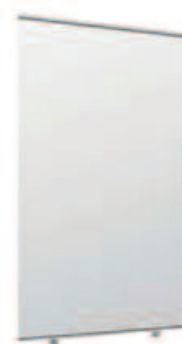
HEADINGS

Build ads around them!



SOCIAL MEDIA POSTS

Cross-promote advertisers



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



February 00-00, 2026

Saturday 10am-6pm

Sunday 10am-4pm

Home & Garden



SHOW

Get inspired by dazzling displays and bring your ideas to life with innovative offerings from hundreds of exhibitors and vendors from around the region!



- Discover New Products
- Enjoy Exclusive Offers
- Consult With Industry Experts



- Door Prizes & Drawings
- Demonstrations & Workshops
- Food & Fun Zone for the Kids



Become
a Sponsor,
Exhibitor
or Vendor



Reserve
Your
Discount
Tickets

**Convention &
Conference Center**

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

SINGLE SHEET

February 00-00, 2026

Saturday 10am-6pm

Sunday 10am-4pm



Auto



SHOW

Immerse yourself in car culture with the latest new vehicle designs, classic car collections, and innovative products and offers from exhibitors and vendors around the region!



- Experience Tours & Test-Drives
- Enjoy Exclusive Offers
- Consult With Industry Experts



- Door Prizes & Drawings
- Presentations & Workshops
- Food & Fun Zone for the Kids



**Become
a Sponsor,
Exhibitor
or Vendor**



**Reserve
Your
Discount
Tickets**

**Convention &
Conference Center**

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

SINGLE SHEET

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
Clam Chowder Day
February 25

National
Margarita Day
February 22

National
Chili Day
February 26,
2026

National
Strawberry Day
February 27

NATIONAL
PIZZA DAY
February 9

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Build ads around them!



SOCIAL MEDIA POSTS



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

Roofing Facts & FAQs



“How often should I have my roof inspected?”

The National Roofing Contractors Association recommends having your roof inspected by a professional in the spring and fall, as well as after any extreme weather event or major storm.



20-30 Years

Average Life of a Roof With Asphalt Shingles
Factors that can impact the lifespan of your roof:

- Proper installation
- Quality of materials
- Adequate ventilation
- Regular maintenance
- Climate and exposure to sunlight
- Frequency of severe weather events

Source: This Old House



5 Signs It May Be Time to Replace Your Roof

- Leaks or water stains on walls or ceilings
- Missing shingles, or shingles that are loose, cracked, curled or missing granules
- Visible spots of daylight in your attic
- Presence of moss, mold, algae or fungus
- Drooping or sagging appearance

Source: Farm Bureau Financial Services



Repair or Replace?

Roofing manufacturer Owens Corning recommends repair or partial re-roofing only if the damage to your roof is minor or confined to one area or side, bearing in mind it may be difficult to match the color of the new roofing materials with the existing ones due to fading from exposure to the elements. It's also important to consider that, while a full roof replacement will be more expensive upfront, it may save you money in the long run by increasing energy efficiency and preventing further damage or repair costs.

Types of Roofing



Asphalt shingles

- Affordable and easy to install



Metal roofing

- Durable and energy-efficient



Slate & tile

- Superior durability and aesthetic



Wood shingles

- Materials like cedar offer natural resistance to decay and pests

Source: This Old House

Talk to a licensed roofing contractor about the pros and cons of each type of roofing material and what's best for your home!

Tab 10 x 13
PASS 6 col x 21

WEB ADS

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



**roof repairs • inspections • leak detection
reroofing • new construction**

Trusted Since 20XX | License# 00000000 | Insured & Bonded

Roofing Contractor

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



Name Person
Owner/Operator

PASS 6 col x 3 



CLICK HERE to get an Estimate

Roofing Contractor
000-000-0000



We Have Your Roofing Needs **COVERED**

roof repairs • reroofing • new roofs • leak detection
vinyl siding • seamless gutters • drainage solutions



The National Roofing Contractors Association recommends having your roof inspected by a professional in the spring and fall, as well as after any extreme weather event or major storm.

Protect your home against storms and water damage this spring. Call or contact us online today for a free roof inspection or repair estimate!

**SPRING
SPECIAL
SAVE \$500 OFF**

**Any New Roof
or Siding Job**

Call or contact us online for details and your free estimate. Offer good through 00.00.00.



Local & Experienced • Trusted Since 20XX • Financing Available
All Work Guaranteed • License# 00000000 • Insured & Bonded

Roofing Contractor

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



Tab 10 x 13

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

AMERICA@250

This very special section will celebrate America's past and present, giving local advertisers an opportunity to share their patriotic pride and connect with the community in celebration of this historic anniversary!



Download It: January 2026
Sell It: January through July
Publish It: July 2026

Get Pricing



A Spectacular Special Section That's Ready to Run In Print & Online!

- 32 pages of engaging content, with four cover design options and ad/sponsor spots in place
- Publish as a special section, or use individual pages and spreads to create a weekly or monthly series in your publication
- Run the section or pages in print or as online PDFs
- Localize the copyright-free content any way you like
- Everything you see is included, no extra image charges ever
- Rate card and print, digital and social media promotions included

Metro Themed Special Section subscribers will receive America @250 included as a free bonus section with their 2026 package.

Click the link below to learn more about becoming a subscriber and browse the full 2026 section schedule.

[Download Our Themed Special Section Program Planner](#)

Just Add Local Advertising! A Quick-Selling Metro Template Produces Fast Special Section Revenue

Local newspapers in Ohio and Pennsylvania utilized the ready-to-run layout and features of a Metro Themed Special Section template to quickly and effectively connect community advertisers and readers around a local theme.



**Courier Express
Dubois, PA**

The Courier Express produces several "shop local" projects each year. Advertising Director Carolyn Skaggs says, "I thought 'Our Neighborhood' was a great way to remind our readers of the importance of supporting community businesses outside of the holiday season. We ran this in August and added \$4000 to the month quickly using the content Metro provided."

[Check out the Courier Express section here](#)

Carolyn Skaggs
Advertising Director
Courier Express
Tri-County Weekend
Jeffersonian Democrat
Leader Vindicator
The Progress
cskaggs@thecourierexpress.com

\$4,000
added
quickly to
the month!



**Tribune Chronicle
Warren, OH**

Advertising Director Angela Kellar says Metro's Themed Special Section templates help the Tribune Chronicle team sell more and save production time. They generated \$3,100 in revenue using Metro's "Our Neighborhood" section template to target local business advertising!



Angela M Kellar
Advertising Director
Tribune Chronicle
The Vindicator
akellar@tribtoday.com

\$3,100
in revenue
generated!



Click here to see more
SUCCESS STORIES

For more information about
Metro's Themed Special Sections,
call 800.223.1600, email
service@metro-email.com,
[or click here!](#)

Themed Backgrounds & Elements

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

February is Spay/Neuter Awareness Month and World Spay Day is February 25



Lunar New Year is February 17



The Great Backyard Bird Count begins February 13



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.

National Chili Day is February 26



National Kite Flying Day is February 8



National Strawberry Day is February 27



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



SOCIAL MEDIA POST



SOCIAL MEDIA POST

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.

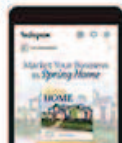


>> View Section

>> View Websites

Promotional Materials Included

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



>> 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
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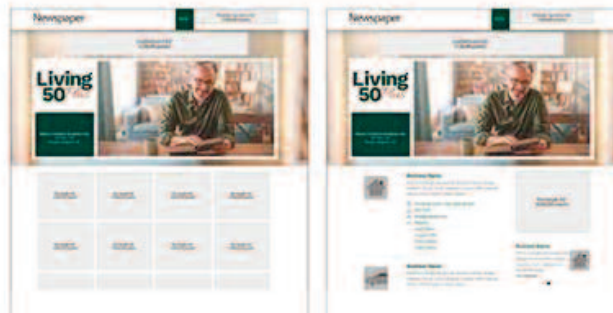
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Did you know?



Though experts may insist that it's never too late to change jobs, data indicates it's increasingly less likely after reaching age 55. According to an analysis from USAFacts - How Long Americans Stay, workers between the ages of 25 and 34 hold positions for a median tenure ranging from 2.7 years to 3.2 years. Among professionals between the ages of 55 and 64, the median tenure increases to 14.6 years. Seniority at a current employer and compensation levels reflecting decades of experience may make workers 55 and older less willing to take a new job. Despite that analysis, the AARP noted in a 2023 report that older workers who have changed jobs, which the organization defines as professionals 45 and older, reported positive outcomes after making the switch. Indeed, 50 percent of such workers said switching jobs had a positive impact on their mental health and 48 percent indicated they earned more as a result of switching employers.

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Did you know?



A recent report from the senior care experts at Seniorly indicated that millions of retirees are in jeopardy of outliving their retirement savings. The Seniorly report tabulated projected retirement income and expenses starting at age 65, and found that the average American retiree can expect roughly \$762,000 in income generated from government-sponsored plans like Social Security, savings and investments. But the expected living expenses of such individuals was determined to be \$877,000, meaning the average retiree may have a shortfall of \$115,000. Retirement savings shortfalls also are a cause for concern in Canada, where 59 percent of Canadians indicated they fear they will outlive their savings in a 2025 CPP Investments Retirement Survey. Projections like those from Seniorly and the fears expressed by Canadians concerned by a potential shortfall of retirement savings underscore the need to prioritize saving for life after working, which can have short-term benefits as well.

In fact, 49 percent of Canadians who expected to utilize the Canada Pension Plan reported lower levels of stress as a result of their commitment to retirement planning.

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Did you know?



Light-emitting diode bulbs (LEDs) are energy-efficient and durable options. LEDs convert electricity into light instead of heat, and increasingly are used in a wide range of products, including lighting fixtures. According to Energy Star, LEDs produce light up to 90 percent more efficiently than incandescent light bulbs. LEDs also do not typically "burn out" or fail, like other types of bulbs. Because of their performance benefits, homeowners may be interested in switching over to LED bulbs to power their existing lighting fixtures. Generally speaking, LED bulbs can work in most non-LED fixtures, provided the base type matches the socket. The LED bulb also should be rated for the same line voltage for the fixture. Also, the fixture should not be enclosed, such as glass-enclosed ceiling lights or certain outdoor fixtures. The lack of ventilation can cause heat buildup, leading to damage or failure. In such instances, one should purchase LEDs specifically rated for enclosed fixtures.

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Did you know?



A well-manicured lawn appeals to homeowners when they look out their windows.

But such a view also can look nice when homeowners pursue the bank statements after selling a property. According to the 2023 Remodeling Impact Report: Outdoor Features from the National Association of Realtors®, standard lawn care service yields an estimated cost recovery of 270 percent. Landscape maintenance, with an estimated cost recovery of 104 percent, and an overall landscape upgrade (100 percent) also yield great returns for homeowners. The NAR report also noted the effects of such projects related to homeowners' desire to spend time on their property. Among homeowners who participated in the NAR report and committed to standard lawn care service, 58 percent indicated they had a greater desire to be at home since completing the project, while 46 percent indicated they have an increased sense of enjoyment when spending time at home.

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February is American Heart Month and Heart Month in Canada

DYK?



The National Heart, Lung, and Blood Institute identifies excessive consumption of alcohol as one of the lifestyle choices associated with a higher risk for ischemic heart disease, which the World Health Organization notes is the leading cause of death across the globe.

Excessive alcohol consumption increases blood pressure, and high blood pressure is a risk factor for heart disease. The NIH considers consumption of more than two drinks per day for men and more than one drink per day for women excessive. Such consumption can increase cholesterol and triglyceride levels, and elevated levels of each is considered a risk factor for heart disease. Triglycerides are a common type of fat found in the body that are also found in certain foods, including butter, foods with high amounts of saturated fat, sugary foods, and simple carbohydrates.

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Did you know?



Relationship Day is a celebration of relationships and love for people across the globe. Although celebrated only within continents across North America and Europe, the holiday was first celebrated in parts of Asia and Latin America. The day is meant to honor the many relationships that sustain our lives and the love that connects us to one another. It is a day to celebrate the love that connects us to one another. It is a day to celebrate the love that connects us to one another. It is a day to celebrate the love that connects us to one another.

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The National Heart, Lung, and Blood Institute

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DYK?

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Did you know?

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**February is National
Wedding Month**



**February is Bake for
Family Fun Month**



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!

The big game happens February 8

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We are your hometown team for the best home improvement, remodeling and residential construction services in the field!

Trusted & Recommended by Your Neighbors
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Unsurpassed value • All work guaranteed
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FEELING SUPER LUCKY?

Homegating Party Pack
• 2 Large 2-Topping Pizzas
• Family-Style Salad
• 18 Garlic Knots • 2-Liter Soda
ONLY \$49

Scan This Code to Enter to Win a **FREE HOMEGATING PARTY PACK**
No purchase necessary | Enter by 5 p.m. February 08.

Pizza Restaurant

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Call, go online or scan the contest QR to order ahead for game day!

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WEB ADS  
Rectangle 250 x 300
Leaderboard 728 x 90
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TEAM UP With the Best

Local, Trusted & Recommended Since 20XX
Home Improvement • Remodeling • Residential Construction

Contact our team for a free estimate!

Home Improvement Contractor

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HOMEGATING PARTY PACK

• 2 Large 2-Topping Pizzas
• Family-Style Salad
• 18 Garlic Knots
• 2-Liter Soda
\$49

Order Now for Game Day!

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Stop and Smell the Savings

Valentine's Day Pre-Order Specials
Roses & Chocolates \$0.00
Roses & Chocolates \$0.00

Pre-order now to beat any price online!

Florist and Gift Shop

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Worth the Wake

Upgrade Your Breakfast for \$25
This includes coffee, eggs, sausage & fruit.

Breakfast Cafe

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Kid-Friendly Dental Care

Give Their Smile a Great Start!

Kid's Dental Exam, Cleaning & Digital X-Rays
ONLY \$79

BOOK NOW

Pediatric & Family Dentistry

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Presidents' Day WEEKEND EVENT

We Do Declare
up to 40% Off Storewide!

SHOP NOW

Retail Store

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Somersville Heights

Stop and Smell the Savings

Valentine's Day Pre-Order Specials
Roses & Chocolates \$0.00
Roses & Chocolates \$0.00

Pre-order inventory allows us to pass on our savings to you. Be sure to call and place your order by February 08 to beat the price listed!

Florist and Gift Shop

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Worth the Wake

Rise and shine with our amazing hot breakfast specials! Start your morning the way you deserve.

Make any breakfast plate a jumbo for just \$2 more!

eggs & omelettes • waffles & pancakes • breakfast sandwiches • breakfast pastries • fresh squeezed juice • free coffee in life

Breakfast Cafe

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February is National Children's Dental Health Month

Kid-Friendly Dental Care

to Give Their Smile a Great Start

We make going to the dentist fun! Establish quality care and pave the way to a healthy smile for life with our new patient special for kids.



Pediatric Dental Exam, Cleaning & Digital X-Rays
ONLY \$79
New patient only. Must be under age 12. Appointment required.

All dental plans welcome • Family & payment plans available

Call or schedule online today!

Pediatric & Family Dentistry

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Presidents' Day WEEKEND EVENT

We Do Declare
40% Off

Merchandise Item • Merchandise Item
Merchandise Item • Merchandise Item
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Make Your List... Sale Starts Friday!
All official offers good February 09-10, 20XX.

Retail Store

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Galentine's Day is February 13



February is National Bird Feeding Month, and the Great Backyard Bird Count begins February 13



Palentine's Day is February 13



Happy NATIONAL FLAG of CANADA DAY



National Flag of Canada Day on February 15

marks the first time the National Flag, with its unmistakably Canadian red and white maple leaf design, was flown on Parliament Hill in 1965 as a symbol of our nation's unity. Take a moment today to reflect on what the National Flag, and the Canadian values it represents, mean to you!



The history of our nation's flag:

Prior to 1965, the Canadian Red Ensign was the unofficial flag most commonly recognized and used by Canadians. The Canadian Red Ensign featured the Canadian Coat of Arms, as well as the Union Jack. The Union Jack, the national flag of the United Kingdom, also remained in use across Canada until the adoption of today's National Flag.

The debate over the design:

The Parliament of Canada voted to adopt a new design for Canada's flag and issued a call for submissions in 1964.

The Government of Canada reports that nearly 4,000 design proposals were submitted by Canadians! There was debate over featuring French and British symbols of Canada's colonial history in the flag, but the maple leaf design we know today, created by Mount Allison University historian George Stanley, became the winning proposal.



Did you know these Fun Facts about our National Flag?



The National Flag of Canada is precisely twice as long as it is wide.



Canada is the only country with a maple leaf on its flag.



The National Flag went to outer space on NASA's Challenger with the first Canadian astronaut to go to space, Marc Garneau, in 1984.



The National Flag traveled to the highest point in the world when Canadian mountaineer Laurie Skreslet took it to Mount Everest in 1982.

Rules for properly displaying the National Flag

As stated in the National Flag Act of Canada, all Canadians are encouraged to proudly display the National Flag of Canada in accordance with flag protocol!



When flown horizontally, the maple leaf should point upwards.

When hung vertically, the upper part of the leaf should point to the left, from the point of view of an observer facing the flag.

The National Flag should always be flown on its own flagpole, with no other flags sharing the pole. It should be flown with the sleeve nearest to the pole, and the canton (upper left corner) should be placed in the position nearest the top of the pole.

Source: Government of Canada

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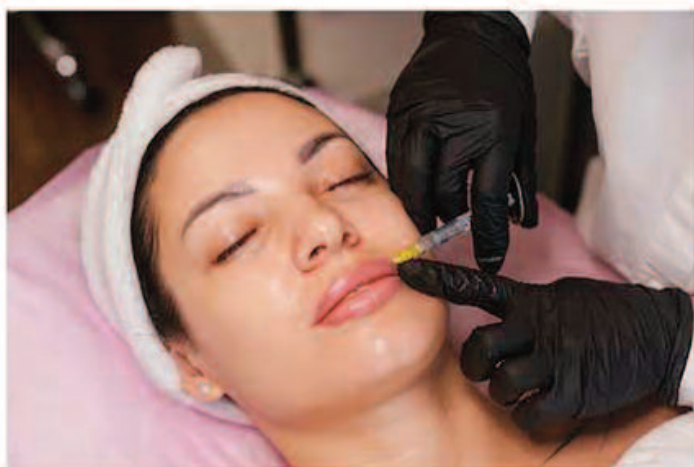
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February is National Condom Month



Safer Internet Day is February 10









CHERRY PIE

**February is National
Canned Food Month**



CANNED FOOD



PINK GRAPEFRUIT



**February is National
Sweet Potato Month**

SWEET POTATOES



PANCAKES



TANGERINES



BAKED ALASKA



STACK OF PANCAKES



GRAPEFRUIT MARTINI



FISH & CHIPS



LOADED BAKED POTATO



FISH & CHIPS

**Advertise Fish Fry Fridays
and meatless meals for
Lent beginning February 18**

**February is National Pet
Dental Health Month**



**National Inventors'
Day is February 11**

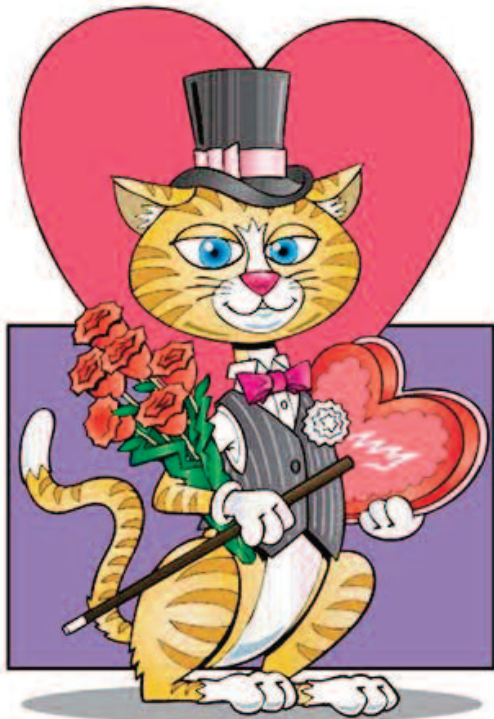




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HAPPY
Valentine's
DAY!





February is American Heart Month and Heart Month in Canada, and Women's Heart Week takes place the first week of February.





The Winter Olympic Games begin February 6.

Please note that any unauthorized commercial use of the Olympic trademarks, logos, images or symbols is prohibited by U.S. Federal law, which gives the USOC exclusive rights to the symbol of the five interlocking rings, the Olympic flame and torch, and to the words "Olympic," "Olympiad," "Team USA" and other Olympic-related words, images and symbols.





FEBRUARY IS...

BLACK HISTORY MONTH



Animals in Ojibwe

Ojibwe, also known as Anishinaabemowin, is an indigenous language spoken by the Anishinaabe people in Canada and in the U.S. Learn the Ojibwe words for these animals!



Mooz



Esiban



Gookoosh



Zhigaag



Waabooz



Ajidamoo

For more Ojibwe language resources and pronunciation go to <https://www.ojibwe.org/>

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Zhigaag



Waabooz



Ajidamoo

For more Ojibwe language resources and pronunciation go to <https://www.ojibwe.org/>

February is Indigenous Languages Month in Canada

MAZE FUN

Help this skater reach the medal!



MAZE FUN

Help this skater reach the medal!



VALENTINE'S DAY MATH MATCH

Count the pictures inside each box, then draw a line to connect it with that number!

3



7



8



5



2



4



VALENTINE'S DAY MATH MATCH

Count the pictures inside each box, then draw a line to connect it with that number!

3



7



8



5



2



4



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Games & Recipes
from Name Newspaper

WHAT'S THE DIFFERENCE?

There are four differences between Picture A and Picture B.



Answers: 1. Heart below card is upside down. 2. Missing red pattern on right wine glass. 3. Card has message. 4. Chocolate replaces heart candy.

Help this heart find its other half!



Fun FACT:

Around 250 million of these are grown for Valentine's Day each year. They are a popular offering as a gift of love.

Answer: Red roses

Run ONLINE for AT-HOME PRINTING!

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

VALENTINE'S DAY WORD SEARCH

D	V	L	O	A	V	B	L	V	P	U	M	C	A	Y	V	O	Y	F	Y
E	C	O	H	U	E	G	V	F	V	B	E	V	Y	G	P	S	H	C	H
V	L	K	D	E	R	O	I	C	L	W	C	U	H	N	D	U	K	L	A
O	R	S	T	I	O	E	I	R	T	E	N	I	T	N	E	L	A	V	O
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B	U	K	E	A	N	D	B	C	T	E	R	R	O	M	A	N	C	E	A
B	K	V	D	E	M	G	P	L	B	B	A	I	E	H	W	O	R	F	S
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H	D	D	G	E	O	C	S	V	N	C	U	B	P	W	P	S	D	P	Y
G	O	S	W	E	E	T	H	E	A	R	T	R	V	I	S	V	E	I	D
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W	L	N	O	E	T	A	L	O	C	O	H	C	A	H	Y	S	Y	C	A
G	B	S	T	F	I	G	S	A	U	P	W	V	O	D	C	K	H	W	C

Find the words hidden vertically, horizontally, diagonally, and backwards.

WORDS

ADORE
AFFECTION
BELOVED
BOYFRIEND
CANDY
CHAMPAGNE
CHERUB
CHOCOLATE
CUPID
DATE
FLOWERS
GIFTS
GIRLFRIEND
HEARTS
HUG
KISS
LOVE
MOVIE
POEM
RED
ROMANCE
ROSES
SWEETHEART
VALENTINE

Tab 10" x 13"

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



National Margarita Day is February 22



Ash Wednesday is February 18



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



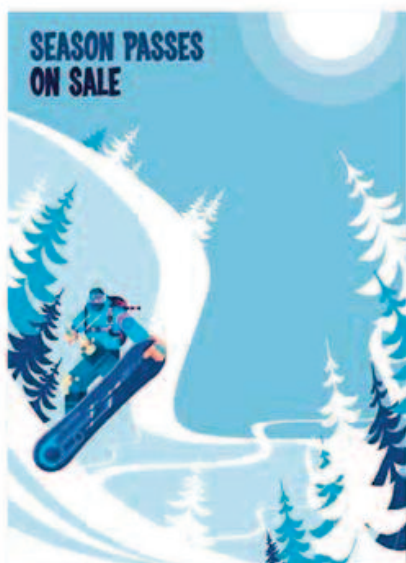
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We'll be providing new content monthly leading up to America's 250th birthday on July 4, 2026!
"AMERICA@250" THEMED
SPECIAL SECTION ALSO AVAILABLE!
For details, email service@metro-email.com
or call us at 800.223.1600.



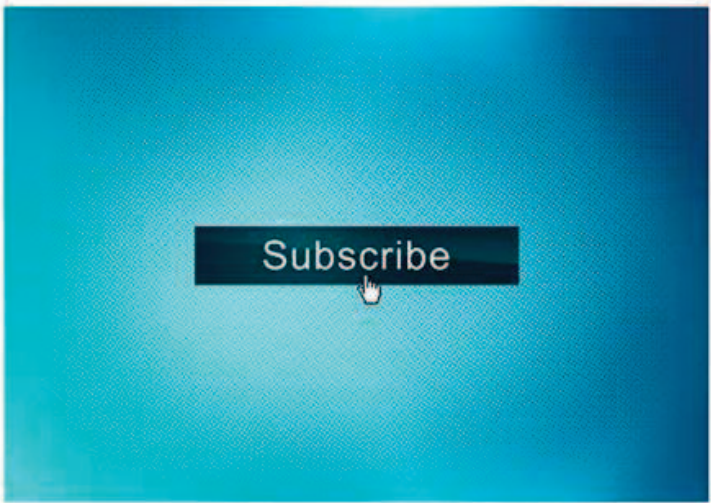


**Presidents' Day
is February 16**





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THE UNITED STATES OF AMERICA'S Semiquincentennial

Notable events in colonial America in 1776



The year the United States came to be was an interesting time to be alive, particularly for those living in colonial America. The American Revolutionary War began in 1776, and much of the year was marked by events stemming from that conflict. Below are some of the more notable events to take place during a year that has come to symbolize so much to generations of Americans.

- Thomas Paine publishes his 47-page pamphlet *Common Sense* in Philadelphia on January 10. Initially published anonymously, the pamphlet is considered a watershed moment in American history, as Paine's easily digestible writing style appealed to the masses, helping promote his arguments that encouraged common people to fight for an egalitarian government.

- The Battle of Moore's Creek Bridge takes place near Wilmington, North Carolina on February 27. The battle is sparked when loyalists, after storming across a bridge over Moore's Creek, attack a group of men they believe to be rebels. Though the engagement was brief, two loyalist leaders are killed, another is captured and the force is scattered. The failed attempt later complicated efforts to recruit loyalists in the area to fight.

- The Fifth Virginia Convention is held in Williamsburg between May 6 and July 5. The meeting of the Patriot legislature of Virginia ultimately leads to the declaration of Virginia as an independent state and the production of the Virginia Declaration of Rights, which serves as the state's rights reform or abolishes any form of government it deems inadequate.

- Thomas Hickey becomes an early casualty of the burgeoning conflict between the colonies and England when the Irish-born soldier is the first to be executed by the Continental Army for "mutiny, sedition, and treachery" on June 28 in New York City. Hickey had been part of a protective detail for General George Washington but was briefly jailed for passing counterfeit money. During that brief incarceration, Hickey told a fellow prisoner he was part of a conspiracy, and reports ultimately indicated he might have been part of a plot to assassinate General Washington, which proved enough to warrant his execution.

- An uptick incidents of violence between Native Americans and settlers in Kentucky was a ripple effect of the American Revolutionary War, and that increase in aggression was behind the capture of Jemima Boone and the Callaway girls on July 14. Days later Daniel Boone led a successful attempt to rescue his daughter and Elizabeth and Francis Callaway, who were the children of Colonel Richard Callaway, one of the first white settlers in Kentucky. A fictionalized version of the incident was included in James Fenimore Cooper's novel *The Last of the Mohicans*.

- The Great Fire of New York City destroys as much as 25 percent of all buildings in New York City as it burns through areas in lower Manhattan on September 20 and 21. The fire broke out shortly after British forces began occupying the city. While each side accused the other of arson in the aftermath of the fire, historians dispute such assertions, noting the fire likely started with burning rooftop debris before windy conditions spread the conflagration to surrounding buildings.



Presidential powers and privileges

Holding the office of the President of the United States of America is an immense honor bestowed upon an individual by the American people every four years. Overseeing the country comes with immense responsibility, and the president relies on a sizable team to keep order, maintain accountability and ensure operations run as smoothly as possible.

Although it might seem that the president has absolute authority, there are certain things a president can and cannot do. The following are some of the privileges and powers that the POTUS is allowed, courtesy of the Harry S. Truman Library and Museum.

- Make treaties with the approval of the Senate.
- The implied ability to fire executive branch officials, even if it's not explicitly mentioned in the Constitution.
- Act as Commander-in-Chief during times of war.
- Veto bills and sign bills.
- Endorse the laws passed by Congress.
- Make suggestions to what should be new laws

and employ a national platform to sway public opinion and convince Congress to support policy.

- Serve as the leader and most voice for a political party.
- Entertain foreign dignitaries and other guests.
- Recognize foreign countries in different ways.
- Grant pardons to individuals found guilty of federal offenses.
- Nominate Cabinet members, Supreme Court Justices and other high officials.
- Appoint ambassadors.
- Call Congress into special session, or end sessions if they cannot agree.

Apart from the more obvious, there are certain things the U.S. President is not supposed to do. However, although the Secret Service can advise and strongly discourage the behaviors below, the president does have the final say.

- Current and former presidents and vice presidents are not supposed to drive on the open road. Secret Service agents may allow them to drive around secured properties.
- A sitting president is not to use off-the-shelf personal electronic devices due to security concerns.

• Presidents shouldn't attend their children's performance or sporting events due to the extensive security preparations that would be necessary.

• Similar to driving a car, a president shouldn't take a commercial airline flight.

• For security reasons, opening windows in the White House and in the presidential vehicle is prohibited.

• A president shouldn't do spring cleaning, like tidying up an office. Under the Presidential Records Act, presidents are mandated to hang on to things that normally would be discarded by others, such as emails and paperwork.

The President of the United States has many privileges, but absolute power is not one of them.

Did You KNOW?

56 men signed the Declaration of Independence



Names like John Adams, Benjamin Franklin, Thomas Jefferson, and, of course, John Hancock might instantly come to mind when pondering the men who signed the Declaration of Independence in 1776. But what about the remaining signatories to the founding document of the United States? According to the National Archives, 56 men signed the Declaration of Independence, and even historians and armchair history buffs might be hard pressed to name all 56 signers of the pivotal document. Some might even be surprised to learn that various notable figures from the era were not among the 56 signers on the Declaration of Independence, a list that includes Alexander Hamilton, John Jay and George Washington, George Mason, another influential figure of the era, also decided against signing the Declaration of Independence, citing its lack of a "Bill of Rights" as motivation for keeping his pen to himself.

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Fat Tuesday is February 17



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WRESTLING



WRESTLING



WRESTLING



"And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you."

- Matthew 6:16-18

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"But when you fast, anoint your head and wash your face, that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you."

- Matthew 6:16-18

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- Matthew 6:16-18

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Lent Begins
FEBRUARY 18, 2026



Happy Ramadan



We Love because He loved Us First!




Ash Wednesday

MCC KEYWORD HINT: week1

This is your illustration and copy for February 7, 2026.



“Humble yourselves, therefore, under God’s mighty hand, that he may lift you up in due time.”
1 Peter 5:6 (NIV)

Humility in Our Service

Serving others in a humble capacity comes from the recognition that its significance is not derived from who witnesses our service, but instead, whom we are serving. In this way, we should seek out the performance of good deeds in private, and understand that our service is a personal choice, and never a contract with someone else. While we may sometimes feel that our good acts go unnoticed, we can reinforce our desires to do good for others in understanding our service is measured not by the praise it brings to us, but the good that it brings to others. Simply, we are asked to serve others with the expectation that the single benefit is the grace we receive from God, rather than the attention we receive from others.

—James Stone

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MCC KEYWORD HINT: week2

This is your illustration and copy for February 14, 2026.



“We love because he first loved us.”
1 John 4:19 (NIV)

Love in Daily Living

In the Gospels of Matthew, Mark, and Luke, Christ declares the commandments of love (for God and one’s neighbor) as the greatest. As the month of February is filled with feelings of love and sentimentality, it serves as a good time for reflection upon what love truly means to us. Particularly, we are called to love in emotion, but also action. As Christ tells his followers of the aforementioned greatest commandments, in Luke’s gospel, He follows this declaration with the well-known Parable of the Good Samaritan. In His teachings, Christ ensures to convey the distinction in solely emotional love and active love. As we reflect upon our feelings on the matter, perhaps a good question we can ask ourselves is whether we feel that we live out these teachings of active love in our relationships? Are there areas where we can improve?

—James Stone

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MCC KEYWORD HINT: week3

This is your illustration and copy for February 21, 2026.



“For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.”
Ephesians 2:10 (NIV)

Filling the Gap During Lent

As the Lenten season begins and we grow closer to the celebration of Christ’s Resurrection, there are numerous points for spiritual reflection to consider. Importantly, how can we prepare ourselves for this celebration? As the season is often characterized by personal sacrifice, in some form, we can also consider how to fill the “gap” that may create. Some things we can do during the season, then, are create new routines, perhaps relating to prayer or regular acts of kindness. Through this consideration of our service and prayer leading up to the celebration of Easter, we can foster a deeper spiritual connection to God through the holiday.

—James Stone

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MCC KEYWORD HINT: week3

Alternate illustration and copy for denominations not celebrating Lent.



“You will keep in perfect peace those whose minds are steadfast, because they trust in you.”
Isaiah 26:3 (NIV)

The Foundation of Trust

Trust can sometimes be a difficult thing to navigate within our relationships. While we certainly acknowledge the different levels of trust that we assign on an individual basis, a deeper point for reflection is thinking about where the trust comes from. Notably, we may trust someone based on feelings of love or comfortability, and we may tend to distrust based on feelings of distance or resentment. As we reflect upon these matters, we should consider ways in which we can become more trusting people. While this does not have to entail the reveal of any extra personal information, it does mean becoming a trusting person in the lives of others, allowing them to confide in us as we consider the very reasons that we consider in our most trusted friends and loved ones.

—James Stone

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MCC KEYWORD HINT: week4

This is your illustration and copy for February 28, 2026.



“Then you will call on me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart.”
Jeremiah 29:12-13 (NIV)

The Lasting Power of Prayer

We may have varied thoughts on what prayer means to us. We may have a routine for prayer, or in other instances, we may tend to pray as we feel it is necessitated. Importantly, we should always keep in mind that much prayer is of a strongly personal nature. While a prayer routine can certainly be effective, we should always attempt to maintain real meaning in our requests for intercession from God. If we find ourselves tending to pray only when we think it is necessary, we should attempt to reflect on how we can grow closer to God through prayer as a more regular capacity. In these ways, we can realize the lasting power of prayer in our own lives, and find respite in the difficulties of life as we seek a deeper connection with God.

—James Stone

PASS 2 col x 7



(AROUND THE HOUSE)



(VALENTINE'S DAY GUIDE)



(LENT BEGINS FEBRUARY 18TH)



(NATIONAL CHILDREN'S DENTAL HEALTH MONTH)



(CELEBRATING BLACK HISTORY MONTH)



(SPRING BREAK)



(HAPPY GROUNDHOG'S DAY)



(HEART HEALTH)



(PRESIDENTS' DAY SALE)



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• • FEBRUARY IS BLACK HISTORY MONTH • •

Happy Presidents' Day

Happy Valentine's Day

Lent Specials

SPRING BREAK

Weddings



(Ice Hockey)



(Ice Climbing)



(Curling)



(Curling)



(Whale Watching)



(Winter Festival)



(Sugar Shack)

SOLDES DE FIN DE SAISON

(End-Of-Season Sales)

PLANIFIONS les rénovations

(Get Ready To Renovate)

Gâtez l'être aimé!

(Spoil Your Loved One)

Mes finances, Je m'en occure!

(Staying On Top Of My Finances)



Pink Shirt Day
is February 25



SPRING CLEANING



CLEANING tips and tricks



Spring is a time of year when change is in the air. Trees are budding, birds are flourishing, and homes filled with dark or heavy fabrics and clutter could use some brightening up. Spring cleaning projects are popular this time of year as residents take inventory of their living spaces and aim to declutter, clean and improve efficiency. Some people find the prospect of getting organized overwhelming, and use some tips that can help anyone master spring cleaning.

- **Create a plan.** Make a checklist and establish a timeline of what to clean on what day. It's not necessary to clean everything in one day, but it's important to have a plan.
- **Assign tasks.** Spring cleaning can be done in a matter of days if you have all of your equipment at the ready. Have a list of what to clean, who to assign tasks to, and a timeline.
- **Start with the basics.** Clean the most visible areas first, such as the living room, kitchen, and bedrooms. Then move on to the less visible areas, such as the garage, attic, and basement.
- **Declutter.** Remove items that are no longer needed or wanted. Donate or sell items that are still in good condition. Discard items that are old, broken, or no longer useful.
- **Deep clean.** Wash windows, mop floors, and clean the oven. Use a vacuum cleaner to remove dust and debris from carpets and upholstery.
- **Polish.** Polish the furniture, the car, and the tools. This will make them look better and last longer.
- **Finish up.** Take out the trash, wash the dishes, and put everything away. You're done!

Spring cleaning can be a daunting task, but it's a necessary one. By following these tips, you can make the process easier and more efficient. Remember, the goal is to create a clean and organized home that you can be proud of.

How to organize a home's interior

With so much to gain from an organized home, individuals can consider these strategies to make interior spaces around the house less cluttered.

And professionalizing, a weekly if not daily routine that involves cleaning up spaces for the kitchen and living room can ensure a home is not cluttered by clutter before residents even notice it. For this, go through the mail and discard papers for grocery store receipts and junk mail as they start piling up. Photos of children and pets are popular items to retain home with each day so all that paperwork and email correspondence stays out of sight.

• **Purchase an air purifier.** Not only does it help with allergies, but it also helps with the air quality in your home. It also helps with the air quality in your home. It also helps with the air quality in your home.



There are a lot of things that can help you organize your home. One of the best ways to organize your home is to use a system. A system can help you keep track of everything you have and make it easier to find what you need.

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Unique features for outdoor living spaces

Homeowners cite a multitude of motivations regarding their interest in upgrading their outdoor living spaces. The 2024 U.S. Outdoor Trends Study from Houzz Research found that more than half of homeowners who participated in the study (51 percent) want to renovate to improve aesthetics, while 37 percent hoped to enhance entertaining spaces. One-third view renovating outdoor spaces as a great way to extend the living space of their homes. Homeowners who share these motivations and are committed to renovating their outdoor living areas can look to these unique features to fulfill all three goals.

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Top tips for spring fishing

Fishing attracts millions of enthusiasts. The American Sportfishing Association says one in six Americans are anglers, which equates to more than of 50 million anglers nationwide. The fishing industry supports 826,000 jobs, and excise taxes collected on fishing gear and boat fuel help fund fish and habitat programs overseen by fish and wildlife agencies in the U.S. Canadians also love to cast a line, with an estimated five to eight million anglers throughout the country, according to Fisheries and Oceans Canada.

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Nursing is a diverse field

Nursing is a wise career choice for people looking for a challenging yet rewarding profession. Significant nursing shortages continue to pose a challenge within the health care industry, as the United States was expected to have a deficit of around 295,800 nurses by the end of 2025.

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Notable events in colonial America in 1776

The year the United States came to be was an interesting time to be alive, particularly for those living in colonial America. The American Revolutionary War began in 1776, and much of the year was marked by events stemming from that conflict. Below are some of the more notable events to take place during a year that has come to symbolize so much to generations of Americans.

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Risk factors for heart disease

The World Health Organization reports that ischaemic heart disease, also known as coronary artery disease, is the leading cause of death across the globe. Ischaemic heart disease accounts for 13 percent of the world's deaths, affecting people from all walks of life and every corner of the globe. The WHO also notes that deaths attributed to ischaemic heart disease rose by 2.7 million between 2000 and 2021, the largest uptick in deaths of any disease in the world during that time.

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Local library resources that might surprise you

Local libraries have a lot to offer. While the chance to borrow a great book free of charge is reason enough to visit a local library, libraries also offer a host of additional resources, some of which might surprise you.

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Annual health checkups can be vital to cancer prevention

Annual health checkups are so vital that many insurance providers offer once-yearly wellness visits free of charge to policy holders. It's important for people to get annual physicals even if they feel fit and healthy, as these yearly visits can help uncover issues that may not be producing symptoms. Annual wellness visits also afford adults an opportunity to discuss their lifestyle with their physicians, which can identify areas where changes might be necessary with a goal toward improving long-term health.

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All-time records from the NFL's biggest game of the year

At one point during the second quarter of Super Bowl LIX between the Kansas City Chiefs and the Philadelphia Eagles, a game that ended with the Eagles hoisting the Vince Lombardi Trophy for the second time since 2017, 138 million people were watching. Such viewership is a testament to the popularity of the National Football League and its championship game, which has become a cultural phenomenon that attracts diehard fans, casual enthusiasts and even those who don't know a first down from a facemask penalty.

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Football trivia for your big game watch party

Super Bowl Sunday is a cultural phenomenon. Come the day of the big game, fans from all walks of life gather to enjoy food, friends and, of course, football. Game watch parties are arguably as anticipated as the game itself, and those hosting may look for ways to entertain guests prior to kickoff. Trivia can be a fun way to engage guests, and hosts can ask these questions and more to enjoy some lighthearted fun this Super Bowl Sunday.

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Presidential powers and privileges

Holding the office of the President of the United States of America is an immense honor bestowed upon an individual by the American people every four years. Overseeing the country comes with immense responsibility, and the president relies on a sizable team to keep order, maintain accountability and ensure operations run as smoothly as possible.

[READ MORE OR DOWNLOAD](#)



Thoughtful Valentine's gifts

Valentine's Day brightens up the bleakness of the shortest and most wintry month of the year for the northern part of the globe. Businesses and homes are awash in pink and red each February, with heart-shaped decorations and boxes filling up store aisles. Sending heartfelt sentiments is a large part of celebrating Valentine's Day, and most people cherish the day for the opportunity to bestow gifts on the ones they love.

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5 romantic locales to discover in Canada

With its far-reaching geography covering thousands of miles, Canada offers a diverse landscape for romantic escapes. Whether couples are seeking rugged coastal beauty, mountain peaks or European charm, there are many locales within Canada to help romance blossom.

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