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Outdoor Adventure
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Newspaper
Letters to the Editor



Independent
Bookstore Day



Youth Violence
Prevention



Customer
Appreciation



Shorts &
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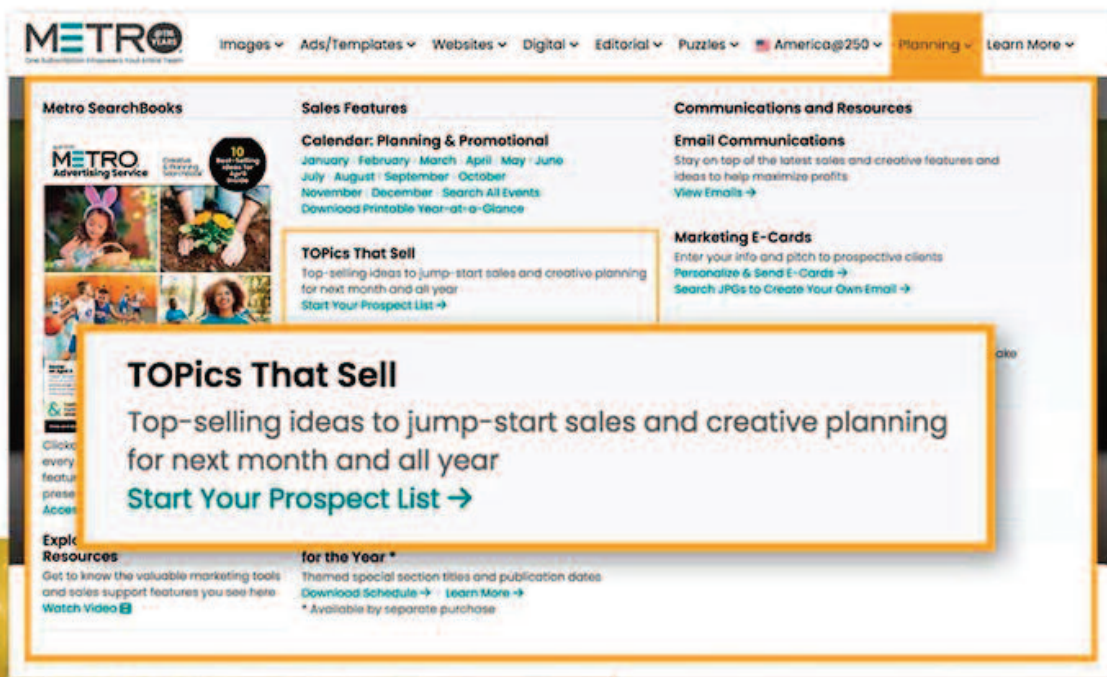
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Heartworm is a serious medical issue for pets

The American Veterinary Medical Association says heartworm disease remains one of the most significant and growing medical threats to pets.



Master the calm with daily stress relief

It's possible to lower cortisol levels and reclaim a life that is less battered by stress. Here is an easy guide anyone can follow.



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Here are some key areas to address when preparing a vehicle for a road trip.



Answering some common questions about Easter

Answering some frequently asked questions about this important holiday can be a great way for Christians and non-Christians to refresh their knowledge and maybe even learn something new about the holiday.



Easter egg coloring tips

Although it may seem like coloring Easter eggs already is a relatively simple project, there are steps that can simplify the process and make eggs more unique.



Health benefits of pickleball

Here is a deep look at the many health benefits of pickleball.



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The following are some simple steps to effect environmental change.

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HAPPY Easter



Answering some common questions about Easter

Easter is an important day on the Christian calendar. According to the *Compact Atlas of Global Christianity*, roughly 2.6 billion people across the globe identify as Christians. As Easter Sunday approaches, answering some frequently asked questions about this important holiday can be a great way for Christians and non-Christians to refresh their knowledge and maybe even learn something new about the holiday.

What does Easter celebrate?

Christians believe that God raised Jesus from the dead three days after his Crucifixion, and Easter celebrates the Resurrection of Jesus Christ.

Do all Christians celebrate Easter on the same day?

No. Most Christian churches adhere to the Gregorian calendar and celebrate Easter on what is widely referred to as "Easter Sunday" by secular organizations and other agencies. But Christian Orthodox churches utilize the Julian calendar to determine when to celebrate Easter. So that is why there is some disparity between the timing of Easter celebrations within Christian churches.

How did Good Friday get its name?

Non-Christians may wonder why Christians characterize the day Jesus Christ was crucified as "good." Though the notion of Jesus Christ being subjected to abuse and crucifixion is anything but good, Christians believe Christ's willingness to be crucified for their sin ensured their redemption. In addition, Trinity College notes that "good" in this context refers something "holy" or "pious."

What is Holy Week?

Holy Week is the week leading up to Easter. Various days during Holy Week have their own special significance to Christians. Palm Sunday, Holy Wednesday, Maundy Thursday, Good Friday, and Holy Saturday are notable days during Holy Week.

How does the Easter Bunny fit into Christian celebrations of Easter?

Though it's easy to dismiss the Easter Bunny as a secular symbol that has little to do with faith-based celebrations of Easter, reality is not so simple. According to the Smithsonian, archaeologists believe humans living during the Neolithic Age



viewed hares as a symbol of rebirth and assign a religious significance to burial rituals in which Neolithic peoples buried hares alongside human remains. So while an abnormally large bunny delivering candy and chocolate eggs might not have anything to do with faith-based Easter celebrations, the choice of animal may bear some relation to the celebration of the Resurrection of Christ.

Easter is a celebratory day on the Christian calendar. In 2026, Easter will be celebrated on Sunday, April 5, in most Christian churches. Orthodox Christian churches will celebrate Easter on Sunday, April 12.

Easter egg coloring tips

Many families will soon be partaking in a springtime tradition that has spanned generations: coloring Easter eggs.

While eggs once symbolized fertility and rebirth in Pagan celebrations, they have since come to be associated with Christianity. History.com says eggs historically were not allowed to be eaten during the 40 days of Lent. Subsequently, they were painted and decorated to mark the end of penance and enjoyed as a treat on Easter Sunday. Britannica also notes that the egg has come to represent the tomb Christ escaped, much like a chick breaks out of its shell.

Although it may seem like coloring Easter eggs already is a relatively simple project, there are steps that can simplify the process and make eggs more unique.

- **Remove eggs from the refrigerator.** Prior to dyeing eggs, bring them to room temperature by removing them from the fridge about 20 minutes before it's time to start boiling. This minimizes the chances that the egg shells will crack.
- **Use a pin.** Poking a tiny hole into the large ends of the eggs before boiling can release the air pressure inside and prevent the eggs from bursting during boiling.
- **Keep vinegar on hand.** Vinegar is the key to vibrant eggs because it acts as a mordant, which helps the dye bond to the shell. Without vinegar, the egg colors will be pale.
- **Use a whisk.** Instead of potentially breaking eggs when dropping them into dye with fingers or spoons, place the egg inside the wires of a kitchen whisk.
- **Use protective gear.** Children tend to get messy when coloring eggs. Make sure they are dressed in clothes that can get splattered. Also, wearing kitchen dishwashing gloves or latex gloves will keep hands from being stained by dye. Cover tables or counters with a water-



resistant sheet or tablecloth to further prevent staining.

- **Experiment with different dyeing methods.** Wrap rubber bands or string around the eggs before dipping to create geometric shapes and white lines. For a soft, marbled look, mix dye in a tray with shaving cream and roll the egg through. For a speckled appearance, place eggs in a container with dry rice and drops of dye and then shake.
 - **Create a drying station.** Letting eggs dry on a paper towel or newspaper can contribute to smears and white spots. Instead, poke flat-head pins into a foam board. Rest the eggs on the pins while they dry.
 - **Create some sheen.** When the eggs are completely dry, rubbing them with a drop of vegetable oil on a cloth will shine them up nicely.
- Eggs are a traditional component of Easter festivities and decor. A few easy tweaks can make the process go more smoothly and result in vivid and creative eggs.

Hop on these tips for a great Easter egg hunt

Egg hunts are a traditional component of many people's Easter celebrations. Children often delight in searching for eggs around the house or in the backyard. Egg hunts are so popular that they have become a component of many town-sponsored festivities. In fact, the White House hosts its annual Easter Egg Roll each year.

There are many ways to make Easter egg hunts more enjoyable and productive for participants of all ages. Try these "eggcellent" ideas.

- **Designate a clear hunting area.** Young children can grow frustrated searching for eggs in large areas. Set parameters for the search area that are manageable depending on the ages of the children participating. If you'll be in a large yard or field, tape off the search area perimeter.
- **Vary the prizes.** Candy, candy and more candy seems to be the name of the game on Easter. But too many sweets can lead

to stomach aches for young Easter celebrants. Instead, mix and match the prizes contained in the eggs. Candy can be in some, money in others, and perhaps small toys in a few eggs. Another clever idea is to mix the egg hunt with charades. Put charade prompts in some eggs so that kids have to act out what they read inside for added fun.

- **Special privilege egg.** Hide one egg that gives the finder the opportunity for a special honor. It may include getting the first slice of the holiday ham or being able to choose a movie that the entire family watches together after dinner.
- **Label eggs for equity.** When there are children across a wide range of ages, label the eggs with the children's names or utilize a color-coded system to ensure that everyone has an equal shot at finding eggs.

- **Keep a master list.** It can be hard to remember where each egg is hidden, so keep a running list of where they are or take photos with a phone of the hiding spots. This way you're not left to discover a chocolate-filled egg teeming with ants come summertime.
- **Make custom baskets.** Children will need something to carry their eggs. Prior to the egg hunt, let them decorate bags or baskets with Easter trinkets for custom creations.

Easter egg hunts are a time-honored tradition. The opportunities for fun are endless when families plan accordingly.





Stress Less

Stress Awareness Month

The effects of chronic stress on overall health



Stress has long been a part of modern life, but recent research suggests concerns about stress are growing. A 2024 study published in the journal *BMC Public Health* noted that 85 percent of the 149 countries examined reported worse psychological stress in 2020 compared with 2008. A Gallup World Poll taken the same year the study was released found that 39 percent of adults worldwide reported experiencing a lot of worry the previous day.

Stress has long been a complex phenomenon. Studies have found that moderate, acute stress can offer various benefits, including enhanced cognitive function and increased

motivation. But chronic stress can pose a notable threat to overall health. When chronic stress is not treated, people may experience a range of physical and psychological symptoms that greatly jeopardize their overall health.

Symptoms

The Yale School of Medicine notes a wide range of symptoms can emerge when a person experiences chronic stress. Those symptoms include physical, emotional, cognitive, and behavioral changes.

- Aches and pains
- Insomnia or feelings of sleepiness
- Changes in social behavior, such as increasing instances of staying in
- Low energy
- Lack of focus or cloudy thinking
- Change in appetite
- Increased alcohol consumption or drug use
- Change in emotional responses to others
- Emotional withdrawal

Chronic stress and disease risk

The American Psychological Association reports that chronic stress can contribute to long-term problems that affect the heart and blood vessels. Chronic stress leads to

a consistent and ongoing increase in heart rate, and the elevated levels of stress hormones when a person is dealing with chronic stress can contribute to high blood pressure. The APA notes these side effects of chronic stress ultimately increase the risk for hypertension, heart attack or stroke, each of which can prove deadly. Chronic stress also can increase inflammation in the circulatory system, including in the coronary arteries, which also can increase risk for heart attack.

Chronic stress also can contribute to diseases of the reproductive system in both men and women. Stress affects the immune system's ability to function optimally, so men dealing with chronic stress may be more vulnerable to infections of the testes, prostate gland and urethra. Women dealing with chronic stress may find symptoms of reproductive diseases like herpes simplex virus or polycystic ovarian syndrome are exacerbated.

Chronic stress should not be accepted as a normal byproduct of modern adult life. When dealing with chronic stress, individuals are urged to work with a health care professional to avoid negative outcomes that affect their short- and long-term health.

Master the calm with daily stress relief



The speed of the modern world seems to be perpetually set to turbo, and that can be stressful. Stress can quickly transition from something that provides a temporary boost in motivation to a chronic problem. While it's not always possible to tame the fast-forward nature of life, building a daily routine that

serves to buffer the mind and the body from an onslaught of stress can benefit a person's overall health.

The American Institute of Stress reports that Gallup's Global Emotions Report (2023) found about 49 percent of Americans experience significant daily stress, a particularly high rate among high-income nations. Statistics Canada says more than one in four people in Canada report high to severe daily stress levels, with rates rising to 30 to 36 percent among those age 35 to 54. The Mayo Clinic advises that chronic stress puts health at risk. Stress hormones can disrupt almost all of the body's processes.

It's possible to lower cortisol levels and reclaim a life that is less battered by stress. Here is an easy guide anyone can follow.

• **Ease into the day.** Many people start the morning with an alarm clock, checking emails or social media, or turning on the news. A barrage of information and stimuli can trigger an immediate spike in stress hormones. Instead of waking up and getting riled up, avoid screens or stressful information come the first half hour of the day. Replace screen-related activities with more mindful ones like stretching, sitting out in the sun enjoying nature or even journaling.

• **Learn breathing techniques.** Stress fires up the nervous system and slowing down breaths can combat stress. Various breathing techniques are designed to usher in calm and clarity. One of them is the 4-7-8 technique, offers the Cleveland Clinic. With this method, you inhale for four seconds, hold for seven, and then exhale slowly for eight.

• **Eat the right foods.** High-sugar snacks are a go-to when people are eating to combat stress. But these snacks cause insulin to spike followed by crashes that can mimic the feelings of anxiety. Instead, choose foods that won't cause insulin spikes, but rather help regulate the stress response. Magnesium is known to help promote calm, according to the National Institutes of Health, and foods like spinach, almonds and dark chocolate are rich in magnesium.

• **Get moving more.** Exercise is a great way to metabolize excessive stress hormones that build up during a long day. The general guidelines of 30 minutes of moderate-intensity movement a day will increase the heart rate enough to trigger the release of endorphins, which are the body's mood elevators and feel-good chemicals.

• **Write things down.** Stress can materialize when you feel you are going to forget something or have too much on your list. Writing tasks down gets them out of your brain so they aren't on a constant loop. According to Michael Scullin, director of the Sleep Neuroscience and Cognition Laboratory at Baylor University, a group of people who wrote down a to-do list of tasks they had to complete fell asleep nine minutes faster than a group that did not make such a list. This "cognitive offloading" is a physical action to relieve a mental load, and it can reduce stress.

These stress-busting tips are coping mechanisms for daily life. They don't have to be done all at once; pick one morning habit and one evening habit to start with the first week and progress from there as you adapt.



Overbooked kids may be overly stressed, too

research suggests that if all of these active pursuits come at the expense of some free time, children may face developmental and psychological ramifications.

According to an analysis from the American Academy of Pediatrics, free play time has decreased by approximately 25 percent since the early 1980s. Conversely, time spent in structured sports and academic enrichment has steadily surged. Children who participate in too much may develop "hurried child syndrome," a term coined by developmental psychologist David Elkind. Elkind suggests kids are being pushed to grow up too fast by maintaining these jam-packed schedules.

Children who have too much on their plates may increasingly develop psychological concerns. A study published in *Frontiers in Psychology* found children who spend more time in less structured activities are better positioned to set and reach goals independently. Those who are highly scheduled and structured often have difficulty managing their own time and solving problems without adult assistance.

The pressure to perform and get good grades is the leading cause of stress among teens, according to the Pew Research Center. Sixty-one percent of students report feeling pressure to perform at school. When identity is tied solely to their participation in organized activities, it can be challenging to develop resilience and handle failure.

Solution Health reports that a 2024 data analysis found a relationship between the number of enrichment activities a child participated in and their mental health. Researchers found that kids who spend more time in extracurricular activities are more likely to struggle with anger, depression and anxiety than their peers with fewer such commitments.

Having to run from one activity to the next, and sacrificing meals and sleep to fit it all in, takes its toll. Health experts suggest prioritizing quality over quantity when it comes to the activities that children participate in, and leaving time for free moments. The threshold of overscheduling varies by child, and parents should watch for signs of burnout.

Parents often want to give their children every opportunity for success in the present day and the future. In a highly competitive world, some parents may be taking their children's involvement in clubs, sports and academic pursuits a little too far, which could be contributing to a growing problem.

Dubbed "tiger parenting" and "concerted cultivation," these parenting models have been trending, typically among middle-class families. With the end goal to secure their children's future, parents and other caregivers may be filling all available hours with tutoring, sports, music lessons, volunteer work, and much more. Yet a growing body of

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Soy

Soyfoods can be an important component of a healthy diet.

Soy is a nutrient-dense, plant-based protein that is high in fiber,

potassium and iron. Because soy is low in saturated fat, it is considered a smarter protein source than animal-based products. For those looking for healthier alternatives to meat or dairy, soy can be a good thing. However, soy has been studied in the past in relation to cancer causation, notably breast cancer due to soy isoflavones that can act as estrogen in the body. Increased estrogen has been linked to certain types of breast cancer. But the American Cancer Society says a large body of evidence supports the safety of soy as part of a healthy diet. In fact, studies have found consuming soyfoods is associated with a decreased risk of no change in risk for cancer. Past studies featured mice and rats, which break down isoflavones differently than humans. Also, the doses that elevated breast cancer risk in the rodents were much higher than in studies conducted in people. Human studies have found the estrogen effects of soy seem to have no effect at all and may even reduce breast cancer risk.



Did you know?



Easter is celebrated on a different day within Christian churches.

Easter is a day of great joy for faithful Christians. Easter celebrates the Resurrection of Jesus Christ, which is detailed in the New Testament. Easter is what's known as a moveable feast, which means it's not celebrated on the same date each year. Easter also is celebrated on a different day within Christian churches. Orthodox Christians do not celebrate Easter on the same day as non-Orthodox Christians. History.com notes Orthodox Christians follow the Julian calendar when determining when to celebrate Easter. Orthodox Easter will take place between April 4 and May 8, following the first full moon after Passover. Non-orthodox Christians follow the Gregorian calendar, which was established by Pope Gregory XIII in 1582. Under the Gregorian calendar, churches determined Easter will be held on the first Sunday after the full moon that occurs on or after the spring equinox. These disparities are why Orthodox churches, which are primarily located in Russia, Greece, Cyprus, Romania, and Bulgaria, observe Easter on a later date than non-Orthodox churches. In 2026, Orthodox Christians will



Did you know?

In 2025, American climatologist James Hansen and a team of research colleagues declared **the goal to keep global temperature rise below 2 degrees Celsius was no longer viable.**

That goal, part of a pledge negotiated by 196 parties at the 2015 United Nations Climate Change Conference near Paris, France, aimed to combat climate change by keeping global temperature rise below 2 degrees Celsius above preindustrial levels. But a team of researchers that included Hansen, a professor at Columbia University, insisted that rising global energy use has made the goal impossible to achieve. Authors behind the study, which was published in the journal *Environment: Science and Policy for Sustainable Development*, also predicted that accelerated global heating will increase ice melting in the Arctic, a development that could make sea level rise of several meters inevitable.



Waterfall edge countertops

have evolved from a high-end niche trend into an increasingly popular staple.

The waterfall edge style of countertops has evolved from a high-end niche trend into an increasingly popular staple of modern architectural design. Unlike traditional countertops that end at the edge of the cabinet, a waterfall edge makes a 90-degree turn and continues down to the floor, covering a kitchen peninsula or island. According to Angi, waterfall edge countertops are known for their seamless and continuous appearances that really are show-stopping to see. They tend to make a bigger visual impact compared to traditional horizontal slabs. It's important to note that not every stone fabricator is willing or able to execute the waterfall effect. Installation requires a precise mitered edge, which risks chipping the fine-cut corner. The added expense also is nothing to take lightly. Waterfall edges also can make cleaning more involved. There is no lip at the end of counters, so it's hard to get a dustpan flush to catch crumbs off the surface. Also, the side panels of stone mean there's extra surfaces to clean and seal. The uniqueness of waterfall edge countertops merits careful consideration prior to installation.



Did you know?



The market research experts at Business Research Insights report that **the three-season sunroom market size is projected to nearly double between 2025 and 2035.**

BRI reports that 65 percent of homeowners prefer cost-effective sunrooms when seeking to extend their living space. The popularity of sunrooms can be traced to a number of variables, including year-round access to a home's surrounding landscape. That access might be hindered if the only spaces to experience nature is a patio, deck or another traditional type of outdoor living space. But sunrooms, particularly those equipped with heating and cooling, can bring homeowners in touch with nature during times of year when they might otherwise be compelled to steer clear of their outdoor living spaces due to less welcoming weather.

Heartworm Concerns

Heartworms are a concern for pet owners, and some people may wonder if they should be concerned about heartworm disease for themselves.

The National Institutes of Health notes heartworms can infect humans, but adds that it is extremely rare and generally not a serious health concern. Dogs are still the primary host for heartworms, but humans can become accidental hosts through mosquito bites. However, Healthline advises that heartworm larvae never fully mature in humans, and in many cases a person will not experience any symptoms.



It's important to note that heartworms are transmitted exclusively by a mosquito bite; a human cannot contract heartworms directly from their pet.

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THE UNITED STATES OF AMERICA'S Semiquincentennial

Interesting facts about the United States



The United States celebrates its semiquincentennial in 2026. That means the nation has been around for 250 years. Since its inception, the country has grown to include 50 states. As Americans in all 50 of those states celebrate the country in 2026, it can be both educational and fun to learn some interesting facts about the United States.

Largest state: Alaska

Alaska spans more than 665,000 square miles, making it the largest state by land mass in the entire country. In fact, Alaska is so big that it's larger in terms of square miles than the next three largest states (Texas, California and Montana) combined.

Smallest state: Rhode Island

Checking in at 1,545 square miles, Rhode Island is the smallest state in the United States. To put that in perspective, it's possible to squeeze 430 Rhode Islands into one Alaska.

Most densely populated state: New Jersey

According to July 2023 data from the United States Census Bureau, New Jersey is home to more than 9.2 million people across 7,354 square miles, making the Garden State the most densely populated in the U.S.

Least densely populated state: Alaska

Given its aforementioned size and vast amount of undeveloped land, Alaska's status as the least densely populated state should come as no surprise. According to the World Atlas, Alaska is home to 1.3 persons per square mile, which is considerably less than New Jersey's 1,298 people per square mile.

California has the 4th largest economy in the world

California's economy is massive. Even though it's part of the larger United States, California's economy is massive on its own. According to data from the International Monetary Fund and the U.S. Bureau of Economic Analysis released in 2025, California boasts the fourth largest economy in the world. Only the United States, China and Germany boast a larger economy than the state of California. And California is gaining ground, as it experienced a growth rate of 6 percent in 2024, which was better than the U.S. (5.3 percent), China (2.6 percent) and Germany (2.9 percent).

St. Augustine, FL, predates the U.S. by more than 200 years

St. Augustine, Florida, has been around awhile. Florida is home to the longest continually inhabited European-founded city in the United States. In fact, St. Augustine, Florida, predates the U.S. by more than 200 years, having been founded by Don Pedro Menéndez de Avilés of Spain in 1565.

Impactful events in U.S. history

As the United States celebrates its two hundred and fiftieth anniversary, millions of Americans will reflect on the nation's history. American history includes a great many impactful events that changed the country forever. The following are some events of note as the United States of America celebrates 250 years of nationhood.

1803

The Louisiana Purchase

Soaring prices have been the norm in the real estate market in recent years, but it was once possible to procure 530 million acres of North American territory for \$15 million. That's precisely what happened in 1803 when the U.S. and France completed the Louisiana Purchase. According to the Office of the Historian of the U.S. Department of State, President Thomas Jefferson sent James Monroe to France to work alongside U.S. Minister to France Robert Livingston in an effort to purchase New Orleans and West Florida for \$10 million. But the emissaries were surprised when Napoleon Bonaparte offered the whole territory of Louisiana to the U.S. for \$15 million. Native Americans still inhabited much of the area that was part of the sale, but the transaction included the entirety of what is now Louisiana, Missouri, Arkansas, Iowa, North Dakota, South Dakota, Nebraska, and Oklahoma, as well as portions of present-day Kansas, Colorado, Wyoming, Montana, and Minnesota.

1823

President James Monroe addresses Congress

During his annual message to Congress in late 1823, President James Monroe included a warning to European powers that they should not interfere in affairs of the Americas. According to The Gilder Lehrman Institute of American History, the powers that be in the United States were wary of European intervention in Florida, the Pacific Northwest and Latin America. The result was a statement from President Monroe, later referred to as the Monroe Doctrine, announcing that the western hemisphere was closed to further colonization by European nations. President Monroe also noted that the U.S. would not interfere in the internal affairs of nations in Europe.

1915

Sinking of the Lusitania

Though the Lusitania was a British-owned ship, the U.S. Library of Congress notes its passengers included more than 120 Americans on May 7, 1915, the day the luxury ocean liner was torpedoed by a German U-boat. History.com notes the Imperial German Embassy in Washington, D.C., placed ads in American newspapers reminding Americans that Germany and Britain were at war and that ships flying the flag of Great Britain were vulnerable to attack. Despite the warnings, Americans still boarded the Lusitania, and the sinking of the ship strained relations between the neutral United States and Germany. Anti-German sentiments began to rise in the U.S. after the sinking of the ship, and such sentiments remained even as the U.S. maintained its neutral status into 1917. The final straw, and one that called to mind the sinking of the Lusitania nearly two years prior, was the interception of the Zimmerman telegram, which revealed German intentions to return to submarine warfare and target all ships, including those carrying American passengers.

1929

Wall Street crashes on Black Monday

The stock market crash that began in October 1929 marked an end to the financial boom of the 1920s that the Federal Reserve notes had begun in August 1921 and lasted until September 1929. On what's become known to historians as Black Monday (October 28, 1929), the Dow Jones Industrial Average declined by nearly 13 percent, a fall that preceded an almost 12 percent decline on the following day. By the summer of 1932, the Dow had fallen to its lowest value of the twentieth century and 89 percent below its peak. Black Monday marked the beginning of the Great Depression, and the Federal Reserve notes the Dow did not return to its pre-crash heights until 1954.

WORD SEARCH

PRESIDENTIAL

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

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

WORDS

ARTHUR
BIDEN
BUSH
CARTER
CLEVELAND
CLINTON
COO/DGE
EISENHOWER
FORD
GARFIELD
HARDING
HARRISON
HAYES
HOOVER
JOHNSON
KENNEDY
McKINLEY
NIXON
OBAMA
REAGAN
ROOSEVELT
TAFT
TRUMAN
WILSON

Answers on page 60 >>

Happy 250 BIRTHDAY AMERICA

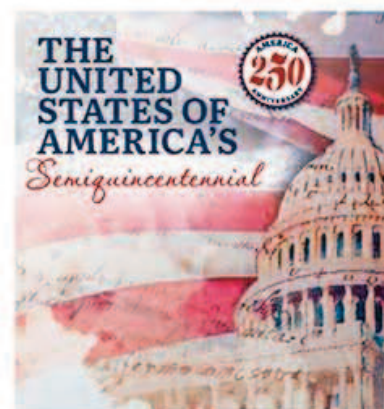
American Maze Match



Sponsor Name

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

PASS 3 col x 10"



Fully templated 32-page America@250 Themed Special Section

available as an add-on purchase – limited-time special pricing!

For details, email
service@metro-email.com
or call us at 800.223.1600.

Sponsor Ad



SALE



Easter on Sunday, April 5



Easter AD HUNT & Spelling Scramble

Hop to it and unscramble these local business names for a chance to win!



1 SSIBSUNE NEAM

Ad found on page: _____

2 SSIBSUNE NEAM

Ad found on page: _____

3 SSIBSUNE NEAM

Ad found on page: _____

4 SSIBSUNE NEAM

Ad found on page: _____

5 SSIBSUNE NEAM

Ad found on page: _____

6 SSIBSUNE NEAM

Ad found on page: _____

7 SSIBSUNE NEAM

Ad found on page: _____

8 SSIBSUNE NEAM

Ad found on page: _____

9 SSIBSUNE NEAM

Ad found on page: _____

10 SSIBSUNE NEAM

Ad found on page: _____

11 SSIBSUNE NEAM

Ad found on page: _____

12 SSIBSUNE NEAM

Ad found on page: _____

To help you solve the scramble, each business on the list has an ad appearing in today's newspaper.

Write the page number where the ad appears under the unscrambled name on your entry form.

1
2
3
4
5
6

Contest Rules and Entry

All of the scrambled business names listed are located in Name County and have ads featured in today's newspaper. Write each of the unscrambled business names correctly on the entry form, along with the page number of this newspaper where that business's ad appears.

Mail or drop off your completed entry to the newspaper address on this page.

All entries must be received by Month 00, 20XX. Contest winner will be notified on Month 00 and announced in this newspaper on Month 00. You must be at least 00 years of age and a resident of Name County to be eligible to win.

NAME NEWSPAPER

1234 Washington Street
Somerville Heights
000.000.0000
www.namewebsite.com

ENTRY FORM

Name _____

Phone _____ Email _____

Address _____

City _____ State _____ Zip _____

Mail or return this completed form to the newspaper address on this page by 5 p.m. on Month 00, 20XX.

Easter AD HUNT & Spelling Scramble

**Congratulations
to Our Contest Winner,
and Thanks to Everyone Who Entered!**



Name Person
Contest Winner

\$100
Cash Prize



**Happy
Easter**

**Thanks to these participating local businesses
for making our Easter Ad Hunt & Spelling Scramble contest possible!**

Grocery
Market

Real Estate
Market

Clothing
Store

Coffee
Shop

Variety
Store

Restaurant

Florist

Spa or
Salon

Candy
Store

Card &
Gift Card

Auto Repair
Shop

Home &
Garden Center

NAME NEWSPAPER

1234 Washington Street | Somerville Heights
000.000.0000 | www.namewebsite.com

PASS 3 col x 10

Easter CONTEST



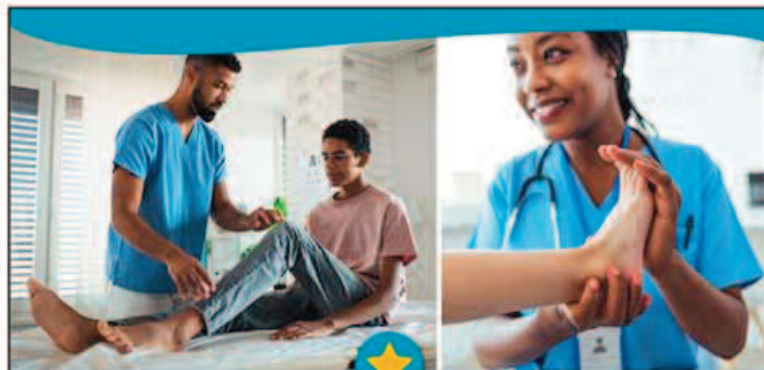
Social Media Tiles - Ready-to-post
JPG designs for Facebook or Instagram,
also available as TIF backgrounds







April Is Youth Sports Safety Month



Award-Winning Orthopedic Care for Young Athletes

When it comes to a youth sports injury, the right care is crucial for the prevention of long-term growth or developmental impairment. Our pediatric orthopedic team provides expert specialized care for growing bones, joints and muscles, helping your child get back in the game as quickly and as safely as possible.

sports injuries
traumatic injuries
breaks & fractures
spine disorders

Pediatric Orthopedic Medical Center

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

PASS 3 col x 10

Off the Bench & Back in the Game Safely

Expert physical therapy to help young athletes minimize their time out and maximize performance without pain or injury.

- Drug-Free Pain Relief
- Injury Rehabilitation & Prevention
- Performance-Enhancing Techniques

Physical Therapy & Rehabilitation Center

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

PASS 3 col x 5

Prevent. Protect. Be Proactive.

Sudden cardiac arrest is the leading cause of death in young athletes in the United States, according to the American Academy of Pediatrics. We're here to help parents detect, treat and prevent health concerns with experienced care for kids and student athletes.

- Heart & Health Screenings
- School & Sports Physicals
- Pre-participation Medical Exams
- Concussion Testing & Treatment

Pediatric Medical Office

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

PASS 3 col x 5

Award-Winning Orthopedic Care for Young Athletes

sports injuries - traumatic injuries
breaks & fractures - spine disorders

[Learn More](#)

Pediatric Orthopedic Medical Center

1234 Washington Street | Somersville Heights

Off the Bench & Back in the Game Safely

- Drug-Free Pain Relief
- Injury Rehabilitation & Prevention
- Performance-Enhancing Techniques

[Make an appt.](#)

Physical Therapy & Rehabilitation Center

1234 Washington Street | Somersville Heights

Prevent. Protect. Be Proactive.

- Heart & Health Screenings
- School & Sports Physicals
- Pre-participation Medical Exams
- Concussion Testing & Treatment

[Make an appt.](#)

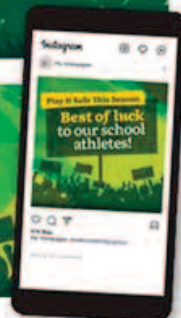
Pediatric Medical Office

1234 Washington Street | Somersville Heights

Web Ads

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





Social Media Tiles - Ready-to-post JPG designs for Facebook or Instagram, also available as TIF backgrounds





April is National Garden Month

Dig In, April is National Garden Month!

Gardening is good for you, and good for our planet...
so go ahead and dig into the benefits of this healthy hobby!



Ways Gardening Helps the Environment

1. Plants clean the air and help combat climate change by absorbing carbon dioxide and pollutants, while releasing clean oxygen.
2. A dense cover of plants and mulch helps reduce erosion and stormwater runoff by keeping soil in place.
3. Gardens support a diverse ecosystem of insects, animals and plants.
4. A strategically designed landscape can reduce energy use – and your heating and cooling bills – by providing shade or windbreak. The U.S. Department of Energy reports that well-positioned trees can reduce energy use by as much as 25 percent!



Beautiful & Beneficial Planet-Friendly Picks

Here are some tips to up the eco-friendly factor of your garden:

- Choose native plants to help support local wildlife and use less water.
- Harvest rainwater in barrels to irrigate your garden.
- Utilize organic fertilizers and natural pest control to protect insects, groundwater and soil.
- Incorporate plants that attract pollinators.

How Gardening Benefits Your Mind & Body



Reduced Stress

Gardening is widely recognized as a source of stress relief, with studies showing it can lower the stress hormone cortisol. Research shows that chronically elevated cortisol levels can contribute to obesity, heart disease, diabetes and high blood pressure.

Better Mood & Mental Health

Gardening can reduce symptoms of anxiety and depression for some people. It can also improve mood by fostering a sense of purpose and accomplishment.

Healthy Exercise

Gardening involves gentle, low-impact exercises like digging and bending. It engages major muscle groups and helps improve mobility and endurance. According to the U.S. Centers for Disease Control and Prevention, a 154-pound person burns an average of 330 calories hourly through gardening!

* As with any exercise, it's a good idea to warm up and stretch before gardening. Health experts advise consulting a doctor before beginning any new exercise program.

Ready to Grow?

Here are some tips to get started:

- Start small with a container or herb garden that's easy to maintain.
- Participate in a local plant swap, seminar or garden club activity.
- Utilize local extension offices for tips on soil preparation and plant selection.

If your home does not include outdoor space, community gardens are a great way to connect with others and share ideas!



Lawn & Garden

Masthead - Build themed pages or directory layouts, in print or online



It's Lawn & Garden Month

New deals every week, all month long, from your friendly and helpful neighborhood garden center!

On Sale Now

- Name Brand Organic Pest Control 30% OFF
- BOGO 50% Off All Planters, Boxes & Container Gardens
- Name Brand Organic Mulch \$12.99 0-lb. bag

Offers end Day, Month 00. List details, terms and conditions here.

Open Tuesday-Saturday 8 a.m.-7 p.m., Sunday 10 a.m.-3 p.m.

Garden Center Nursery

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



PASS 2 col x 5



It's Lawn & Garden Month

Fresh savings all month from your friendly and helpful neighborhood garden center!

Shop This Week's Deals

Garden Center Nursery

1234 Washington Street | Somersville Heights

Web Ads
Rectangle 250 x 300
Leaderboard 728 x 90
Mobile Banner 320 x 40




It's Lawn & Garden Month

Garden Center Nursery



It's Lawn & Garden Month

Fresh savings all month from your friendly local garden center!

Shop This Week's Deals

Garden Center Nursery

1234 Washington Street
Somerville Heights



GROW, GROW, GROW YOUR GARDEN

GROW, GROW, GROW YOUR GARDEN

GROW, GROW, GROW YOUR GARDEN

Social Media Tiles -
Ready-to-post JPG designs for Facebook or Instagram, also available as TIF backgrounds

April is also National Lawn Care Month,
and Earth Day takes place on April 22!

Use the **Calendar** links under the **Planning** tab
of your **Metro** site to discover more events each month.





April is Global Volunteer Month, and National Volunteer Week is April 19–25 in the U.S.



Celebrating Our Community's Volunteers

As we mark **Global Volunteer Month** in April, we recognize and celebrate the positive impact volunteers have on lives and communities throughout the country and around the world.



Ready to Spread Those Volunteer Vibes?

Here are some questions to consider that can help guide your search for the right volunteer fit:

- What types of issues or activities ignite your passion and motivation?
- What social issues matter most to you?
- What are your hobbies or what activities do you enjoy doing?
- Do you have particular skills you would like to share in volunteering?
- Are there any new skills or other things you wish to gain through volunteering?
- What type of involvement works best for you: long-term or short-term commitment, in-person or online interaction, group or one-on-one activities, fixed or spontaneous scheduling?



Websites like pointsoflight.org and idealists.org can help you research and find the right volunteer opportunity in your area, or consider volunteering with the local organizations featured on this page!

Is Kindness Contagious?

"The greatest work that kindness does to others is that it makes them kind themselves." – Amelia Earhart

Volunteering can positively impact our own lives, as well as the people and organizations we're helping, but did you know it can also have a positive effect on the people around us? Just witnessing acts of generosity often motivates people to pay it forward, creating a ripple effect.

In a study conducted by UCLA's Bedari Kindness Institute, half of the participants watched a video that follows a man stopping to help others as he goes through his daily routine. They gave 25 percent more to the charity than the control half of participants who viewed a video showing athletic stunts.



5

Great Reasons to Become a Volunteer

Community Impact

As a volunteer, you can make a direct, positive impact by supporting the causes you care about most.

Skill Development

Volunteering can teach you new skills and help you strengthen leadership, teamwork, and project management capabilities.

Social & Career Networking

You can explore new career paths and expand professional networks through volunteering, meet like-minded people, make new friends, and feel more connected to your community and the people around you.

Personal Satisfaction

Volunteering can provide a sense of pride and purpose. Studies show that volunteering can also help reduce stress and increase positive feelings by releasing "feel-good" chemicals like dopamine.

PET
RESCUE

SENIOR
SERVICES

MENTORING
PROGRAM

COMMUNITY
CLEANUP

FOOD
BANK



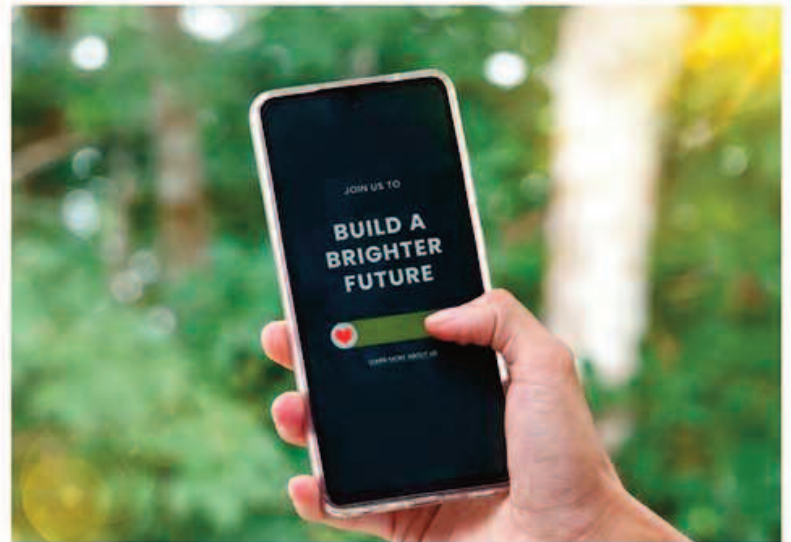
Volunteer OPPORTUNITIES



Masthead - Build themed pages or directory layouts, in print or online



Social Media Tiles - Ready-to-post JPG designs for Facebook or Instagram, also available as TIF backgrounds







Weekly games & puzzles to keep your readers focused on the page!

Included in your subscription! Download them from the Puzzles tab on the mega menu at the top of your Metro site.

ROAD TRIPPING WORD SEARCH

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

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

WORDS

ASPHALT
ATLAS
BILLBOARDS
CARAVAN
COOLER
DETOUR
HIGHWAY
HORIZON
INTERSTATE
ITINERARY
MILEAGE
MOTEL
NAVIGATION
ODOMETER
OVERLOOK
PITSTOP
PLAYLIST
ROADSIDE
SCENIC
SNACKS
SUNSET
TOLLBOOTH
VASTNESS
WANDERLUST

WHAT'S THE DIFFERENCE?

There are four differences between Picture A and Picture B.



Answers:
1. Third Adirondack chair 2. Canoe 3. Tree is shorter 4. Missing guard on dock

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to fishing.

TCKAEL

--	--	--	--	--	--

Answer: Tackle

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to sports.

MHTLEE

--	--	--	--	--	--

Answer: Helmet

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to the military.

YDTU

--	--	--	--

Answer: Duty

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to driving.

RSEET

--	--	--	--	--

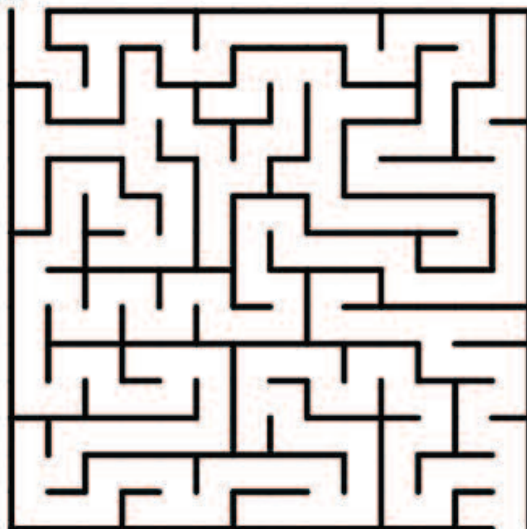
Answer: Steer

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

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

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!

Can you find your way through the maze?



Unscramble the words to determine the phrase.



CRYPTO FUN



Clue: Champion



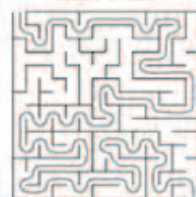
There are more microorganisms in a single teaspoon of soil than there are people on Earth.



ANSWER:

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

Maze Craze



CRYPTO FUN

Answers: A. player B. team C. score D. winner
Get Scrambled Answers: Easter Egg Hunt, Chocolate Bunny

CONNECT THE DOTS



I am a F

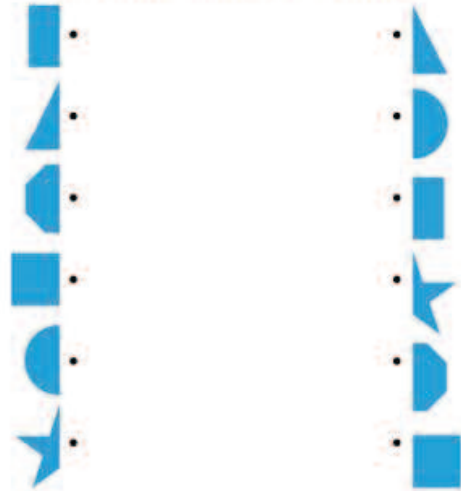
CONNECT THE DOTS



I am a flower

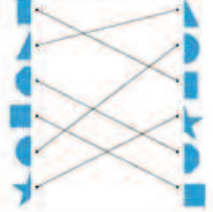
CONNECT THE SHAPES

Draw a line to connect each shape with its other half.



CONNECT THE SHAPES

Draw a line to connect each shape with its other half.



EASTER ISPY



How many do YOU spy?



EASTER ISPY



How many do YOU spy?



Spot the Difference

Can you spot six differences between these two woodland homes?



Spot the Difference

Can you spot six differences between these two woodland homes?





Creative Colouring

Colour in this picture to create your own masterpiece.



CANADA



HISTORY

1870

During the Battle of Eccles Hill, Canadian Militia defeat Fenian raiders.

SPORTS FACT:



This is a low-impact paddle sport that mixes rules of tennis, paddle ball and more.

Answer: Pickleball

Double Word Puzzle

Unscramble the individual words to reveal letters for the phrase.

LPREAY

1	2	3				
---	---	---	--	--	--	--

ROECS

4				5	6
---	--	--	--	---	---

OIPTN

				7		8
--	--	--	--	---	--	---

ATCKAT

							9
--	--	--	--	--	--	--	---

8		H	6
---	--	---	---

1							B			3	2	2
---	--	--	--	--	--	--	---	--	--	---	---	---

4				5	3	Z	6
---	--	--	--	---	---	---	---

Answers: Player, Score, Point, Attack, The pickleball craze

NEW WORD

BASELINE

the line marking each end of a court

How they say that in...

English: Ball
Spanish: Pelota
Italian: Palla
French: Balle
German: Ball



Although pickleball seems like a recent phenomenon, it actually was created in 1965. The game initially was played using makeshift equipment.



Get the PICTURE?



Can you guess what the bigger picture is?

Answer: Pickleball and paddle

Hop in today for all of your Easter Cooking & Baking Needs



All-Natural Meats, Pork & Poultry
Fresh & Frozen Seafood
Healthy Fresh Produce
Grocery & Specialty Foods
Bakery Breads & Desserts
Fresh Flowers, Gifts & Candy

Eggs On Sale
\$2.99
dozen

now through April 01



Closed Easter Sunday

*We Wish You and Your Loved
Ones a Blessed and Happy Easter!*

Shopping Hours: Monday-Saturday 8 a.m.-9 p.m., Sunday 9 a.m.-7 p.m.



Grocery Market

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

Roasted Lamb with Roasted Asparagus

Serves 8 to 10



This recipe for "Roasted Lamb with Roasted Asparagus" from "Feast of the Seven Fishes: A Brooklyn Italian's Recipes Celebrating Food & Family" (Powerhouse Books) by Daniel Paterna can make for the perfect Easter entrée. Lamb is most tender in spring and mild in flavor, and it pairs beautifully with the earthiness of asparagus!

Lamb:

- 1 leg of lamb or loin of lamb, about 4 to 5 pounds
- 5 garlic cloves, sliced
- 2 tablespoons olive oil
- 4 cups dry white wine
- 1 fresh bay leaf
- 4 sprigs fresh rosemary
- 4 to 5 sprigs fresh thyme

Cut small slits in the meat of the lamb with a sharp paring knife. Insert a slice of the garlic into each slit. Place the lamb in a large sealable plastic bag and add the olive oil, 2 cups white wine, bay leaf, rosemary, thyme, salt, and pepper. Seal the bag tightly and place in the refrigerator to marinate for 12 hours.

Remove the lamb from the fridge the next day, at least 4 hours before roasting. Keep the lamb sealed in the marinade bag and allow it to come to room temperature.

Heat the oven to 400 F. Remove the lamb from the bag with marinade. Place it on a rack in a roasting pan. Add 2 cups of wine. Roast for 1 1/2 hours or until the thermometer reads 150 to 160 F. Baste with drippings while roasting. Serve warm.

Asparagus:

- 4 pounds of asparagus, remove woody ends
- 2 cups coarse bread crumbs
- 1 cup grated Romano cheese
- 2 tablespoons garlic powder
- Freshly ground black pepper, to taste
- 4 large eggs
- Sea salt, to taste

Preheat the oven to 400 F.

Place the bread crumbs, cheese, garlic powder, and black pepper in a dish or bowl wide enough to hold the asparagus. Mix well to combine thoroughly.

Put the eggs in another dish or bowl of similar size and beat well. Working in batches, dip the spears into the egg, making sure they are coated well. Immediately place them in the bread crumb mixture and toss until each spear is fully coated. Transfer the breaded asparagus to a large baking sheet.

Place the asparagus in the preheated oven and bake for 30 minutes or until the breading is browned and crispy. Serve with wedges of fresh lemon.

Tab 10 x 13

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Holiday Facts & Funnies to Share Around the Easter Table

Largest Chocolate Easter Egg

was produced in Italy in 2011
15,873 lbs 4.48 oz / 7,200 kg weight
64 ft 3.65 in / 19.6 m circumference
34 ft 1.05 in / 10.39 m height
according to Guinness World Records

#1 Jelly Bean: red cherry

Red cherry jelly beans are
the most popular pick,
according to candy
manufacturer Jelly Belly.

Here Comes the Easter Bunny...

This tradition is thought
to have originated in
Germany, where the
"Osterhase" (Easter Hare)
would deliver colored eggs,
candy and gifts
to good children.



Crack up your friends and family with
THESE EASTER JOKES!

How did the
woman tame
the wild hare?
She put on her
Easter bonnet!

Why is Easter
the funniest
holiday
of the year?
Everyone's
cracking
yolks!

Why was the chicken
so tired
by Easter?
Too much
eggs-ercise!

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Easter DINING GUIDE



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Subscriber-only “Puzzle & Activity Book” special section is a winning marketing strategy

A Michigan newspaper group uses exclusive subscriber-only special sections as a customer appreciation perk to attract and retain print and digital subscribers.



MediaNews Group
Michigan

CREATE:

While routine special sections are included in both home-delivered and newsstand copies of their newspaper throughout the year, MediaNews Group also produces several subscriber-only bonus sections, including a quarterly puzzle book. For help producing their premium 48-page puzzle section, they turned to Metro. Jason Alley, the regional editor of custom content and features, explains, “The premade sections Metro makes available for everyone are great, but since ours are a set 48 pages, it’s been great knowing that Metro is willing to take on the additional work to customize a book to fill our needs — at an affordable price.”

SELL:

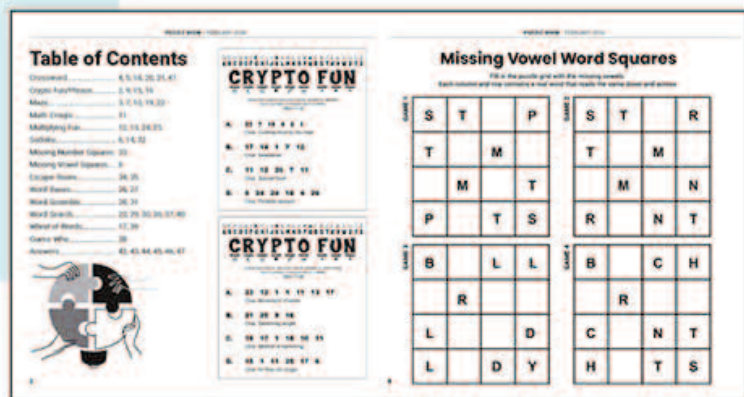
In addition to their local reporting, MediaNews Group wanted to give readers one more reason to subscribe. They started producing several premium 48-page sections each year exclusively for subscribers. The print pullout sections are also made available in the e-edition for digital subscribers. The team uses in-paper house ads that promote them as a perk of becoming a subscriber.

PROFIT:

MediaNews Group and their subscribers have been pleased with the customized sections designed by Metro. Alley says, “Whether it’s our annual holiday recipe book or the Michigan winter guide we published in December, the 48-page sections are packed with value that simply would not fit inside the traditional newspaper.”

“The topical content you have available is invaluable to our special sections, and we’re always proud to include it. We’ve also been really pleased with the customized books Metro has designed for us. Metro has always provided us with a quality product, meeting our deadlines and financial budgets. It’s a true partnership.” – Jason Alley

Jason Alley
Regional Editor,
Custom Content and Features
MediaNews Group, Michigan
734.246.0143
jalley@medianewsgroup.com



MediaNews Group contracted with Metro to build and design their 48-page custom puzzles section. Metro also built a customized holiday cookbook for the newspaper group. While large-scale custom projects like this are available for a fee, Metro continues to take custom content requests for images, editorial features, spec ads and pages at no extra charge for subscribers!

>> See Metro’s 2026 Themed Special Sections Schedule

>> Read More Success Stories

Customer Requests

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Camping & Outdoor Adventure



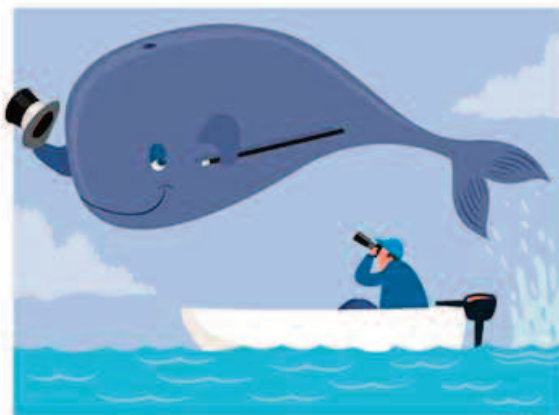
Canadian Event Headings



Whale Watching Season



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French Headings





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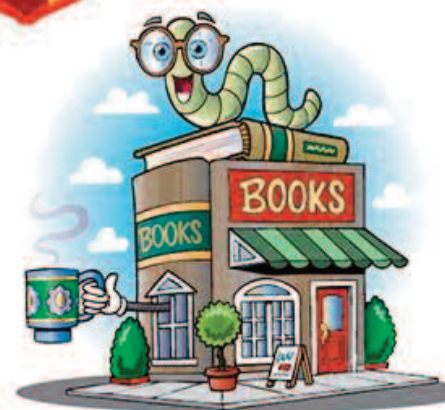
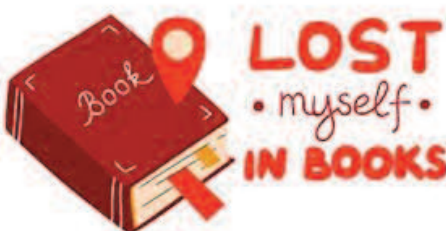
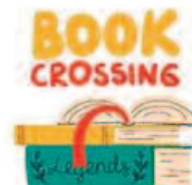
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National Youth Violence Prevention Week takes place in April
For more information, visit sandyhookpromise.org.





School & Youth Violence Prevention

12 children die each day from gun violence in America.

Another 32 are shot and injured.

More than 390,000 students in the U.S. have experienced gun violence at school since the 1999 shooting at Columbine High School.

According to Sandy Hook Promise, a nonprofit dedicated to honoring and preventing victims of gun violence

Visit www.sandyhookpromise.org for more information and resources about gun violence prevention, including the Say Something Anonymous Reporting System for students to safely share concerns about a potential threat.



What can adults do to support youth and help protect them against violence?

The Harris County Sheriff's Office (HCSO) reminds parents that, in addition to physical risks, keeping firearms in their home may put them at legal risk. In many states, parents may be held liable for their children's actions, including inappropriate use of firearms. If you do keep a firearm in your home, follow these safety precautions from HCSO and Sandy Hook Promise:

- Secure firearms in a locked case or locked storage area.
- Make sure firearms are stored unloaded or equipped with a firearm safety device. Lock and store ammunition separately.
- Only those legally allowed to operate the firearm should know where it is stored.
- Ensure children know that weapons are not to be touched.

Stay involved with the kids and teens in your life by keeping the lines of communication open.

Ask about their school, friends, activities, interests and opinions daily, so they feel comfortable discussing their feelings and any safety concerns. HCSO advises parents to set clear limits on behavior, and make sure kids know that violent behavior is not acceptable and will not be tolerated. Discuss what violence is and is not, answer questions thoughtfully, and listen to your children's ideas and concerns. The Government of Newfoundland and Labrador also offers these tips adults can share with kids to help prevent violence:

- If you witness or experience violence, bullying or threats, tell a trusted adult.
- Think for yourself, and don't ever be pressured into participating in any forms of violence or abuse.
- If you notice someone being bullied or abused in any way, step in and be a friend. Let them know that what happened to them was not deserved or fair, and make an effort to sit with them at lunchtime and include them in activities.



Address sudden behavior changes or troubling behavior in kids and teens early.

- Adults who notice sudden behavior changes should talk to kids about what's going on and help address any problems they may be having.
- Children's Hospital of Pittsburgh advises parents who notice warning signs of violent behavior to address a child's needs before problems escalate. Talk to children about problems they may be having, consider getting professional help for them, and talk to their teachers or school administrators.
- The National Parent Teacher Association says parents must step in and intervene when children exhibit behavior or attitudes that could potentially harm themselves or others. The organization reports that the most effective interventions have parent, school and health professionals working together.
- Parents can contact their local PTA or their child's school to inquire about any school-based groups focused on violence prevention. For more information about National PTA programs and resources, visit pta.org.

Youth Mental Health Services

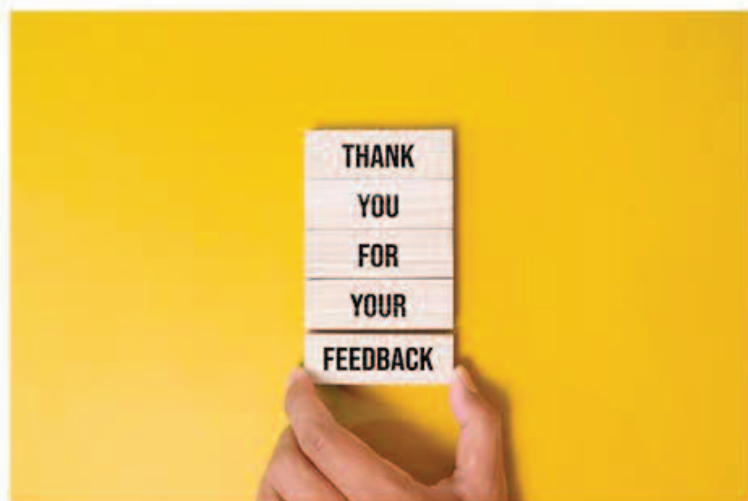
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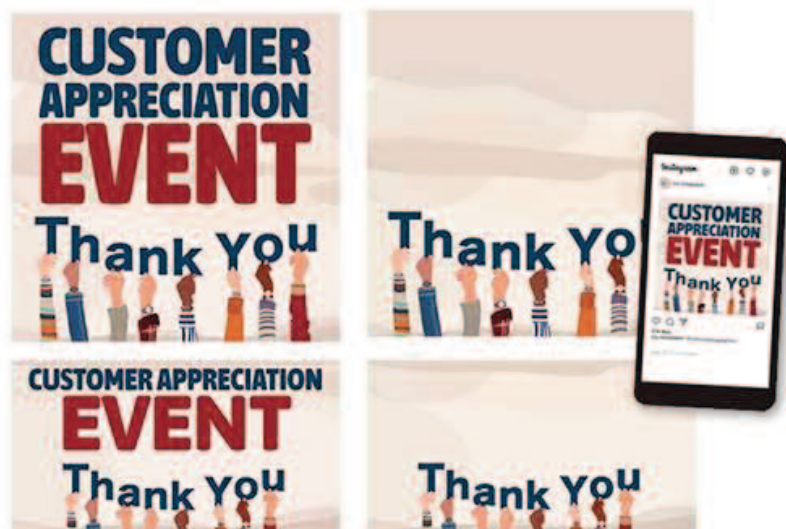
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This is your illustration and copy for for the first week of April.



“Then their eyes were opened and they recognized him.”
Luke 24:31 (NIV)

The Joy of the Resurrection

As Easter Sunday approaches, we should take a brief moment to reflect on the reason for the holiday's celebration. In reflecting upon Christ's Resurrection, we can learn much about the nature of human perception. As Luke's Gospel tells us, Christ would walk alongside two of His disciples unrecognized on the Road to Emmaus. While the disciple Cleopas and his companion would mourn the death of their teacher, Christ would ensure both of them that the Messiah would enter the Kingdom only after suffering. Importantly, the two disciples would travel the road in sorrow when they would soon recognize that their Savior stood beside them. In some ways, we may assess our own situations in a similar light. While we may simply accept hardship as a part of life, we may also ignore the joy of our conditions in being overcome with our struggles. In looking at the story of Christ's Resurrection, we see a display of His presence enriching others' hearts, even as He stands as any other humble traveler.

-James Stone

PASS 2 col x 7

This is your illustration and copy for the second week of April.



“For God is not a God of disorder but of peace - as in all the congregations of the Lord's people.”
1 Corinthians 14:33 (NIV)

The Fruits of an Organized Life

Spring cleaning is an effective way to bring about a feeling of renewal just as the weather begins to improve. While organization can certainly be tough amidst our daily lives with work and family, it can also bring us much clarity as we navigate our lives. We may find the springtime to be the best for decluttering our homes or offices, but we can also discover peace in clearing our minds. Particularly, we may consider whether there are feelings or responsibilities that are weighing on us, and from there, we can work to address these matters. In being organized in both the physical spaces we are most often within as well as our own minds, we can find a state of clarity in working towards our goals and in maintaining our relationships with God and others.

-James Stone

PASS 2 col x 7

This is your illustration and copy for the third week of April.



“The Lord God took the man and put him in the Garden of Eden to work it and take care of it.”
Genesis 2:15 (NIV)

Stewardship for Creation

With Earth Day soon approaching, it is worth reflecting on the biblical nature of stewardship. In the Book of Genesis, the Hebrew words translated as “take care of” (shamar) and “work” (abad) are used to describe humanity's role in maintaining God's creation. Interestingly, the Old Testament uses both of these words in reference to priestly service and the keeping of God's commandments. For example, we see the Hebrew abad used in the Book of Numbers in reference to priestly duties in the Tabernacle, while shamar is used in Leviticus in discussing the keeping or “guarding” of the commandments of God. In considering this point, we should view the stewardship of God's creation as another form of worship. In responding to the call of stewardship with thoughtfulness and care, we work to preserve the beauty of creation to be carried on in the lives of those who follow us.

-James Stone

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This is your illustration and copy for the fourth week of April.



“Let perseverance finish its work so that you may be mature and complete, not lacking anything.”
James 1:4 (NIV)

Patience in Continuous Growth

During the spring, we see the bloom of the flowers which patiently grew before reaching their full state of beauty. Comparing our own growth to that of a flower can help us recognize the necessary, sometimes slow, progression in any one facet of our lives. While we may hear this sentiment often, it serves as a particularly strong display of beauty borne at the intersection of nature and human effort. In our lives, the realization of growth is derived from our surroundings as well as our intention. If we understand that growth is a matter of both timing as well as our own efforts, we can come to better appreciate these efforts' fruits. While being patient in our growth does not mean we should accept slow results from our own labor, it does mean that we should accept that life leads us on a path unique to ourselves.

-James Stone

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Themed Backgrounds & Elements

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Themed Backgrounds & Elements

Create ads and pages for **Administrative Professionals Day** on April 22, **Record Store Day** on April 18 and **National Wildlife Week** April 5-9



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(SPRING SAVINGS)



(COME OUT & PLAY!)



(HAPPY EASTER)



(HAPPY MOTHER'S DAY)



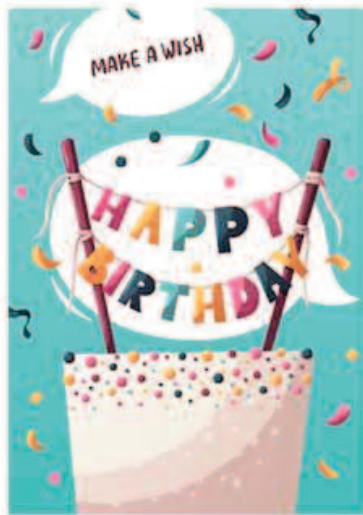
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Game night, anyone?

Game night may seem like child's play, but spending time in the company of others engaging in some light-hearted competition can be an entertaining way for adults to pass the time as well.

Board games have been experiencing a resurgence in popularity in recent years, with many people wanting to reconnect with one another in a way that television or the internet can't offer, notes Gordon Lugauer, chief executive manager of the Board Game Barister. According to a report by OnMilwaukee, a dining and entertainment guide in Wisconsin, board games are finding favor among young adults, with twenty-somethings gathering to hash out strategies for game play on Friday nights.

But it's not only board games that adults are enjoying with some regularity. According to a new Entertainment Software Association Essential Facts annual report on the U.S. Video Game Industry for 2025, 60 percent of adults ages 18 and up play video games every week. The average age of modern gamers is now 36. Nearly half of Boomers (ages 51 to 79) also play video games.

Hosting a regular game night for fellow adults can add to the social opportunities that can keep people connected. The following are some tips to make game nights successful.

- **Invite an array of people.** Bringing together a good number of people can ensure a fun night with lively conversation. Just keep player numbers in mind when choosing board games. An even number of players works best. It may be necessary to split up players among various games as many



games are capped at a maximum number of players, or to have everyone team up.

- **Choose the game in advance.** Rather than discussing what to play once everyone arrives, which can take time away from game play, select the game prior to game night. Perhaps rotate so that the person hosting gets to choose the game? Choose a game as a backup in case the first doesn't work out.

- **Ease into game play.** Don't rush game night along. Let everyone arrive and encourage conversation before everyone starts playing. This enables late arrivals to get there and not come in mid-game.

- **Create a relaxed vibe.** Instead of setting the game up around a formal dining table, keep the dining table for a spread of refreshments and move game play over to a coffee table or a smaller table in the living area. This makes the gathering more relaxed and intimate.

- **Keep finger foods on hand.** It's much easier to snack while playing games when finger foods are served. Chips, dips, pizza, miniature tacos, and frozen appetizers are great options for game nights.

- **Alcoholic beverages are not a must.** Party hosts can use their discretion regarding alcohol. While a drink or two can reduce inhibitions and help players relax and get more into game play, it's not mandatory to have cocktails, wine or beer available. The people who are regularly invited will help hosts make the call on whether or not to serve alcohol.

Start planning your game night today...using the salsa recipe below to kick off your snack menu!



Up your snack game

This recipe for "Watermelon Fire and Ice Salsa," courtesy of The National Watermelon Promotion Board, combines jalapeño peppers and watermelon for a sweet and spicy combination your guests will love!

Watermelon Fire and Ice Salsa

Makes 3 cups
3 cups chopped watermelon
½ cup green peppers
2 tablespoons lime juice
1 tablespoon chopped cilantro
1 tablespoon green onions
2 tablespoons jalapeño peppers

Combine ingredients.
Mix well and cover.
Refrigerate for 1 hour or more.

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Images ▾ Ads/Templates ▾ Websites ▾ Digital ▾

The Mega

The fastest way to access all

Editorial ▾

- Copyright-Free Editorial Features
- Ready-to-Sell Editorial Pages
- Horoscopes
- Recipes
- Ad Spot Fillers
- Themed Section Templates *
- Themed Websites & Directories *

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Digital ▾

- CMS Bot Websites *
- Themed Section Templates *
- Themed Websites & Directories *
- Marketing E-Cards
- Web/Mobile Ads
- Print with Web/Mobile Ads
- Social Media Images
- Revenue-Generating Digital & Print Event Calendars *
- Wizard - personalize web ads *
- ADS On Demand *

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Puzzles ▾

- Search All Puzzles
- Kids' Corner
- Bonus Weekly
- Crosswords
- Coloring & Activity Pages
- Horoscopes
- Metro Sudoku
- Crypto Fun
- Guess Who?
- Word Scramble
- Word Search
- What's The Difference

Websites ▾

- cmsbot Websites *
- Themed Websites & Directories *
- Themed Websites & Directories Login
- Client Gallery

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Metro SearchBooks



Clickable pages connect you directly to every idea, image, ad and editorial feature for team sharing and sales presentations
[Access SearchBooks](#) →

Explore Your Planning Tab Resources

Get to know the valuable marketing tools and sales support features you see here
[Watch Video](#) 📺

Sales Features

Calendar: Planning & Promotional

January February March April May June July August September October November December Search All Events
[Download Printable Year-at-a-Glance](#)

TOPics That Sell

Top-selling ideas to jump-start sales and content for next month and all year
[Start Your Prospect List](#) →

12 Months of Revenue Ideas

Coordinated content to sell print, digital and advertising around new themes all year
[Get Inspired](#) →

Customize Spec Ads with Wizard *

Personalize and share print and digital ads as presentations with advertisers in three simple steps
[Try It Out](#) →

Plan Your Special Sections Program for the Year *

Themed special section titles and publication schedule
[Download Schedule](#) → [Learn More](#) →

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- Illustrations
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- Auto Photos *
- Logos & Trademarks *
- Food & Dining *
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Ads/Templates ▾

- Spec Ad
- Web/Mobile
- Editorial
- Marketing
- Themed
- Wizard
- ADS On Demand

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ga Menu

your Metro site has to offer

Communications and Resources

Email Communications

Stay on top of the latest sales and creative features and ideas to help maximize profits
[View Emails](#)

Marketing E-Cards

Enter your info and pitch to prospective clients
[Personalize & Send E-Cards](#)
[Search JPOs to Create Your Own Email](#)

Contact a Metro Client Rep

Schedule a quick walkthrough of your Metro services, make a content request or let us help with your questions
[Let's Connect](#)

Succes\$ Stories

A look at moneymaking program ideas from peer publications
[Read This Month's Sales Success Story](#)
[Share Your Success Story](#)

Themed Special Section



This very special section will celebrate Americans past and present, giving local advertisers an opportunity to share their patriotic pride and connect with the community in celebration of this historic anniversary!
[Buy Now for \\$95](#)
[View Section](#)

Available Now to All Metro Subscribers:

America@250 Content

Check back often for new uploads all year!
 Access images, ready-to-run pages, sponsor-ready ad templates, editorial features, promotions and ideas to connect with community and advertisers.
[Access Templates, Images, Editorial & More](#)



Marketing E-Card

Enter your information and offers to pitch ad sales to prospective clients!
[Personalize & Send Your E-Card](#)

Themed Website and Directories



Mobile-responsive digital versions of this ready-to-go section are also available to help you easily take ad sales online! If you are not already a Themed Websites & Directories subscriber, it's time to find out more about these revenue-ready themed websites. [More Information](#)
[View Website](#) [Directory](#) [Ad Directory](#)

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 Campaigns & Classified
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 Wizard Spec Ad Library
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