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& National Nurses Week, Mental Health Awareness Month, Water Safety Month, Hamburger Month, Cinco de Mayo, Victoria Day weekend, America@250, shop local Canada, summer camp registration and more

[illegible]

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Last Days of the School Year



Graduation 2026



Memorial Day & Military Appreciation Month



Mother's Day is May 10



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Summer Camp Registration



Mental Health Awareness Month



National Nurses Week



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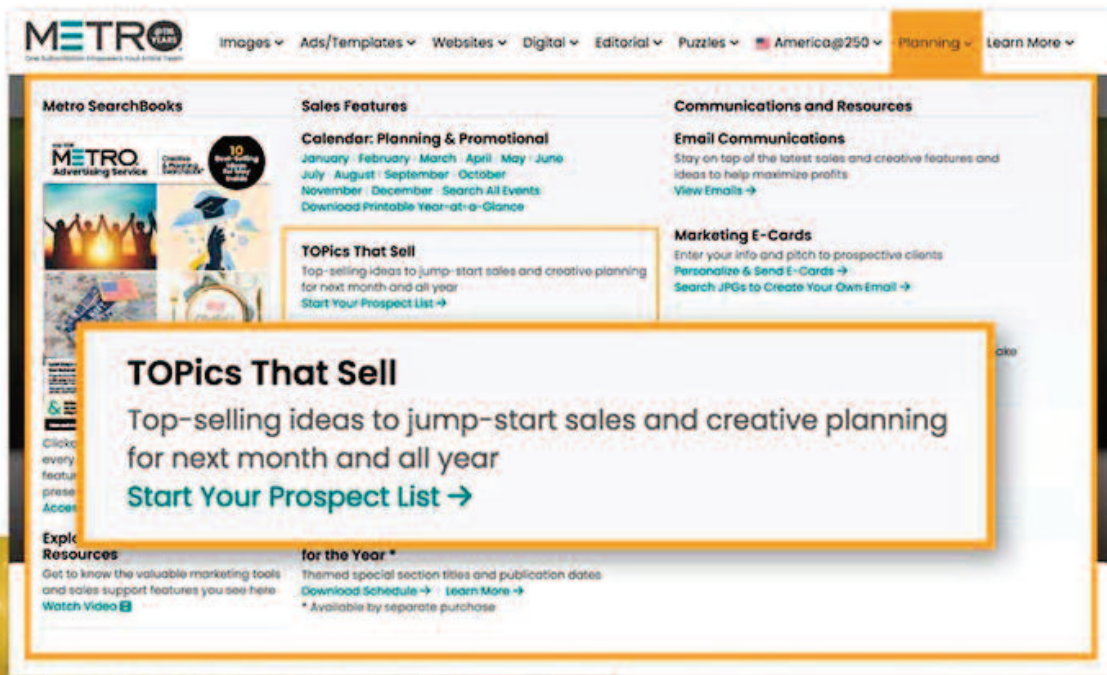


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Use our **TOPICS THAT SELL** site page to strategically plan for the month ahead and **EXPLORE IDEAS THAT SELL ALL YEAR:**



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TOPICS That Sell for May



- Graduation
- Mother's Day
- Last Days of the School Year
- Memorial Day & Military Appreciation
- National Nurses Week
- Mental Health Awareness Month
- Water Safety Month
- Cinco de Mayo
- Summer Camp Registration

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- America@250
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- Auto Dealerships
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- Coffee
- Community/Neighborhood
- **New:** Customer Appreciation
- Expos & Conventions
- Finance & Banking
- Garage Sales
- Medical & Health
- Newspaper Marketing
- Pets
- Real Estate
- Restaurants & Bars
- School & Education
- Shop Local
- Sports
- Weddings
- Wellness & Beauty

Click on any TOPic for the latest templates, images, editorial features and more to engage advertisers and readers around a theme, holiday or event.

May 2026

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

Happy Spring

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Calendar: Tab 10 x 13 | Broadsheet 6 col x 21 • Sponsor Ad: PASS 6 col x 3.5

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May is National Water Safety Month

Drowning is a leading cause of death for children.

Drowning can happen in a matter of seconds.

Children can drown without a sound.



WATER SAFETY TIPS

- Always pay close and constant attention to children you are supervising in or near water.
- Pools and spas should be fenced with adequate barriers, including four-sided fencing.
- Learn swimming and water-safety survival skills, including CPR.
- Children, inexperienced swimmers and all boaters should wear life jackets approved by the U.S. Coast Guard.
- Always swim in a lifeguarded area.
- The American Academy of Pediatrics recommends teaching children to swim by age 4, and says many children can begin swim lessons as early as 12 months of age.
- Teach children how to dial 9-1-1.

Drowning IS preventable!

Drowning can happen anywhere water is present, from a pool or hot tub to a bathtub or even a bucket. The American Red Cross implores adults to ensure multiple layers of protection, including the water safety tips on this page, are in place to help prevent drowning.



If a child is missing, ALWAYS check the pool or spa first. Every second counts!

Sources: American Red Cross, California Department of Social Services

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How to maximize a real estate investment

Buyers can consider these strategies to make the most of a real estate investment.



Tips to build a social network in middle age

Middle-aged individuals can explore these ideas to build a meaningful and engaging social network.



How to reengage with a hobby

Individuals who want to reengage with a hobby can try these tips.



Experiential gifts for Mom this Mother's Day

Gift givers can opt for these heartfelt experiential gifts for Mom this Mother's Day.



Gardening and mental health

A study published in 2018 in the journal Clinical Medicine found that exposure to plants and green space, and particularly to gardening, is beneficial to both physical and mental health.



Surviving seasonal allergies

Trees, flowers and grasses are ripe with pollen in spring, which can produce a bevy of symptoms for people with seasonal allergies.



A refresher course in cycling safety

Bicycle safety tips cannot remove all of the risk, but they can help a person make smarter choices to avoid injury.



Mother's Day brunch pointers

With so many people planning to enjoy a midday meal at restaurants Mom will love, it can be worth anyone's while to consider a few Mother's Day brunch pointers leading up to Mom's big day.



Summer pool party safety

By staying up-to-date on safety standards and being vigilant when hosting others, people can ensure that the pool remains a place to relax and have fun.



The symbols of graduation

As graduates prepare to receive their diplomas or degrees, they might be curious to know what's behind some notable symbols of graduation ceremonies.



Popular prom songs through the years

Popular prom songs through the years.

[>> Click here to access all May articles](#)

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GRILL & BBQ *Season*



Mother's Day GUIDE



Skin Cancer

Detection
& Prevention



★★★★★★★★ **NATIONAL** ★★★★★★★★

Military Appreciation Month



PROM PLANNING



Mastheads – Build themed pages or directory layouts, in print or online



Skin Cancer

Detection & Prevention

Warning signs of skin cancer



The World Cancer Research Fund notes that skin cancer is the seventeenth most common cancer across the globe. Skin cancer is a global menace, but it might be a greater concern for some than others. The United States had the highest skin cancer incidence rate in 2022, while Canada had the eighth highest incidence rate of the disease of any country across the globe. Though no one is immune to cancer, Americans and Canadians may need to be especially vigilant if they hope to reduce their risk for the disease.

One of the steps anyone can take to improve their stance in the fight against skin cancer is to learn to spot signs and symptoms of the disease. The earlier cancer is diagnosed, the more treatable it is and the better the prognosis. The MD Anderson Cancer Center notes that skin cancer may not show clear physical signs at first, which can delay detection. But certain sensations affecting the skin, including itching, tenderness, pain, or a burning feeling, may indicate the presence of skin cancer. When early symptoms are visible, they may include:

- A new spot on the skin
- Changes in an existing mole or spot that alter its size, shape or color
- A shiny bump on the skin, which may be red or skin-colored
- A rough, red patch that feels dry or scaly
- A spot that itches or hurts



The presence of any of these symptoms is not necessarily indicative of skin cancer, but they should be brought to the attention of a health care professional immediately.

As skin cancer worsens, symptoms might change. In such instances, the MDACC notes a person can be on the lookout for various signs, including:

- A sore that does not heal
- A raised bump with a center that bleeds or forms a scab
- A bump that looks like a wart
- A scar-like area with no clear edge
- A mole that changes quickly or one that features uneven edges or colors

Anyone concerned about their skin cancer risk is urged to speak with a health care professional regarding what they can do to protect their skin. Additional information about skin cancer and its symptoms is available at mdanderson.org.

Skin cancer prevention for seniors



Wisdom and age frequently go hand in hand. But when it comes to knowledge of the latest medical advancements, some older adults may not be up-to-date.

Medical recommendations evolve over time. After all, it wasn't too long ago people were told to avoid foods containing high amounts of dietary cholesterol because it would raise their own blood cholesterol levels. Now MedlinePlus says the general consensus is that eating dietary cholesterol has a minimal impact on blood cholesterol for most people. And people in their 70s may have raised children thinking it was fine to lay the child in the crib on the baby's stomach. Now the advice is "back is best."

Medical professionals now know that exposure to ultraviolet rays of the sun and tanning beds can contribute to the development of skin cancer. But just a few generations ago people were slathering on baby oil and using suntan reflectors to accelerate tanning. The risk of skin cancer is raised for those who have had cumulative exposure to the sun. So it is essential that seniors practice sun safety every day so they are not adding to the damage that already may have occurred. It's also foolish to think, "I've made it this long without skin cancer, and it takes decades to develop, so I'm never going to get it."

No one knows how long they will live and it's important to take care of oneself to live as strong, healthy and long as possible. To that end, seniors can employ these sun safety tips, courtesy of the Skin Cancer Foundation.

• **Learn the facts.** Suffering just five sunburns over your lifetime more than doubles your chances of developing melanoma, and each successive tan or sunburn raises the risk even further. Suntans damage the skin's DNA and age it before its time. Also, skin undergoes changes that reduce defenses against disease and healing. One bad burn as a senior may be the final straw.

• **Use sunscreen.** Sunscreen may not have been widely used when today's seniors were young. Just because that was the norm then doesn't mean things can't change now. It's never too late to reduce your skin cancer risk by lathering on sunscreen daily — even when the sun doesn't seem particularly strong. Seniors should look for a broad-spectrum sunscreen with SPF 30 for daily use.

• **Wear protective clothing.** Choose tightly woven, long-sleeved shirts, long pants, and wide-brimmed hats to protect you. You can purchase clothing that has sun protection built right in.

• **Avoid being outside during certain times of day.** Stay out of the sun when it is at its peak. Radiation is typically the strongest between 10 a.m. and 4 p.m. That's when the risk for skin damage is highest, says the American Cancer Society.

• **Seek shade.** When spending time outdoors, seek shady spots, whether you're under an umbrella or in tree-lined areas.

Sun safety for seniors is generally the same for people of all ages. But it becomes a more urgent necessity due to cumulative sun exposure that comes with age.



Did you know?

According to the Skin Cancer Foundation, skin damage builds up over time, beginning with a person's very first sunburn. The more a person's skin burns, the greater his or her risk for skin cancer becomes. The SCF notes that the same ultraviolet (UV) rays that damage skin alter a tumor-suppressing gene. That alteration gives injured cells a smaller window to repair before a tumor becomes cancerous. Five or more sunburns in a lifetime doubles a person's risk for melanoma, which can be deadly. That cumulative effect underscores the need to emphasize skin protection methods, such as wearing sunscreen and avoiding exposure to the sun between the hours of 10 a.m. and 4 p.m.

PROM PLANNING

Prom expands beyond the dance

Prom is much more than a dance. It is a rite of passage and a memorable component of the high school experience. The few hours spent dancing and socializing at a catering hall or other venue will be the centerpiece of prom night, but often there is more to the festivities. Increasingly, students incorporate pre-prom events and after-prom adventures, during which additional memories are made.

Getting ready

Many young women enjoy prepping for the prom together. This presents a chance to work on each others' hair and makeup, and ensure that the finishing touches are all set. Depending on the school, some students may have an early dismissal on the schedule so prom-goers have ample time to get ready. It's possible to meet at a spa, salon or someone's house to put together the perfect prom aesthetic. This is a busy day, so it's always a good idea to pre-book prom treatments well in advance to ensure that beauty professionals will be free and able to accommodate groups.

Pre-prom gathering

Pre-prom get-togethers are all about looking good before the dancing (and sweating) occurs. This is the time when friends gather to take photos with their closest group of besties. Typically, one student who has a home with a scenic backyard hosts the pre-prom mixer. Light snacks, photo opportunities with balloons and backdrops are the norm. It can be a nice touch to have a parents' station with some snacks and beverages so that parents can mingle and grab their own photos as well.

The pre-prom gathering also is a way to facilitate easy transport to the prom. Groups can coordinate vans, party buses or limos to stop at this centralized location.

Prom after-party

Once the last song is played and the lights come on at the prom venue, it may seem like the night is done. But this is not quite the case for those who want the fun to continue. After-prom events tend to fall into two distinct camps: the school-sanctioned option and the private party. The school event may feature things like

inflatables, food, casino-type games, and more music. Some are lock-in events where students stay until morning, helping to keep people off the road in the wee hours.

Private after-parties run the gamut of classic house parties to diner hangouts to destination trips. In many regions of the country, it is a tradition to head to a beach house, a cabin or a hotel in a hot spot for the remainder of the prom evening and potentially the weekend. Students and parents must carefully weigh the pros and cons of these types of parties, and make every endeavor to keep participants safe. Some hotels will not allow bookings to underage patrons, so that also is a consideration. Families may want to establish pacts that hold students to certain behavior standards, such as avoiding alcohol, drugs and intimate encounters at prom after-parties. The after-party requires a level of responsibility and trust on the part of all involved.

Prom has evolved to be an all-day event that mixes the getting ready stage with pre-prom photo opportunities, the dance, and then the after-event. This maximizes the chances for memories that will last a lifetime.

Prom night prep tips for parents helping teens



Prom is a teenage rite of passage. Prom night provides one more exciting adventure in a school experience that likely started with preschool jitters and will soon culminate with graduates receiving their high school diplomas.

Prom night planning reaches a fever pitch a few weeks before the big event. A significant amount of time and money are involved in making prom a night to remember. While teens may be focused on fashion and fun, parents may be wondering what they can do to steer their sons and daughters in the right direction. Here are some pointers to consider as families prepare for prom.

Set a budget

The pandemic has affected supply chains and has contributed to increased prices on all types of consumer goods, so you may find that prom attire and accessories will cost more this year. Figure out what you can afford to contribute to the prom, and ask your teenager to pitch in. If your child is footing some of the bill, there may be a greater willingness to curtail spending. One way to save money is to rent a gown/tuxedo rather than purchasing one outright.

Be a parent first, friend second

The Insurance Institute for Highway Safety says the months of April through June are some of the most dangerous times of year for teens, particularly regarding alcohol-related traffic accidents. Many teens are looking at prom night as an opportunity to let loose, and that may include alcohol consumption or drug use. Parents must not condone underage drinking when hosting teens at home or when hosting an after-party at a hotel or restaurant where alcohol will be served. Not only is it irresponsible, it is illegal to give alcohol to anyone who is under 21.

Set an example by keeping calm

Prom planning can be stressful. Various details have to come together on the big day. Even though they may appear to be young adults, teens still may have meltdowns or impulse control issues when things don't go their way. Set an example by reacting to obstacles calmly and finding workarounds.

Stay involved

An involved parent may help keep a teen out of trouble. A Statistics Brain survey of nearly 13,000 high school students found that 14 percent of girls reported having sex on prom night, and 5 percent of girls and 3 percent of boys lost their virginity on prom night. There's also the potential for sexual assault at prom, particularly when alcohol is present. Informed parents who are keeping tabs on who their children will be hanging out with and setting partying limits can make prom night as safe as possible.

Prom night can be an enjoyable life experience. Parents can do their parts to make prom safer and less stressful.

Popular prom songs through the years

Popular songs provide the soundtrack to young adults' lives. Such songs offer comfort when hearts are broken, provide some common ground with peers, and can even lift a person up for a study session or before a big game.

Music also plays a large role on prom night. Prom music is a mix of high-energy anthems and slower ballads. These songs can serve as poignant reminders of the ups and downs of high school. Memories sparked by music can last long after photos or other mementos are forgotten.

Over the last 30 years, certain songs have become associated with the eras in which they first debuted. Naturally, these were the songs also popular at proms during those years. Here is a look back at some of the most popular prom songs from the 1990s until today.

1990s: Iconic power ballads and R&B slow jams

Proms during the 1990s were dominated by larger-than-life soundtracks and R&B groups, which served as a balance to the grunge and heavy-hitting songs of that time. This certainly was the peak of the slow dance era, with songs that also served double-duty as cinematic soundtracks.

- "I Swear," All for One
- "(Everything I Do) I Do It for You," Bryan Adams
- "Finally," CeCe Peniston
- "I Don't Want to Miss a Thing," Aerosmith

- "My Heart Will Go On," Celine Dion
- "I'll Be," Edwin McCain
- "The Crossroads," Bone Thugs-N-Harmony

2000s: Party Anthems

Moving into the 2000s meant an energy shift toward more hip-hop and club hits that certainly got the room moving. Proms were upbeat and certainly entertaining with this playlist.

- "Yeah!", Usher featuring Lil Jon & Ludacris
- "Mr. Brightside," The Killers
- "Hips Don't Lie," Shakira
- "Get Low," Lil Jon & The East Side Boyz
- "If I Ain't Got You," Alicia Keys
- "Chasing Cars," Snow Patrol
- "Hero," Enrique Iglesias

2010s: Electronic Dance Influence

The party continued into the next decade with the rise of electronic dance music and songs that would go on to spark viral moments on early social media channels. The following songs likely were played for prom-goers from 2010 onward.

- "Uptown Funk," Mark Ronson featuring Bruno Mars
- "Party Rock Anthem," LMFAO
- "All of Me," John Legend
- "Thinking Out Loud," Ed Sheeran
- "Timber," Pitbull featuring Kesha
- "Shut Up and Dance," Walk the Moon

- "Shake It Off," Taylor Swift
- "Despacito," Luis Fonsi featuring Daddy Yankee

2020s: Nostalgia and Viral Hits

The modern era's prom songs have reflected a nod to 2000s nostalgia, as well as a blend of songs that have dominated social media.

- "Stay," The Kid Laroi & Justin Bieber
- "Levitating," Dua Lipa
- "About Damn Time," Lizzo
- "As It Was," Harry Styles
- "good 4u," Olivia Rodrigo
- "Espresso," Sabrina Carpenter
- "Pink Pony Club," Chappell Roan

Timeless Favorites

While popular music tends to dominate prom night playlists, there also are likely to be a number of "forever" songs played, regardless of the year.

- "Don't Stop Believin'," Journey
- "Cupid Shuffle," Cupid
- "Cha Cha Slide," DJ Casper
- "Dancing Queen," ABBA
- "Starships," Nikki Minaj
- "Sweet Caroline," Neil Diamond

Prom music sets the soundtrack for students' lives and can help people remember the feeling of that evening long after prom has come and gone.

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The average person spends about
7 hours per day looking at screens.

People have been increasingly spending a considerable amount of time on devices.

ZipDo Education reports indicate the average person spends about seven hours per day looking at screens. Adults in the United States may be using their screens even more, averaging between seven and 8.5 hours daily across all devices. A Reviews.org report titled "Screen Time and Internet Usage 2025" says that screen exposure is even higher when factoring in both work and entertainment. When adding those variables, Americans may be spending in excess of 12 hours per day on screens. Digixie, an SEO firm based in India, says young adults (Gen Z) spend the greatest number of hours on screens, averaging around nine hours per day.

Did You Know?

According to the Department of Defense (DOD), the United States Armed Forces had 1.33 million people identified as active troops as of 2025.

The DOD reported that an additional 770,118 people were serving in the National Guard or as reserves as of 2025. Active-duty Armed Forces personnel in the United States are spread across six main service branches: the Army, the Navy, the Air Force, the Marine Corps, the Coast Guard, and the Space Force. As of December 2025, the Army had more active-duty troops (447,455) than any other branch of the American military. The Navy (339,602) had the second most active-duty troops, while the Air Force (315,317) was the third largest branch in terms of active-duty troops.

Did You Know?

A significant percentage of American children are being raised by a grandparent.

According to data from the U.S. Census Bureau,

2.74 million children in the United States were being raised by a grandparent in 2021.

The USCB notes that such children were living with at least one grandparent who was responsible for most of their basic needs. **Grandparents also play a notable caregiving role in Canada, where Statistics Canada reports one in five unpaid caregivers in 2022 reported providing roughly 15 hours of care each week to a grandchild or grandchildren over the previous 12 months.** Though the figures from the USCB suggest a growing number of grandparents have taken on caregiving roles in recent years, data indicates that such increases are generally applicable only to older grandparent caregivers. Indeed, the USCB reports that the number of grandparent caregivers between the ages of 30 and 59 declined between 2009 and 2021, while the number of grandparent caregivers ages 60 and older increased during that 12-year period.



Lyme disease

affects thousands of people every year.

But instances of the disease may be under-reported.

The Bay Area Lyme Foundation estimates more than 630,000 people are diagnosed with Lyme disease annually in the United States. However, the Centers for Disease Control and Prevention says only a portion of those cases are officially reported through surveillance each year. Tick-borne illnesses are rising due to climate change and human expansion into forested areas. Lyme disease is just one of the many illnesses that ticks can spread. Unlike some other illnesses, Lyme disease can be contracted even if you've been bitten before. There is no immunity development in the body. Left untreated, Lyme disease can cause serious issues with joints, the heart and the nervous system, says the Cleveland Clinic. However, if diagnosed in the early stages, Lyme disease can be successfully cured with prompt antibiotic administration. MedlinePlus says use of doxycycline is highly effective at curing the infection and preventing long-term complications. It generally takes two to four weeks of oral antibiotic administration to eradicate Lyme disease. However, while most patients make a full recovery, some may experience lingering fatigue or pain even after the infection is gone. This is known as Post-Treatment Lyme Disease Syndrome.



Did You Know?

According to the Canadian Armed Forces (CAF) Disposition from the Government of Canada, the CAF has an authorized strength of up

71,500 Regular Force members and 30,000 Primary Force Reserve members.

The actual strength of the CAF includes 59,942 cadets, 6,771 Cadet Organizations Administration and Training Service (COATS) personnel, 4,858 Rangers, and 3,500 Junior Canadian Rangers. As of September 2023, the Canadian Army (28,579) had the most Regular Force personnel, followed by the Royal Canadian Air Force (15,553) and the Royal Canadian Navy (8,575).



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Always find your latest content for this topic under the America@250 tab at the top of your Metro site – just look for the American flag!

250th AMERICA

Catch a glimpse of American history at these historic trust sites

America's semiquincentennial marks a great time to explore 250 years of United States history. There's no shortage of ways to engage with American history, which has been well documented in books, films, magazines, websites, and more.



The National Trust for Historic Preservation was founded more than 75 years ago.

Visiting a historic preservation site is another way to experience American history. The National Trust for Historic Preservation was founded more than 75 years ago as a means to preserving places that tell a story about America's history as well as the history of the land that predates the formation of the United States. Many such places exist across the United States, and the following are some those interested in engaging with American history can visit.

► Brucemore, Cedar Rapids, Iowa:

Iowa's only National Trust site is among the most significant cultural landscapes in the midwestern United States. Brucemore was constructed in the late nineteenth century and is a must-see locale for anyone interested in the stories of industrialists, artisans, architects, and others during a point in American history that has become synonymous with innovation. Visitors to Brucemore can explore the 26-acre estate and some of its more unique and notable features, including the Tahitian Room and Grizzly Bar added to the estate when Margaret and Howard Hall, the last residents of the mansion at Brucemore, called the grounds home.

► The Shadows, New Iberia, Louisiana:

The Shadows was built nearly 200 years ago along the banks of the Bayou Teche. More than 200 men, women and children were enslaved at this site before the start of the American Civil War, and a visit to the site today provides a balanced and nuanced take on what life on a sugar cane plantation was like for property owners and enslaved individuals. A trunk in the attic of the property preserved thousands of letters, photographs, and receipts, which are continuously researched and utilized to provide unique insight into a much-studied period in American history.

These are just a handful of the many historic sites across the United States that can provide an invaluable glimpse into American history.

Tips to trace your own history while celebrating America's



Millions of Americans will spend some time in 2025 commemorating 250 years of United States history. The U.S. turns 250 in July 2025, and the summer figures to be an especially celebratory time across the 50 states.

As Americans engage with their nation's history, they might be compelled to learn more about their personal history as well. Genealogy has become a popular pastime in the twenty-first century, and the National Archives offers these tips to anyone looking to do some digging into their personal history as they celebrate 250 years of the United States.

• **Start with yourself.** The National Archives recommends starting with the person you know best: yourself. Your own personal details can serve as a starting point as you work toward more unknown facets of your family history. After you note

all of your own details, learn and document all you can about your parents and then do the same in relation to your grandparents.

• **Emphasize four vital components.** The National Archives note that names, dates, places, and relationships are the tools of the family researcher. That's because these nuggets of information have long been used to identify people in public records.

• **Peruse any existing family archives.** Many families have kept their own archives over the years, even if that record-keeping was not widely known within a family. A relative might have kept various types of documents that help to paint a picture of your genealogy. Ask around in the family to see if anyone has kept records, which might include:

- Newspaper clippings
- Birth and death certificates
- Military certificates
- Marriage licenses
- Letters
- Diaries
- Photographs/photo books
- Scrapbooks
- Let others know. Inform family members near and far that you're working on a

genealogy project. A relative might have beaten you to it, and that person could have lots of valuable information and documents to share. Others might be able to point you toward a relative who has become the unofficial family historian. In addition, cousins and aunts and uncles might have records from their own immediate families, which can help you as you conduct your own research.

• **Access government records.** The U.S. federal census does all the way back to 1790, which makes it a potentially excellent source of information for your project. State and county archives also can be wonderful resources that keep records of births, deaths, marriages, and other notable events that can help people trace their family histories. Even local libraries might have records of your family, especially if your family has been settled in the same area for a significant amount of time.

American history might be the focal point in the United States in 2025, but that renewed emphasis on history also makes 2025 a great time to study your own family's part in helping the nation make it to its 250th birthday.



Presidential Match-Up

Draw a line to match the American president's likeness to his name.



Barack OBAMA



Thomas JEFFERSON



Abraham LINCOLN



Donald TRUMP



George WASHINGTON



John F. KENNEDY



Joseph BIDEN



Sponsor Name

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

PASS 3 col x 10"

U.S.A. HIDDEN MESSAGE PUZZLE

This word search puzzle has a hidden message in it.

- Find all of the words in the list.
- Words can go in any direction and share letters as well as cross over each other.
- Once you find all of the words, copy the unused letters starting in the top left corner into the blanks to reveal the hidden message.

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

WORDS:

CIVIL
NATION
VICTORY
FREEDOM
SCORE
LINCOLN
SPEECH

HIDDEN MESSAGE:

Sponsor Ad



Last Days of School

6 Fun Ways to Mark the Last Days

As the sun sets on another school year, here are some fun ideas for teachers, parents and kids to celebrate students' successes and the start of summer break!

Host a CRAFTernoon to Create Thank-You Gifts or Cards

Set up a craft station for kids to make homemade cards or gifts that show their appreciation to teachers and school staff.

Organize a Sunset or Sunrise Party

While sunrise and sunset parties are popular events for students to celebrate the start or the end of senior year, they're a great way for students of any age to reflect on the school year's achievements, new friendships and future goals.

Plan a Field Day or Picnic Day

Parents or schools can organize an activity-filled day of outdoor fun, and let kids decorate their own tee-shirts for the occasion with markers, craft paint, tie-dyeing, tape, stickers, stamps, stencils and other creative craft supplies.

Have a Dress-Up or Pajama Day

Whether it's one class or the entire school, a themed dress-up day is a fun way for students to bond and build morale. Consider turning a hallway into a runway. Teachers can surprise kids with their own "dress like a student" day!

Enjoy a Fun Friday

Mark the calendar for a Friday full of games, movies, snacks and a special "surprise" activity. Ask the kids for suggestions, or let them vote in advance to help plan the day!

"Move-Up Day" Ceremony

Moving-up day is usually celebrated by preschool or kindergarten graduates, but this concept can be applied to any grade. Make up certificates of completion for the school year, craft homemade graduation crowns together and recognize the year's achievements.

These local businesses are here to help make your end-of-year celebrations extra special!

Family
Restaurant

Ice Cream
Parlor

Craft Supply
Store

Custom Tee-Shirt
Printing

Deli Picnic
Lunches

Coffee
Shop



Senior Sunrise

Take us with you, and brighten the morning!

Breakfast Sandwiches
Muffins & Pastries
Coffee • Bagels

Congratulations
and best wishes to all of this year's seniors!

Coffee & Breakfast Cafe

1234 Washington Street | Somersville Heights
000-000-0000 | [www.namewebsite.com](#)

PASS 2 col x 5 

Make "Move-Up Day" Memories!

Celebrate the last day of school with a fun-filled family meal. From delicious salads to juicy burgers, tacos, flatbreads, steak, seafood, pasta and their favorite kids' meal choices, our menu has something for everyone!

FREE
Ice Cream Sundae
With Any Purchase From Our
\$12 Kids' Meals Menu!
Must be 12 or under. Free ice cream offer good through June 00, 20XX.



Family Restaurant

1234 Washington Street | Somersville Heights
000-000-0000 | [www.namewebsite.com](#)

PASS 2 col x 5 



Senior Week Special

Take us with you for Senior Sunset, and all of your Senior Week celebrations!

Pizza Party To Go \$34.99

- 2 Large Pizzas
- 12 Garlic Knots
- 2-Liter Soda

Add toppings for just \$2 each!
Offer good through June 00, 20XX.

Pizza Restaurant

1234 Washington Street | Somersville Heights
000-000-0000 | [www.namewebsite.com](#)

PASS 3 col x 5 



Senior Sunrise

Coffee • Breakfast Sandwiches
Muffins & Pastries • Bagels

[Order Online >](#)

Coffee & Breakfast Cafe

1234 Washington Street | Somersville Heights



Make "Move-Up Day" Memories!

FREE
Ice Cream Sundae
With Any Purchase From Our
\$12 Kids' Meals Menu!
[See our menu >](#)

Family Restaurant

1234 Washington Street | Somersville Heights



Senior Week Special

Pizza Party To Go \$34.99
2 Large Pizzas • 12 Garlic Knots • 2-Liter Soda

[PRE-ORDER NOW FOR SENIOR SUNSET >](#)

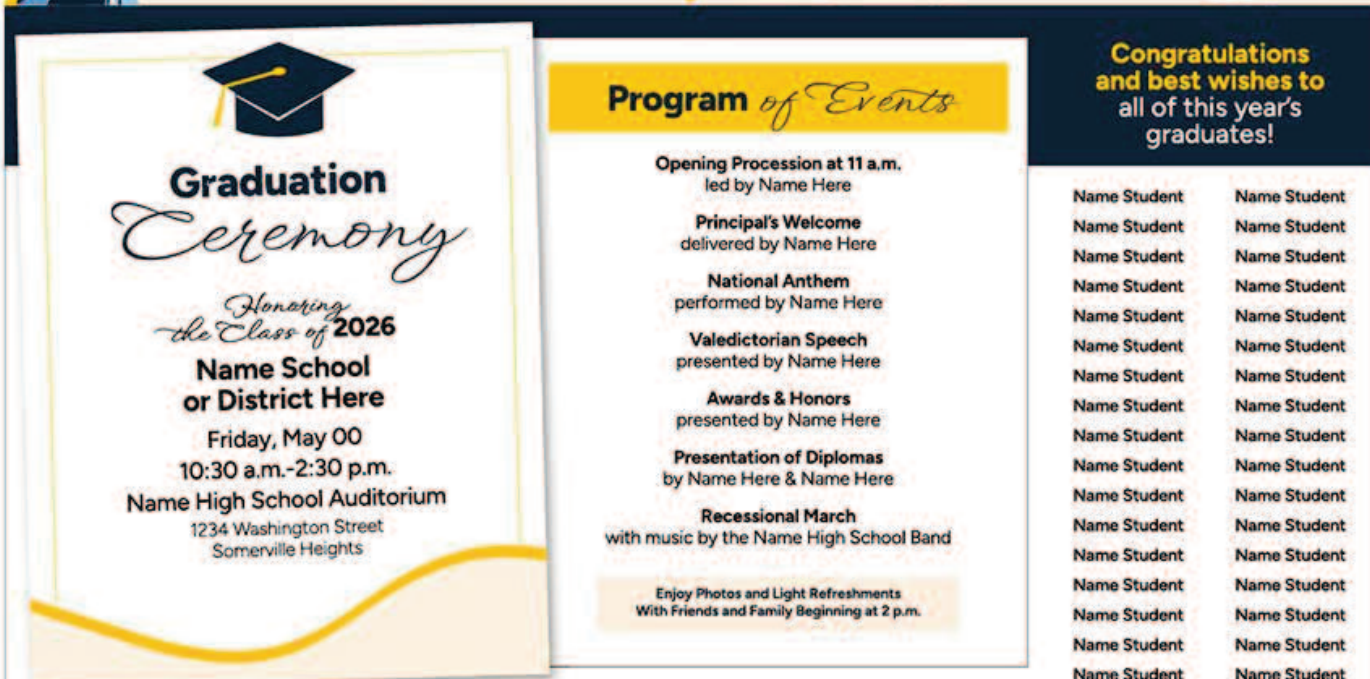
Pizza Restaurant

1234 Washington Street | Somersville Heights

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





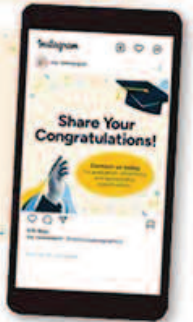
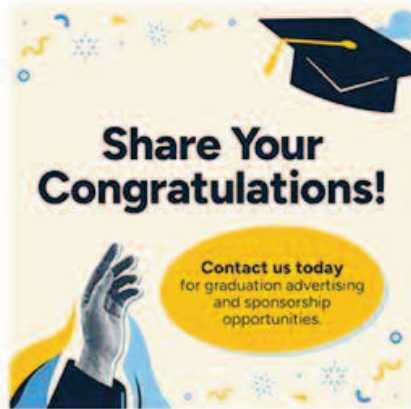
[illegible]



Congratulations to the *class of* 2026



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





Military Appreciation Month & Memorial Day May 25

May is **MILITARY APPRECIATION MONTH**



250 Celebrating 250 Years of
AMERICAN INDEPENDENCE
and **THOSE WHO FIGHT**
TO PROTECT IT

Please join us in honoring all of our men and women in uniform, past and present, with special recognition to those in our community who have answered the call to serve.



Name Person
Military Branch
Dates of service:
XXXX-XXXX



Name Person
Military Branch
Dates of service:
XXXX-XXXX



Name Person
Military Branch
Dates of service:
XXXX-XXXX



Name Person
Military Branch
Dates of service:
XXXX-XXXX



Name Person
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Dates of service:
XXXX-XXXX



Name Person
Military Branch
Dates of service:
XXXX-XXXX



Name Person
Military Branch
Dates of service:
XXXX-XXXX

Thank you to our veterans and service members!

Please join us in
**recognizing our community's
service members and veterans!**

Celebrate the service members and veterans in your life with a photo tribute in our upcoming Military Appreciation page.

May is MILITARY APPRECIATION MONTH



Email a photo along with the service member's full name, military branch and dates of service to names@namewebsite.com by 5 p.m. on April 30. Photos and information will be published in this newspaper on May 01.

You may also mail your photo, along with the service member's full name, military branch and dates of service, to the newspaper address below. If you would like your photo returned, please include a self-addressed, stamped envelope with your submission.

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

Content for
**USA
& CA**

PASS 2 col x 5

**Honoring Our Fallen
Memorial Day 2026**



As we prepare to celebrate the 250th anniversary of the signing of the Declaration of Independence, we honor with gratitude those who made the ultimate sacrifice to protect that independence.

On Memorial Day and every day, we remember.

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

PASS 2 col x 5

**Honoring
ALL
WHO
SERVE**



We are indebted to all of America's veterans and service members, past and present, for their service, dedication and bravery. We recognize the sacrifices our military members and their families have made through the generations, and we remember that freedom is not free.

250 Thank you for protecting American life and liberty for 250 years!

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

PASS 2 col x 5



**250 Years of
HEROES**

We remember the service, the sacrifice and the courage of those who gave their lives defending our freedom. Their dedication to America and all it stands for fills us with pride and gratitude, and we honor each one's memory today and always.

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

PASS 3 col x 3



*Land of the free,
because of the brave.*

We honor and thank the men and women of our military for their service, sacrifice and dedication to our nation.



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

PASS 6 col x 3

Please join us in
**recognizing our community's
service members and veterans!**

May is MILITARY APPRECIATION MONTH

Celebrate the service members and veterans in your life with a photo tribute.

Name Newspaper
1234 Washington Street | Somersville Heights

**Honoring Our Fallen
Memorial Day 2026**



Name Sponsor
1234 Washington Street | Somersville Heights

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

**Honoring
ALL
WHO
SERVE**



Name Sponsor
1234 Washington Street | Somersville Heights



**250 Years of
HEROES**

We remember the service, the sacrifice and the courage of those who gave their lives defending our freedom.

Name Sponsor
1234 Washington Street | Somersville Heights



*Land of the free,
because of the brave.*

We honor and thank the men and women of our military for their service, sacrifice and dedication to our nation.

Name Sponsor
1234 Washington Street | Somersville Heights

Celebrating 250 Years of
250
**AMERICAN
INDEPENDENCE
and THOSE WHO FIGHT
TO PROTECT IT**

Celebrating 250 Years of
250
**AMERICAN INDEPENDENCE
and THOSE WHO FIGHT
TO PROTECT IT**



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

MEMORIAL DAY

Remember and Honor





Mother's Day is May 10



Family Restaurant	Looking for simple ways to make Mom's day extra special?  Pick some fresh flowers, and arrange them in a glass jar with a ribbon. Go through your phone, and print out some of your favorite family photos. Offer to do all of the dishes and cleaning for the weekend. Craft a homemade card with a heartfelt message. Bake a special dessert, or pick up her favorite bakery treat.  <i>...then</i> call for a brunch or dinner reservation at one of these highly rated local restaurants for quality time, delicious food and great service!	Use these fun and affordable creative wrapping tips to perk up your presents  Upcycle greeting cards. Repurpose the front half or pieces of your favorite greeting cards to beautify packing paper, brown bags or basic gift wrap. Reuse this newspaper. Make gifts more interesting by wrapping them in newspaper pages like comics, recipes, garden features, word search puzzles, or whatever features Mom enjoys most. Tie things up with leftover fabric scraps or extra yarn. Gather fabric squares and tie with a piece of yarn or string to package gifts in a decorative pouch. Stamp or sticker it. Punch up plain wrapping paper with rubber stamps, or create polka dots with round color-coded label stickers. Make it picture-perfect. Turn a photo with Mom into a gift tag, or use your favorite family photos to create and print custom wrapping paper. Get back to nature. Tie on fresh or dried flowers, or take a walk outside to find naturally pretty finishing touches for your gifts. Color it unique. Use craft paints or stencils – or ask the kids to draw with crayons – for personalized paper. 	Clothing Store
Takeout Restaurant			Electronics Store
Steakhouse			Home Decor Store
Italian Restaurant			Beauty Supply Store
Thai Restaurant			Florist & Gift Shop
Fine Dining Restaurant	Brunch Cafe	Sporting Goods Store	Craft Supply Store

Mother's Day Restaurant Guide

Looking for simple ways to make Mom's day extra special?

- Pick some fresh flowers, and arrange them in a glass jar with a ribbon.
- Go through your phone, and print out some of your favorite family photos.
- Offer to do all of the dishes and cleaning for the weekend.
- Craft a homemade card with a heartfelt message.
- Bake a special dessert, or pick up her favorite bakery treat.

...then

call for a brunch or dinner reservation at one of these highly rated local restaurants for quality time, delicious food and great service!

Family Restaurant	Sushi Bar
Italian Restaurant	Takeout Restaurant
Thai Restaurant	Steakhouse
Fine Dining Restaurant	Brunch Cafe

6 col x 10



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



Mother's Day Gift Guide

Use these fun and affordable creative wrapping tips to perk up your presents

for Mom!

- Upcycle greeting cards.** Repurpose the front half or pieces of your favorite greeting cards to beautify packing paper, brown bags or basic gift wrap.
- Reuse this newspaper.** Make gifts more interesting by wrapping them in newspaper pages like comics, recipes, garden features, word search puzzles, or whatever features Mom enjoys most.
- Tie things up with leftover fabric scraps or extra yarn.** Gather fabric squares and tie with a piece of yarn or string to package gifts in a decorative pouch.
- Stamp or sticker it.** Punch up plain wrapping paper with rubber stamps, or create polka dots with round color-coding label stickers.
- Make it picture-perfect.** Turn a photo with Mom into a gift tag, or use your favorite family photos to create and print custom wrapping paper.
- Get back to nature.** Tie on fresh or dried flowers, or just take a walk outside to find naturally pretty finishing touches for your gifts.
- Color it unique.** Use craft paints or stencils - or ask the kids to draw with crayons - for personalized paper.

Clothing Store	Jewelry Store
Beauty Supply Store	Electronics Store
Florist & Gift Shop	Home Decor Store
Craft Supply Store	Sporting Goods Store

6 col x 10





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.



Solve the code to discover words related to horses.
Each number corresponds to a letter.
(Hint: 16 = D)

A. 12 23 18 17

Clue: Balances horse

B. 10 18 16 15 10

Clue: Passenger

C. 6 23 16 16 17 15

Clue: Riding accessory

D. 3 23 16 16 22 11 19

Clue: Small enclosure

Answers: A. tail B. rider C. saddle D. paddock

Your Horoscope

ARIES - Mar 21/Apr 20

Aries, your energy is at an all-time high. If you've been sitting on a wild idea, Tuesday is the day to pitch it to someone. Your charisma is your superpower right now.

TAURUS - Apr 21/May 21

Expect a spotlight moment, Taurus. Whether it is a compliment from a stranger or a win at work, the universe will validate your hard work this week. Keep your chin up.

GEMINI - May 22/Jun 21

Adventure is calling you this week, Gemini. Even if it is a new coffee shop or a different route home, no voyage is too small. A spontaneous conversation midweek could lead to an opportunity.

CANCER - Jun 22/Jul 22

Treat yourself, Cancer. The stars suggest that a little luxury could go a long way for your mental health right now. A small investment in your comfort will pay off in productivity.

LEO - Jul 23/Aug 23

The mental or physical clutter in your life is finally clearing out, Leo. You will find a lost item or a solution to a nagging problem by the end of the week. The relief will feel good.

VIRGO - Aug 24/Sept 22

Virgo, your discipline is producing tangible results. Take a moment to look back at where you were three months ago. You have climbed higher than you realize. Celebrate the progress.

LIBRA - Sept 23/Oct 23

Your social calendar is buzzing right now, Libra. You are the main character in your friend group this week, and your ability to connect people will spark a brilliant new collaboration.

SUDOKU

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

Fun By The Numbers

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!

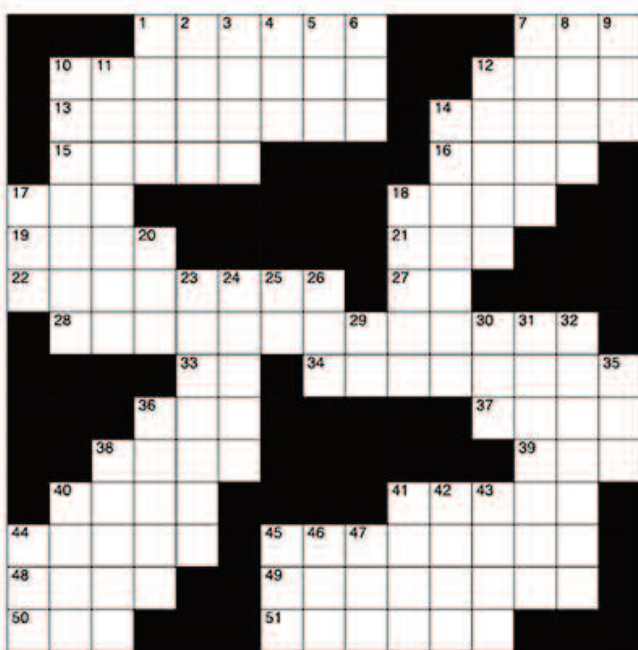
Level: Intermediate

Here's How It Works:

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



Family Puzzles & Games



CLUES ACROSS

1. Large dung beetle
7. Gambling game ___-lo
10. Further along
12. Type of tobacco
13. Looked for
14. Silk fabric
15. Computer method to solve equations
16. As fast as can be done (abbr.)
17. Tear
18. Brews
19. "Famous" cookie baker
21. Women's Army Corps
22. Front parts of an animal
27. It's causing quite a stir
28. Beloved March holiday
33. 12th letter of the Greek alphabet
34. More impudent
36. Indicates center
37. Young woman (French)
38. A cause of distress
39. Santa's helper
40. Hillside
41. Many wombs
44. Is afraid of
45. Popular baked goods ingredient
48. Popular computers
49. Conceiving of
50. Google certification (abbr.)
51. Sturdy

CLUES DOWN

1. Peruse quickly
2. Automobiles
3. Razorbill genus
4. Bravo! Bravo! Bravo!
5. Consumed
6. A place to sleep
7. Small seeds
8. Legendary law man Wyatt
9. Female sheep
10. Indigenous peoples of eastern Siberia
11. A place ships dock
12. Reciprocal of sine
14. Discomfort
17. British Air Aces
18. Exit sleep
20. Solar energetic particle
23. Plagues characterized by starvation
24. Short musical composition
25. Trauma center
26. Habitual twitching
29. A place where checks are exchanged (abbr.)
30. Decimeter
31. Hinged surface in a wing
32. Shouting
35. Sports official
36. Volcanic craters
38. Supportive device
40. It's part of a rosary
41. Two-toed sloth
42. Body art
43. Let out
44. Foreign medical graduate
45. Nonprofit journalism organization (abbr.)
46. Couples say it
47. Bird's beak

SUDOKU

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

Level: Intermediate

Fun By The Numbers

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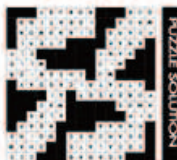
LOVING HORSES WORD SEARCH

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

WORDS

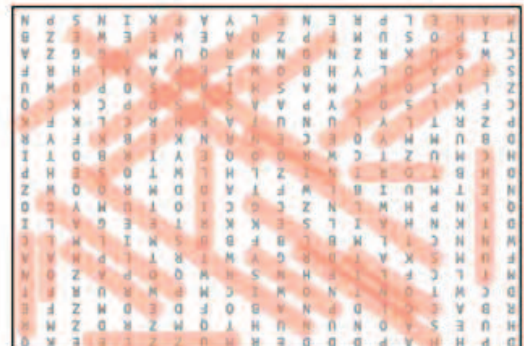
BRIDLE
CANTER
CHESTNUT
COLT
CROUP
DRESSAGE
EQUESTRIAN
FETLOCK
FILLY
FOAL
FORELOCK
GALLOP
GELDING
HALTER
HOOF
MANE
MARE
MUZZLE
PASTER
PONY
SADDLE
STALLION
TROT
WITHERS

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



ANSWER:

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



School's Out!

Connect the pictures that go together for a summer fun match-up!



School's Out!

Connect the pictures that go together for a summer fun match-up!



Reading Is Fun!

Help this bookworm find his glasses.



Reading Is Fun!

Help this bookworm find his glasses.



SPELL IT OUT!

Name That Food!



A



G



B



M



C



T

Remember to eat your vegetables and fruit every day!

SPELL IT OUT!

Name That Food!



APPLE



GRAPES



BROCCOLI



MUSHROOM



CARROT



TOMATO

Remember to eat your vegetables and fruit every day!



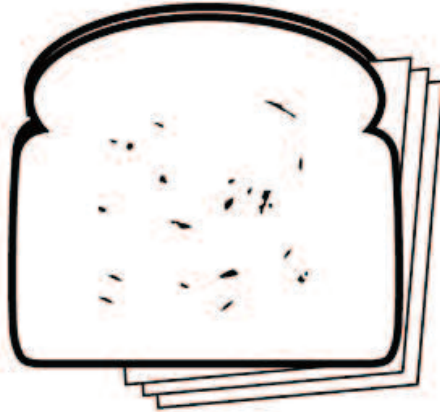
Create a card for Mom!

SPONSOR



Creative Coloring

Color in this picture to create your own masterpiece.



THIS DAY IN HISTORY



1713: After losing the Battle of Helsinki to the Russians, Swedish and Finnish troops burn the entire city.

1985: The Bradford city stadium fire takes place in England.

2009: The space shuttle "Atlantis" is launched on its final mission.

Food FACT:

With a creamy texture and a low melting point, this cheese is often used on top of burgers.

Answer: American cheese

Double Word Puzzle

Unscramble the individual words to reveal letters for the phrase.

SMLTE

1				2

CLBYO

3				4

RHDA

5			6

VYTAREI

7						8

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	N
	8

3					1

Answers: Melts, Colby, Hard, Variety : Covered in cheese

NEW WORD

WHEY

the watery part of milk that remains after the formation of curds

How they say that in...

English: Cheese
Spanish: Queso
Italian: Formaggio
French: Fromage
German: Käse

Did You Know?

American cheese typically is made from a blend of colby and cheddar with emulsifiers. It is not classified as a real cheese but a processed cheese food or pasteurized processed cheese.



Get the PICTURE?



Can you guess what the bigger picture is?

Answer: Breakfast sandwich

Everyday Deals

on Everything for Grilling, Hosting & Entertaining

Get the best flavor, variety and value, all in one place for all of your spring and summer celebrations!

ON SALE NOW

80% lean
Ground Beef

product details here

\$0.00 lb.

bone-in
Chicken Thighs

product details here

\$0.00 lb.

top-strip
Sirloin Steak

product details here

\$0.00 lb.

ready-to-grill
Veggie Kabobs

product details here

\$0.00 lb.



Catering Services & Party Trays

Call the store or stop by the deli counter for grab-and-go and made-to-order party platters, sandwich trays, catering menus and more!

Bakery-Fresh Buns & Desserts

Custom cakes and dessert catering available from our in-store bakery!



Grocery Market

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Market Hours:

Monday-Saturday 8 a.m.-10 p.m., Sunday 9 a.m.-6 p.m.

Advertised offers good through 00:00:00.

List details, terms and conditions here.

PASS 6 col x 10

Everyday Deals
on Everything for Grilling,
Hosting & Entertaining

Get the best flavor, variety
and value for every occasion!

See What's On Sale This Week
meats • produce • deli • bakery • groceries • catering

Grocery Market
1234 Washington Street
Somersville Heights

Web Ads

Rectangle 250 x 300

Leaderboard 728 x 90

Mobile Banner 320 x 50



Your Grilling & Hosting Headquarters
See What's On Sale This Week

Grocery Market
1234 Washington Street
Somersville Heights

Everyday Deals
on Everything for Grilling,
Hosting & Entertaining

Get the best flavor, variety
and value for every occasion!

See What's On Sale This Week
meats • produce • deli • bakery • groceries • catering

Grocery Market
1234 Washington Street
Somersville Heights



Treat Mom to a brunch buffet featuring over a dozen delicious entrees and sides, fresh-baked croissants and pastries, made-to-order omelettes, carving stations, decadent desserts, bottomless mimosas and more...all enjoyed in the company she loves!

Mother's Day Family Brunch Buffet

Sunday, May 10 • 10 a.m. - 3 p.m.

Reserve by phone or online today.

Restaurant

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



PASS 6 col x 5



Olé All Day

Taste for yourself
what all the rave
reviews are about!

Authentic Mexican Cuisine • Free Chips & Salsa • Frozen Margaritas

Cinco de Mayo Fiesta
Tuesday, May 5
\$5 Food & Drink Deals
Live Mariachi Music

Open Daily
at 4 p.m.

Mexican Restaurant



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PASS 6 col x 3



Get Your Buns Here.

It's Burger Month!

BOGO 50% Off
All Specialty Burgers
Beef or Veggie!
May 1-31, 2026

Now serving your
favorite craft
brews on draft!

Restaurant & Bar



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PASS 6 col x 3

Web Ads

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







Keepsake Special Section Puts the Focus on Local Graduates

A Texas newspaper's annual graduation section brings together graduates, parents and area businesses in the spirit of community.



The Bowie News
Bowie, TX

CREATE:

The Bowie News produces a graduation section each year that includes a combination of senior photos, sponsored greeting ads, local advertising and Metro editorial features. The special section features seniors from every high school in two counties, gathering graduation photos from each school's yearbook staff. While last year's cover featured local school mascots, previous years' covers have spotlighted students selected by school principals for their contributions to the class.

Barbara Green

Editor and General Manager
The Bowie News
Bowie, Texas
bowienewsonline.com



› Check out The Bowies News' Graduation section here

SELL:

The graduation section is run as a tabloid insert and online, and the sales team uses the past year's section as a promotional tool. They work directly with churches and businesses that often want to congratulate students who work or worship there, as well as the children of employees. The Bowie News also prepares a flyer promoting personal ads parents may purchase to celebrate graduates with a special message and photo. Ad sizes and costs vary, and the paper runs the order

forms for personal ads on their Facebook page and website, as well as sending them out to the high schools.

PROFIT:

Editor Barbara Green says the largest portion of the section's revenue is generated by the personal ads. She also says readers and parents enjoy seeing all of the seniors from different high schools featured together. Last year's 32-page section featured more than 50 ads of various sizes from sponsors, parents and advertisers.

›› See Metro's 2026 Themed Special Sections Schedule

›› Read More Success Stories

Customer Requests

Free custom content requests like these are a benefit of your Metro subscription!



[>> Click here to make a request](#)

The **Victoria Day** long weekend



French Headings



Shop Local, Canada!



Show your support for the independent shops, restaurants and service providers that make our community vibrant and unique. When you choose a local small business, your spending creates jobs; encourages community investment; and helps grow local economies around Canada where you live, work and visit!

Get to know these local Name Area businesses, and support a more connected community!

COFFEE SHOP	CLOTHING STORE	HOME & GARDEN SHOP
APPLIANCE SHOP	RESTAURANT	BAR & GRILL
HARDWARE STORE	BEAUTY SALON	PET SUPPLY STORE
FURNITURE STORE		

Broadsheet 6 col x 21 | Tab 10 x 13



Show your support for the independent shops, restaurants and service providers that make our community vibrant and unique. When you choose a local small business, your spending creates jobs; encourages community investment; and helps grow local economies around Canada where you live, work and visit!

Name Sponsor

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



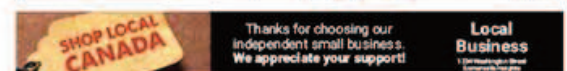
PASS 2 col x 5

Web Ads

Rectangle 250 x 300

Leaderboard 728 x 90

Mobile Banner 320 x 50





Use these **cover and page templates** to customize an anniversary issue celebrating your newspaper's long-standing partnership with the community.

Name Newspaper

Commemorative Anniversary Edition
Celebrating 00 Years of Community News!



NAME NEWSPAPER TIMELINE

0000
Timely
information
here and here

0000
Timely
information
here and here

0000
Timely information here
and here and here

Cover Tab 10 x 13



Name Newspaper

1900



news, leaving viewers and readers who rely exclusively on these mediums for their news with little or no access to information regarding issues affecting their own communities. Local newspapers have long filled that void, providing an invaluable benefit and a means for readers to learn what's being done and what can be done about issues affecting their daily lives and the communities they call home.

The many reasons to support local journalism

Many adults can likely recall mornings during their childhood when newspapers were tossed into the drive ways of many homes, throughout their neighborhoods. Some adults might even have delivered papers from their bicycles each morning. Such scenes may now be a relic of the past, thanks in large part to wide reliance on the Internet as a source for news. But the benefits of reading a daily newspaper are no less substantial today than they were when newspapers were the only source of news. When newspapers were the only source of news, they were the only source of news. When newspapers were the only source of news, they were the only source of news. When newspapers were the only source of news, they were the only source of news.

by such a report can take note of the following reasons why it's so vital to support local journalism.

- Local newspapers drive political engagement, particularly among younger voters.
- Young people are often characterized as the future of the nation, and that's one notable reason to support local journalism. According to the CIRCLE/Tech College Post-Election Poll conducted between November 3 and December 2, 2020, 16 percent of youth reported feeling more prepared to vote in the 2020 elections thanks to local news media. Local journalism can contribute to a more knowledgeable and engaged electorate, which is an invaluable benefit at a time of waning voter participation and reduced accountability of government.

- Local journalism helps build communities. Community-building is another benefit of strong local journalism. In their book, *News Hole: The Demise of Local Journalism and Political Engagement*, authors Danny Hayes and Jennifer Landau connect a decline in local news with decreased participation in local elections. When voters participate less in local elections, they're less likely to learn about issues affecting their communities, whereas greater voter participation increases civic engagement and helps to build stronger communities.
- Local journalism keeps people up-to-date on their own communities. Cable news networks and their affiliated websites primarily focus on national and international

- Local journalism holds local government officials accountable. In early 2013, the Richmond (CA) City Council voted to give themselves 80 percent increases in their monthly salaries. Though the merits of these increases were open to debate from both sides, chances are strong Richmond residents might not have learned about the salary adjustments had it not been for local journalism reporting. The Richmond example underscores the vital role local journalism plays in relation to keeping an eye on local governments and holding them accountable.
- Local journalism is vital to a thriving democracy, and readers are urged to support the many local newspapers working hard to keep their communities well-informed.

NAME NEWSPAPER TIMELINE

0000
Timely
information
here and here

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information
here and here

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Timely information here
and here and here

0000
Timely information
here and here

Tab 10 x 13

Graduation Greetings



class of
2026
CONGRATULATIONS

We'd like to extend our heartfelt congratulations and best wishes to this year's graduating class. Your hard work and dedication make all of us proud, and we wish you continued success in your future endeavors.

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

PASS 2 col x 5

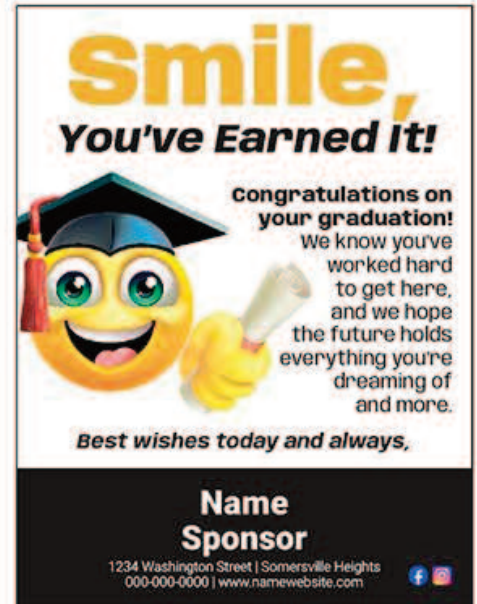


DIPLOMA
Happy Graduation

This happy wish has your name on it, and we hope your big day is as special as you are.

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

PASS 2 col x 5



**Smile,
You've Earned It!**

congratulations on your graduation!
We know you've worked hard to get here, and we hope the future holds everything you're dreaming of and more.

Best wishes today and always,

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

PASS 2 col x 5



**The Future Is
WIDE OPEN**

We wish you happiness every step of the way as you chart your path to meaning and success. May you find yourself filled with purpose and surrounded by love, support and friendship.

Congratulations!

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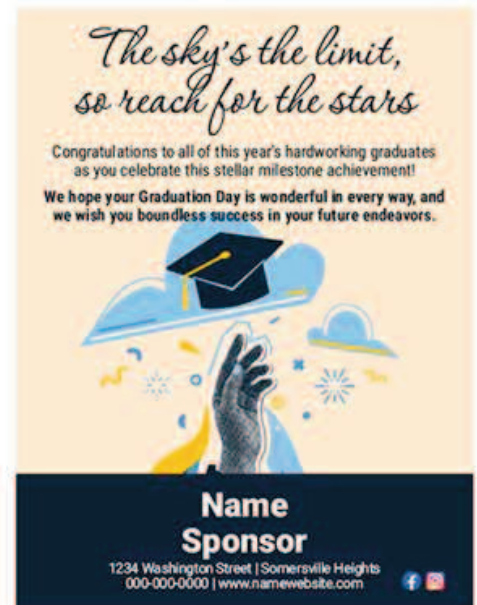


**CAPS OFF
to This Year's
Graduating Class**

As the sun sets on your senior year, we wish you a bright and beautiful future filled with adventure, achievement, health and happiness. Keep learning, keep growing, and keep up the great work. We're proud of you today and always!

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PASS 2 col x 5



*The sky's the limit,
so reach for the stars*

Congratulations to all of this year's hardworking graduates as you celebrate this stellar milestone achievement!

We hope your Graduation Day is wonderful in every way, and we wish you boundless success in your future endeavors.

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PASS 2 col x 5

Web Ads

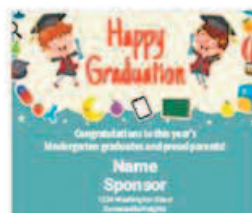
Rectangle 250 x 300
Leaderboard 728 x 90
Mobile Banner 320 x 50




class of
2026
CONGRATULATIONS

Congratulations and best wishes to this year's graduating class!

Name Sponsor
1234 Washington Street
Somerville Heights



Happy Graduation

Congratulations to this year's kindergarten graduates and proud parents!

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Somerville Heights



**Smile,
You've Earned It!**

We know you've worked hard to get here, and we hope the future holds everything you're dreaming of and more.

Name Sponsor
1234 Washington Street
Somerville Heights



**The Future Is
WIDE OPEN**

May you find yourself filled with purpose and surrounded by love, support and friendship.

Congratulations!

Name Sponsor
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Somerville Heights



CAPS OFF
to This Year's Graduating Class

As the sun sets on your senior year, we wish you a bright and beautiful future filled with adventure, achievement, health and happiness.

Name Sponsor
1234 Washington Street
Somerville Heights



*The sky's the limit,
so reach for the stars*

Congratulations to this year's graduates on your stellar achievement!

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Somerville Heights



#DONE

Congratulations, you did it!

Let the festivities begin, but please remember to be smart and celebrate safely!

Name Sponsor
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PASS 1 col x 5

**Hip-Hip-Hooray,
It's Your
Graduation Day!**



*Hope it's happy,
fun and filled
with smiles!*

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

PASS 1 col x 5

CONGRATS!

The tassel was worth the hassle, and we hope it leads you to many exciting new opportunities and achievements!



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

PASS 1 col x 5

Cheers, Grads!

It's taken years of hard work and dedication to get where you are today, and we hope you're as proud of your accomplishments as we are.

Congratulations on your graduation, and very best wishes as you take the next step!

Name Sponsor
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PASS 2 col x 5

**Wishing You a
Picture-Perfect
Graduation Day**

Here's hoping your graduation celebrations are blessed with friendship, family and fun! Today and always, we wish you health, happiness and good fortune as you continue to work hard and reach your dreams.



Congratulations, Class of 2026!

Name Sponsor
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PASS 2 col x 5

**Proud of Our
GRADUATES!**

Congratulations on your graduation, and good luck as you embark on the next chapter. We're proud of you and all you've accomplished here, and we know you'll continue to achieve great things.

May all of your hopes, goals and dreams come true!

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PASS 2 col x 5

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

Congratulations, you did it!



Let the festivities begin, but please remember to be smart and celebrate safely!

Name Sponsor
1234 Washington Street
Somersville Heights

**Hip-Hip-Hooray,
It's Your
Graduation Day!**



*Hope it's happy,
fun and filled
with smiles!*

Name Sponsor
1234 Washington Street
Somersville Heights

CONGRATS!

The tassel was worth the hassle, and we hope it leads you to many exciting new opportunities and achievements!



Name Sponsor
1234 Washington Street
Somersville Heights

Cheers, Grads!

Congratulations on your graduation, and very best wishes as you take the next step!

Name Sponsor
1234 Washington Street
Somersville Heights



**Wishing You a
Picture-Perfect
Graduation Day**

Congratulations, Class of 2026!



Name Sponsor
1234 Washington Street
Somersville Heights

**Proud of Our
GRADUATES!**

May all of your hopes, goals and dreams come true as you embark on the next chapter.

Name Sponsor
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It's **summer camp** sign-up time!



SUMMER CAMP PROGRAMS & ACTIVITIES

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



Now Welcoming Day Campers

It's summer camp sign-up time!



Open to ages 6 through 13

**Morning and
afternoon programs**

Sessions available June 00 through August 00

crafts • music • sports • nature • swimming • & so much more

Visit us online to
learn more and sign
up before the May
00 registration
deadline

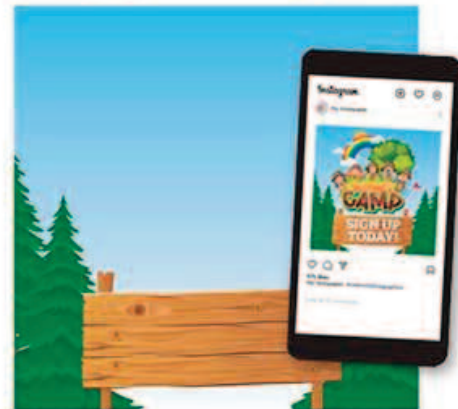
Kids' Summer Camp

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Social Media Tiles -

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



PASS 2 col x 5 ★

May is **National Mental Health Awareness Month**



The Loneliness Epidemic



Feeling Lonely, Disconnected or Isolated? You're Not Alone.

1 in 6 people worldwide is affected by loneliness, according to the 2025 global report by the World Health Organization (WHO) Commission on Social Connection. **The percentage is highest among 13- to 17-year-olds, with 20.9% reporting feelings of loneliness.** The report links loneliness to an estimated 100 deaths every hour, and says that strong social connections can lead to better health and longer life.

“Loneliness is far more than just a bad feeling—it harms both individual and societal health. It is associated with a greater risk of cardiovascular disease, dementia, stroke, depression, anxiety, and premature death.”

- Dr. Vivek H. Murthy,
former Surgeon General of the United States



According to a survey of Americans conducted online by The Harris Poll on behalf of the American Psychological Association, 54 percent of American adults feel isolated. Those who reported experiencing high levels of loneliness also reported feeling:

Depressed
or sad

65%

(vs 15% of adults who did not report experiencing high levels of loneliness)

Nervous
or anxious

60%

(vs 24% of adults who did not report experiencing high levels of loneliness)

Fatigue

53%

(vs 24% of adults who did not report experiencing high levels of loneliness)

Headaches

48%

(vs 25% of adults who did not report experiencing high levels of loneliness)

Let's Hang Out!

Research shows that social connections are important to our physical and mental health. Here are some local places, events and activities dedicated to helping members of our community get out, get together and start feeling more connected!



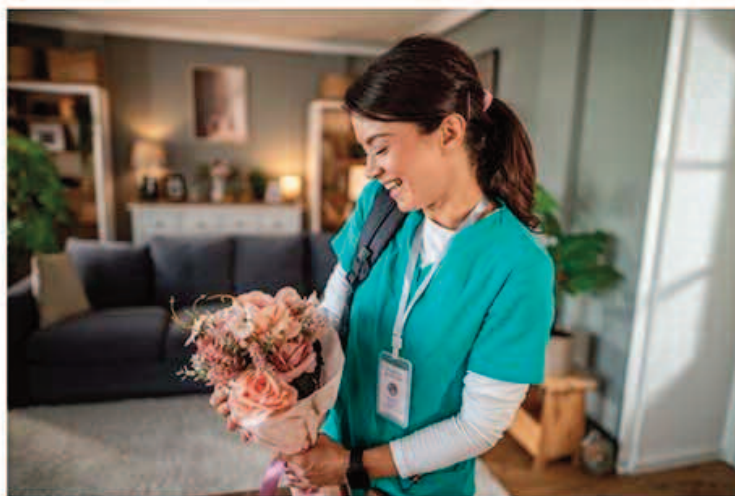
LOCAL PARK
SCHEDULE OF EVENTS

VOLUNTEER
OPPORTUNITY

COFFEE SHOP
SOCIAL EVENT

National Nurses Week is May 6-12, and Nurses Day is celebrated annually on May 6.

Find headings with dates in place for these events on your Metro site.



[illegible]

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Somersville Heights
000-000-0000
www.namewebsite.com

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



“ See! The winter is past; the rains are over and gone. Flowers appear on the earth; the season of singing has come. ”
Song of Songs 2:11-12 (NIV)

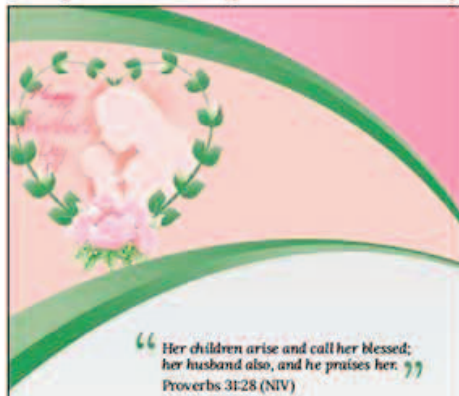
A Perseverant Season

The familiar adage that “April showers bring May flowers” is more than a childhood rhyme; it is a profound observation of the natural order. As we witness the landscape transform this month, we are invited to reflect on the relationship between adversity and growth. This period marks a peak emergence of life across the natural world—a collective display of resilience that follows weeks of erratic spring rain. This process serves as a compelling metaphor for our own personal development. Just as the soil requires the saturation of a storm to nourish the seed, our own periods of challenge often precede our most significant seasons of renewal. By viewing our difficulties not as permanent setbacks, but as the necessary rain for a future bloom, we can maintain a steady perspective even when the clouds seem most persistent.

—James Stone

PASS 2 col x 7

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



“ Her children arise and call her blessed; her husband also, and he praises her. ”
Proverbs 31:28 (NIV)

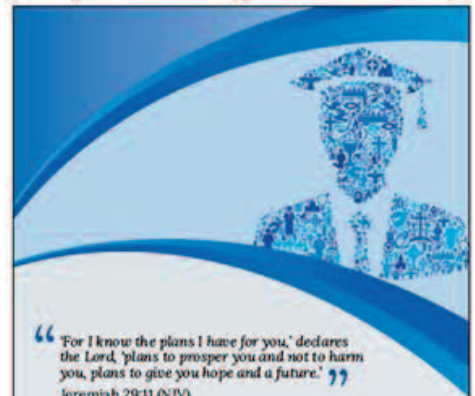
Honoring Mothers

As we celebrate Mother’s Day, we are invited to pause and show our appreciation for the women who have guided our journeys. Whether through a biological mother or mentor who stepped into the role, we strive for more than just a once-a-year gesture. Even amidst our busiest seasons, a simple visit or phone call serves as a powerful validation of their impact. These women provide more than just care; they offer a sense of belonging and a moral compass that remains with us long after we leave home. In honoring this legacy of guidance, we recognize that our greatest achievements are rarely ours alone.

—James Stone

PASS 2 col x 7

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



“ For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.”
Jeremiah 29:11 (NIV)

New Beginnings

As May ushers in the height of graduation season, we witness a significant milestone for the roughly 4.4 million Americans earning degrees this year. While this is a time for celebration, it is also a season that invites both relaxation and deep reflection. Many of us can recall the unique pressures of these transitional moments—the weight of expectations and the uncertainty of what lies ahead. This month, we have a meaningful opportunity to offer more than just congratulations; we can provide the steady guidance and reassurance that a bright future is built on more than just a diploma. By sharing our own experiences and offering a listening ear, we help the next generation understand that while the road ahead requires effort, they do not have to navigate the journey—or the stress that comes with it—entirely on their own.

—James Stone

PASS 2 col x 7

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



“ Greater love has no one than this; to lay down one’s life for one’s friends. ”
John 15:13 (NIV)

A Time of Remembrance

Memorial Day serves as a solemn observance of the profound sacrifices made by the men and women of the United States Armed Forces to preserve the liberties we hold dear. This year, as we reflect on the more than 1.3 million service members who have given their lives in defense of our nation throughout its history, we are reminded that our peace is a hard-won inheritance. Whether in periods of global conflict or times of relative calm, these individuals have consistently answered the call of duty with a selflessness that transcends personal interest. Honoring this legacy requires more than a simple gesture; it calls for a genuine appreciation of the security and freedom we often take for granted. As we gather with friends and families this weekend, let us offer a quiet moment of gratitude for those whose commitment to service has ensured our shared safety and future.

—James Stone

PASS 2 col x 7

This is your illustration and copy for for the fifth week of May.



“ The heart of the discerning acquires knowledge, for the ears of the wise seek it out. ”
Proverbs 18:15

Sustaining the Pursuit of Wisdom

While the close of May traditionally marks the end of the academic year for many, it also serves as an important reminder that the pursuit of wisdom is a lifelong commitment. We should certainly embrace the approaching summer months as a well-deserved season of respite from formal education and demanding routines. However, resting our bodies should not mean retiring our minds. Studies in cognitive health consistently show that adults who actively engage in continuous learning—whether through reading, mastering a new skill, or simply remaining curious—maintain sharper mental acuity and report higher overall life satisfaction. As we transition into a slower pace, let us remain intentional about seeking out knowledge wherever we can. True wisdom is not a destination reached at graduation, but a steady, ongoing habit of keeping our hearts and minds open to growth.

—James Stone

PASS 2 col x 7



Themed Backgrounds & Elements

Create ads or pages for popular
Mother's Day and graduation gift advertisers!



Tab 10 x 13

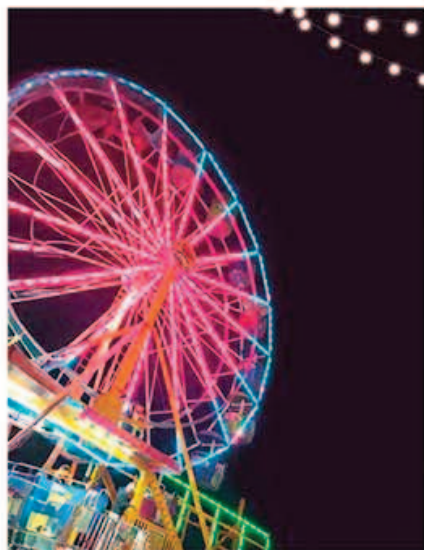


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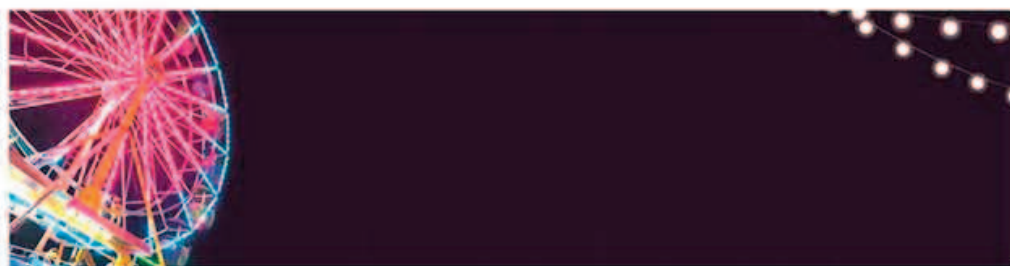


Themed Backgrounds & Elements

Create ads and pages for **fairs and amusement parks**, **Cinco de Mayo** and **graduation season**



Tab 10 x 13



PASS 6 col x 3



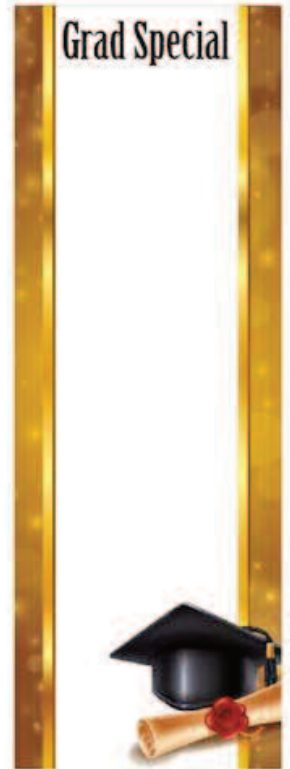
Each **Ad Starter** you see here is also available as a background image without text. **Click on any Ad Starter** within our site, then scroll down to access the text-free version from the Image Set.



PASS 2 COL. x 5.25



PASS 2 COL. x 5.25



PASS 1 COL. x 5.25



PASS 2 COL. x 5.25



PASS 2 COL. x 5.25



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PASS 2 COL. x 5.25



PASS 2 COL. x 5.25



PASS 1 COL. x 5.25



PASS 2 COL. x 5.25



PASS 2 COL. x 5.25



PASS 1 COL. x 5.25

May is Older Americans Month. Pair these images with your latest editorial features, or use them to support local advertisers serving active seniors in your community!

Select *Copyright-Free Editorial Features* from the Editorial tab at the top of your Metro site, then select *Seniors* from your Category Filters on the left side of the page.





*Create, sell and publish
with confidence:*

Every Metro image is guaranteed safe to use!





**Your Metro subscription
includes unlimited downloads,
so you can present unlimited options to prospects.**









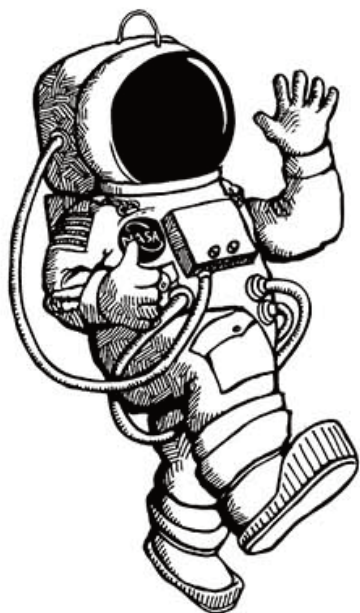
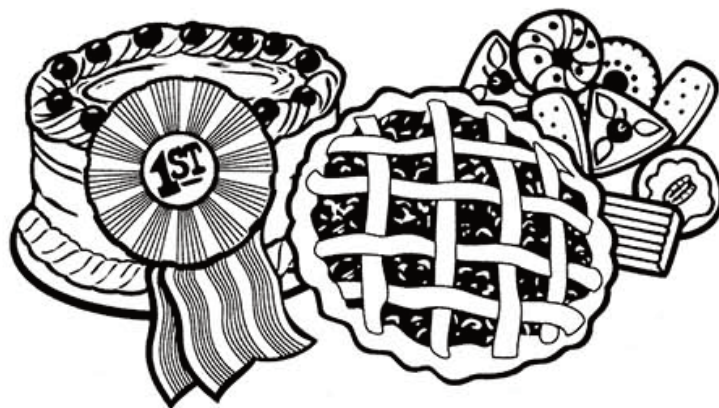
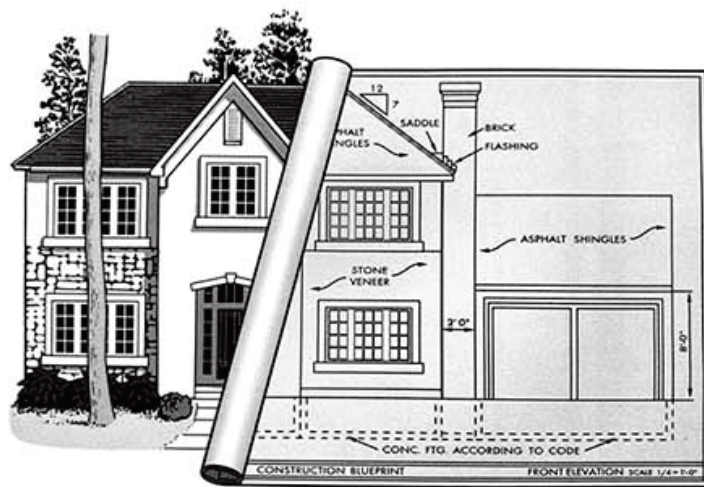




*A collection of more than 4,000
vintage images spanning over 100 years!*

Find them by selecting Retro from the Image Category filters of your Metro site.







SENIOR *Living*

**What Caregiving
*Gives Back***

How seniors
can benefit from
looking after their
grandchildren

**Seniors &
*Socializing***

How seniors can
build their social
networks in retirement

**Managing
Medis**

What is polypharmacy?

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How seniors can find a suitable volunteering opportunity

Volunteering is a rewarding experience that can give seniors the opportunity to give back to their community while staying active and engaged. Volunteering offers a wide range of opportunities for seniors to contribute their skills and experience to various causes, from environmental conservation to social services. This article explores the benefits of volunteering for seniors and provides tips on how to find a suitable volunteering opportunity.

Volunteering can be an incredibly rewarding experience for seniors, offering a chance to stay active, meet new people, and give back to the community. There are many ways to volunteer, from simple tasks like sorting mail to more complex projects like mentoring young people. The key is to find an opportunity that matches your interests and skills. Many organizations offer flexible volunteering options, allowing seniors to commit at a level that works for them. Whether it's a few hours a week or just once a month, there's always a way to make a difference. Volunteering can also be a great way to stay connected to friends and family, as many opportunities involve working with a group of people. So, if you're looking for a way to stay active and engaged, volunteering is a fantastic option. It's a chance to make a difference in your community while enjoying the many benefits of staying active and engaged.

Here are some reasons why seniors should consider volunteering:

- **Stay active and engaged:** Volunteering provides a structured way to stay active and engaged in your community. It can help combat feelings of isolation and loneliness, which are common among seniors.
- **Develop new skills:** Volunteering can be a great way to learn new skills and gain experience in a new field. Many organizations offer training and support for volunteers.
- **Give back to the community:** Seniors have a wealth of experience and knowledge that can be valuable to many organizations. Volunteering allows seniors to share their skills and make a positive impact on their community.
- **Meet new people:** Volunteering is a great way to meet new people and build a social network. Many organizations have regular meetings and events for volunteers.
- **Stay healthy:** Volunteering can be a great way to stay healthy and active. Many organizations offer opportunities for physical activity, such as walking or gardening.

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Community Center Advertiser Here

There are many ways to get involved in your community. Here are some ideas:

- **Join a local organization:** There are many organizations in your area that focus on various issues, such as the environment, social justice, or the arts. Joining one of these organizations can be a great way to get involved and make a difference.
- **Volunteer at a local business:** Many businesses have volunteer opportunities. This can be a great way to gain experience and learn new skills while helping out a local business.
- **Attend community events:** There are many events in your area, such as festivals, concerts, and lectures. Attending these events can be a great way to meet new people and learn about your community.
- **Join a local club:** There are many clubs in your area, such as book clubs, gardening clubs, and walking groups. Joining one of these clubs can be a great way to meet new people and stay active.

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Meet Your Business to Meet Your Needs

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Senior Center

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HOW TO

```
graph TD; A[HOW TO] --> B[Financing a Fixer-Upper]; A --> C[Get Up and Go]; A --> D[Solving Screens]; B --> E[How to establish a home renovation budget]; C --> F[How to find time to be more physically active each day]; D --> G[Effective measures to reduce screen time];
```

The infographic is titled "HOW TO" in large, bold, black letters. Below the title, three arrows point down to three circular images. The first image shows hands working on a wooden surface, with a yellow box below it labeled "Financing a Fixer-Upper". The second image shows hands holding a blue object, with a dark blue box below it labeled "Get Up and Go". The third image shows a smartphone with a red prohibition sign over it, with a red box below it labeled "Solving Screens". From each of these three boxes, an arrow points down to a corresponding box below it. The first arrow points to a yellow box labeled "How to establish a home renovation budget". The second arrow points to a dark blue box labeled "How to find time to be more physically active each day". The third arrow points to a red box labeled "Effective measures to reduce screen time".

Financing a Fixer-Upper

How to establish a home renovation budget

Get Up and Go

How to find time to be more physically active each day

Solving Screens

Effective measures to reduce screen time

10 HOW TO

How to find time to be more physically active each day

Providing a measure of the time you spend working out, the Centers for Disease Control and Prevention offer the *minutes physically active* scale.

People who perform moderate-intensity activities, such as walking, swimming, and bicycling for 30 minutes a day, can expect to live longer and healthier than people who are sedentary.

People who perform vigorous activities, such as fast walking, running, and swimming, can expect to live longer and healthier than people who are sedentary. People who perform moderate-intensity activities for 30 minutes a day can expect to live longer and healthier than people who are sedentary.

5 ways to spend 30 minutes

1. Walk or jog outdoors. Walking for 30 minutes a day can help you lose weight and improve your health. Walking is a low-impact activity that can be done anywhere. Jogging is a more intense activity that can be done outdoors. Walking or jogging for 30 minutes a day can help you lose weight and improve your health.

2. Do sit-ups or push-ups. Sit-ups and push-ups are simple exercises that can be done anywhere. They can help you build strength and improve your posture.

3. Take the stairs. Taking the stairs instead of the elevator can help you burn more calories. It can also help you build strength and improve your posture. Taking the stairs for 30 minutes a day can help you burn more calories and improve your health.

More sit-ups and push-ups

4. Do sit-ups or push-ups. Sit-ups and push-ups are simple exercises that can be done anywhere. They can help you build strength and improve your posture. Doing sit-ups or push-ups for 30 minutes a day can help you build strength and improve your posture.

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Drive less

Driving is a major source of sedentary time. If you can, try to walk or bike to work or school. If you can't, try to park further away from the building and walk the rest of the way. You can also try to take the stairs instead of the elevator. These small changes can help you be more physically active each day.

FITNESS CENTER
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HOW TO: 11

Avoid exercise-related injuries

If you're an exercise enthusiast, you know that the more you work out, the more you'll enjoy life. But if you're not careful, you can end up with a painful exercise-related injury.

According to epidemiologic studies, the most common exercise-related injuries are sprains and strains, followed by stress fractures, muscle tears, and tendonitis. The most common cause of these injuries is overuse, which can happen when you exercise too often or too long, or when you exercise with poor technique. To avoid exercise-related injuries, it's important to warm up properly, use proper technique, and listen to your body. If you experience any pain or discomfort, stop exercising and consult a healthcare professional.

Prevention is key

To avoid exercise-related injuries, it's important to warm up properly, use proper technique, and listen to your body. If you experience any pain or discomfort, stop exercising and consult a healthcare professional. Warm-ups help to increase blood flow to the muscles and prepare them for exercise. Proper technique helps to avoid overuse and injury. Listening to your body helps to avoid overexertion and injury.

Warm-up properly

Warm-ups help to increase blood flow to the muscles and prepare them for exercise. Proper technique helps to avoid overuse and injury. Listening to your body helps to avoid overexertion and injury. Warm-ups should be done for at least 5-10 minutes before starting your exercise routine.

Remember that exercise is a marathon, not a sprint. Take your time, listen to your body, and you'll be able to enjoy the benefits of exercise for years to come.

It's important to follow proper technique when exercising. This means using the correct form for each exercise, and avoiding overexertion. If you're unsure of the correct form for an exercise, ask a fitness professional for help.

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NUTRITIONIST Advice Here

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Supplement advertising is a growing market, and it's important to reach your target audience effectively. Digital advertising offers a variety of options, including social media, email marketing, and search engine optimization.

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An advertisement on a sculpture is a great way to promote your business. You can place an advertisement on a sculpture, and it will be seen by many people.

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Active Seniors Today

Making friends in your golden years

Aging and change go hand in hand. Physical changes associated with aging, such as graying hair or reduced muscle mass, may garner the most attention. But personal relationships also can change as people age.

As a person ages, interests could change and home base may not be what it once was. People move after retirement, and friends you might once have seen with frequency may no longer be as close by. Children are older, and the friends you made from those early parenthood relationships may change as well. It is important to have a solid group of friends. Psychology Today reports that a strong social network reduces the risk of early death by around 45 percent. Recent data even indicates that loneliness is as great a health risk as smoking half a pack of cigarettes per day. Starting fresh and making friends at 50 or older might seem challenging. Although making new friends after 50 may take more effort than it did when you were younger, it is certainly not impossible. Here are some tips for making friends after 50.

- **Join a networking group.** Networking isn't just for advancing your career. Networking groups that focus on friendships can help individuals meet one another. Perhaps there is a neighborhood group in which people from a particular housing development or several streets in town get together. Shared interests can include the place where you live.
- **Organize a get-together.** Sometimes making friends involves effort on your part. You might need to step out of your comfort zone and initiate first contact with others. Maybe there is a person at a store you run into frequently, or someone whose path you cross regularly that can be asked out to a get-together.
- **Get involved with activities.** A church group or a volunteer activity can be a great place to meet new people. In fact, volunteers often get involved for the express purpose of getting to know others and to be integral members of the community.
- **Consider other generations.** Friends need not be the same age and from the same generation. Keep an open mind that friends can come in all ages and from all walks of life. Making friends after 50 requires some effort, but a stable social network can benefit individual well-being into one's golden years.

How seniors can cultivate a new hobby

Retirement is often characterized as a carefree time in which adults who spent years in the workforce get to enjoy the fruits of their labor. But upon retiring, many retirees find themselves fighting boredom. A recent study from Indeed found that, as of March 2022, 3.2 percent of workers who retired in a year earlier had already mentioned the workforce. No two retirees are the same, and a host of variables, boredom among them, likely compelled recently retired professionals to go back to work.

Retirees who like the freedom of not working but are confronting a good bit of boredom can consider their first step to cultivate a new hobby that can help them pass the time in a rewarding and engaging way.

- **Identify new (or old) interests.** Many retirees discover new passions in retirement, while others turn back the clock and revisit favorite hobbies from their youth. A good way to begin cultivating a new hobby is to jot down a list of activities you always found interesting but never had the time to learn or become too busy to fully pursue. As a senior, you're not the first to find the time to learn or become too busy to fully pursue. As a senior, you're not the first to find the time to learn or become too busy to fully pursue.
- **Embrace new ways to engage a passion.** Virtual resources like online courses and book clubs conducted over Zoom with fellow readers across the nation and possibly even the globe are a great way to cultivate a new hobby in retirement. Virtual resources can be especially beneficial for seniors with mobility issues.
- **Consider locally based resources.** Community parks departments and libraries may offer an array of free or affordable opportunities for seniors to engage with a new hobby. Parks departments may offer anything from cross-country skiing tutorials to age-based hiking excursions, while libraries may offer weekly crafting sessions or senior programs to socialize seniors, in addition to providing fun ways to discover and cultivate a new hobby. Parks departments and libraries are a great way to meet fellow retirees.
- **Put your experience to use.** Retirees with years in their field don't have to go back to work to make use of their professional expertise. Contact local youth organizations or outreach programs sponsored by churches, libraries or local law enforcement agencies and offer to share your expertise with young people. Such opportunities allow retirees to continue to engage with their professions and help a younger generation of aspiring professionals gain valuable insight into fields they're interested in. These are just a few of the ways seniors can cultivate hobbies that make retirement more rewarding.

Coffee Shop

Bookstore Book Club

Community College

Art Studio

Doubletruck 19.333 x 13

Your Healthy Now-To Page

How to eat healthy even if you're always on the move

A healthy diet pays numerous dividends. Such a diet can help people maintain a healthy weight, reduce their risk for various chronic conditions, including some cancers, and boost energy levels. The energy-boosting benefits of a nutritious diet might be especially appealing to busy professionals and provide the extra motivation they need to embrace healthy eating.

Busy professionals know it's not always so easy to eat healthy. An on-the-go lifestyle only adds to that difficulty, but the following are some ways to eat healthy if you're always on the move.

- **Plan ahead.** Meal planning is an effective way to eat healthy because it reduces the chances that adults will make impulsive dietary decisions without taking nutrition into account. According to Brown University Health, meal planning can save time and money. Planning also helps people avoid dining out too often. That's a notable benefit, as many restaurants, particularly fast-food chains that tend to be valued for their ability to provide quick and filling meals, prepare meals that are high in fat, sugar and sodium.
- **Embrace crockpot cooking.** Slow cooking is a crockpot or slow cooker can help on-the-go professionals eat healthier because it allows them to prepare meals on weekends and then eat them throughout the week. That's helpful for busy adults who don't have time to prepare homemade nutritious meals on weekdays, when work schedules, after-school activities and other obligations tend to take precedence over healthy eating.
- **Learn to dine out healthily.** It's important that busy adults do not panic at restaurant offerings with a broad brush. In fact, many restaurants offer a wide range of nutritious fare. There's just need to know which options fit that criteria. According to Johns Hopkins Medicine, veggie-based entrees or those with baked, broiled or grilled fish or skinless chicken are nutritious options when dining out. John Hopkins also urges diners to forgo traditionally greasy or oily options like cheese-covered enchiladas in favor of healthier alternatives like tacos featuring fish or grilled chicken.
- **Consider meal kits.** The market monitoring and research firm Statista notes that the meal-kit delivery market has been growing rapidly in recent years. Research indicates the domestic market for meal-kit delivery services was slightly less than \$21 billion in 2022, a figure that forecasters project will rise to around \$65 billion by 2030. Such estimates underscore the growing popularity of meal kits. Through meal-kit services, many offer the convenience many professionals are looking for to eat healthy, convenient, nutritious, pre-portioned ingredients help meal-kit subscribers avoid overeating, and most recipes are easily followed and result in meals made in considerably less time than more traditional means of cooking.

How to conduct a skin care self-exam

Time spent making up the summer sun is one of the things that makes the season so appealing. Warm outdoor air has a calming effect that can make anyone feel more relaxed and comfortable. As good as warm summer sun can feel, overexposure to the sun can be dangerous and increase skin cancer risk. A significant percentage of skin cancer cases can be prevented, and prevention is a multifaceted process that includes skin care self-examinations. Self-exams do not take up much time, and individuals can speak with their physicians about how frequently they should check their skin for signs of skin cancer. The U.S. National Library of Medicine offers the following instructions for how to conduct a skin self-exam.

- **Choose the right time to examine your skin.** The USNM recommends conducting a skin exam after bathing. Women who routinely conduct breast self-exams can check their skin at the time as well.
- **Use a full-length mirror.** It's not always easy to examine skin throughout the body. But signs of skin problems can occur anywhere on the body, including areas that might be hard to see without help. If possible, conduct a self-exam of the skin in front of a full-length mirror in a brightly lit room.

When the time comes to conduct the exam, the USNM recommends following these steps:

- Look closely at your entire body, both front and back, in the mirror.
- Check under your arms and on your sides at each arm, the area to examine the backs of your upper arms, which can be hard to see.
- Inspect your scalp at the office, and examine both sides of your forehead.
- Examine the tops and palms of your hands.
- Examine the front and back of both legs.
- Examine your feet, including between your toes.
- Examine your genital area.
- Examine your face, neck, the back of your neck, and scalp. Use both a hand mirror and full-length mirror, along with a comb, to see areas of your scalp.
- Examine your feet, including the soles and the spaces between your toes.
- Ask a person you trust to help examine hard-to-see areas.

Skin cancer poses a formidable threat, but many cases of the disease are preventable. Routine skin self-exams are a vital component of skin cancer prevention.

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The Mega

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