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Attract food markets, garden centers, grill retailers and more local advertisers with new ad templates, page tie-ins, editorial features, recipes, a contest idea and images.

Secure advertising and sponsorships for first-day photo-taking tips, report card rewards, friendship photo shoots, senior sunrise and more unique ideas for the new school year.

&

National Wine & Cheese Day, International Self-Care Day, National Ice Cream Month, Canadian festivals, Independent Retailer Month, Community Meet-Ups, and more

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National Grilling Month & Outdoor Living



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National Wine & Cheese Day July 25



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Staycations, Parks & Recreation



Back-to-School Time



Independent Retailer Month



Community Meet-Ups



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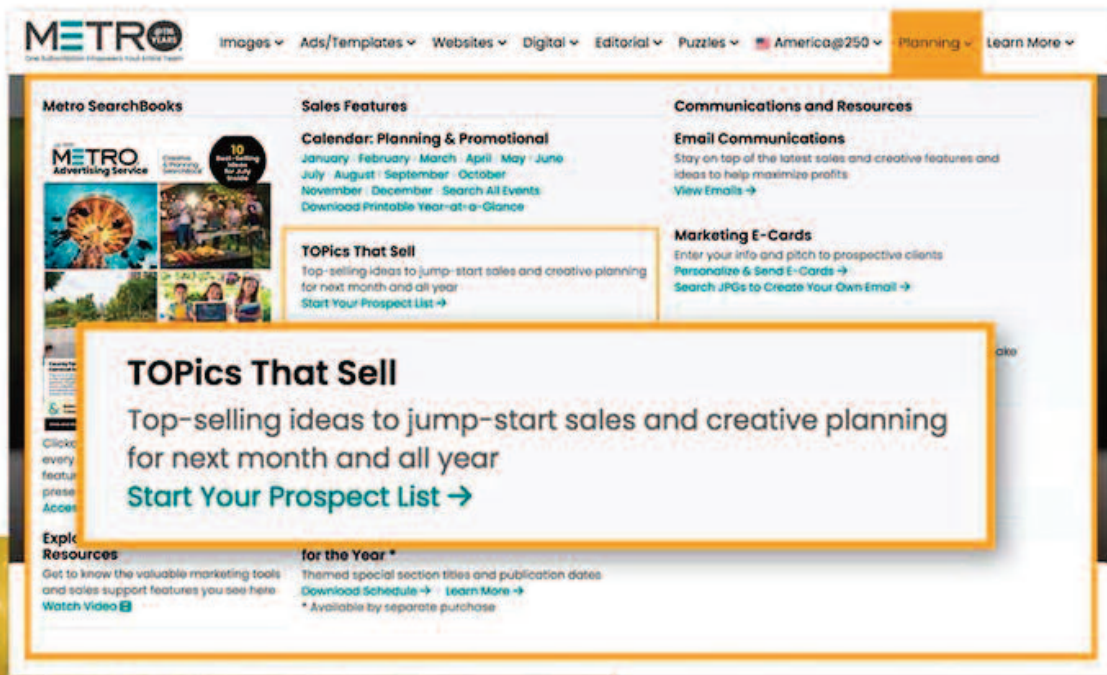


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Use our **TOPICS THAT SELL** site page to strategically plan for the month ahead and **EXPLORE IDEAS THAT SELL ALL YEAR:**



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TOPICS That Sell for July



- Fair Days
- Grilling Month
- Ice Cream Day & Month
- Wine & Cheese Day
- Staycations & Vacations
- Back to School
- Independent Retailer Month

Search Your **Planning Calendar** for More Monthly Events
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TOPICS That Sell All Year

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- Antiques & Vintage
- America@250
- Agriculture & Farming
- Auto Dealerships
- Automotive Services
- 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.

July 2026

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

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More on Page 32



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Plunging into the various types of pools

Homeowners can choose among various types of pools, weighing the pros and cons of each before settling on a decision.



Plants that can deter insects and wildlife

Some strategic choices regarding plants can greatly reduce the risk that insects and wildlife show up uninvited.



Pool installation projects 101

A pool is a significant investment of money and time, and homeowners can take note of these important variables as they consider if installing a pool is right for them.



Popular backyard games and activities

These games can make outdoor entertaining spaces more fun.



Weather-resistant materials for outdoor spaces

These outdoor furniture materials are considered particularly durable.



Tips to steer clear of traffic on your next summer road trip

With so many vacationers expecting to hit the open road this summer, it can benefit all drivers to embrace strategies designed to help motorists steer clear of traffic.



Conserving fuel as prices rise

Drivers are increasingly interested in ways to conserve fuel and stretch their dollars further. Here are some ways to mitigate rising gas prices.



Affordable summer entertainment options that may be a short drive from home

The following are some low-cost options for active daily or overnight adventures when the mercury rises.



Day trips that can make for fun memories

Day trips can make for an ideal getaway when travelers have a day free. The next time such a scenario unfolds, drivers can consider these fun day trip ideas.



How to tell bees, hornets and wasps apart

Bees, wasps and hornets are distinguished by their behavior, waist and body texture.



Summertime hydration strategies

There are myriad ways to avoid dehydration once the hot weather kicks in.



Food and wine pairing pointers

Those who are interested in honing their wine-pairing skills can consult these guidelines, courtesy of Food & Wine, WineMaker and The Wine Cellar Group.

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Summer Vacation



Family-friendly activities for a weekend trip to the shore

Weekend excursions to a shoreline are a summertime tradition in many families. Oceans and lakes are sights to behold at all times of the year, but the warm air of summertime makes the months of July and August a particularly popular and fun time to spend a weekend by the water.

Swimming is a go-to activity when spending time by the water in summertime. Swimming also is family-friendly, making a dip in a lake or ocean an ideal way to pass the time during a weekend trip to the shore. But oceanfront and lakeside communities offer a wide range of other family-friendly activities that parents and children can enjoy during their next weekend getaway.

• **Fishing boat excursion:** Renting a boat or booking a fishing trip through a commercial vessel can make for a unique and fun way to spend a summer day or night. Seasoned boaters can rent their own boat, while those with little or no experience can leave the boating to the captain of a commercial vessel. While there's no guarantee everyone aboard will catch a fish, many commercial fishermen will do their best to ensure everyone goes home having caught a fish.

• **Water sports:** Families that love to get out and about can look to an assortment of water sports to stay entertained during their next trip to the shore. Jet skis, kayaks, paddleboards, and even surfing sessions can be booked at many waterfront destinations in the summertime. Rentals tend to be available for anyone without their own gear, but book early to ensure you won't miss out on a chance to navigate the waters in style.

• **Mini golf:** Perhaps no summertime activity is more family-friendly than mini golf. Families need not be near the water to enjoy mini golf, but courses are staples of lakeside and oceanfront communities.

• **Whale watching:** This activity is exclusive to travelers visiting oceanfront locales, but whale watching ventures are wildly popular and a great way for families to get a sense of the scale of nature. Many whale watching excursions are between two and three hours in length, and vessels will transport passengers well out off the shoreline. Whales might be the focal point of these trips, but it's possible passengers will see additional marine life, including dolphins, on such excursions.

There's no shortage of family-friendly activities to enjoy when spending a summer weekend at a lakeside or oceanfront destination.



The term "road trip" tends to be used to characterize lengthy excursions to faraway places. But the phrase also can be applied to shorter day trips to local attractions.

Day trips can make for an ideal getaway when travelers have a day free. The next time such a scenario unfolds, drivers can consider these fun day trip ideas.

• **The big city:** Cities offer a wide range of attractions that may be harder to find in the suburbs and rural areas. Many cities are home to a wide range of ethnic restaurants, making a day trip to the city a great way for foodies to spend their free time. Cultural offerings also abound in many cities, which tend to be home to museums, concert halls, art galleries, and other options that provide a great reason to spend a day in a local city.

• **Natural attraction:** A day trip to a relatively local natural attraction like a hiking trail with Instagram-worthy views can make for an ideal afternoon. A day spent

Explore the various vacation rental options



When the weather heats up, the desire to take a trip away from home may grow. Ruby Home Luxury Real Estate estimates that the United States vacation rental market is \$69 billion. It is forecast to grow at a rate of 7.4 percent between 2025 and 2030.

Individuals and families have various options to consider when seeking accommodations for their getaways. Widening a search for accommodations may increase comfort and help travelers stretch their vacation dollars further.

Single-family homes

Detached rental homes offer maximum privacy, space and amenities for larger groups or families. These are great options when pooling resources with multiple vacationers, as some homes boast four or more bedrooms and can serve as the primary gathering spot for groups. Depending on the vacation home, it may have a pool or other recreational features.

Villas or beach/lake homes

Coastal hotel properties or those close to tourist hotspots can command top prices. Instead, renting a comparable villa or beach house might be a better option. These options typically offer unparalleled access to sights and amenities while still allowing renters to cook some of their meals at the property, saving on dining out costs.

Unique stays

Vacationers also can turn to some alternative accommodations. Houseboats are floating homes that offer living right on the water. Nature-focused accommodations like yurts or campsites, as well as cultural properties like farmsteads or castles, are some additional options for people looking for a unique vacation experience.

Vacation rentals may offer more space for longer stays, multiple bedrooms, laundry facilities, and kitchens for those who want a more inclusive trip experience.

Hotels

Timeshares may be a good fit for people who travel frequently. Chase Bank says a timeshare is a contractual commitment to paying for a vacation property at certain times of the year. Many timeshares are located in hotel properties. People who will not use their timeshare slots for the year may be allowed to sublet them to another, enabling vacationers to try out accommodations in an alternate property.

Apartments and condos

Typically located in urban areas or resort compounds, these properties are perfect for couples or small families seeking rooms outside of motels and hotels that still offer shared amenities like pools and fitness centers. Renting a condo for a vacation may be more cost-effective than booking a hotel and provide slightly more square footage.

Day trips that can make for fun memories

kayaking on a nearby river, lounging on a beach beside a lake or ocean, or mountain biking your way through trails also makes for a great day trip.

• **Amusement park:** Perhaps nothing makes for a more action-packed day trip than an excursion to an amusement park within driving distance of home. Thrill seekers can get their fix on a scream-inducing roller coaster, soar through the skies on the swings, and go after one another in bumper cars all afternoon.

• **Festival:** Festivals occur at various points throughout the year and make for a fun and

unique way to spend a day. Come summertime, musical acts dominate the festival landscape, while food- and farm-based festivals tend to draw crowds in the fall. Come winter, holiday season festivals are around to instill the holiday spirit in locals and out-of-town visitors. Spring is the season for festivals that highlight local blooms. Regardless of what time of year it may be, day trippers can likely find a festival to inspire a day-long getaway.

Road trips aren't exclusive to lengthy vacations. Drivers also can get behind the wheel for a memorable day trip.

Pool installation projects 101



A beautiful backyard oasis may feature a pool as the centerpiece. A pool installation project requires careful planning, and advance knowledge of what goes into the process can position homeowners to manage the undertaking more successfully.

According to the home improvement experts at Angi, an in-ground pool may cost between \$44,499 and \$87,349, while the price of an above-ground pool ranges from \$1,010 to \$5,967. Construction and installation costs depend on the project and the location, and local professionals can provide a better idea of what a pool may cost in a given area.

A pool is a significant investment of money and time, and homeowners can take note of these important variables as they consider if installing a pool is right for them.

• **Zoning laws:** Starting at the municipal level is a wise move when beginning any home improvement project. A town, city or province may have strict rules governing where a pool can be placed. Homes that are in neighborhoods governed by homeowners associations (HOAs) also may have regulations regarding pool installations.

• **Permits:** It's essential to secure all necessary permits before beginning a pool installation project. An in-ground pool may require more than one permit because of the scope of digging involved. However, all pools will need permits to oversee the correct installation of electrical and structural work, and to ensure that the job complies with safety regulations.

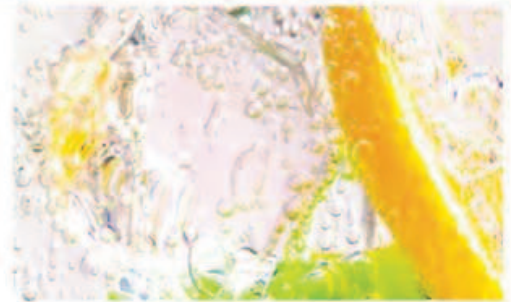
• **Fencing:** Pools typically need to be secured in a fenced yard, and may even require a separate self-latching fence directly around the pool to restrict access.

• **Design and planning:** Homeowners should spend time in the yard assessing where the pool will get ample sunlight, but also allow for access to utilities. Soil type, yard slope and additional factors can affect installation complexity and cost.

• **Type of pool:** A choice of above- or in-ground is not the only choice to make. While chlorine pools have long been the norm, many homeowners have switched to saltwater systems. The Pool Factory says a saltwater pool system uses a salt chlorine generator to convert added salt into chlorine via electrolysis. While it may lead to lower costs on chemicals over time, a saltwater system requires a more costly initial setup and more frequent pH monitoring.

• **DIY:** Some above-ground pools, particularly the small, soft-sided kits sold at popular retailers, may be something a do-it-yourselfer can handle. Larger pools likely will require the help of a professional installer. Of course, an in-ground pool installation is not a DIY project and will involve working with a number of contractors over the course of eight to 12 weeks on average, says New Home Source.

A swimming pool can provide years of backyard recreation for individuals and families. It's essential that homeowners do some homework so they know what to expect during a pool installation project.



Summertime hydration strategies

Summer is a season to spend outdoors soaking up some sun. But all that time outdoors can pose some health risks if people are not careful. The dangers of overexposure to the sun are well-documented. Sunburn is one such threat that can not only lead to discomfort, but also increase a person's risk for skin cancer. But sunburn is easily prevented with the use of sunscreen, and that's not the only summertime threat that's easily avoided.

Dehydration occurs when the body loses more fluids than it takes in. Come the dog days of summer, it's easy to lose fluids when spending time outdoors. Sweating is one way to lose fluid on a hot day, but there are myriad ways to avoid dehydration once the hot weather kicks in.

• **Don't wait until you're thirsty to drink water.** According to NHS Inform, the national health information service of Scotland, thirst is typically the brain's way of warning individuals that they are dehydrated. So it's unwise to wait until you're thirsty to drink water. A proactive approach can help to prevent dehydration, especially when spending time outdoors on hot days.

• **Take breaks for water.** A mid-morning coffee break or a mid-afternoon snack break are part of many people's daily routines. You also can incorporate drinking water into your daily routine. When pouring your morning coffee or tea, pour yourself a glass of water as well. When reaching for a mid-afternoon snack, pour yourself another glass of water.

• **Keep a water journal.** Documenting your daily water intake is one way to overcome forgetfulness in relation to remaining hydrated. Smartphone apps like Water Reminder and Plant Nanny can help people remember to drink water throughout the day. For those who prefer a more traditional approach to journaling, keep a small notebook near your desk or in your pocket when going outdoors so you can always know when your most recent water break occurred.

• **Look to foods to stay hydrated.** Drinking water isn't the only way to ensure you stay hydrated. Various foods are loaded with water. Henry Ford Health® notes that watermelon, berries, bell peppers, and grapes are water-rich foods that can help you stay hydrated.

Dehydration can creep up on hot summer days and put people in serious jeopardy. That's why it's imperative that people make a concerted effort to hydrate and do not wait until they're thirsty to enjoy a glass of water on a hot summer day.

Did you know?

Drinking water is essential for good health, especially when warm temperatures increase the risk for dehydration. Many people are familiar with the general guideline that recommends drinking eight to 10 full glasses of water and other beverages a day. But what about hydration and companion animals? Ensuring a dog, cat or other pet is getting enough water is complicated. After all, one cannot force a pet to drink. However, Figo Pet Insurance says, on average, a healthy adult dog needs between one-half and one ounce of fresh water per one pound of body weight, daily. Therefore, a 50-pound dog will require anywhere from 25 to 50 ounces of water a day, or roughly three to eight cups of water. Cats often require less water, but still should have constant access to fresh water. Temperature will impact how much pets need to drink. In hot weather or after exertion, pets will need more water to regulate body temperature. PetMD also says that pets that eat dry food (kibble) may generally drink more water than those who eat wet food, as the latter receive more moisture from their diet than the former. Pet



owners should discuss concerns about water intake with veterinarians if something seems amiss. Gently pinching the skin near the pet's shoulder blades can offer a quick assessment of proper hydration. The skin should return to normal immediately. If it doesn't, the pet may be dehydrated. Also, pets who are drinking excessive amounts of water may have an underlying health issue, which also should be promptly addressed by a vet.



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Did you know?



Pools are a highly desirable feature among current homeowners and buyers in the market for a new property.

When considering a pool installation project, homeowners should know that various factors within their control, including which style of pool they choose and how well they maintain the pool after installation, could influence their return on investment. According to the home renovation resource Angi, an in-ground pool can generate a considerably greater return on investment than an above-ground pool. Angi notes the range for ROI in regard to pools is between 5 percent and 56 percent, with the lower figure closer to the average return for an above-ground pool and the higher one more reflective of the return one might expect after investing in an in-ground pool. Installation cost is another variable to consider, as above-ground pools may cost homeowners less than \$10,000 to install while in-ground pools can cost closer to \$100,000. Such costs also do not reflect the cost of additional features, including patios around the pool. But the appeal of pools among home buyers remains high, especially in regions with climates that allow more extensive use of the pool.

DID YOU KNOW?



Budget is an important variable when homeowners plan to renovate an outdoor living space. According to Angi, outdoor living space construction costs vary significantly due to a wide range of variables, including the size of the space, the materials chosen, and where a home is located. **Angi estimates the average outdoor living space construction cost is \$7,800.** However, such a project can exceed \$100,000 depending on the amount of work that needs to be done and homeowners' goals and visions for the space. If such price tags raise an eyebrow (or homeowners' blood pressure), it's important to note that outdoor living space renovation projects tend to provide sizable returns on homeowners' investments. According to a 2023 survey from the National Association of Realtors®, homeowners reported a cost recovery of 100 percent on outdoor kitchen investments and 95 percent cost recovery on a new patio. Homeowners also reported greatly enjoying such features. Homeowners reported a joy score (on a scale of one to 10, with 10 being the most joyful) of 9.9 on a new patio and a 9 on outdoor kitchens.

Did you know?

When embarking on a road trip, drivers may want to avoid doing so between late afternoon and early evening. **According to the National Safety Council, evening rush hours, which is generally considered to be between 4 p.m. and 7 p.m. on weeknights, is a dangerous time to be on the road due to increased traffic.** But drivers should know that evening rush hour is not the only time when it's dangerous to be on the road, particularly in summer. According to the NSC, fatal crashes peaked between 8 p.m. and 11:59 p.m. in the spring and summer of 2023. That's something road trippers can keep in mind, particularly if they're planning lengthy trips and aspiring to drive as many hours as possible in the hopes of arriving to their destinations as quickly as possible. By avoiding driving between the hours of 4 p.m. and 11:59 p.m., drivers can steer clear of traffic jams and avoid times of day when driving is most dangerous.



Did You Know?

Conventional wisdom has long suggested adults should drink eight glasses of water each day, but the Mayo Clinic notes daily water consumption recommendations depend on variables that are unique to each individual. For example, people who engage in activities that make them sweat, like exercise, will need to consume extra water to make up for the loss of fluid. Water consumption needs also may change with the seasons, as people are more likely to lose fluid when temperatures are high and cause people to sweat than they are when temperatures are moderate or low. The Mayo Clinic notes high altitudes can increase the risk for dehydration, which may require people in high altitude locations to drink more water each day. People dealing with certain medical conditions, including bladder or urinary infections, or illnesses that cause fluid loss due to vomiting or diarrhea also may need to consume extra water each day to avoid dehydration.



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Drinking water is essential for good health, especially when warm temperatures increase the risk for dehydration.

Did you know?

Although motorcycle ridership skews heavily toward men, women represent a rapidly growing segment of riders. **Recent data from the Motorcycle Industry Council indicates approximately 19 to 20 percent of motorcycle owners in the United States are women.** This is a significant jump from a few decades ago. The rising numbers are largely driven by Millennial and Gen X women. The mean age for women riders is 39, which is younger than the average age of 48 for men. Motoress®, a resource for woman motorcycle enthusiasts, found that women prefer cruisers and scooters as their rides of choice, followed by sport bikes. Fun and recreation, sense of freedom and access to nature are the main reasons women ride.



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Find your latest content for this topic under the America@250 tab at the top of your Metro site through July 4th – just look for the American flag!

250th AMERICA

Decorating for America's 250th anniversary



the flag never touches the ground and is illuminated if flown at night. When hanging against a wall or window, the blue union must be at the top left.

- **Specialty signs:** Many municipalities are getting in on the America 250 action and will organize specialty parades and parties. People can check with local government offices to see if lawn signs will be available. If so, they can be displayed in front of homes or retail stores.

- **Tablescapes:** Themed America 250 tablecloths can be used for backyard parties and picnics. Centerpieces of mason jars filled with mini flags and birthday number candles spelling out 250 are another fun idea.

- **Cozy accents:** Both homeowners and store owners can incorporate cozy accents like wooden blocks or patriotic table runners that display the 1776-2026 theme. Throw pillows and blankets featuring stars and stripes tossed over an antique rocking chair on a porch or near an entryway is a great way to offer a touch of Americana.

- **Lights:** Twinkling holiday lights in red, white and blue can be hung around windows and doors, or wrapped around trees in the yard for festive appeal. Communities may identify specific decorating goals, like entire streets featuring paper lanterns, or America 250 flags on telephone poles. Residents can participate in such plans where possible.

- **American flags:** Many homes and businesses already display the flag, but this is the perfect opportunity to do so for those who want to exhibit their pride in America. Be sure to treat the flag with respect and review the official United States Flag Code, which mandates that

Notable events in recent American history

When Americans celebrate the 250th anniversary of the United States in the summer of 2026, they're sure to look back on the humble beginnings of the nation and the Founding Fathers who risked everything to gain independence from Great Britain.



While it's important to recognize and honor the brave individuals who played integral roles in the founding of the United States, more recent American history also is worth noting when the nation celebrates its 250th birthday in 2026. It's only been 26 years, but the twenty-first century has already produced some noteworthy moments in American history.

► **2000:**
The Supreme Court stops the Florida recount. The first presidential election after the 1990s proved to be a memorable one, as George W. Bush narrowly defeated Al Gore in a hotly contested affair. Neither candidate conceded defeat on election night, and the United States Supreme Court ultimately decided the election in when the justices issued a landmark decision in *Bush v. Gore* that stopped a recount in Florida and awarded the state's electoral votes to Bush, who then became the 43rd president of the United States.

► **2001:**
The 9/11 attack on America shocks the world. Nearly 3,000 Americans and international citizens were killed in the terrorist attacks on the United States on September 11, 2001. Four airliners were hijacked that morning, and the nineteen hijackers flew three of the planes into the twin towers of the World Trade Center in lower Manhattan and the Pentagon in Arlington, Virginia. The fourth plane crashed in rural Pennsylvania after a passenger revolt. In the aftermath of the attacks, which American government officials soon identified as the work of al-Qaeda leader Osama bin Laden, the United States launched a worldwide war on terror.

► **2008:**
Barack Obama becomes America's first Black president. Barack Obama was a junior senator from Illinois when he secured the Democratic nomination for president in June 2008. That nomination was historic, as it marked the first time an African American was designated as a major political party presidential nominee in U.S. history. Obama continued making history during the election, which proved to be a decisive victory over Arizona Senator John McCain on November 4, 2008. With that victory, Obama became the first African American president in American history.

► **2008:**
Bernie Madoff is arrested for running a massive Ponzi scheme. Roughly five weeks after Obama won the presidential election in November 2008, financier Bernie Madoff was arrested in New York City for running a massive Ponzi scheme that he had begun in the early 1990s. Sixty-five billion dollars was reportedly missing from client accounts at the time of Madoff's arrest, though much of that was gains fabricated by Madoff. Later estimates suggested direct losses to unknowing investors in Madoff's scheme totaled roughly \$18 billion. Less than a year after his arrest, Madoff pleaded guilty to a wide range of financial crimes and was sentenced to 150 years in prison, where he died in 2021.

► **2016:**
The Chicago Cubs win the World Series. A 108-year championship drought finally ended for the Cubs and their faithful fans shortly after midnight on November 3, 2016. In a thrilling, seven-game World Series, the Cubs defeated the Cleveland Indians 8-7 to secure the franchise's first World Series title since 1908. The game was widely recognized as an instant classic, as Cleveland outfielder Rajai Davis hit a game-tying, two-run homerun in the bottom of the eighth inning. The game ultimately ended up going into extra innings, and was even interrupted by a brief rain delay. The Cubs promptly scored two runs in the top of the tenth inning and survived another Cleveland rally in the home half of the frame to secure the historic victory.

250th AMERICA

WORD ROUND-UP

See how many words you can form. Each word must contain the letter in the center circle.



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WORD ROUND-UP

See how many words you can form. Each word must contain the letter in the center circle.





County Fair & Carnival Season



Agriculture & Livestock

The 20XX Name County Fair



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BEEF	 Owner Name / Sponsor Name	 Owner Name / Sponsor Name	 Owner Name / Sponsor Name	 Owner Name / Sponsor Name
DAIRY	 Owner Name / Sponsor Name	 Owner Name / Sponsor Name	 Owner Name / Sponsor Name	 Owner Name / Sponsor Name
HORSES	 Owner Name / Sponsor Name	 Owner Name / Sponsor Name	 Owner Name / Sponsor Name	 Owner Name / Sponsor Name
POULTRY	 Owner Name / Sponsor Name	 Owner Name / Sponsor Name	 Owner Name / Sponsor Name	 Owner Name / Sponsor Name
SHEEP	 Owner Name / Sponsor Name	 Owner Name / Sponsor Name	 Owner Name / Sponsor Name	 Owner Name / Sponsor Name

Congratulations to All the Winners

We'd like to recognize and thank everyone who participated in this year's fair. Your hard work, dedication and accomplishments make this community proud!

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Great job, everyone!

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THE
WINNERS'
CIRCLE

Congratulations
to All the Winners

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Congratulations
to All the Winners

We'd like to recognize and thank everyone who participated in this year's fair.

THE
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Crafts & Hobbies



Visual & Fine Arts



Fair Queen



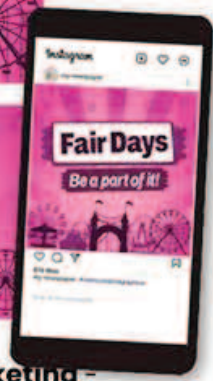
Needle & Fiber Arts



Food & Culinary Arts



Agriculture & Livestock



Social Media & Email Marketing -

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National Grilling Month & Outdoor Living

IT'S COOKOUT SEASON!

Follow these simple tips to add some extra flavor to grilled foods this summer:



Monitor temperatures with a meat thermometer.

Overcooking foods cooked over an open flame is a common mistake. Overcooked foods tend to taste dried out and fail to offer that signature juiciness associated with well-cooked barbecue staples like steak and other types of red meat. Using a meat thermometer can ensure foods maintain their juicy flavor profile and do not dry out. The ideal internal cooking temperature varies depending on which foods are being cooked, so be sure to stick to a recipe or look up the appropriate internal cooking temperature for foods that will be cooked over an open flame.



Dry rub meats.

Some people marinate grilled foods prior to cooking, but marinade can drip off when cooking food and lose much of its value in regard to adding flavor. Dry rubs are made from spices, herbs and other seasonings that won't fall or burn off when foods are cooking. Dry rubs can add extra flavor when applied hours before cooking or even shortly before placing foods on the grill.



Utilize wood chips or chunks.

Another way to add flavor is to grill foods over wood chips or chunks. Chips or chunks might be flavored (mesquite is a popular flavor) or unflavored. Cooks should know that adding flavored or unflavored chips or chunks will impart a smoky flavor to anything cooked on the grill. When using a gas grill, cooks can put the chips or chunks in a smoker box or wrap them in a foil pouch to impart extra flavor without adversely affecting the grill.



Slow down.

"Low and slow" is a motto embraced by people who love to smoke foods, and that same approach can be applied to more traditional grilling as well. Even if you don't have all day to cook like you would if you choose to smoke foods, cooking low and slow can ensure foods are juicy and full of that unique taste that's only possible when cooking over an open flame. Keep vents open only on a crack and cook foods at lower temperatures than you otherwise might. While the foods won't be cooked as fast, they will boast more of that signature smoky flavor grilling enthusiasts love.



10 Ways to Add Pops of Color TO YOUR PATIO



- 1 Flowers & Plants
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Scan the code with your smartphone camera to enter and upload your photos by 5pm, March 01, 2020

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Local Color Photo Contest

Share photos of your garden for a chance to **win a \$100 gift card**

Learn More & Enter

Garden Center
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Summer Staycations... July is Park & Recreation Month



summer
STAYCATION
GUIDE

High fuel costs got you down? You don't have to travel to enjoy a healthy dose of rest, relaxation and fun.

Follow our tips to *enjoy a memorable staycation right here at home!*

Give your home hotel vibes.
Make some upgrades like new towels or sheets, and stock up on little treats that make you happy, whether it's spa-style beauty products or your favorite snacks and cocktail mixers.

Think like a tourist.
Consider activities like museums, parks, hiking trails, tours, and amusement parks, or just explore a new neighborhood or day-trip destination.

Take time off.
Disconnect from work, turn on your email's "out of office" auto-responder and mute work-related phone notifications.

Get ahead of housework.
Do laundry, cleaning, grocery shopping and chores ahead of time, so you relax while on staycation.

Make time for intentional relaxation.
Whether it's a book break or pool time, make time for free time, and spend it on activities that help you unwind.

Splurge on something.
Make a reservation at a local restaurant you've been wanting to try, or book a relaxing spa day. You might even consider booking a local hotel to enjoy a carefree night on the town.

  Here are some local restaurants, activities and attractions to check out while you're on *staycation!*

Mini Golf Course	Museum	Restaurant	Day Spa or Resort
------------------	--------	------------	-------------------



The Best Things in Life Are Free... Enjoy a Day at Our County Parks!

Fresh air, family fun, peaceful relaxation...
our area parks are a community resource everyone can enjoy. **Here a few ideas to make the most of them:**

- Pack a picnic.
- Read a book.
- Play a lawn game.
- Fly a kite.
- Make some bubbles.
- Create a scavenger hunt for the kids.
- Bring a board game or deck of cards.
- Take a sketch pad and do some drawing.
- Practice birdwatching or photography.
- Enjoy yoga or meditation.

Protect our parks!

Please remember to:

- > Leash your pets.
- > Pick up your trash and pet waste.
- > Avoid approaching or feeding wildlife.
- > Be mindful of others with music and noise.
- > Stay on marked walking trails to protect vegetation.

Thank you for doing your part to keep our local parks safe and beautiful for everyone to enjoy.



County Parks Summer Events Schedule
Scan the code or visit us online for free outdoor concerts, movies and more!

Visit Our Free Name County Parks!

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- ✓ Park Name Here
- ✓ Park Name Here
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Thanks to our local business sponsors!

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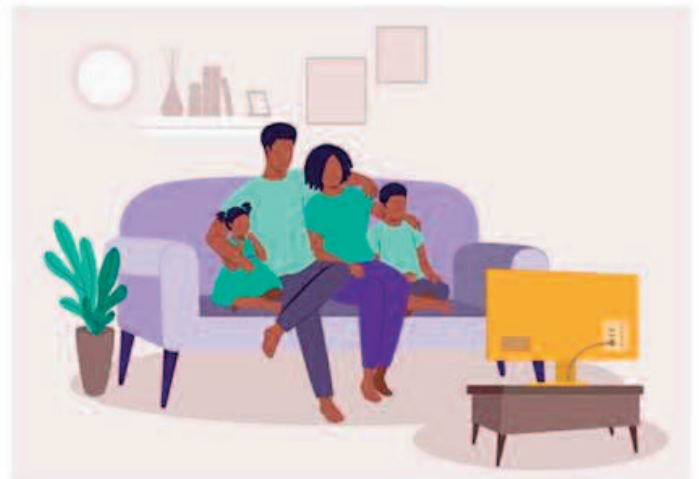
PASS 6 col x 11



Social Media & Email Marketing

Use these ready-to-post JPG designs for Facebook and Instagram, or select the "Marketing: Create an E-Card" Image Filter to personalize and send a formatted e-card to sales prospects using this image.





Back-to-School Time

"First Day" Memories





6 Tips for Taking Keepsake Photos

that document their journey through the school years

Wishing all the students and parents a happy first day and a wonderful school year!

School Supply Shop

Kids' Haircuts

Kids' Clothing Store

Photographer

Pediatric Dentist

Pediatrician

Get the Light Right. Have kids stand in the shade or with the sun at their side to minimize squinting and shadows.

Check Your Angle. Avoid photographing from above or below. Crouch to position your camera at their eye level.

Prep the Props. Use a letter board, chalkboard or helium number balloons to mark the new grade. Create a homemade sign, pennant or face frame

together. Create a photo series by ordering a large tee-shirt printed with their high school graduation date, and take first-day photos through senior year as they grow into it.

Capture Candid. If "smile and say cheese" feels forced, get more natural shots by asking kids to wave, jump, sing, dance, tell a joke or hug a sibling. They might enjoy showing off a new backpack, lunch box, accessory or pair of

shoes. Taking pictures as they're getting on or off the bus is another option to consider.

Add Video. Record a video boarding the bus, or an interview about what they're looking forward to on the first day. If your morning feels rushed, record an after-school recap of their first day instead.

Get in the Picture. Don't forget to take a photo together with your little one each year!

PASS 6 col x 11







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Leaderboard 728 x 90

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Friendship Photo Shoot

Photographer

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Web Ads

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FREE Ice Cream for Straight-A Students
Show us your current report card Month 00-00!

Ice Cream Shop



Report Card Rewards

FREE Ice Cream for Straight-A Students
Show us your current report card Month 00-00!

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COURSE	Achievement
English	
Algebra	A+
Computer Science	A
ology	A+
ld History	A+
	A+





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AT THE GRILL

WORD SEARCH

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

WORDS

BACKYARD
BARBECUE
BURGER
CHARCOAL
CHICKEN
DELICIOUS
FLAME
FLAREUP
GRATE
HEAT
MARINADE
PROPANE
SAUSAGES
SEAR
SEASONING
SIZZLE
SKEWERS
SMOKE
SPATULA
STEAK
SUMMER
TEMPERATURE
TONGS
VEGETABLES

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

WHAT'S THE DIFFERENCE?

There are four differences between Picture A and Picture B.



A



B

Answers: 1. Missing umbrella 2. Missing straps on life vest 3. Guy in water 4. Older girl's hair is a different color

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to parks and recreation.

SSRPOT

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

Answer: Sports

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to retailers.

TCIDRE

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

Answer: Credit

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to grilling.

SBNU

--	--	--	--

Answer: Buns

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to swimming.

TEKSOR

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

Answer: Stroke

Answer: Sports Answer: Sports Answer: Sports



English: Hot
Spanish: Caliente
Italian: Caldo
French: Chaud
German: Heiß

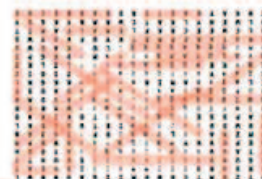


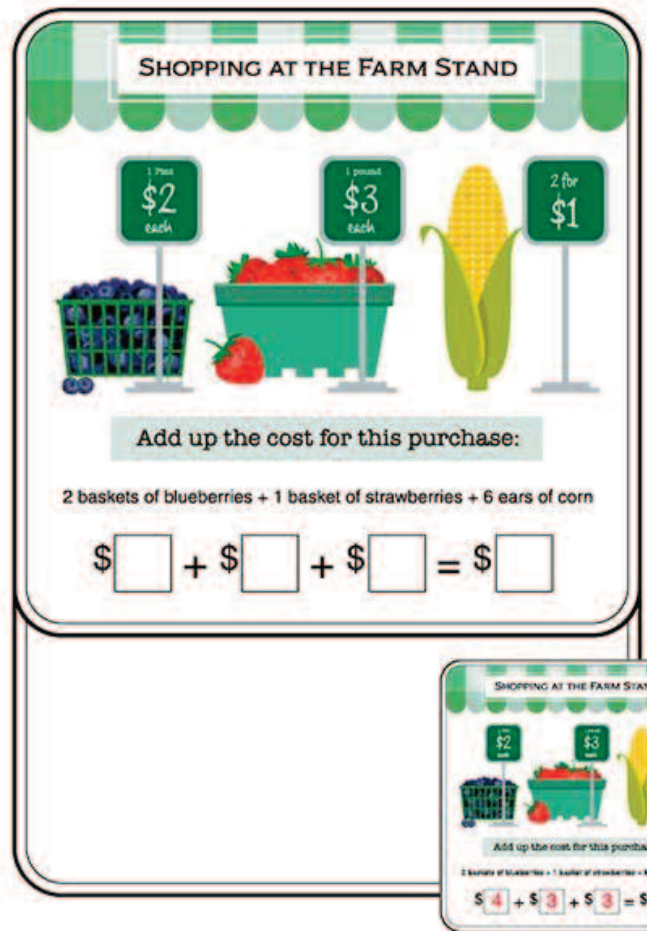
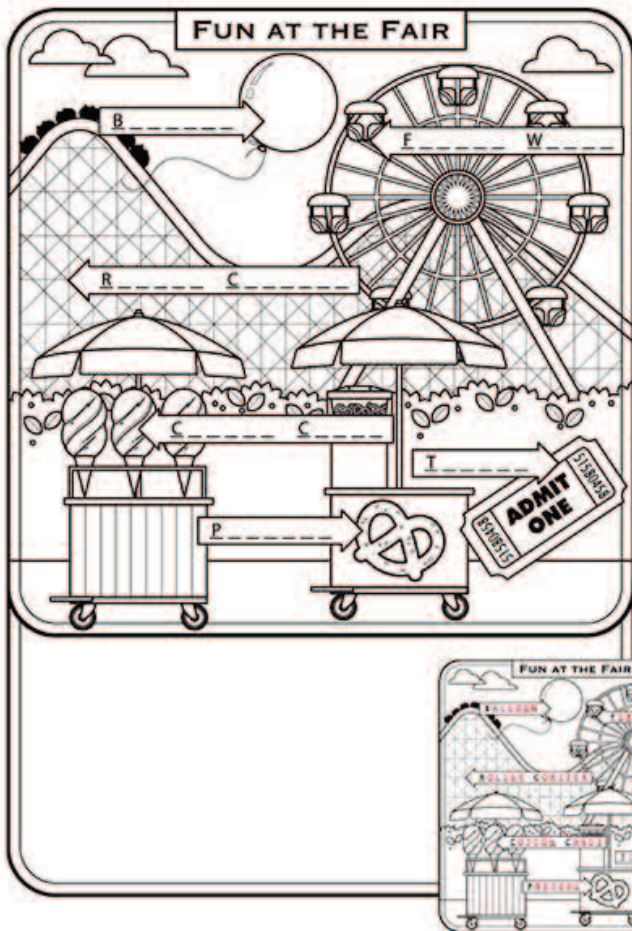
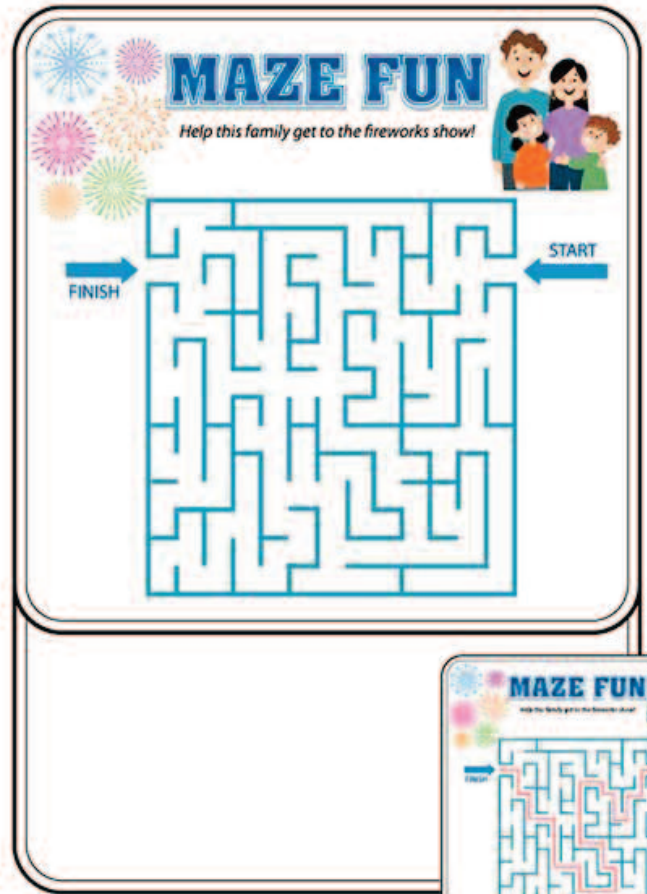
Answers: A. slides B. troll C. trees D. field

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

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

BACKYARD
BARBECUE
BURGER
CHARCOAL
CHICKEN
DELICIOUS
FLAME
FLAREUP
GRATE
HEAT
MARINADE
PROPANE
SAUSAGES
SEAR
SEASONING
SIZZLE
SKEWERS
SMOKE
SPATULA
STEAK
SUMMER
TEMPERATURE
TONGS
VEGETABLES

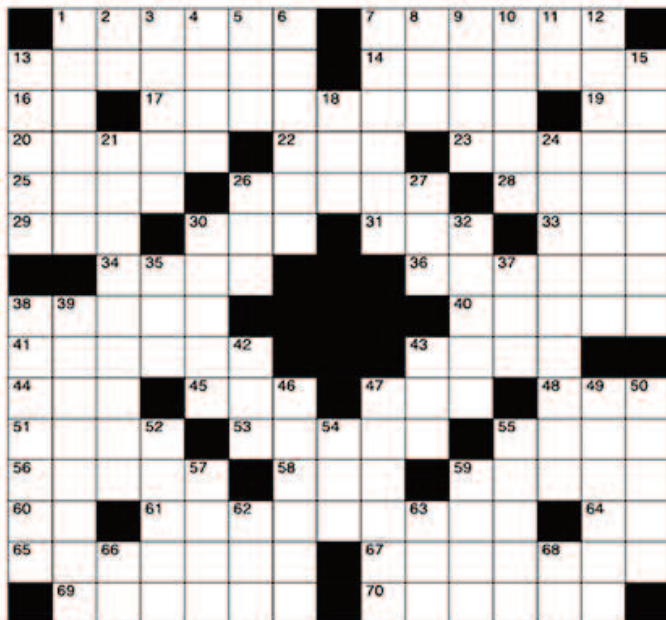




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Crossword



CLUES ACROSS

1. Mended
7. Hymns
13. Commercial transport of goods
14. Poked holes in the ground
16. They precede C
17. Branch of knowledge concerned with wealth
19. Larry and Curly's pal
20. Injured
22. Popular type of dance
23. Moon crater
25. American state
26. Places to lock valuables
28. Stalk that supports the capsule
29. Keyboard key
30. "___ death do us part"
31. A type of cage
33. A place to sleep
34. Annual music awards show
36. Made over
38. Hard, stony substance

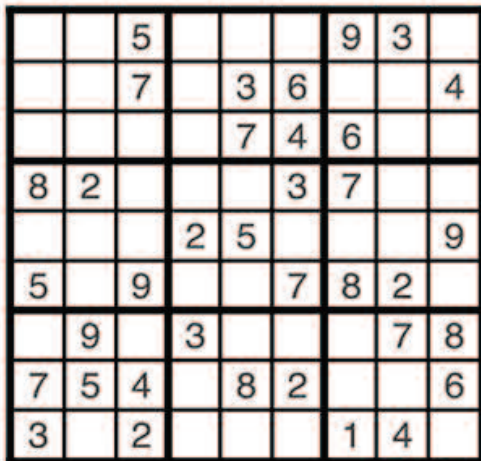
CLUES DOWN

1. Hard things to kick
2. Collective of countries
3. Letter of Hebrew alphabet
4. One-time Alabama running back Eddie
5. One's sense of self-esteem
6. Of the teeth
7. Treat with care
8. Type of whale
9. Curved structure
10. Emits coherent radiation
11. One of the Gospels (abbr.)
12. Smallest interval in western music
13. Netherlands seat of government
15. Gives to charitably
18. Lout
21. Pastas
24. Release from restrictions
26. Female sibling
27. Title of respect
30. Silver coins

40. Incantations
41. Long-legged, wading bird
43. Breathe noisily
44. Congressman
45. Rip off
47. Golf score
48. Popular pickup truck
51. Where infants sleep
53. Music term
55. Small opening in a surface
56. Musical term meaning "very"
58. Soviet Socialist Republic
59. Treats with powder
60. Email subject line feature
61. A British lawyer
64. Expression of laughter
65. Farmer's calendar
67. Seeds used as food
69. Eurasian shrubs
70. Periods of inactivity

32. Region in India
35. Partner to cheese
37. Dark or dusky
38. Pacific Northwest tree
39. Exaggerate
42. Toddler
43. Touch lightly
46. Fundamentals
47. Jeopardies
49. Curved structures
50. Isolated, flat-topped hills
52. Forming the bottom layer
54. Reciprocal of sine
55. Genus of Old World birds
57. New York college
59. Cloak
62. Kwahiri Leonard's team (abbr.)
63. Vietnamese offensive
66. "The Great Lakes State"
68. "___ myself and I"

SUDOKU



Level: Beginner

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!

Double Word Puzzle for Kids

Unscramble the individual words to reveal letters for the phrase.

NKTEBAL



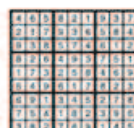
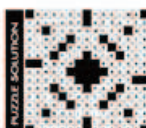
SFROK



KCIEOO



DNREIN



Answers:
blanket, forks,
cookie, dinner
fried chicken picnic

July is **National Ice Cream Month & National Grilling Month**


The Dish on ICE CREAM

The sundae made its debut in the late 1890s, with several U.S. towns claiming credit for its creation. Most origin stories center around blue laws, which made it illegal to sell sinfully rich ice cream sodas on Sunday. In the American town of Evanston, Illinois some vendors started serving ice cream with syrup instead, calling it an Ice Cream Sunday or Sunday Soda. The name was eventually changed to sundae, in order to avoid religious offense.

Sources: The Ice Cream Alliance, The Daily Northwestern



Vanilla is the most popular ice cream flavor globally!

Source: Mental Floss



30% to 50% of ice cream's volume is air, which prevents it from becoming a solid, frozen block. The amount of air affects the texture, volume and flavor of ice cream.

Source: Harmony Valley Creamery



It takes about 3 gallons (11.4 liters) of whole milk to produce just one gallon of ice cream.

Source: Cruz Creamery



New Zealand tops the chart for global ice cream consumption per capita, followed by the United States.

Source: World Population Review



A "brain freeze" headache happens when cold food suddenly touches the roof of your mouth, causing blood vessels to rapidly expand. You can stop it by pressing your tongue against the roof of your mouth, or sipping warm water.

Source: Society for Neuroscience

July is National **Ice Cream Month**

In the United States, July was designated as National Ice Cream Month, and the third Sunday in July as **National Ice Cream Day**, by President Ronald Reagan in 1984.

Grocery Store	Ice Cream Shop	Restaurant	Gelato Shop
---------------	----------------	------------	-------------

ICE CREAM CRAWL



It's said that it takes an average of 50 licks to finish a single scoop of ice cream. **Try it out, and see for yourself!**

☐ Ice Cream Shop	☐ Ice Cream Shop
☐ Ice Cream Shop	☐ Ice Cream Shop
☐ Ice Cream Shop	☐ Ice Cream Shop

PASS 6 col x 10

FIRE UP
the Flavor

Make summer cookouts sizzle with quality you can taste in every delicious bite!

Premium Meats & Poultry | House-Made Sausages
Fresh Burger Patties | Deli-Style Salads
Bakery-Fresh Buns | Snacks & Cold Drinks

Open 7 Days

Meat Market & Deli

1234 Washington Street | Somersville Heights
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the Flavor

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Somerville Heights

Web Ads

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

FIRE UP
the Flavor

Quality you can taste in every delicious bite!

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Meat Market & Deli

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National Lasagna Day is July 29, July is **National Hot Dog Month**, **National Avocado Day** is July 31



July is **National Watermelon Month**, **National Ice Cream Day** is July 19, **National Macaroni & Cheese Day** is July 14



Special Section Puts Local Agritourism on the Map

Uncork the Experience gives local wineries, breweries and distilleries an engaging advertising platform that encourages readers to explore the region's craft beverage producers.



Press Enterprise
Bloomsburg, PA

➤ Check out an issue of Uncork the Experience

CREATE:

Press Enterprise recently published their third annual Uncork the Experience special section. The section serves as a guide to the region's craft beverage producers, combining a variety of Metro recipes and editorial features with local advertising and a "trail map" of local wineries, breweries and distilleries.

SELL:

Following their first edition of Uncork the Experience, the Press Enterprise team used the section as a sales tool by mailing copies to all participating and prospective advertisers, including those who declined advertising, to familiarize them with the finished product. The sales team contacts ad prospects for the upcoming edition by email, and they follow up with in-person visits to as many locations as possible. Advertising Director Janene Hachemeister says the section's map feature is popular with advertisers, and the Metro editorial features help them fill the section with information that's relevant to their advertisers and interesting to their readers.

PROFIT:

Uncork the Experience has produced positive feedback and returning advertisers for the publication. Advertisers appearing on the trail map run individual ads with detailed information about their businesses. The publication also uses the section to kick off promotion of their upcoming Best of the Best contest, recognizing exceptional food and beverage businesses around the area.

Janene Hachemeister

Advertising Director
Press Enterprise
janene.hachemeister@pressenterprise.net
pressenterpriseonline.com



Your Metro subscription includes a wealth of editorial features, recipes, images, spec ads and page templates to support wineries, breweries and agritourism advertisers in your region. Search MetroCreativeConnection.com by keyword to explore and download!

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➤➤ Read More Success Stories

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



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

Summer events and festivals throughout Canada



French Headings



Summer Festivals & Events

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



Your local guide to summer

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f i



(INTERNATIONAL TATTOO
BAGPIPE PLAYERS)

PASS 3 col x 5



(JAZZ FESTIVAL BAND)



(CALGARY STAMPEDE RODEO)



(CALGARY STAMPEDE SHOWRIDERS)



(DRAGON BOAT RACE)



(HIGHLAND DANCERS)



(FOLK FESTIVAL BAND)



Canada

Newspaper Marketing

Use the Marketing menus under the **Image Category** and **Template Type** filters for more content designed to help you promote your publication to readers and advertisers.





LOCAL SPORTS COVERAGE

FOR THE WIN

Nobody covers school sports like we do! From game schedules, highlights and players to watch, to resources for students athletes and their parents, we're on the field to keep you in the game and give our community's kids the recognition they deserve!

Purchase Team & Game Photos!
You can purchase any of the photos you see published in our newspaper by contacting us at 000.000.0000 or photography@namewebsite.com.

Name Newspaper

Local news and lifestyles

000-000-0000 | www.namewebsite.com




PASS 6 col x 3 



LOCAL SPORTS COVERAGE

FOR THE WIN

We're on the field to keep you in the game and give students athletes the recognition they deserve!

> Subscribe to support our continued work in the community.

Name Newspaper

000-000-0000

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



> Subscribe to support our continued work in the community.

Name Newspaper

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We're on the field to keep you in the game and give students athletes the recognition they deserve!

> Subscribe to support our continued work in the community.

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National Wine & Cheese Day is July 25



WINE & CHEESE Pairing

Quick Tips

1. Enjoy heavy wines with heavy cheeses, and light wines with light cheeses.
2. Balance fat and acidity by pairing high-acid wines with rich, creamy cheeses.
3. Match sweeter wines with pungent, or salty, cheeses.

Fresh & Soft Cheeses

e.g. goat, burrata, ricotta, Brie, mascarpone

Zesty Whites & Light-Bodied Reds

e.g. sauvignon blanc, dry riesling, sparkling wine, pinot noir

Semi-Hard Cheeses

e.g. Swiss, fontina, young Gouda

Balanced Whites & Medium-Bodied Reds

e.g. unoaked chardonnay, Viognier, merlot, syrah

Hard & Aged Cheeses

e.g. parmesan, aged cheddar, Manchego

Rich Whites & Full-Bodied Reds

e.g. zinfandel, Tempranillo, oaked chardonnay, chenin blanc

Blue & Pungent Cheeses

e.g. Roquefort, Gorgonzola, Stilton

Sweet, Aromatic Dessert Wines

e.g. port, ice wine, Sauternes, late-harvest riesling

Discover the Perfect Pairing

Our friendly and knowledgeable wine experts are here to recommend great picks for every occasion, at every price point!



Come celebrate with us!
National Wine & Cheese Day
Weekday, July 25 • 3-5 p.m.
Free Tastings & Special Offers

Wine Shop

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

PASS 6 col x 10

Discover the Perfect Pairing

National Wine & Cheese Day
Weekday, July 25 • 3-5 p.m.
Free Tastings & Special Offers

Wine Shop
1234 Washington Street | Somersville Heights

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

National Wine & Cheese Day
July 25 • 3-5 p.m.

Wine Shop

Discover the Perfect Pairing

National Wine & Cheese Day
Weekday, July 25 • 3-5 p.m.
Free Tastings & Special Offers

Wine Shop
1234 Washington Street
Somersville Heights

International Self-Care Day is **July 24**,
and **National Relaxation Day** is **August 15**



MIND CHECK MINUTE

TAKE 60 SECONDS NOW TO DO A GENTLE MIND-BODY RESET,
AND ENJOY THE REST OF YOUR DAY.

- Stand up and gently shake out your arms.
- Unclench your jaw, opening and closing it a few times.
- Do a couple slow shoulder rolls in both directions, then drop them away from your ears.
- Take a few slow, deep breaths.
- Mindfully move your body by doing some gentle stretches, swaying or twists that feel good.
- Take a few more slow, deep breaths.
- Decide how you'd like to show up for the rest of your day, then lead with intention!



KEEP THE GOOD VIBES GOING

with these helpful self-care resources!

Day Spa

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Yoga Studio

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Somerville Heights
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www.namewebsite.com

Beauty Supply Store

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Somerville Heights
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www.namewebsite.com

Acupuncture Studio

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Health Food Store

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Somerville Heights
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www.namewebsite.com

Dance or Fitness Class

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Somerville Heights
000-000-000
www.namewebsite.com

Coffee Shop

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Somerville Heights
000-000-000
www.namewebsite.com

Mattress Store

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

Massage Therapist

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Somerville Heights
000-000-000
www.namewebsite.com

Ad Spot Fillers

Use these image files to instantly fill unsold ad spots with engaging content. You can locate **Ad Spot Fillers** in the Image Category filters of our website.

MIND CHECK MINUTE

TAKE 60 SECONDS NOW TO DO A GENTLE MIND-BODY RESET,
AND ENJOY THE REST OF YOUR DAY.

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MIND CHECK MINUTE

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- Take a few slow, deep breaths.
- Mindfully move your body by doing some gentle stretches, swaying or twists that feel good.
- Take a few more slow, deep breaths.
- Decide how you'd like to show up for the rest of the day, then lead with intention!



PASS 3 col x 10

MIND CHECK MINUTE

TAKE 60 SECONDS NOW TO DO A GENTLE MIND-BODY RESET

Start Now!

Name
Business

1234 Washington Street | Somerville Heights



TAKE 60 SECONDS NOW TO DO
A GENTLE MIND-BODY RESET

Start Now!

Name
Business

1234 Washington Street | Somerville Heights

Web Ads

Rectangle 250 x 300
Leaderboard 728 x 90
Mobile Banner 320 x 60

MIND CHECK MINUTE

MIND-BODY RESET
Start Now!

Name
Business

July is Independent Retailer Month

Meet the Staff

It truly takes teamwork to make a local business like ours work, and we'd like to thank the incredible team members who go above and beyond each day to support our success. Their actions create a culture that ensures both customers and coworkers feel valued, appreciated and welcome. Their professionalism and commitment to excellence have earned us the trust, support and reputation that empower our small business to thrive!



Employee Name | Job Position
Information about employee's involvement with the community. Information about employee's history with the company. Information about employee's customer service and workplace achievements.



Employee Name | Job Position
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Employee Name | Job Position
Information about employee's involvement with the community. Information about employee's history with the company. Information about employee's customer service and workplace achievements.



“Thanks to each of you for your hard work, your positivity and the pride you take in your job. You make our business a meaningful part of this community, and a place people feel good about supporting, and we appreciate everything you do!”
– Business Owner Name

Local Business Sponsor

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

PASS 3 col x 5.75

Open HOUSE

SIP, SHOP, MIX, MINGLE and more!

Saturday, June 00 • 10 a.m. - 6 p.m.

- \$100 Gift Card Giveaway
- Complimentary Refreshments
- Free In-Store Stylist Consultations
- Free Goody Bag for the First 25 Guests

Mystery Discount for Every Customer
Pick a card to reveal your discount and save up to 40% off any item in the store!

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

PASS 2 col x 5

Meet the Staff

It truly takes teamwork to make a local business like ours work. Thanks to the incredible team members who go above and beyond each day to support our success!

Get to know us!

Local Business Sponsor
1234 Washington Street | Somersville Heights

Open HOUSE

SIP, SHOP, MIX, MINGLE and more!

Saturday, June 00 • 10 a.m. - 6 p.m.

Retail Business
1234 Washington Street | Somersville Heights

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

Meet the Staff

It truly takes teamwork to make a local business like ours work. Thanks to the incredible team members who go above and beyond each day to support our success!

Local Business Sponsor

Meet the Staff

It truly takes teamwork to make a local business like ours work. Thanks to the incredible team members who go above and beyond each day to support our success!

Local Business Sponsor
1234 Washington Street | Somersville Heights

Open HOUSE

SIP, SHOP, MIX, MINGLE and more!

Saturday, June 00 • 10 a.m. - 6 p.m.

Retail Business

Open HOUSE

SIP, SHOP, MIX, MINGLE and more!

Saturday, June 00 • 10 a.m. - 6 p.m.

Retail Business
1234 Washington Street | Somersville Heights



Social Media & Email Marketing

Use these ready-to-post JPG designs for Facebook and Instagram, or select the "Marketing: Create an E-Card" Image Filter to personalize and send a formatted e-card to sales prospects using this image.

Create promotions for **community meet-up events at local schools, churches, nonprofits or businesses!**





MUFFINS WITH MOMS

Meet more moms, chat and relax, while the kids enjoy storytime, singing and dancing with our special guest host!

First Wednesday of the Month
9:30 a.m.-11:30 a.m.

\$5 Muffin & Coffee Special



Stop by anytime during event hours to say hello and join the fun, no RSVP needed!

Coffee Shop

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



PASS 2 col x 5



DONUTS WITH DADS

An opportunity to relax and enjoy quality time with the kids while connecting with other fathers in a fun and welcoming community setting!

First Saturday of the Month
8 a.m.-10 a.m.



Open to everyone, no RSVP needed!

Sponsor Organization

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



First Wednesday of the Month
9:30 a.m.-11:30 a.m.



Join Us!

Coffee Shop
1234 Washington Street
Somersville Heights



Join Us!

Coffee Shop
1234 Washington Street



First Wednesday of the Month
9:30 a.m.-11:30 a.m.



Join Us!

Coffee Shop
1234 Washington Street
Somersville Heights



Join Us!

First Saturday of the Month
8 a.m.-10 a.m.



Sponsor Organization
1234 Washington Street
Somersville Heights



Join Us!

Sponsor Organization
1234 Washington Street



First Saturday of the Month
8 a.m.-10 a.m.



Join Us!

Sponsor Organization
1234 Washington Street
Somersville Heights

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



“Live as free people, but do not use your freedom as a cover-up for evil.”
1 Peter 2:16 (NIV)

Liberty as Virtue

In celebrating Independence Day each year, we often define freedom as the absence of restraint. However, a deeper theological perspective suggests that true liberty is not the power to do whatever we want, but the capacity to do what we ought. St. Paul reminds us that freedom is not an end in itself, but a medium for love. When our desires are properly oriented towards moral action, we find that the core of divine law is actually the very thing that protects our freedom from devolving into the oppression of habit or impulse. This weekend, take a brief moment of reflection in consideration of what freedom means, both in our daily lives as well as our spiritual ones.

—James Stone

PASS 2 col x 7

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



“If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you?”
Matthew 6:30 (NIV)

Beauty as a Bridge

The sensory splendor of July, such as the vibrant sunsets and the lush growth of the season, is more than a backdrop for our summer; it is a bridge to the transcendent. When we pause to recognize this beauty as a reflection of the Creator, our gratitude begins to shift from a fleeting emotion into a settled spiritual outlook. We realize that if God drapes the world in such glory, we are surely held in His constant care. This recognition of being cherished should not end with us. Rather, it should move into our daily lives, prompting us to mirror that divine beauty in our own conduct. By extending grace and intentional kindness to our neighbors, we turn our appreciation for God's handiwork into a living testament of His love.

—James Stone

PASS 2 col x 7

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



“Being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.”
Philippians 1:6 (NIV)

The Spirit of Endurance

July serves as the approximate midpoint of the year, making it a natural time to assess the undertakings we've begun and the goals we still hope to reach. It is easy to feel discouraged when we realize how much work is left to do, or when the progress on a specific project feels stalled. However, there is a quiet solace to be found in reflecting on the process rather than just the result. In the life of faith, we aren't just measured by the finish line, but by the steady persistence we show when the path gets long. Endurance is more than just survival; it is a way of trusting that God is present in our lives, strengthening our character precisely when we feel like we are just treading water.

—James Stone

PASS 2 col x 7

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



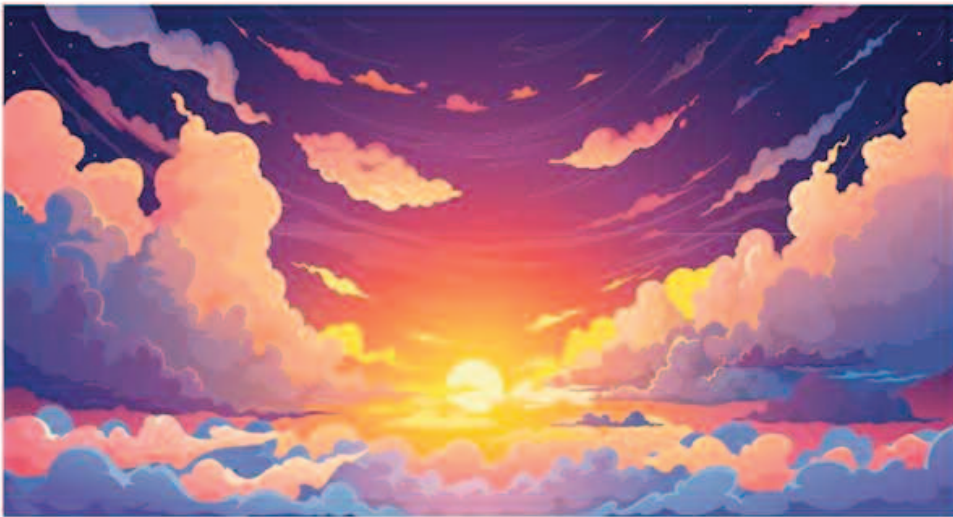
“They broke bread in their homes and ate together with glad and sincere hearts, praising God and enjoying the favor of all the people.”
Acts 2:46-47 (NIV)

Community at the Table

While we often look back on July for its grand vacations or festive reunions, the true heartbeat of our relationships is usually found in much quieter settings. We tend to focus on the bigger moments within relationships, though their foundation is built through small communal moments, such as the sharing of meals together. From our earliest years, the simple act of sharing a meal has been a primary way we learn to see one another. In the Christian tradition, gathering to eat is more than just a physical necessity; it is a spiritual practice of presence. When we sit down together, we are doing the holy work of listening, sharing, and offering ourselves to one another.

—James Stone

PASS 2 col x 7



Themed Backgrounds & Elements

Create a variety of fair promotions, including competition categories and livestock shows



Tab 10 x 13



PASS 6 col x 3



Themed Backgrounds & Elements

Create ads and pages for **new retail openings or hours, campsite or cabin rentals, and "keep your cool" promotions for summertime.**



Tab 10 x 13



PASS 6 col x 3



Build themed pages or directory layouts, in print or online



Community CALENDAR



Air Conditioning Appreciation Days, Independent Retailer Month, Women's Motorcycle Month & So Much More...

Use the Planning & Promotional Calendar located under the Planning Tab of our website to discover new marketing opportunities for your local advertisers each month





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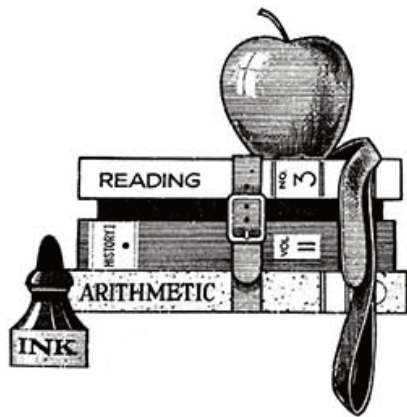
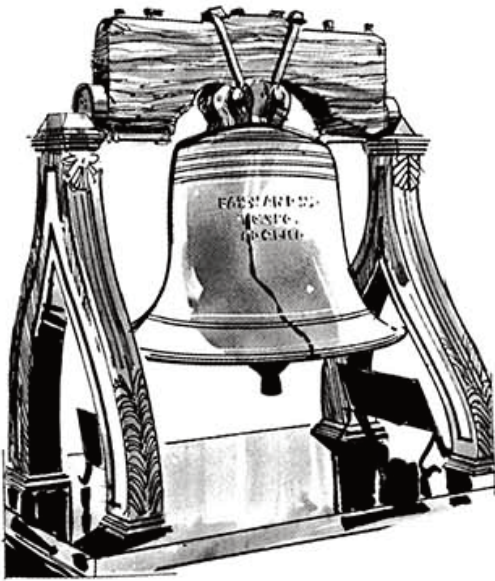




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Local ROAD TRIP

PASS THE KEYS
Play a game to share along the way

SEIZE THE DAY
Day trips that can make for fun memories

TRAILER TIPS
How to drive safely with a trailer in tow

PRE-OWNED AUTO DEALER
Advertiser Here

BRAKE SERVICE
Advertiser Here

OIL CHANGE SHOP
Advertiser Here

GLASS REP.
Advertiser Here

Day trips that can make for fun memories

...of a road trip...
...of a road trip...
...of a road trip...

How to budget for a road trip vacation

...of a road trip...
...of a road trip...
...of a road trip...

PRE-OWNED AUTO DEALER
Advertiser Here

BRAKE SERVICE
Advertiser Here

A guide to road trip vehicle maintenance

...of a road trip...
...of a road trip...
...of a road trip...

ROAD TRIP
Advertiser Here

LANDSCAPE
Advertiser Here

OUTDOOR LIVING

POOLS 101
The basics of pool installation projects

Cool and Comfy
Shade options to make the outside more comfortable

Outdoor Entertainment
Key features for an outdoor TV room

Creature comforts to consider for an outdoor living space

...of a road trip...
...of a road trip...
...of a road trip...

Did You Know?

Plants that can deter insects and wildlife

GARDEN CENTER & NURSERY
Advertiser Here

LANDSCAPE
Advertiser Here

Plants that can deter insects and wildlife

...of a road trip...
...of a road trip...
...of a road trip...

GARDEN CENTER & NURSERY
Advertiser Here

LANDSCAPE
Advertiser Here

All-Inclusive Pricing
means all images, layouts and cover design are included

Run as a section or page series,
in print or online

Marketing Materials Included
Rate Cards, Social Media Posts, and Print and Web Promotional Ads to Target Advertisers and Readers

Newspaper

Local ROAD TRIP

Outdoor Living

Life Outdoors

Advertisers

Newspaper

Outdoor Living

Life Outdoors

Advertisers

Coordinated Websites & Digital Directories

Cost-effectively grow online revenue with mobile-responsive themed sites and advertiser directories that are ready to present, sell and launch, no HTML knowledge needed!

>> Click here to learn more

Let's Talk About Community

From in-depth reporting on local government, development and civic concerns to the latest updates on area events, activities and entertainment, we care about quality of life in this community, and our role in supporting an informed democracy. After all, we live here, work here and raise our families here too!

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by becoming a subscriber, advertiser, contributor or donor today. Together, we can stay informed, engaged and connected to what makes us a community!



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PASS 3 col x 8

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SOCIAL MEDIA POSTS

Use these ready-to-post JPG designs to promote your publication on Facebook and Instagram.





Images ▾ Ads/Templates ▾ Websites ▾ Digital ▾

The Mega

The fastest way to access all

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

* Available by separate purchase

Digital ▾

- CMS Bot Websites *
- Themed Section Templates *
- Themed Websites & Directories *
- Marketing E-Cards
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- Print with Web/Mobile Ads
- Social Media Images
- Revenue-Generating Digital & Print Event Calendars *
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Puzzles ▾

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

Websites ▾

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

* Available by separate purchase

Metro SearchBooks



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

Explore Your Planning Tab Resources

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

Sales Features

Calendar: Planning & Promotional

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

TOPics That Sell

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

12 Months of Revenue Ideas

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

Customize Spec Ads with Wizard *

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

Plan Your Special Sections Program for the Year *

Themed special section titles and publication schedule
[Download Schedule →](#) [Learn More →](#)
* Available by separate purchase

Images ▾

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- Photos
- Illustrations
- Social Media
- Auto Photos *
- Logos & Trademarks *
- Food & Dining *
- Metro/Getty Freedom Images *

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Ads/Templates ▾

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

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your Metro site has to offer

Communications and Resources

Email Communications

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

Marketing E-Cards

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

Contact a Metro Client Rep

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

Succes\$ Stories

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

Themed Special Section



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

Available Now to All Metro Subscribers:

America@250 Content

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



Marketing E-Card

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

Themed Website and Directories



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

Metro Services

- Metro Newspaper Service
- Editorial Features, Puzzles & Recipes
- Campaigns & Classified
- MIAD Wizard
- Wizard Spec Ad Library
- Holiday Advertising Service
- Themed Special Sections
- Themed Websites & Directories
- cmsbot Websites
- Auto Photo Library
- Food & Dining
- Logos & Trademarks
- Metro Partner Services
- Request a Trial Offer
- Need assistance? Call 800.223.1600 or email service@metro-email.com

Getting Started

One Subscription Empowers Your Entire Team!

Metro delivers the best return on investment with unlimited access to every essential creative, editorial and sales asset for one price.
[See What's Included](#)

See How a Metro Subscription Works

An in-depth look at what's included and how your team can access every essential benefit



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