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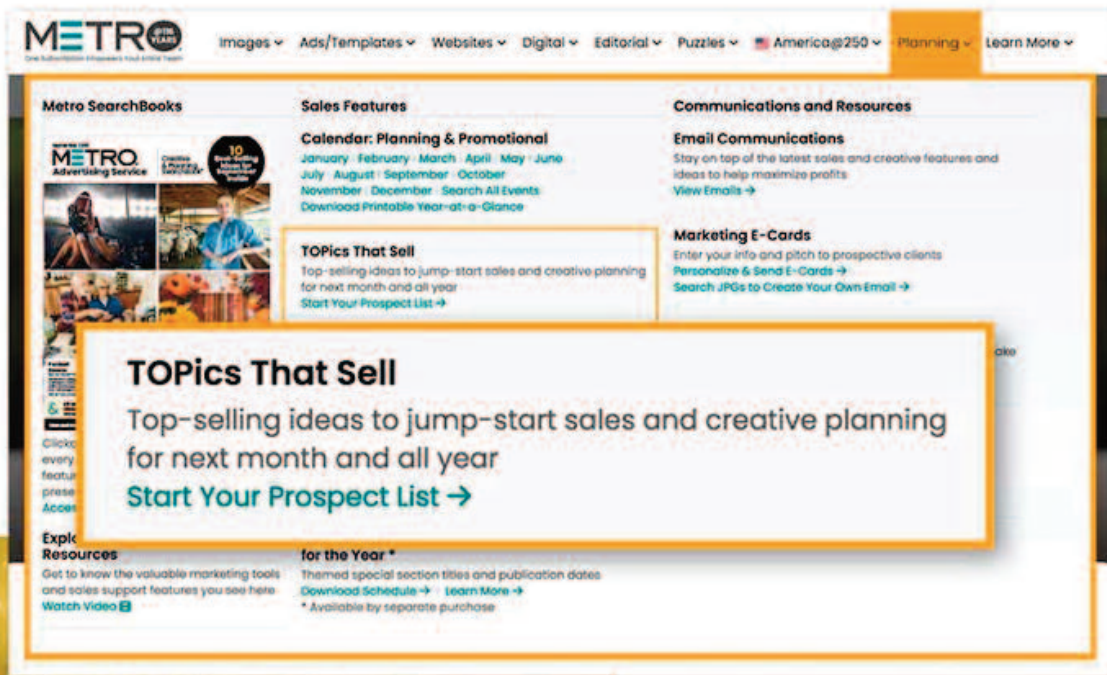


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- Farm Safety & Health Week
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- Hunting & Fishing Day
- Literacy Month
- Suicide Prevention Month
- National Preparedness Month
- Fall Home Improvement

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- Expos & Conventions
- Finance & Banking
- Garage Sales
- Medical & Health
- Newspaper Marketing
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- Real Estate
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- School & Education
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- Sports
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September 2026

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Individuals can implement certain strategies to cut down on heating costs and optimize energy efficiency.



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What causes atrial fibrillation?

AFib can lead to blood clots in the heart, which increases the risk of stroke, heart failure and other heart-related complications.



The story of Gander, Newfoundland and Labrador, and September 11

The sudden closure of American airspace forced the diversion of more than 250 flights, and 38 of those planes ultimately made their way to a small airport on the island of Newfoundland.



Yoga benefits the mind and body

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Is pet insurance worth it?

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Contributors to childhood obesity

Identifying and limiting specific categories of foods can significantly mitigate a child's risk of developing obesity.



What is the healthiest type of rice?

All rice can fit into a nutritious diet, but Healthline notes the healthiest options are whole grain, unpolished rices like black, red or brown rice.



Does local honey alleviate allergies?

Proponents say local honey acts like a natural vaccine when consumed. But does the science back up these claims?



How volunteering benefits seniors' mental health

Older adults who volunteer have reduced risk of mortality, more optimism and feel less depressed and lonely.



Facts about the autumnal equinox

Although people may see it as the official kickoff to bonfires and flannels, that's not the only interesting part of this remarkable day.

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MENOPAUSE & Perimenopause Awareness

What to know about perimenopause



Hormones drive many functions in the human body, including the ability to reproduce. For women, estrogen, progesterone and even testosterone play key roles in health and well-being. The levels of these hormones are not static; at different times in the reproductive cycle they wax and wane, resulting in various symptoms. Such is the case at a point in a woman's life when she enters perimenopause.

Women likely know about puberty, pregnancy and the general years of menstruation. They have also likely heard of menopause, or when a woman's menstruation and ability to have children ceases. Nestled in between is a period of time called perimenopause, which is a series of years when women experience a vast array of symptoms that are not always fully understood or recognized.

What is perimenopause?

The U.S. Office on Women's Health says perimenopause is the natural transitional phase before menopause. During this time, the ovaries gradually begin to make less estrogen and progesterone. This phase can begin in a person's 40s (or even earlier), and may last anywhere from four to 10 years. It ends with menopause, which is when a woman has gone 12 consecutive months without a period.

What are symptoms of perimenopause?

During perimenopause, a woman may notice changes in the body. Some are subtle and others more obvious. The Mayo Clinic lists these as possible symptoms, but there may be many others.

- **Irregular periods:** As ovulation becomes more unpredictable, the length of periods, time between periods, flow, and other factors can change.
- **Hot flashes (flushes):** Many women have hot flashes during perimenopause. Hot flashes vary in strength, length and frequency.
- **Sleep issues:** Changes in sleep patterns can occur, and are sometimes accompanied by night sweats.
- **Mood changes:** Mood swings, irritability and increased risk of anxiety or depression can happen during perimenopause.
- **Vaginal and bladder problems:** Estrogen protects the vagina, urethra and other tissues. So when it decreases, tissue can become drier and less elastic. Pain during intercourse can occur, and dryness can cause burning when urinating, even if an infection is not present. Lack of estrogen also can cause a woman to get more urinary or vaginal infections.
- **Changes in sexual desire:** During perimenopause, some women may enjoy sex less, while others may enjoy it more.
- **Loss of bone:** As hormone levels decrease, bone loss occurs more quickly than it can be replaced.
- **Changes in digestion:** Some women experience changes in the foods they can tolerate, bowel habits and other factors.
- **Changes in cholesterol levels:** Less estrogen can cause an increase in LDL cholesterol and a decrease in HDL, putting women at greater risk for heart disease.

Can tests detect perimenopause?

Most health providers use age and symptoms as diagnostic tools for detecting perimenopause. Hormone levels fluctuate so much that tests often are not reliable, according to the Cleveland Clinic. But certain hormone tests can indicate if you're in perimenopause. Testing the FSH (follicle-stimulating hormone) level can often determine if perimenopause is beginning. A consistently high level of FSH, which is a hormone the pituitary gland produces to stimulate the ovaries to release an egg during ovulation, indicates one is getting near menopause.

Women may choose to ride out perimenopause without much assistance, while others prefer talking to their doctors about different treatment options designed to address symptoms. Medications, lifestyle changes and hormone therapies can be options.

5 things to know about menopause



Menopause is a stage in a woman's life when her ability to reproduce ceases. The National Institute on Aging says this is when menstrual periods cease permanently and one can no longer get pregnant. While some people sail into menopause with minimal disruption to their daily lives, others experience various symptoms related to the transition. These five facts about menopause can help women better understand this important phase in their lives.

when they've arrived at menopause because they no longer have to worry about getting a period and navigating the use of tampons or sanitary pads.

4. The average age for menopause is 52.

The Cleveland Clinic says, on average, menopause occurs at age 52. However, menopause is considered natural anytime between the ages of 45 and 55.

5. There are signs menopause is on the horizon.

Women can experience a wide range of symptoms when they are approaching menopause. Irregular periods, hot flashes, trouble sleeping, mood changes, urinary urgency, night sweats, and vaginal dryness all are possible. Lesser-known symptoms include headaches, joint and muscle aches and pains, racing heart, difficulty concentrating, and hair loss or thinning. Many women say their symptoms reduce or clear up completely once they reach postmenopause.

Menopause is a natural point in time in a woman's life that marks a different stage in reproduction. People are urged to speak with their health care providers about lifestyle changes and other treatments that can address menopausal symptoms if they are disrupting daily life considerably.

1. Menopause is a firm date on the calendar.

Unlike perimenopause, otherwise known as the menopause transition, menopause is the exact time that a woman has not had a period in the last 12 months. When this occurs, clinicians will say that menopause has been reached.

2. Menopause is a natural component of aging.

Menopause is not a disease nor a syndrome, but rather a time when hormones produced in the ovaries diminish. All women will reach menopause if they live to the age of onset.

3. Some women feel relief.

The National Institute on Aging says that many women experience relief



It's Fall Y'ALL



Facts about the autumnal equinox

Crisp autumn air will soon be rolling in and the leaves on trees will be trading their vivid green hues for shades of orange, red and purple. Fall begins on the autumnal equinox. Although people may see it as the official kickoff to bonfires and flannels, that's not the only interesting part of this remarkable day.

- It's a moment and not a day. Despite what many people think, the autumnal equinox is not an entire day. In fact, the equinox is a precise astronomical event. It occurs at the exact moment the sun crosses the celestial equator, an imaginary line in the sky directly above the Earth's equator.

- It's not "equal night." Although the word equinox comes from the Latin word "aequus" (equal) and "nox" (night), we do not get exactly 12 hours of daylight and 12 hours of darkness on the equinox. This is because of how the Earth's atmosphere refracts sunlight. The sun

appears above the horizon even after it has technically set, according to the National Weather Service.

- Northern lights can be seen. Those hoping to catch a glimpse of the aurora borealis will find the weeks surrounding the autumnal equinox are the prime window to do so, according to NASA. Geomagnetic storms that trigger these stunning light displays occur twice as frequently around the fall and spring equinoxes compared to the summer and winter solstices.

- It's not always on the same day. The autumnal equinox does not fall on the same day each year. It usually lands on September 22 or 23, but it can occasionally occur on September 21 or 24 (in the northern hemisphere), indicates the U.S. Naval Observatory.

The autumnal equinox is a unique and often enjoyable day on the calendar.

Apple picking pointers



Visiting a local apple orchard and picking one's fill of apples is a quintessential fall activity. Apple picking is an ideal way to spend time outdoors when the weather tends to be cool and pleasant. Gathering fresh-from-the-tree fruit to turn into favorite fall desserts like cobbles and pies is irresistible.

According to the Economic Research Service, Washington state is the leading apple producer in the United States. It is followed very distantly by New York and Michigan. Apples were first cultivated in Canada by early French settlers, with the first trees planted in Nova Scotia's Annapolis Valley around 1633. Today, New Brunswick, Quebec, Ontario, and British Columbia have become strong players in the apple business. While other areas may not be apple meccas, those looking to pick their own have plenty of options across North America to enjoy this pastime.

Prior to an apple picking adventure, people can do a little preparation to ensure the afternoon is fun and fruitful.

- Do some research. Before individuals head out, they should do research into the available orchards and which apple varieties they specialize in. Ripening seasons vary, so certain varieties may not be available at all times. Call ahead to learn which apples are ripe and when.

- Visit early. The best apples are often available early in the season before the trees have been heavily picked over. It's also a good idea to visit the orchard early in the day, which means cooler temperatures and smaller crowds.

- Dress appropriately. Orchards can be dusty, muddy and buggy. The ground also may be uneven. Individuals can wear comfortable clothes and closed-toed shoes that can get dirty. Also, they should dress in layers, as it can be chilly early in the day and then warmer later on.

- Pick correctly. Instead of yanking on the apples, which can damage the tree and apples, people should gently roll or twist the apple upwards from the branch. If the apple is ripe it will detach easily with stem intact.

- Avoid bruising. It's wise to inspect the apples to make sure they are firm and brightly colored. Those with bruising or insect damage should be left behind.

- Don't overload. Only pick what you need. Apples are delicate, and overloading the apples into bags can crush or bruise the ones on the bottom. Plus, over-picking means that the apples may spoil before they can be eaten.

After a day at the orchard, apples can be stored unwashed in a cool, dark place, which will help them stay fresher, longer.

Family-friendly activities for fall



Fall is a welcome season for many people. The cooler temperatures and still-ample sunlight mean there is plenty of time to enjoy the great outdoors even if summer has ended. Fall activities dot the calendar, with several different options for individuals and families to get involved.

According to Acenda Integrated Health, incorporating family time into a schedule is crucial for a child's development. It's also key to have time to get a break from busy schedules. Fall is a great time to do just that with these activities.

- Apple-picking: Few things are more refreshing than taking a bite out of an apple fresh off the tree. Orchards are bursting with apples this time of year, and an afternoon spent picking apples is a great way to spend time together.

- Leaf treasure hunt: Everyone can head outdoors with a bag or basket to gather leaves. Look for the brightest color or the crunchiest leaf that can be found. The leaves can be pressed between wax paper to save them.

- Fall festivals: Outdoor festivals are ideal for families because they tend to

feature crafts, food, music, and activities.

- Fall baking: Turn those plucked apples into pies or muffins, or use pumpkin and cinnamon to fill a home with delicious seasonal smells. Kids can help stir, pour and sprinkle ingredients.

- Corn maze: Corn mazes may be set up adjacent to pumpkin patches, so the family can pick out the perfect pumpkin to carve and then try to navigate the maze.

- Spooky walk: Halloween lands right in the heart of fall. Enjoy a walk through the neighborhood checking out people's Halloween decorations. A night walk with flashlights to listen to the sounds of animals can be "scary" in its own right. Another idea is to go to a haunted house or walk sponsored by a school or amusement park.

- Football: Enjoy a pick-up game of flag or touch football. It's a great way to enjoy time outdoors and engage in some physical activity.

Fall is a perfect time to enjoy family-friendly activities.



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Did you know?

According to the National Institutes of Health, the average older adult takes approximately four prescription medications every day, with 40 percent of adults age 65 and older taking five daily medications.



Managing medications can be complicated, particularly when they are prescribed by different medical professionals. Many doctors utilize electronic medical records and may have access to all of the prescription medications prescribed to each patient. This can be helpful as it removes the guessing game and self-reporting necessary to manage prescriptions. It also may help providers avoid giving a medication that can interact negatively with another prescription a patient is already taking. Doctors may initiate conversations with patients about their prescriptions and review which are current and which are not. At this point, patients can go over any questions they may have about their medications. Medical offices also may utilize patient portal apps to facilitate communication and scheduling between patients and providers. Through these patient portals, people can message their health care teams and ask for more information about medical care and prescription medications, especially if questions come up after an office visit. Such portals are another tool patients can use to take a more active role in their own health care.

Did you know?

Women experiencing symptoms of perimenopause or menopause that are negatively affecting their comfort and their ability to navigate daily life do not have to suffer. Hormone therapy is an option to consider with the guidance of a health care provider knowledgeable about these phases in life. Hormone therapy was not something that many women looked to in the past, which may be a byproduct of misconceptions stemming from a 2002 Women's Health Initiative study that linked combined hormone replacement therapy (HRT) to a slightly increased risk of breast cancer. However, the risk was primarily traced back to specific synthetic progestogens combined with estrogen, and not the estrogen itself. The U.S. Food & Drug Administration removed the "black box" warning from many HRT products in November 2025. However, it is largely believed now that using bioidentical versions of progesterone (not synthetic progestins and progestogens) and estrogen is relatively safe and does not produce the same risks that come with synthetic hormones. Supplementing with hormones may relieve some of the common symptoms of perimenopause and menopause, and also may offer protection against bone loss.

Did you know?

Energy bills vary significantly depending on where a home is located, but data from the U.S. Energy Information Administration (EIA) and Statistics Canada indicates that energy prices are hitting consumers hard across various locales.

According to the EIA, between March 2025 and March 2026, energy bills increased in 44 of 50 states in America. Statistics Canada notes energy prices rose by 19.2 percent between April 2025 and April 2026.

As winter approaches, consumers may be increasingly concerned, as the EIA notes that energy rates tend to rise in summer and winter, when people are more likely to rely on heating and cooling to keep their homes comfortable. Sealing windows might help cut those costs, as the U.S. Department of Energy notes that heat gain and heat loss through inefficient windows may be responsible for as much as 30 percent of heating- and cooling-related energy consumption. By checking windows for leaks and fixing leaks before winter, consumers might save themselves a considerable amount of money.

Did you know?

Ovarian cancer is the eighth most common cancer in women across the globe and the 18th most common cancer overall, according to the World Cancer Research Fund.

Globally, ovarian cancer accounts for roughly 325,000 new cancer diagnoses annually. While ovarian cancer may develop spontaneously, about 10 to 25 percent of ovarian cancers are hereditary, meaning they are caused by inherited gene mutations passed down from a parent. The most common are alterations in the BRCA1 and BRCA2 genes, according to the American Cancer Society. Inheriting one of these gene mutations significantly increases risk by anywhere from 10 to 70 percent over the course of a woman's lifetime. MedlinePlus reports the mutations that cause ovarian cancer can be inherited from either the mother or the father.

DID YOU KNOW?

Nutritional needs change as a person goes through different stages in life.

For example, older adults typically do not need to eat as much as a younger person. According to Dr. Sarah Booth, director and senior scientist at the Jean Mayer USDA Nutrition Research Center on Aging at Tufts University in Boston, when people age, they need fewer calories to maintain the same weight. Also, multiple changes occur with age, and those shifts affect how a body digests and uses the food a person eats. According to federal dietary guidelines, women 60 and older require between 1,600 and 2,200 calories per day. Men in this age group require 2,000 to 2,600 calories per day. Calories should come primarily from nutrient-dense foods, with an emphasis on vegetables, fruits, whole grains, lean meats, and low-fat dairy. Older adults need to make every calorie count, and they may need to work with a nutritionist to get the foods they need to stay healthy.



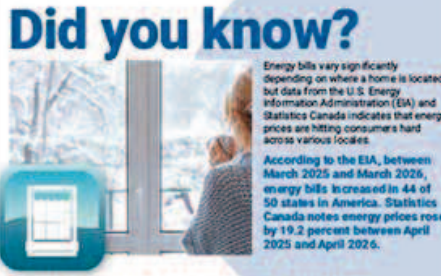
Did you know?

Parents of children who spend lots of time engaged with devices may wonder if there is a link between screen usage and attention-deficit hyperactivity disorder in young people. The National Institutes of Health reports that current research does not indicate tablet or screen use directly causes ADHD. However, excessive screen time is linked to a worsening of ADHD symptoms, and can even cause temporary attention problems in children who do not have the disorder. While numbers vary by age, pediatric experts like the American Academy of Pediatrics emphasize that young children ages two to five limit screen time to one hour per day of high-quality, educational programming. The AAP favors a more individualized approach for children ages six and older.



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25 YEARS LATER:

Reflecting Back, Looking Ahead

NEVER FORGET

9/11

Although decades have passed since the terrorist attacks of September 11, 2001, the tragic events of that day remain fresh in the minds of many Americans, and the families and friends who lost loved ones continue to grieve. Those who perished and the first responders who risked their lives to save others are forever in our thoughts and prayers. Today we remain committed to making the world a safer place, where terrorism and its threats are not tolerated. Progress has been made, but work remains to be done. We're proud to be Americans, and we're forever grateful to the brave men and women of our Armed Forces, both past and present, who fight to protect our freedom and the American way of life. We salute their courage, patriotism and dedication.

God bless our troops, and God bless America.

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We Won't Forget...

September 11, 2001

Twenty-five years later, we reflect on a day that forever changed our lives and our nation's history. The terrorist attacks of September 11, 2001 made Americans everywhere more alert, more cautious and more protective of the precious freedoms that define our country. Though decades have passed, we remember the events with deep sorrow, and we continue to hold the heroes and victims close to our hearts. Please join us today in honoring the men and women who so bravely responded to the call of duty on the morning of 9/11, as well as the victims who perished and their families.

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*** PATRIOT DAY ***

A tribute to the victims, the families, and the heroes of September 11, 2001

Today we remember the tragic events of 9/11, and all those whose lives were lost or forever changed by the loss of a loved one. Twenty-five years later, we honor the memory of those who passed, and we salute the firefighters, police officers and everyday heroes whose brave and selfless actions saved so many lives.

We will never forget.

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UNITED WE STAND

As we commemorate the 25-year anniversary of the September 11 terrorist attacks on the U.S., we are reminded of how truly precious our freedom is and how important it is to defend our ideals as a nation. As Americans, we must continue to be vigilant against intolerance and hate wherever it occurs. After all, our best defense against terrorism is the solidarity and strength of our communities. By living with our eyes, ears and hearts open, we can all do our part to defend America and the freedom we cherish.

On this solemn day, our deepest sympathies and prayers remain with the victims and their loved ones.

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Contest Rules: Must be 18 years or older. One entry
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Enter Online by 5 p.m Wednesday
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Enter your predictions each week, all season long, for a chance to win fan-tastic local prizes. At the end of the season, the person with the highest number of correct guesses entered throughout the contest will win a bonus \$100 cash prize!

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**Name Sponsor
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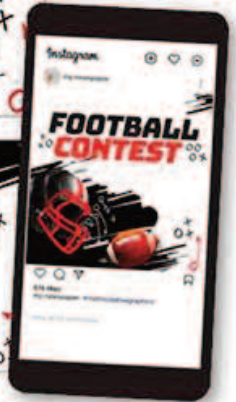
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FOOTBALL CONTEST



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National Farm Safety & Health Week is Sept 21-25

Kids' Quiz

Farm SAFETY

Test your safety smarts with this quick quiz,
and talk to your parents about the rules of the farm!



- 1 Which of these are common causes of farm accidents and deaths?
A. Vehicle accidents
B. Machinery and equipment entanglements
C. Slips and falls
D. Drowning
E. All of the above
- 2 If you find a bottle or container with no label on it, what should you do?
A. Smell it
B. Taste it
C. Leave it alone and tell an adult
D. Throw it in the trash
- 3 True or False?
It's okay to climb and play on farm machinery when it's not in motion.
A. True
B. False
- 4 You should always wash your hands with soap after touching animals. How many seconds should you count while soaping them up?
A. 5 seconds
B. 10 seconds
C. 15 seconds
D. 20 seconds or more
- 5 If you see a tractor or other heavy equipment moving, what should you do?
A. Run toward it
B. Stay away from it, and make eye contact with the driver to make sure they see you
C. Race alongside it
D. Try to jump on it
- 6 Which of these rules should you always follow on the farm?
A. Always follow an adult's instructions
B. Wear close-toed shoes or boots
C. Stay away from moving machinery
D. All of the above
- 7 What should you do if you see somebody get injured on a farm?
A. Run and hide
B. Shout for a grown-up and call 911 immediately
C. Try to move the person
- 8 What is the best way to approach a farm animal?
A. At the shoulder, so the animal can see you approaching
B. Quickly by running
C. From behind, by the animal's tail
D. Shouting or making loud noises
- 9 What can you do to prevent slips and falls?
A. Wear sturdy, non-slip footwear
B. Slow down and avoid running
C. Stay aware and make sure you can see where you're going
D. All of the above
- 10 Which of these areas should you avoid unless an adult is present?
A. Manure pits
B. Ponds
C. Open wells
D. Grain bins
E. Haylofts
F. All of the above

ANSWER KEY:

- | | |
|---------------|----------------|
| Question 1: E | Question 6: D |
| Question 2: C | Question 7: B |
| Question 3: B | Question 8: A |
| Question 4: D | Question 9: D |
| Question 5: B | Question 10: F |

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PASS 6 col x 11



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Grow Awareness of Farm Safety

The agriculture sector remains one of the most hazardous industries in the United States and Canada, with high rates of fatalities and serious injuries.

Each year, during the third week of September, the U.S. National Education Center for Agricultural Safety leads National Farm Safety and Health Week to raise awareness around hazards facing workers in the agricultural industry.



We encourage everyone in agriculture to take some time during this important event to consider how you can improve safety on your operation.

To learn more and find resources you can share with others, visit: www.necasag.org/nationalfarmsafetyandhealthweek

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Farm Safety & Health Week SALE

Starting Monday, September 21
Sale runs September 21-25, 2026.

Stock Up and Save
on Hundreds of Items
Throughout the Store!



Gloves • Goggles • Respirators • Smoke Alarms •
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Farm Safety & Health Week **SALE**



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Farm Safety & Health Week SALE



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September is National Preparedness Month



Follow this three-prong approach to help protect yourself, your home and your family against the dangers of extreme weather and fire.

1

Create a Defensible Space Around Your Home

Clear away dry vegetation and brush from the perimeter of your home.

Remove dead leaves and debris from your roof and gutters to prevent embers from igniting your roof.

Trim tree branches so they are at least 10 feet away from your roof and 6 feet off the ground.

Cover attic and crawl space vents with metal mesh to block embers from entering.

Consider fire-resistant landscaping and fire-safe construction measures to harden your home.

2

Pack an Emergency "Go-Bag"

Keep this checklist of items together in a study backpack or other portable container. Keep it in your car, or near your home's exit, so you can grab it quickly if forced to evacuate.

- ✓ Copies of vital documents like deeds, IDs and insurance policies in a waterproof container or on a flash drive
- ✓ Three-day supply of water and non-perishable food
- ✓ Battery-operated or hand-crank AM/FM radio and a portable power bank for your phone
- ✓ First-aid supplies and 7-day supply of prescription medications
- ✓ Basic hygiene items like a travel-sized toothbrush, toothpaste, wet wipes and hand sanitizer
- ✓ Emergency blanket or poncho
- ✓ Cash, including small bills
- ✓ Flashlight, extra batteries, multi-tool, whistle, work gloves and duct tape
- ✓ Pet food, leashes and carrier crates
- ✓ Sturdy clothing like a long-sleeved cotton shirt and boots

3

Make an Evacuation Plan

Identify multiple exit routes out of your neighborhood in case primary roads are blocked.

Designate a safe household reunion spot in your neighborhood, as well as an alternate spot if you cannot return to the neighborhood.

Designate a family member or friend who lives outside the region as your household's central point of contact in case you are separated.

Register your mobile number for regional emergency notifications.

Keep your vehicle's gas tank at least half full.

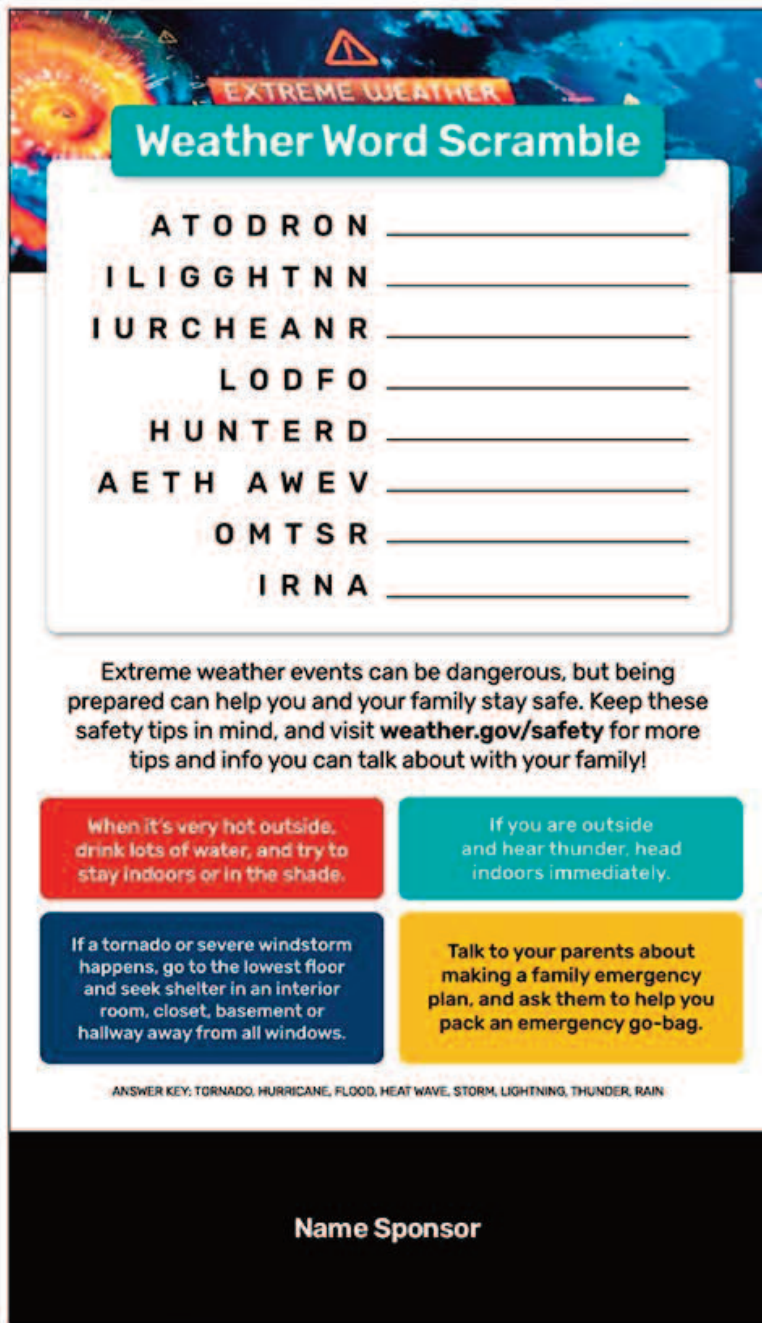
Review your insurance policies to ensure you have adequate coverage for your home and personal property.

If you feel unsafe, don't wait for an official order to evacuate. If time permits, close doors and windows, remove flammable window treatments and turn off your HVAC.

Sources: National Weather Service, Cal Fire, American Red Cross

Hardware
Store

Insurance
Company



EXTREME WEATHER

Weather Word Scramble

ATODRON _____

ILIGGHTNN _____

IURCHEANR _____

LODFO _____

HUNTERD _____

AETH AWEV _____

OMTSR _____

IRNA _____

Extreme weather events can be dangerous, but being prepared can help you and your family stay safe. Keep these safety tips in mind, and visit [weather.gov/safety](https://www.weather.gov/safety) for more tips and info you can talk about with your family!

When it's very hot outside, drink lots of water, and try to stay indoors or in the shade.

If you are outside and hear thunder, head indoors immediately.

If a tornado or severe windstorm happens, go to the lowest floor and seek shelter in an interior room, closet, basement or hallway away from all windows.

Talk to your parents about making a family emergency plan, and ask them to help you pack an emergency go-bag.

ANSWER KEY: TORNADO, HURRICANE, FLOOD, HEAT WAVE, STORM, LIGHTNING, THUNDER, RAIN

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CLICK FOR
SAFETY TIPS >

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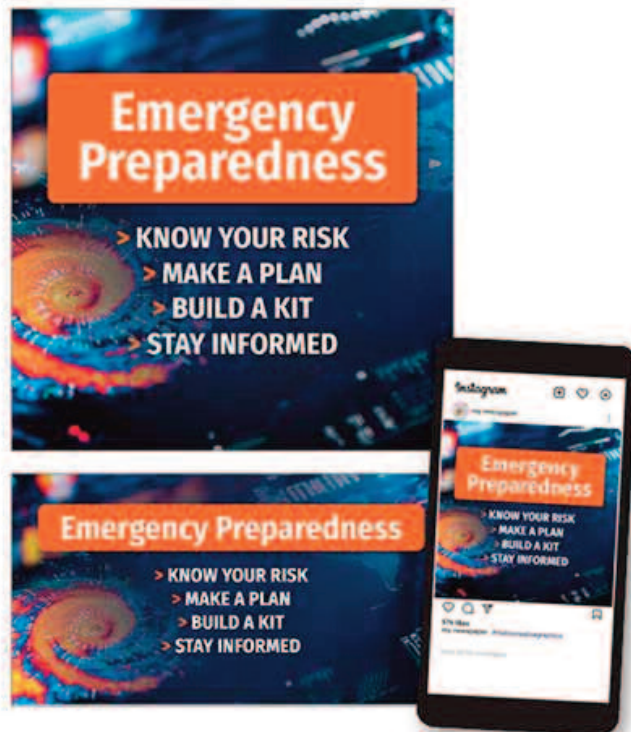


Extreme weather events can be dangerous, but being prepared can help you and your family stay safe.

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Emergency Preparedness

- > KNOW YOUR RISK
- > MAKE A PLAN
- > BUILD A KIT
- > STAY INFORMED

Emergency Preparedness

- > KNOW YOUR RISK
- > MAKE A PLAN
- > BUILD A KIT
- > STAY INFORMED



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Remembering Those Who

Lost Lives, Loved Ones and Homes



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



— SEPTEMBER IS NATIONAL —
PREPAREDNESS
 — MONTH —



Fall Home Improvement & Mold Awareness Month

Q&A MOLD AWARENESS

What is mold?

Mold is a type of fungus that produces tiny spores. Mold spores are continually passing through indoor and outdoor air, but spores that land on damp material may begin to feed on it and grow. Mold thrives in damp, dark, humid environments and can feed on organic indoor materials like drywall, carpet and wood.

Which areas of the home are most at risk for mold growth?

High-moisture areas, poor ventilation, inadequate drainage and leaks can all contribute to mold growth. Air ducts, bathrooms, basements and attics are common problem zones.



Is mold dangerous?

The U.S. National Institutes of Health (NIH) says that while many molds are not dangerous, others can be harmful to human health. Exposure to certain types of spores can trigger allergic reactions like coughing, eye irritation, congestion, skin rash or headache. The NIH reports that studies have shown mold exposure can increase the risk of developing asthma or worsen symptoms, especially in young children. The NIH also cites studies that link extended exposure to mold to immune system changes, mental health issues and cognitive concerns.

Is mold always visible?

Musty odors and water stains are common indicators of a mold problem, but mold can grow behind walls, under carpets and in ventilation systems, so it is often not visible.

How can mold be controlled?

The U.S. Environmental Protection Agency (EPA) and Centers for Disease Control & Prevention (CDC) cite rigorous moisture control as the key to mold control and prevention. The agencies recommend the following steps to protect your property and health:

Keep home humidity levels as low as possible all day long. Use an air conditioner or dehumidifier to keep humidity levels at or below 50 percent.

Ensure proper ventilation and air flow with exhaust fans in the bathroom and kitchen, and ensure that appliances like dryers vent outside the home.

Inspect roofs, plumbing and foundations regularly, and repair any leaks or water damage immediately.

In the event of a flood, clean and dry out your home fully within 24 to 48 hours. Remove or replace carpets and upholstery that cannot be dried right away.

Add mold inhibitors to paints before painting, and use mold-killing products to clean bathrooms.

Don't use carpet in high-moisture places like bathrooms or basements.



Basement Waterproofing Service

Mold Remediation Company

Mold Inspection Service

Hardware Store



HOME PROS

Local services to bring out the best in your home!



HOME PROS

*Local services
to bring out the
best in your home!*



Mastheads - Two sizes to anchor themed pages and special section covers



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Download a variety of games and puzzles to keep your readers focused on the page!

Included in your subscription: crosswords, word searches, sudoku, scrambles, coloring pages, mazes and more! Explore individual puzzles and page layouts from the Puzzles tab of the mega menu at the top of our website.



CLUES ACROSS

1. Manila hemp plant
6. Turkish river
10. Something to read
14. In a way, initiated
15. Popular Apple TV series
17. King Charles is part of it
19. Earlier
20. Foot (Latin)
21. Zodiac sign
22. A browning of the skin
23. Remain as is
24. Turfs
26. It's used to slaughter animals
29. Volcanic crater
31. The mother of Jesus
32. One's life story
34. One-time Liverpool coach Slot
35. Counterparts

37. Jacob ___, American journalist
38. Digital audiotape
39. River in South Africa
40. Kimono sashes
41. Rooting somewhere
43. American spy Aldrich
45. A way to call for
46. Taxi
47. Pancakes made of buckwheat flour
49. Swiss river
50. Popular type of video game (abbr.)
53. Have surgery
57. Formal withdrawal from a union
58. Performs spoken improv
59. Greek war god
60. 2,000 lbs.
61. Helps to evade capture

CLUES DOWN

1. Swedish rock group
2. "Friday Night Lights" director Peter
3. Currency exchange fee
4. Feline
5. Folk singer DiFranco
6. Ghastly pale from distress
7. Rapid eye movements
8. Monetary unit of Macao
9. Lawmakers
10. Colorless mineral
11. At some prior time
12. American protest singer
13. Opener
16. Seldom
18. Relaxing places
22. Touchdown
23. From end to end
24. Kids love him
25. Metal-bearing solid
27. Skin care product manufacturer
28. Thirteen
29. Angry
30. Member of a Semitic people

31. One-thousandth of an inch
33. Former CIA
35. Most lemony
36. Engage in
37. Mass of fish eggs
39. Food supplies
42. Backbones
43. American real estate investment firm
44. Megabyte
46. "Three Coins in the Fountain" songwriter
47. Dutch colonist
48. Full-grown pike fish
49. Emergency prep expert Edwards
50. Flute
51. Dismissive sound
52. Slang term for marijuana
53. Young women's association
54. Cosmopolitan city
55. Narrow isthmus in Thailand
56. Pointed end of a pen

SUDOKU

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

Level: Advanced

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!

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!

GUESS WHO?

I am an athlete born in Texas on September 17, 1995. I played football, basketball and baseball while in high school. But football is where I eventually gravitated, despite my father playing professional baseball. I have led the Kansas City Chiefs to several Super Bowl victories.

Answer: Patrick Mahomes

--	--	--	--	--

--	--	--	--	--

[illegible]

Many varieties of apples ripen and are ready to pick come the fall



How they say that in...

English: Leaf
Spanish: Hoja
Italian: Foglia
French: Feuille
German: Blatt



CRYPTO FUN

Clue: Tree foliage

Clue: Gathers leaves

Clue: Orange gourd

Clue: Starchy crop

Answers: A. leaves B. rake C. pumpkin D. corn

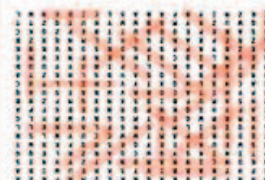
FALL EVENINGS WORD SEARCH



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

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

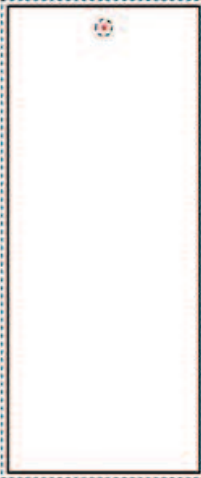
ACORN
AMBER
AUTUMN
BONFIRE
BREEZE
CHILLY
CIDER
CINNAMON
COZY
CRISP
EQUINOX
FLANNEL
FOLIAGE
FROSTY
GOLDEN
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HAYRIDE
LEAVES
NUTMEG
PUMPKIN
SCARLET
SWEATER
TWILIGHT
VIBRANT



Reading is Fun!

Cut, color and decorate your own bookmark!

Your bookmark can be any design!



Use a hole puncher to punch a hole at the red dot. Then tie a piece of yarn or ribbon to your bookmark!



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Draw a line to match the supply to its picture

First aid supplies & medicines •

Water •

Battery or crank powered radio •

Flashlight & batteries •

Food •

Blanket •

Dusk mask •

Whistle •

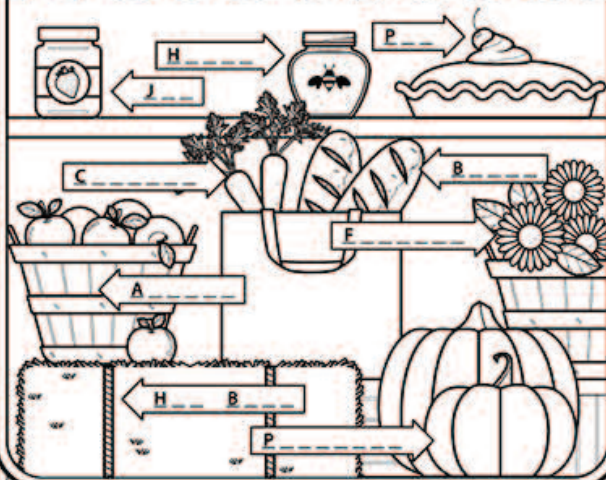


Make Your Emergency Supply Kit

Draw a line to match the supply to its picture

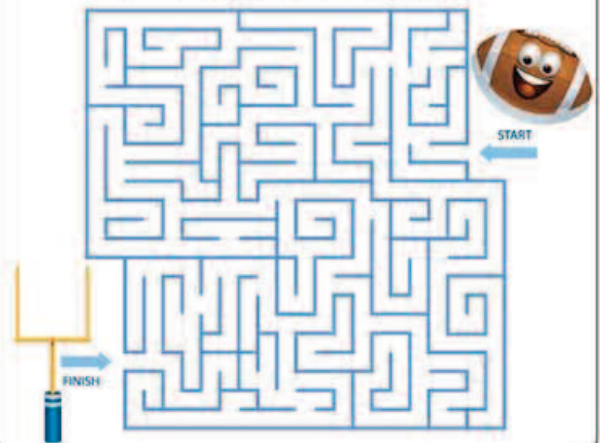


At the Farm Market



MAZE FUN

Help this football score a field goal!



MAZE FUN

Help this football score a field goal!





Animal FACT:

Many dog owners need to apply for this, which provides a record of ownership.

Answer: Pet license

Math Blocks

Fill in the missing blocks with numbers between 0-20.
The numbers in each row add up to the totals on the right.
The numbers in each column add up to the totals on the bottom.

7		1	18
6	8		14
		5	10
15	21	6	

5	3	2
0	8	9
1	10	7

Solution

Get Scrambled

Unscramble the words to determine the phrase.

EPGTNTI HET GDO

Answer: Petting the dog

CANADA

MONTH



HISTORY

1796

York officially becomes the capital of Upper Canada. The "upper" referred to the geographic position along the Great Lakes.

NEW WORD

PANTING

breathing with short, quick breaths

“How they say that in...”

English: Wag

Spanish: Menear

Italian: Scodinzolare

French: Remuer

German: Wedeln



Millions of dogs enter shelters every year. Even though many are adopted, some shelters face tight space and a lack of supplies and volunteers.



Get the 
PICTURE?



Can you guess what the bigger picture is?

Answer: Dog with toy in mouth

September is National Chicken Month

**We're
Celebrating**

**National
Chicken
Month**

Save on everyone's favorite high-quality lean protein, and enjoy these handpicked recipes, as we celebrate National Chicken Month this September!

ON SALE THIS WEEK

Name Brand
Chicken Breasts
thin-sliced

\$0.00 lb.

Name Brand
Chicken Wings
cage free

\$0.00 lb.

Name Brand
Rotisserie Chicken
ready to eat

\$0.00 lb.

Name Brand
Chicken Thighs
bone-in

\$0.00 lb.

**Serve up
some crispy
fried chicken**



This savory recipe for "Southern-Style Buttermilk Fried Chicken" from AllRecipes.com is sure to satisfy anyone's craving for southern cuisine.

**Southern-Style
Buttermilk Fried Chicken**
Makes 8 servings

2 cups buttermilk
1 tablespoon Dijon mustard
1 teaspoon salt
1 teaspoon ground black pepper
1 teaspoon cayenne pepper
1 whole chicken, cut into pieces
2 cups all-purpose flour
1 tablespoon baking powder
1 tablespoon garlic powder
1 tablespoon onion powder
5 cups vegetable oil for frying

Whisk together buttermilk, mustard, salt, pepper, and cayenne in a bowl.

Pour buttermilk marinade into a resealable plastic bag. Add chicken pieces, coat with marinade, squeeze out excess air, and seal the bag. Marinate in the refrigerator for 2 to 8 hours. Combine flour, baking powder, garlic powder, and onion powder in another resealable plastic bag; shake to mix thoroughly. Working with one piece at a time, transfer marinated chicken

to the dry ingredient bag, seal the bag, and shake well to coat. After all chicken pieces are coated, repeat the process by dipping them in buttermilk marinade and shaking in the dry coating again. Then heat oil in a large frying pan over medium-high heat. Place chicken on the pan.

Fry chicken in batches in hot oil, turning chicken occasionally, until golden brown and juices run clear. An instant-read thermometer inserted into the meat should read at least 165 F.

**Grocery
Market**

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September is National Family Meals Month

Mealtimes Are Better Together

More family meals mean more quality time. The U.S. National Institutes of Health cite a growing body of research indicating that children and adolescents who consistently eat meals with their families report better nutrition, family relationships and mental health. Research also suggests that frequent family meals contribute to the social and emotional well-being of parents as well.

Family meals don't have to be time-consuming or fancy. Think make-ahead casseroles, slow-cooker stews, burgers on the grill or even takeout pizza with a fresh salad. If weekday evenings are too hectic, prioritize family meals on weekends, or make breakfast the meal you enjoy together regularly. Get kids involved in meal planning and preparation by asking them for ideas, opinions, recipe research, or help shopping and cooking. Classic family-style recipes like this one for lasagna are a great place to start!

Italian comfort food for the whole family



This recipe for "Lasagna With Zucchini and Meat Sauce" from Lines+Angles makes for a wholesome, delicious and balanced family-style meal.

Lasagna With Zucchini and Meat Sauce Makes 9 servings

2 large zucchini, rinsed and trimmed
Salt
12 dried lasagna noodles
1 pound ground beef
1 1/2 teaspoons ground black pepper
1 small green bell pepper, rinsed,
trimmed and diced
1 onion, peeled and diced
8 ounces tomato paste

1. Preheat oven to 325 F. Coat a deep 9 x 13-inch
baking pan with nonstick cooking spray.

2. Slice zucchini lengthwise into very thin slices.
Sprinkle slices lightly with salt; set aside to drain
in a colander.

3. Bring a large pot of salted water to a boil over high
heat. Add the noodles and cook until al dente, 8 to 12
minutes. Drain, immerse in cold water to cool and
drain again. Lay the noodles in a single layer on a
baking sheet and cover with plastic wrap.

4. Meanwhile, in a large skillet, set over medium-high
heat, cook and stir the ground beef and black pepper
for 5 minutes. Drain excess grease from pan. Add in
green pepper and onion; cook and stir until beef is no
longer pink. Stir in tomato paste, tomato sauce, wine,
basil, and oregano. If sauce is too thick, add a small
amount of warm water. Bring to a boil, reduce
heat and simmer sauce for about 20 minutes,
stirring frequently.

15 ounces canned tomato sauce
3 1/2 tablespoons red wine
2 tablespoons chopped fresh basil
1 tablespoon chopped fresh oregano
1 egg, beaten
2 cups low-fat ricotta cheese
2 tablespoons chopped fresh parsley
2 cups shredded mozzarella cheese
2 cups grated Parmesan cheese

5. Meanwhile, stir egg, ricotta, and parsley together in
a bowl and mix well.

6. To assemble lasagna, spread 1/3 of the meat sauce
into the bottom of prepared pan. Then layer 1/3 of the
cooked lasagna noodles, 1/3 of the zucchini slices, 1/3
of the ricotta mixture, 1/3 of the mozzarella cheese.
Repeat the layers ending with a layer of zucchini
followed by a layer of noodles. Spread Parmesan
cheese evenly over the top; cover with foil.

7. Bake for 45 minutes. Remove foil; increase
oven temperature to 350 F, and bake an additional
15 minutes. Let stand for 5 or 10 minutes
before serving.

Tip: This may be assembled a day ahead.
Refrigerate until ready to bake.



Cooking Classes

Cookware Store

Grocery Market

Furniture Store

Build additional promotions around **National Rice Month**, **Honey Month**, **National Potato Day** and **Coffee Day** in September.





Red, White & Revenue... "America@250" Special Sections Kick Off the Semiquincentennial With Successful Community Engagement

Local newspapers around the country celebrated this year's historic July 4th with Metro's "America@250" and "America@250 for Kids" Themed Special Sections, driving meaningful community connections and thousands in revenue!



> Look Inside

Net Profit: \$4,200

This publication combined "America@250" pages with unique local features like how the town has celebrated July 4th over the years, history on their local veterans' park, and asking residents their thoughts on America turning 250 years old. They even included a copy of the section in a time capsule to be opened in 50 years!

Sheri Crowe,
General Manager
Pickens County Progress
Jasper, GA



> Look Inside

Ad Revenue: \$6,000

"'America @250' went really well! It was an easy section to sell, and our clients really liked the concept. Our sponsor even purchased 2,000 extra copies to hand out at Lodi's Fourth of July event, which was a great way to get the section out into the community."

Dora Sieber,
Director of Sales & Marketing
Lodi News-Sentinel
Lodi, CA



> Look Inside

ROI: Texas newspaper made almost 50% of their monthly revenue budget with this single section

"'America@250' was an outstanding feature for several of our newspapers. Readers and customers both raved about the content and a few even called in thanking us for running it. In a super politically charged environment, it was important to have informative, thoughtful, nonpartisan content that was refreshing to read."

Scotty Maxwell,
Regional Advertising Director,
Wesner Publications
San Saba News & Star
San Saba, TX

Keep the Celebration Going All Year! Save 25% Off America@250 & America@250 for Kids Only \$90 for Both Sections

July 4th was just the beginning of America's semiquincentennial, giving your publication the opportunity to run revenue-boosting weekly pages celebrating our nation's past and present all year. Utilize games, puzzles, activities and articles to publish pages for all ages, pulling from more than 60 pages of combined special section content!

- > [View "America@250"](#)
- > [View "America@250 for Kids"](#)
- > [Order Your \\$90 Section Bundle](#)



See What's Coming Next...

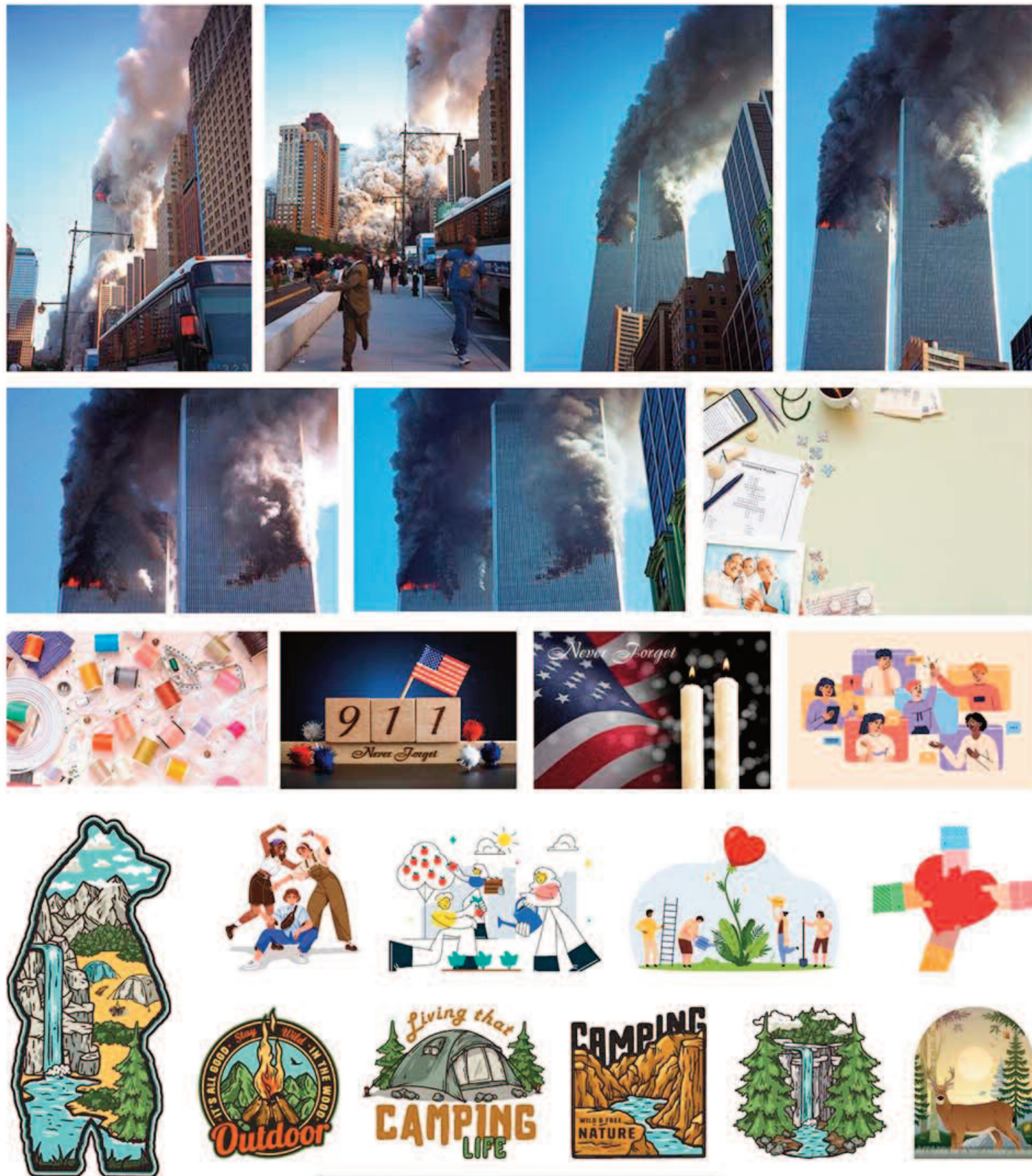
"America@250" and "America@250 for Kids" are just two of the many ready-to-publish sections Metro produces to help your publication celebrate your community, recognize important milestones, support local organizations and create new advertising opportunities for area businesses. Browse the complete Themed Special Sections schedule now, and discover your next revenue opportunity!

- > [Visit Our Special Sections Library](#)
- > [Download Our 2026 Section Schedule](#)
- > [Download Our 2027 Section Schedule](#)

>> [Read More Success Stories](#)

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Commemorate the **25th anniversary of 9/11** and Canada's **National Day of Service** with a special section or page series using the layouts featured here. Find additional page designs and sponsorship opportunities under the **Remembering 9/11** tab at the top of our website.

September 11

25 years

In remembrance and the spirit of service

September 2026 | A Special Supplement to
Name Newspaper

COVER



The story of Gander, Newfoundland and Labrador, and September 11

Gander became a haven for the 3,000 stranded passengers of the hijacked planes on September 11, 2001. The town, a small fishing community, became a lifeline for those who had lost everything. The story of Gander is a testament to the power of community and the human spirit.

On September 11, 2001, a dark day for the world, Gander, Newfoundland and Labrador, became a beacon of hope. Two hijacked planes, a Boeing 767 and a Boeing 757, were diverted to the town. The passengers, many of whom were from the United States, were stranded in a remote location. The town's residents, many of whom were already in the military, stepped up to help. They provided food, shelter, and emotional support. The story of Gander is a testament to the power of community and the human spirit.

The story is told by the people of Gander. It is a story of courage, of sacrifice, and of the power of community. It is a story that will be remembered for generations to come.

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Tab 10 x 13 | Broadsheet 6 col x 21

How to commit to service this September 11

The September 11 attacks on the United States on September 11, 2001, were a tragedy. But it was also a day when the world came together. It was a day when we saw the power of community and the human spirit. It was a day when we saw the power of service.

On September 11, 2001, the world came together. It was a day when we saw the power of community and the human spirit. It was a day when we saw the power of service. It was a day when we saw the power of service.

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French Headings



(A BEAUTIFUL HARVEST SEASON)



(IT'S HUNTING SEASON!)



(HAPPY LABOUR DAY!)



(EATING HEALTHY
MEANS EATING NATURAL)

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.



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Starting a Business?
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Starting a Business? Get the Word Out!

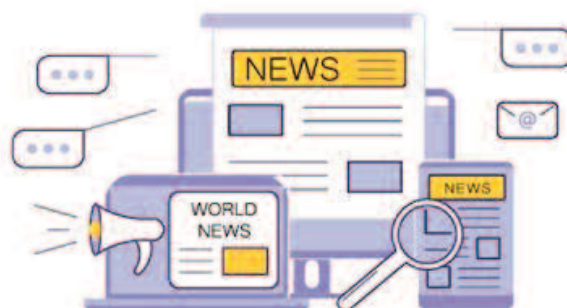
Special Package Rates & Discounts for New Businesses

Branding & Marketing Support
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Website Development
Flyers & Brochures

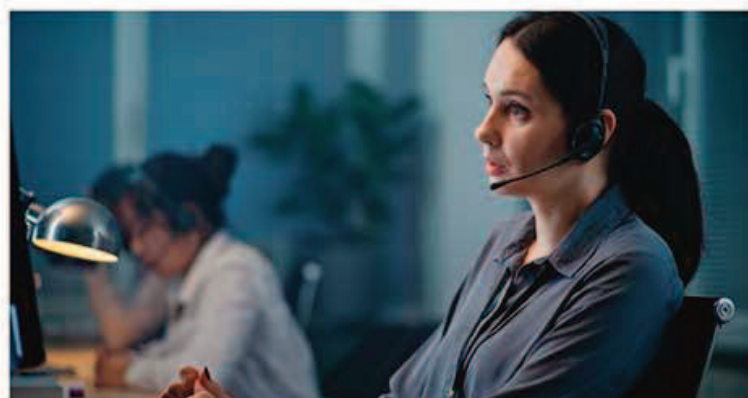


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Advertising Department**
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PASS 3 col x 7



September is Suicide Prevention Month



Suicide Prevention & Awareness



In the United States, **suicide claims more than 48,000 lives annually**, according to the most recently reported statistics from the Centers for Disease Control and Prevention. The Government of Canada reports that suicide is **the second leading cause of death among youth and young adults ages 15 to 34 years**.

WARNING SIGNS *to* RECOGNIZE

The signs that someone is thinking about suicide may appear in conversations, actions or social media posts. If you notice any of the warning signs listed below, it's important to connect and start a conversation. Let the person know you are concerned, listen attentively without judgement, let them know you care, and offer to help them find professional help. **For more information and resources, visit sprc.org or suicideispreventable.org.**

- Comments about attempting suicide, feeling unbearable pain; feeling hopeless, worthless or trapped; or feeling like a burden to others
- Increased alcohol or drug use
- Loss of interest in personal appearance or hygiene
- Withdrawal from family, friends or community
- Saying goodbye to family or friends
- Giving away prized possessions
- Changes in eating or sleep patterns
- Expressing rage or exhibiting reckless behavior
- Becoming violent or being a victim of violence

Source: Suicide Prevention Resource Center

Disclaimer: The content presented here is intended for informational purposes only and does not constitute or substitute for medical or clinical advice, consultation, diagnosis, intervention or treatment from a licensed healthcare professional.



Messages of Hope From Our Community

"Quote from reader about their own personal story of mental health challenges and recovery, or message of support and hope. Quote from reader about their own personal story of mental health challenges and recovery, or message of support and hope. Quote from reader about their own personal story of mental health challenges and recovery, or message of support and hope."

— First Name, Name Town

"Quote from reader about their own personal story of mental health challenges and recovery, or message of support and hope. Quote from reader about their own personal story of mental health challenges and recovery, or message of support and hope. Quote from reader about their own personal story of mental health challenges and recovery, or message of support and hope."

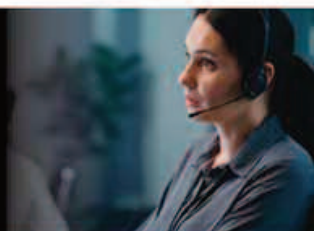
— First Name, Name Town

"Quote from reader about their own personal story of mental health challenges and recovery, or message of support and hope. Quote from reader about their own personal story of mental health challenges and recovery, or message of support and hope. Quote from reader about their own personal story of mental health challenges and recovery, or message of support and hope."

— First Name, Name Town

9-8-8 Lifeline

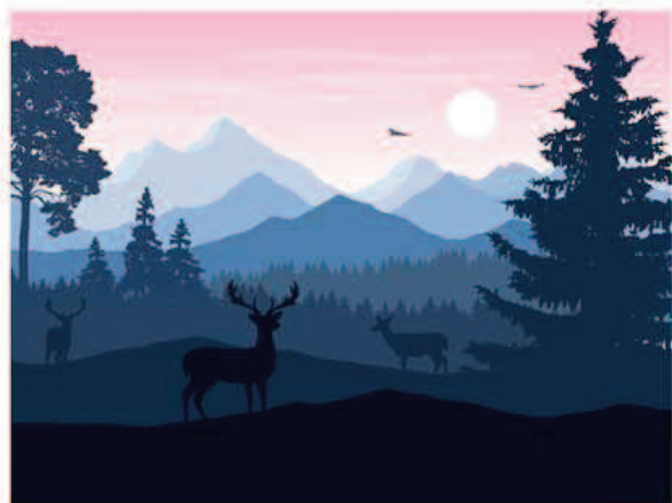
If you or someone you know is struggling emotionally or thinking about suicide, calling or texting 9-8-8 can connect you with a trained counselor who can help, or go to 988lifeline.org.



Community Center

Mental Health Clinic

National Hunting & Fishing Day is September 26



HUNTING & TRAPPING GUIDE

*Be Visible.
Stay Safe.*
**Wear Blaze
Orange!**



Wearing blaze orange enhances safety by making you easily seen and recognized by fellow hunters, thereby minimizing the risk of being mistaken for game. Statistics show that wearing blaze orange has helped dramatically reduce hunting-related firearm incidents.

In fact, historical data compiled by the Centers for Disease Control and Prevention and various wildlife departments shows that approximately 72% to 81% of victims in vision-related shooting incidents were not wearing blaze orange when the accident occurred.

** Remember that pets should also wear an orange vest or bandana for visibility and safety!*

Firearm Safety for Hunters

Review the rules and keep firearm safety top of mind on each and every hunting excursion.

- Keep the firearm pointed in a safe direction at all times.
- Treat every firearm as if it is loaded, even if you believe it isn't.
- Keep the safety on, and keep your finger outside the trigger guard, until you are ready to take a shot.
- Positively identify your game and know exactly what is in front of and beyond your target.
- Never shoot at water or flat, hard surfaces that can cause a ricochet.
- Always carry your gun so you maintain control of the muzzle, even if you stumble or fall.
- Before heading out, ensure the barrel and action are completely clear, and use only the correct ammunition for your specific firearm.
- Unload your firearm entirely before attempting to cross a fence, climb a tree, enter a tree stand, jump a ditch, or traverse slippery or steep terrain.
- Never consume alcohol or other substances that can impair your judgement before or during shooting and hunting activities.
- Completely unload firearms when not actively in the field, transporting them in secure cases with actions open.
- Store firearms and ammunition separately in locked compartments and beyond the reach of children.
- Take a firearms safety course.

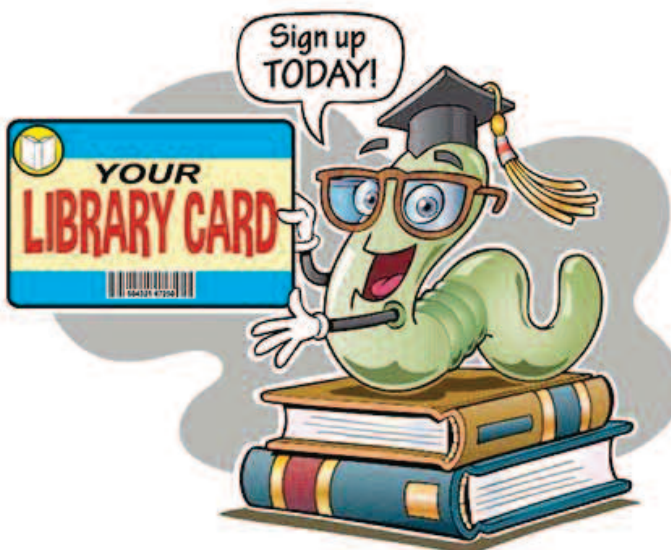
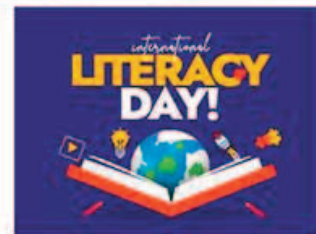
Sources: Commonwealth of Massachusetts, Wisconsin Department of Natural Resources



SHOOTING RANGE

FIREARMS SAFETY COURSE

Literacy Month, Literacy Day, Library Card Sign-Up Day and Read a Book Day in September





Turn the Page to a New Adventure

Introduce the kids and teens in your life to the magical world of books!

- New & Pre-loved Books for All Ages
- In-Store Cafe & Reading Nooks
- Free Storytelling Hour for Kids Monday-Saturday, 11 a.m.
- Book Clubs for Teens & Adults Sign up online or in the store!

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Join the Bookworm Club... It's Free!

Stop by your local library
with your ID to sign up!

Minors under 18 will need a parent or legal guardian present to sign the application and show their own ID.



Sign up TODAY!

YOUR LIBRARY CARD

- Free book and digital media borrowing
- Free computer and wifi access
- Free passes to local museums
- Free classes and online tutoring
- Free special events every week

  Open Monday-Friday, 10 a.m.-7:30 p.m.
Saturday, 10 a.m.-4 p.m.

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CELEBRATE LITERACY MONTH

With a Feel-Good Book

We all know that reading boosts brain health, vocabulary and learning, but did you also know that reading can lower stress levels, which may help you sleep better and feel more balanced? In fact, just six minutes of reading can reduce stress levels by 68 percent, according to research by the University of Sussex in England!

Check out a new book during National Literacy Month in September, and start enjoying all the benefits of reading!

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Turn the Page to a New Adventure

Introduce the kids and teens in your life to the magical world of books!

Storytelling Hour & In-Store Events

Bookstore

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Join the Bookworm Club... It's Free!

Free book and digital media borrowing
Free computer and wifi access
Free passes to local museums
Free classes and online tutoring
Free special events every week

LEARN MORE



Sign up TODAY!

YOUR LIBRARY CARD

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CELEBRATE LITERACY MONTH

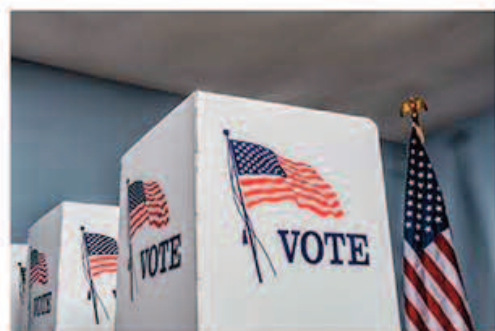
With a Feel-Good Book

We all know that reading boosts brain health, vocabulary and learning, but did you also know that reading can lower stress levels? Check out a good book during Literacy Month in September, and start enjoying all the benefits of reading!

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Support civic engagement in your community with **content for local and state politics this election season and throughout the year.**







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



“Better one handful with tranquility than two handfuls with toil and chasing after the wind.”
Ecclesiastes 4:6 (NIV)

Give Yourself Permission to Pause

As we approach Labor Day, it's a great reminder to take a much-needed breather, not just over the holiday weekend, but in our daily lives as well. While it's easy to view a holiday as the only acceptable time to step away from our tasks, we can work toward a more balanced, everyday approach to finding rest. This doesn't mean giving in to laziness; rather, it's about giving ourselves permission to pause when our bodies and minds actually need it, instead of waiting for the calendar to tell us it's okay. By proactively protecting our peace, we can truly recharge our minds and spirits.

—James Stone

PASS 2 col x 7

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



“Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.”
Joshua 1:9 (NIV)

Navigating Change With Confidence

September marks a period of distinct change on our calendars. As summer comes to a close, students across the country are getting back into the rhythm of the school year, while many in the workforce are ramping up to finish the year strong. It is completely normal to feel a bit of stress or a lack of confidence when navigating these major transitions. However, we can choose to view these moments not as disruptions, but as a necessary part of our personal growth and progression. In the Book of Joshua, we see Joshua commanded by God to cast aside his fears and maintain deep faith as he steps into a massive leadership role during an uncertain time for his people. In the very same way, we are encouraged to let go of our daily worries and stand firm in our faith, trusting that we are being carried through every shifting moment in life.

—James Stone

PASS 2 col x 7

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



There is Always SOMETHING TO BE Thankful FOR

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

A Steady Season

The arrival of the fall season serves as a beautiful reminder of the comfort found in steady reliability. When you contrast it with the unpredictable downpours of spring, the blistering heat of summer, or the harsh snowstorms of winter, autumn stands out as a remarkably consistent and balanced time of year. We can confidently look forward to comfortable weather, calming routines, and a general sense of serenity all around us. In a world that often feels incredibly chaotic, we can strive to model this behavior and offer that same stabilizing presence to the people around us. By cultivating a calm, dependable spirit, we can become a safe harbor for others.

—James Stone

PASS 2 col x 7

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



“Therefore encourage one another and build each other up, just as in fact you are doing.”
1 Thessalonians 5:11 (NIV)

The Value of Those Around Us

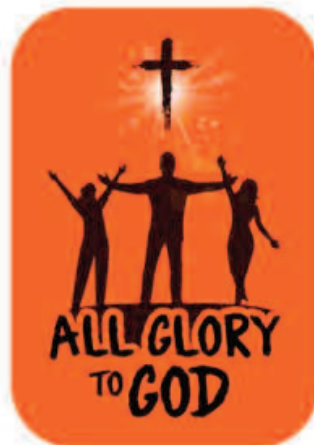
September 28th marks the celebration of National Good Neighbor Day. While it might not be a major, widely known holiday, it is a perfect prompt for both personal reflection and meaningful action. When we look back at our past and evaluate our present, most of us can point to a handful of people we simply couldn't have made it without. Our culture often pushes us toward total independence and individualism, but it is vital to remember the people who have kept us on the right path. This week, we can try to make a conscious effort to acknowledge the community around us, express our gratitude, and look for practical ways to lend a helping hand to those very same people.

—James Stone

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There is
Always
something **to be**
Thankful
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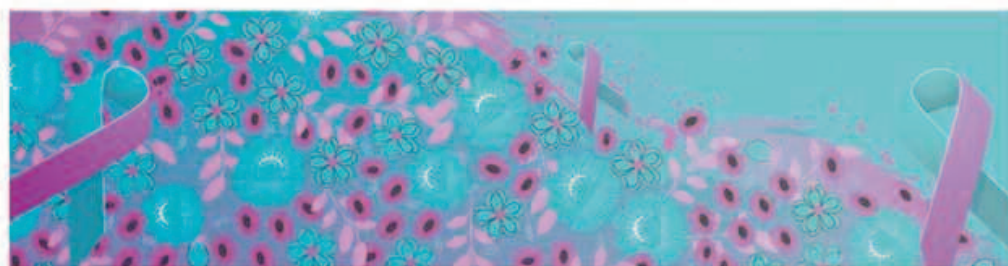
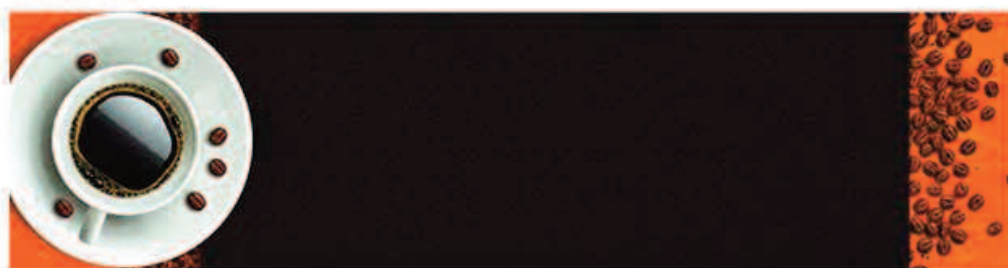
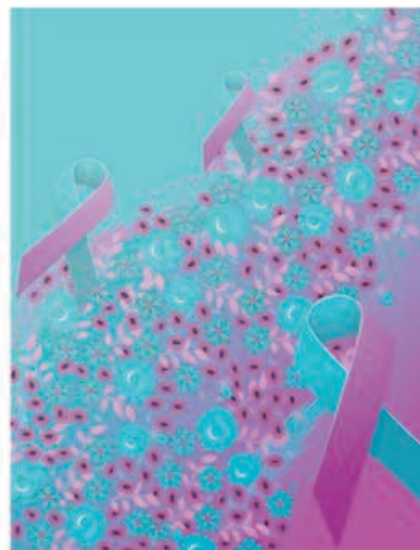


Themed Backgrounds & Elements

Create sponsorship and advertising opportunities for **National Coffee Day**, **Oktoberfest**, **Suicide Prevention Month**, and **National Alcohol & Drug Addiction Recovery Month**.



Tab 10 x 13



PASS 6 col x 3



Themed Backgrounds & Elements

Create sponsorship and advertising opportunities for **Preparedness Month**, **National Sewing Month** and **Deaf Awareness Month**.



Tab 10 x 13



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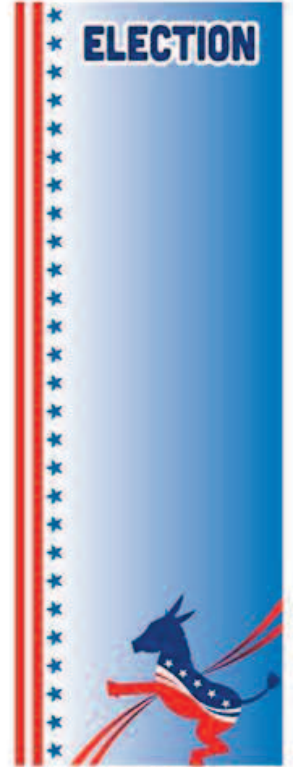
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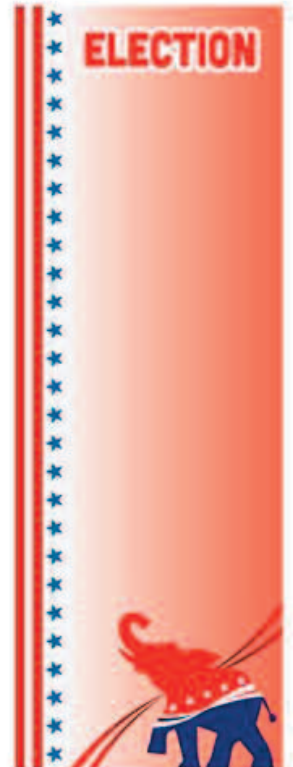
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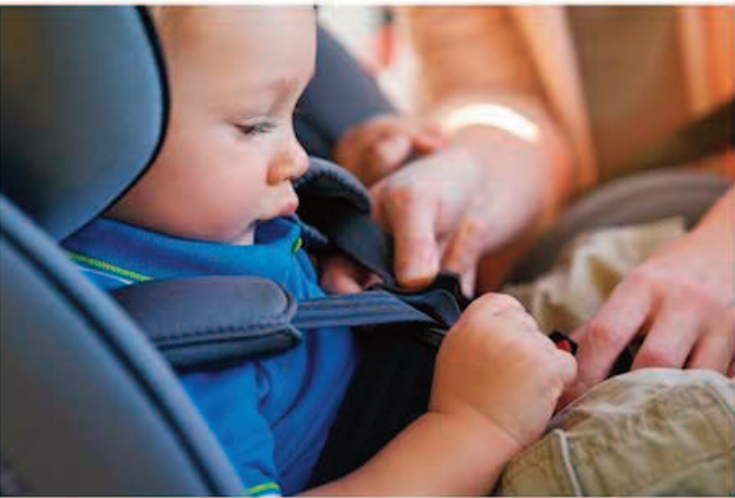
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Build promotions around Baby Safety Month, Grandparents Day, Yoga Awareness Month, World Tourism Day, Family Meal Month, Preparedness Month and more in September.

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



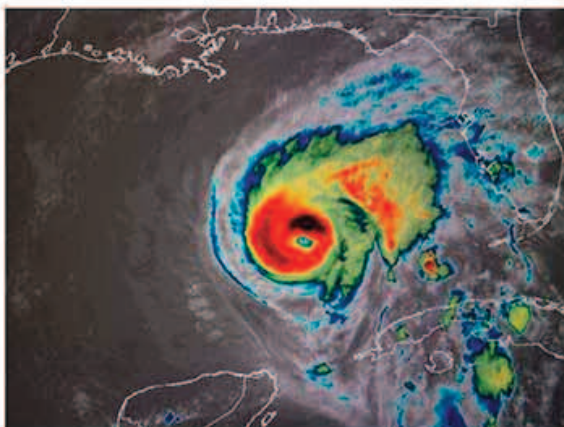


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Water Wisdom
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Filling the Gaps
Signs it's time to seal windows and doors

Tips to winterize a home as cold weather approaches

Did You Know?
Energy audits are a great way to find out where you're losing heat. A professional audit can identify areas where you're losing heat and recommend ways to seal the leaks. The average home loses about 10% of its heat through the roof and attic. Sealing the attic can save you up to 10% on your heating bill. A professional audit can also identify other areas where you're losing heat, such as the walls and floors. Sealing these areas can also save you money on your heating bill.

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Simple ways to curb heating costs

Manage the thermostat
Lowering the thermostat by just one degree can save you up to 1% on your heating bill. If you lower it by 2 degrees, you can save up to 2% on your heating bill. If you lower it by 3 degrees, you can save up to 3% on your heating bill. If you lower it by 4 degrees, you can save up to 4% on your heating bill. If you lower it by 5 degrees, you can save up to 5% on your heating bill.

Seal up the house
Sealing the gaps in your house can save you up to 10% on your heating bill. The average home loses about 10% of its heat through the roof and attic. Sealing the attic can save you up to 10% on your heating bill. A professional audit can also identify other areas where you're losing heat, such as the walls and floors. Sealing these areas can also save you money on your heating bill.

Changes the heat delivery
Changing the way you deliver heat can save you up to 10% on your heating bill. The average home loses about 10% of its heat through the roof and attic. Sealing the attic can save you up to 10% on your heating bill. A professional audit can also identify other areas where you're losing heat, such as the walls and floors. Sealing these areas can also save you money on your heating bill.

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Senior HEALTH

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How seniors can approach snacking

Identifying Isolation
What are the warning signs of social isolation?

Safe At Home
Hazards that can compromise senior safety at home

How to maintain balance

Did You Know?
Balance is a key factor in preventing falls. Falls are a leading cause of injury among seniors. Falls can result in serious injuries, such as fractures and head injuries. Falls can also result in a loss of independence. Falls can also result in a loss of confidence. Falls can also result in a loss of dignity. Falls can also result in a loss of life. Falls can also result in a loss of everything.

Cardiologist Advertiser Here

Hazards that compromise senior safety at home

Emergency preparedness for seniors
What to do when disaster strikes

Did You Know?
Disasters can be a real threat to seniors. Disasters can result in serious injuries, such as fractures and head injuries. Disasters can also result in a loss of independence. Disasters can also result in a loss of confidence. Disasters can also result in a loss of dignity. Disasters can also result in a loss of life. Disasters can also result in a loss of everything.

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NATIONAL DAY OF SERVICE & REMEMBRANCE ★ SEPTEMBER 11TH ★

In honor of the September 11 National Day of Service and Remembrance, we invite you to consider joining these area nonprofits in making our community and our world a better place.

Nonprofit Organization/ Volunteering Event	Nonprofit Organization/ Volunteering Event	Nonprofit Organization/ Volunteering Event
	Nonprofit Organization/ Volunteering Event	Nonprofit Organization/ Volunteering Event
Nonprofit Organization/ Volunteering Event	Nonprofit Organization/ Volunteering Event	Nonprofit Organization/ Volunteering Event
	Nonprofit Organization/ Volunteering Event	Nonprofit Organization/ Volunteering Event

8.25 x 10.75



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	Nonprofit Organization/ Volunteering Event	Nonprofit Organization/ Volunteering Event

8.25 x 10.75



COMMUNITY Heroes

Recognizing the dedicated police officers, firefighters, dispatchers, medical teams and emergency responders whose hard work and training help keep our loved ones and our community safe.

 Name Person Job Position Organization Name	 Name Person Job Position Organization Name	 Name Person Job Position Organization Name	 Name Person Job Position Organization Name	 Name Person Job Position Organization Name
 Name Person Job Position Organization Name	 Name Person Job Position Organization Name	 Name Person Job Position Organization Name	 Name Person Job Position Organization Name	 Name Person Job Position Organization Name

NAME SPONSOR

8.25 x 10.75



Remembering and Honoring Our First Responders Past and Present

As we commemorate the 25th anniversary of the 9/11 terrorist attacks on America, we're reminded of the risks and sacrifices our nation's first responders are willing to make for the greater good each and every day. On this National Day of Service and Remembrance, we recognize and thank the first responders and emergency workers whose service, skill, dedication and hard work help and protect our community. We also pause to remember those who have lost their lives; our gratitude will always be with them.

NAME SPONSOR	NAME SPONSOR	NAME SPONSOR	NAME SPONSOR
NAME SPONSOR	NAME SPONSOR	NAME SPONSOR	NAME SPONSOR
NAME SPONSOR	NAME SPONSOR	NAME SPONSOR	NAME SPONSOR

8.25 x 10.75

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