

METRO[®]

KICK-\$\$\$ TIPS & TOPICS TO SELL

Ideas, inspiration and proven strategies
to attract new and returning advertisers.



Darrell Davis
*VP of
Creative Services*



Laura Koch
Senior Designer



Jackie Ulloa-Thines
Client Services Specialist

Selling Steps:

1. Strategize and Plan
2. Identify Prospective Advertisers
3. Develop a Tailored Spec Ad and Sales Proposal
4. Build a Relationship on Knowledge and Shared Goals



› Metro Feedback Results: What's working for local newspapers today?



We asked our customers these questions:

1. What is your most helpful sales planning tip?
2. What is your best ad selling tip?
3. What was your best-performing feature or topic last year?
4. What is your best consistent revenue generator?
5. What are some of your favorite Metro tools or assets?

Now we want to share what we've learned – and how we can help – with all of you...

1. What is your most helpful sales planning tip?

› Build Sales

Planning Strategies

- Plan around unique ideas, popular themes and seasonal opportunities
- Align advertising opportunities with editorial content

› Stay Organized

- Create up-to-date lists of all local businesses with contact info
- A thorough prospect list

› Explore Ideas From Metro

“Seeing ideas can inspire an approach for a prospect that you hadn’t thought of.”

- SearchBook and email ideas
- Spec ad and page templates
- Sections and success stories



KICK-\$\$\$ TIPS & TOPICS TO SELL > What is your most helpful sales planning tip?

> Plan around themes and seasonal opportunities

Calendar: Planning & Promotional

January | February | March | April | May | June | July | August | September | October | November | December | Search All Events | Download Printable Year-at-a-Glance

JULY 2026 CALENDAR

Prepare to maximize your advertising and promotional efforts all year long.

2026 Planning Calendar



- Optimize ad and promotion planning with this quick guide to some of the year's most marketable events.
- JANUARY**
- Monthly Events**
- Be Kind to Food Servers Month
 - Cervical Cancer Awareness Month
 - National Blood Donor Month
 - National CID Month
 - National Glaucoma Awareness Month
 - National Hobby Month
 - National Slow Cooking Month
 - Thyroid Cancer Awareness Month
- Weekly Events**
- Diet Resolutions Week
 - New Year's Resolutions Week
- Daily Events**
- Data Privacy Day
 - Martin Luther King, Jr. Day
 - National Nuzzle Day
 - New Year's Day
 - Three Kings Day/Epiphany
- FEBRUARY**
- Monthly Events**
- AMD/Low Vision Awareness Month
 - American Heart Month
 - Canadian Heart Month
 - National African-American History Month
 - National Cancer Prevention Month
 - National Headings Month
 - Ramadan
 - Wise Health Care Consumer Month
- Weekly Events**
- Great Backyard Bird Count
 - National Engineers Week
 - National Women's Heart Week
- Daily Events**
- Chinese Lunar New Year
 - National Girls and Women in Sports Day
 - National Wear Red Day
 - President's Day
 - Valentine's Day
 - World Spicy Day
- MARCH**
- Monthly Events**
- Brain Injury Awareness Month
 - Credit Education Month
 - Frozen Foods Month
 - National Craft Month
 - National Nutrition Month*
 - Save Your Vision Month
- Weekly Events**
- Holly Week
 - National Cleaning Week
 - National Newspaper in Education Week
- APRIL**
- Monthly Events**
- National Agriculture Day
 - National Employee Appreciation Day
 - National Flower Day
 - National Puppy Day
 - Spring Equinox
 - St. Patrick's Day
 - World Down Syndrome Day
- Daily Events**
- Distracted Driving Awareness Month
 - National Car Care Month
 - National Decorating Month
 - National Financial Literacy Month
 - National Garden Month
 - National Low-Carb Month
 - National Parkinson's Awareness Month
 - National Pest Management Month
 - National Pickleball Month
 - National Youth Sports Safety Month
 - Testicular Cancer Awareness Month
- MAY**
- Monthly Events**
- Building Safety Month
 - Get Caught Reading Month
 - Gifts from the Garden Month
 - Healthy Vision Month
 - Motorcycle Safety Awareness Month
 - National Allergy/Allthma Awareness Month
 - National Barbecue Month
 - National Bike Month
 - National Mental Health Month
 - National Military Appreciation Month
 - National Physical Fitness & Sports Month
 - Skin Cancer Awareness Month
 - Women's Health Care Month
- JUNE**
- Monthly Events**
- American Adventures Month
 - Back to School Month
 - Children's Eye Health and Safety Month
 - National Black Business Month
 - National Golf Month
 - National Hair Loss Awareness Month
 - National Wellness Month
- Weekly Events**
- Assistance Dog Week
 - World Breastfeeding Week
- Daily Events**
- Father's Day
 - Flag Day
 - Global Running Day
 - Juneteenth National Independence Day
 - National Cancer Survivors Day
 - National Eyewear Day
 - National Go Fishing Day
 - National Indigenous Peoples Day
 - National Summer Solstice
 - National Blood Donor Day
 - World Oceans Day
 - World Social Media Day
- JULY**
- Monthly Events**
- Air Conditioning Appreciation Days
 - National Blueberry Month
 - National Grilling Month
 - National Ice Cream Month
 - National Lost Pet Prevention Month**
 - National Park and Recreation Month
 - National Vacation Rental Month
- Weekly Events**
- Halfway Point of 2026
 - National Moth Week
- Daily Events**
- Canada Day
 - @ Your Pet Day
 - Independence Day/July 4th
 - National Motorcycle Day**
 - National Simplicity Day
- AUGUST**
- Monthly Events**
- American Adventures Month
 - Back to School Month
 - Children's Eye Health and Safety Month
 - National Black Business Month
 - National Golf Month
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 - National Ice Cream Month
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 - National Vacation Rental Month
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- Daily Events**
- American Business Women's Day
 - Autumnal Equinox
 - Labor Day/Labour Day
 - National Comic Book Day
 - National Grandparents Day
 - National Hunting and Fishing Day
 - National Read a Book Day
 - National Teacher's Day
 - World Alzheimer's Day
 - World Tourism Day
- OCTOBER**
- Monthly Events**
- Adapt-a-Shelter-Dog Month
 - Disease Awareness Month
 - Contact Lens Safety Month
 - National Breast Cancer Awareness Month
 - National Chiropractic Health Month
 - National Hygiene Month
 - National Kitchen and Bath Month
 - National Physical Therapy Month
 - National Pizza Month
 - National Wellness Month
- Weekly Events**
- Chiropractic
 - Crohn's and Colitis Awareness Week
 - Kwanzaa
 - National Cookie Cutter Week
 - National Influenza Vaccination Week
- Daily Events**
- Boating Day
 - Christmas Card Day
 - Christmas Day
 - Cyber Monday
 - National Salesperson's Day
 - National Tea Day
 - National Ugly Christmas Sweater Day
 - Winter Solstice
- NOVEMBER**
- Monthly Events**
- Diabetic Eye Disease Month
 - Lung Cancer Awareness Month
 - Movember
 - National Adoption Month
 - National Alzheimer's Disease Month
 - National Diabetes Month
- Weekly Events**
- National Animal Shelter and Rescue Appreciation Week
 - National Road Tech Week
 - National Young Reader's Week
 - Nurse Practitioner Week
- Daily Events**
- Black Friday
 - Family Volunteer Day
 - Great American Smokeout
 - Remembrance Day - Canada
 - Thanksgiving Day - United States
 - Veteran's Day - United States
- DECEMBER**
- Monthly Events**
- Drive Saber or Get Pulled Over (Winter Campaign)
 - Gift of Sight Month
 - National Egg Nog Month
 - National Write a Business Plan Month
 - Safe Toys and Gifts Awareness Month
- Weekly Events**
- National Fire Prevention Week
 - National Food Bank Week
 - National Newspaper Week
 - National School Lunch Week
- Daily Events**
- Child Health Day
 - Columbus Day
 - Emergency Nurses Day
 - Halloween
 - Indigenous Peoples' Day
 - National Sports Day
 - National Stop Bullying Day
 - Thanksgiving Day - Canada
 - World Cerebral Palsy Day
 - World Osteoporosis Day

2026 Planning Calendar



- Optimize ad and promotion planning with this quick guide to some of the year's most marketable events.
- JANUARY**
- Monthly Events**
- Be Kind to Animals Week
 - National EMS Week
 - National Nurses Week
 - National Police Week
 - National Safe Boating Week
 - National Small Business Week
- Weekly Events**
- Halfway Point of 2026
 - National Moth Week
- Daily Events**
- Kentucky Derby
 - May Day
 - Memorial Day
 - Mother's Day
 - National Bike to School Day
 - National Homefront Heroes Day
 - National Senior Health & Fitness Day
 - National Student Nurse Day
 - World Lupus Day
 - World No-Tobacco Day
- APRIL**
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 - National Car Care Month
 - National Decorating Month
 - National Financial Literacy Month
 - National Garden Month
 - National Low-Carb Month
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 - Indigenous Peoples' Day
 - National Sports Day
 - National Stop Bullying Day
 - Thanksgiving Day - Canada
 - World Cerebral Palsy Day
 - World Osteoporosis Day

◀ JUNE EVENTS

JULY EVENTS

AUGUST EVENTS ▶

Monthly Events

Weekly Events

Daily Events

View Printable Calendar

- Air Conditioning Appreciation Days
- Dog Days of Summer
- Dry Eye Awareness Month
- Leo, the Lion (7/23-8/22)
- National Blueberry Month
- National Deli Salad Month
- National Grilling Month**
- National Horseradish Month
- National Hot Dog Month
- National Ice Cream Month
- National Independent Retailer Month
- National Lost Pet Prevention Month**

- National Make a Difference to Children Month
- National Minority Mental Health Awareness Month
- National Park and Recreation Month
- National Pet Hydration Awareness Month
- National Picnic Month
- National Vacation Rental Month

National Grilling Month
July

Web site: <http://hgic.clemson.edu/national-grilling-month/>

Grilling is one of the more popular cooking methods, with grilling fans firing up the open flames throughout the month ... and year. National Grilling Month is a key time to introduce people to how to cook food outdoors safely, grilling tips and techniques, as well as how to update grilling equipment for a new season of delicious foods.



In addition to promoting delicious cooked foods and the retailers that provide such foods, National Grilling Month also may inspire individuals to redo outdoor cooking areas/patios, which can benefit an even greater number of retailers — from outdoor furniture companies to pool manufacturers to contractors and builders.

Search Grilling Images & Spec Ads

> Plan around themes and seasonal opportunities

TOPics That Sell

Top-selling ideas to jump-start sales and creative planning for next month and all year

[Start Your Prospect List →](#)

An idea-inspiring collection of monthly and year-round TOPics that sell, in an easy-to-navigate format from the Mega Menu.

★ *We are always posting new content!*
Check this page often for updates.

TOPICS That Sell for June



- » Dairy Month
- » Father's Day
- » Fishing & Boating Week
- » Start of Summer
- » World Soccer Tournament

Check back soon for more June topics!



TOPICS That Sell All Year

Please note: This list is work in progress! **Check back often for updates.**

- » Antiques & Vintage
- » America@250
- » Agriculture & Farming
- » Auto Dealerships
- » Automotive Services
- » Coffee
- » Community/Neighborhood
- » **New:** Customer Appreciation
- » Expos & Conventions
- » Finance & Banking
- » Garage Sales

KICK-\$\$\$ TIPS & TOPICS TO SELL > What is your most helpful sales planning tip?

> Plan around themes and seasonal opportunities

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

TOPICS That Sell for June



- » Dairy Month
- » Father's Day
- » Fishing & Boating Week
- » Start of Summer
- » World Soccer Tournament

Check back soon for more June topics!

Please Note: World Cup™, FIFA World Cup™ and other word marks, slogans and logos are owned and protected by FIFA®. For more information, refer to FIFA's Intellectual Property Guidelines from their website at fifa.com.

Print Templates

21 Results View/Filter More Print Templates ▶

Photos

67 Results View/Filter More Photos ▶

Illustrations

56 Results View/Filter More Illustrations ▶

Web Ad Sets

5 Results View/Filter More Web Ad Sets ▶

Editorial

7 Results View/Filter More Editorial ▶

Notable World Cup records: Fans may be curious about which countries and players have etched their names in World Cup history since the event began in 1930. TF266914

FIFA World Cup trivia: As fans anxiously await the action, they can test their knowledge of World Cup history with some fun trivia. TF266916

What to know about the USMNT in advance of the World Cup: When the FIFA World Cup 2026™ begins this June, and American fans have much to look forward to. TF266919

Did you know?: When the FIFA World Cup 2026™ begins on June 11, billions of viewers across the globe might be watching. TF266917

What local establishments can do to capitalize on the World Cup: A few simple steps can help bar and restaurant owners make their establishments the go-to place to watch all the action unfold. TF266918

KICK-ASS TIPS & TOPICS TO SELL

» What is your most helpful sales planning tip?

» Plan around themes and seasonal opportunities

12 Months of Revenue Ideas

Coordinated content to sell print, digital and social media advertising around new themes all year

[Get Inspired →](#)

July Revenue Ideas



JULY 4TH & CANADA DAY

Sell sponsorships for a kids' activity page that can also be run online as a letter-size PDF for at-home and classroom printing. Plus, find print and digital spec ads for July 4th and Canada Day retail sales and celebrations, as well as social media designs and parade headings!

[Access Now »](#)



ICE CREAM MONTH

Readers and advertisers will love this Ice Cream BINGO program, with layout options to tie in one sponsor or many, as well as print and digital promo ads, social media designs and a ready-to-send e-card promoting the program to sales prospects.

[Access Now »](#)



PARKS & PICNICS

National Picnic Month and National Park & Recreation Month in July make it a great time to run a picnics and park page promoting budget-friendly family fun. Drive revenue with the sponsor spots as well as tie-in advertising for grab-and-go picnic lunches.

[Access Now »](#)



EVENTS TO CELEBRATE

Use your Metro Planning Calendar in conjunction with this program template to run a weekly or monthly sponsor-friendly promotion incorporating "feel-good reasons to celebrate," starting with Ice Cream Month, French Fry Day, Daiquiri Day and more in July!

[Access Now »](#)

June Revenue Ideas



READERS' CHOICE AWARDS

Create and promote a Readers' Choice program that engages both readers and local businesses using a collection of coordinated heading designs, as well as print and web ad templates and section covers.

[Access Now »](#)



MEN'S HEALTH

Father's Day, Men's Health Month and International Men's Month in June make it the ideal time to run a sponsored infographic, along with ad templates, social media tiles, headings and images that drive home the importance of preventive healthcare for men.

[Access Now »](#)



NEIGHBORHOOD CONNECTIONS

Round up multi-tier advertising from a variety of local businesses with directory listings, coupons and print and digital ads all focused around welcoming new residents and building community.

[Access Now »](#)



SUMMERTIME

Summer officially kicks off on June 20, 2025! Sell sponsorships for a seasonal kids' activity page that can also be run online as a letter-size PDF for at-home and classroom printing, and discover more summer-themed advertising ideas.

[Access Now »](#)

METRO REVENUE IDEA
Everything You See More is Included!

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

HEADINGS
Build ads around them!

• Welcome to the Neighborhood
• Hello Neighbors!
• Welcome Coupons From Your Neighborhood Businesses
• Housewarming Gift for You

SOCIAL MEDIA POSTS
Upsell advertisers!

• Create a Community Where Good Vibes THRIVE
• Good Vibes THRIVE

LOOK WHAT WE DID!
We Created This Content Using Our News Content. Present & Sell them to Advertisers, or Customize them using Your Subscription Resources!

Neighbors!
PASS 2 col x 5

Housewarming Gift for You
PASS 2 col x 5

Local Home & Garden Center
PASS 2 col x 5

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

Welcome Coupons
PASS 6 col x 10

Neighbors!
PASS 6 col x 10

Housewarming Gift for You
PASS 6 col x 10

Local Home & Garden Center
PASS 6 col x 10

SALES REPS, see how to create a personalized presentation using this content.

Click here for More IMAGES, EDITORIAL FEATURES & AD TEMPLATES - Included!

> Explore (proven successful!) sections, promotions and ideas

Succe\$\$ Stories
 A look at moneymaking program ideas from peer publications
 Read This Month's Sales Success Story →
 Share Your Success Story →

METRO Media Engagement Technology Images > Ads/Templates > Websites > Digital > Editorial > Puzzles > America@250 > Planning > Learn More >

Succe\$\$ Stories | Enter keyword(s) or filename(s) | Exclude words | Exact Match | best match

Metro Libraries | May Revenue Ideas | Projects | Favorites | MIAD Wizard | Presentations | Preferences

Applied Filters: None

Succe\$\$ Stories (501 results)
 Revenue-generating ideas from local newspapers across North America

Keepsake Special Section Puts the Focus on Local Graduates

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

May 2020 | Succe\$\$ Stories

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

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

Apr 2020 | Succe\$\$ Stories

Special Section Facilitates Farm-Focused Advertising Revenue

A Metro special section template titled Modern Agriculture helped an Iowa newspaper attract advertising from more than 30 local businesses.

Mar 2020 | Succe\$\$ Stories

A Quick-Selling Metro Template Produces Fast Special Section Revenue

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

Feb 2020 | Succe\$\$ Stories

Local Touches and Sponsored Content Help Drive the Success of an Annual Automotive Section

Pittsburg County Progress combines a Metro section with their own unique local content.

Jan 2020 | Succe\$\$ Stories

Letters to Santa! Edition Unites Community & Advertisers

The Courier Express takes a multi-prong approach to developing a dynamic holiday program that successfully engages readers and advertisers throughout the holiday season.

Dec 2020 | Succe\$\$ Stories

"Elf magic" can be a great tool to boost your holiday ad sales

This Metro Creative Graphics promo section was the spark that helped Georgia's Adel.

Oct 2023 | Succe\$\$ Stories

Holiday Gift Guide Wraps Up \$80K in Advertising Revenue

Working formula for a successful Holiday Gift Guide puts local advertisers and events in the spotlight.

Sep 2023 | Succe\$\$ Stories

Special Section Blends a Variety of Features to Engage Local Pet Owners and Advertisers

Winkler's & Ward, a special section for animal enthusiasts, drew in over \$2K revenue with a great response from readers and advertisers.

Aug 2023 | Succe\$\$ Stories

emboCTM by Metro Helps a Local Texas Newspaper Transform Their Digital Marketing Program and Revenue

Readers' Choice Special Section Generates \$68K Ad Revenue

Awards program grows a win-win-win for a local

Nov 2023 | Succe\$\$ Stories

Calendar Photo Contest is a Community-Building Tradition Showcasing Local Light-Bulb Businesses

An annual contest turns photos submitted by local

Oct 2023 | Succe\$\$ Stories

Cover Advertising Gives Special Sections a Visible Local Touch

Missouri newspaper aims to increase and advertise

Nov 2023 | Succe\$\$ Stories

Historic Special Section Features Vintage Art From Metro Producers \$15,000 in Revenue and a New Holiday Tradition

Nov 2023 | Succe\$\$ Stories

Success Stories Success stories and revenue-generating ideas from peer publications across North America

Lifestyle Magazine for Older Adults Offers Local Businesses High-Impact Advertising

A bimonthly magazine insert incorporates a variety of unique features to engage readers and connect advertisers with a niche audience.



Living 50 Plus
Season of Growth



100 Years Ago This Month
Historical events from April and May 1926



GOOD to KNOW
Local tips and news

All Metro Subscribers can access "Good to Know" pages, "100 Years Ago" features, recipes, puzzles and more from the Metro website.

If you have difficulty locating any of this content, call 800.223.1600 or email service@metro-email.com for fast and friendly assistance!

The Decatur Daily Decatur, AL
 > Check out an issue of Living 50 Plus Decatur Morgan

CREATE:
The Decatur Daily produces a bimonthly lifestyle magazine titled Living 50 Plus Decatur Morgan. The magazine provides targeted lifestyle content for readers ages 50 and over, who make up about 45 percent of the Decatur Daily's readership. In addition to their own local stories, the publisher utilizes a number of Metro features to tie in local advertising. These include a "Good to Know" page providing healthy lifestyle tips, and a "100 Years Ago This Month" page that looks back on historical events. Advertising Assistant Jessica Powell says features like these engage readers by holding their attention and sparking conversation. They also allow an exclusive page sponsor to reap the benefits of that focused attention from readers. The magazine runs as a print insert and e-edition, and complimentary copies are also available at area business locations and The Decatur Daily office.

SELL:
Sponsored pages in the magazine give local businesses an opportunity to attract focused attention from their target consumers, with no competition on the page. Powell notes that it also connects advertisers to the Living 50 Plus brand. Sponsored pages are sold as a six-run contract, allowing an advertiser to essentially "present" the content included on that page for six issues. The publication also uses Metro editorial features to anchor a senior services directory, featuring advertising from several local businesses. Pages incorporating Metro recipes and puzzles offer advertisers additional opportunities for engagement.

PROFIT:
The most recent issue of Living 50 Plus featured ads from more than 30 local businesses. Powell says, "Advertisers have enjoyed sponsoring pages for our magazine because it allows them a message to get behind and connect to their own branding. It expands their brand's message to more than just a company logo."

Jessica Powell
Advertising Assistant
The Decatur Daily
jessica.powell@tnvalleymedia.com
www.decaturdaily.com


>> See Metro's 2026 Themed Special Sections Schedule >>> Read More Success Stories

METRO ADVERTISING SERVICE ©2025 Metro Creative Graphics, Inc.


Success Stories Success stories and revenue-generating ideas from peer publications across North America

Keepsake Special Section Puts the Focus on Local Graduates

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



Keepsake Special Section



Subscriber-only "Puzzle & Activity Book" special section

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

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

CREATE:
While routine special sections are included in most home-delivered and newsstand copies of their newspaper throughout the year, Michigan Group also produces several subscriber-only bonus sections, including a quarterly premium 48-page puzzle section, they termed to beets, Jason Alley, the regional editor of custom content and feature content. The premium sections benefit readers because everyone are great, but since ours are a lot of pages, it's been great knowing that Metro is willing to take on the additional space to customize a book to fit our needs — get an affordable price."

Jason Alley
Regional Editor
Custom Content and Features
Michigan Group
734.645.6143
jalley@metromedia.com

PROFIT:
Michigan Group and their subscribers have been pleased with the customized sections designed by Metro. Alley says, "Whether it's our annual holiday special or the Michigan winter guide we published in December, the 48-page sections are published with value that editors would not fit inside the traditional newspaper."

>> See Metro's 2026 Themed Special Sections Schedule >>> Read More Success Stories

METRO ADVERTISING SERVICE ©2025 Metro Creative Graphics, Inc.

2. What is your best ad selling tip?



› Be personable, in-person:

- Be yourself when selling, stay genuine
- Arrange a face-to-face meeting
- Be excited about your content
- Stress the reach of the paper
- Build relationships

› Make it personal:

- Know your customer's brand: colors, themes, catchphrases
- Include a picture of the business's team on an ad



› Know your customer:

- Interview sales prospects to find strengths and tailor your proposal
- Uncover a customer's needs and sell to those
- Offer relevant content tie-ins for strategic ad placement or native advertising



› Make the focus local:

- Feature local faces, places and images
- Support community involvement in your paper through events and contributions

2. What is your best ad selling tip?

➤ Present a Spec Ad:

- Have a great-looking spec ad
- Include a clear when, where and call to action
- Be creative and think outside the box



➤ Go for the Upsell:

- Longer ad runs or campaigns
- Web and social media add-ons



**& Finally,
Contact Everyone...**

You never know who will respond!

KICK-\$\$\$ TIPS & TOPICS TO SELL > What is your best ad selling tip?

> Present a great-looking spec ad

▲
47%
INCREASE IN
GENERATED
REVENUE

**TEAM UP
With the Best**

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

Trusted & Recommended by Your Neighbors
Here in Name County Since 20XX
Unsurpassed value • All work guaranteed
Licensed & insured • Family-owned business

Contact our team today by phone or online for a free estimate!

Home Improvement Contractor

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

**Dock, Dine & Hang Out...
We're More Than Just a Marina!**

- Boat Docking & Storage
- Repair & Maintenance Services
- Fuel Dock • Bait & Tackle Shop
- Bar & Restaurant • Market & Deli
- Game Room Arcade

Slips Open for Summer!
Call or contact us online for seasonal rates and details.

Marina & Restaurant

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

**Gear Up
for Golf Season**

Shoes • Apparel • Clubs • Golf Balls • Tech • Bags • Carts • Accessories

In-Store Services:
Club Fitting & Repair
Golf Bag Customization
Indoor Putting Green

Join our free loyalty club for in-store perks, plus discount offers on tee times and more from our local golf partners!

Golf Shop

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

Award-Winning Orthopedic Care for Young Athletes

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

sports injuries
traumatic injuries
breaks • fractures
spine disorders

Pediatric Orthopedic Medical Center

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

**Summer Fun
Is In Full Swing**

Boardwalk games & prizes
Coasters & kiddie rides
Ice cream & snacks
Pizza & restaurants
Air-conditioned arcades

Wristband Wednesdays

Unlimited Rides 4-8 p.m.
Only \$35
List exclusions or details here.

Amusement Park

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

Open Late All Summer

Beach Gear & Souvenirs

Your one-stop shop for coastal treasures and vacation essentials!

- seashells & souvenirs
- shell jewelry & accessories
- beach chairs & umbrellas
- hats & sunglasses
- snacks & cold drinks

Pre-Loved Beach Reads
2 for \$5

Open 7 Days All Season

Variety Store

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

Every Tuesday at 8PM

TRIVIA NIGHT

Join in the fun with a friend, as a team or solo!

FREE TO PLAY
Bar Tab Prizes • 21 & up
Kitchen Open Late

Local Bar or Restaurant

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

We've Beefed Up Our Burger Menu

NEW!
\$12 BURGER MONTH DEALS ALL MAY

- Spicy Southwest Sliders
- Korean-Style Bulgogi Burger
- Tex-Mex Burger With Guacamole
- Garlic Butter & Mushroom

Try our gluten-free buns and house-made veggie patties!

Downtown

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

DYK?

METRO's spec ad pdf's are layered, so they can be edited in multiple design platforms.

> What makes a great-looking spec ad?

Create a Great Spec Ad



**YOU CAN
CREATE
A GREAT
SPEC AD!**

It's a fact: Well-designed spec ads increase close rates! You can ensure your spec ads are impactful and effective by keeping a few simple design tips in mind.

Keep this sheet handy to check your specs!

METRO[®]

Get inspired and download spec ad templates at **MetroCreativeConnection.com (MCC)**.

Goals for any ad

1. Attract attention.
2. Communicate a benefit.
3. Get the reader to act.

#1 Get to know your prospect...

- Pay attention to their brand style and colors.
- What types of advertising have they previously done?
- Read business reviews: What do people like and dislike about the business?
- Estimate their budget.

A Great Spec Ad Checklist

Does your ad...

- grab attention and show personality?**
 - Image
 - Clear message
 - Font
- effortlessly direct the reader through the information?**
 - Eye flow
 - Text hierarchy
 - White space
- have a benefit for the reader?**
 - Deal or Discount
 - Educational
 - Event information
- tell the consumer how to respond?**
 - Learn more (call, website, QR code)
 - Use coupon
 - Show up
- give clear business information?**
 - Name or logo
 - Location
 - Contact information

10 Key Design Elements

- 1. Visual Hierarchy
- 2. Composition: Rule of Thirds / Balance
- 3. Strong Visual
- 4. Typography
- 5. Call to Action
- 6. Color Psychology to Elicit Emotion
- 7. Concise Copy / Text
- 8. White Space / Negative Space
- 9. Logo / Branding
- 10. Personalization / Relevance

1

We've Beefed Up Our
Burger Menu

4

3

6

NEW!

**\$12
BURGER
MONTH
DEALS
ALL MAY**

7

2

Spicy Southwest Sliders
Korean-Style Bulgogi Burger
Tex-Mex Burger With Guacamole
Garlic Butter & Mushroom Burger

5

2

Try our gluten-free buns and house-made vegan burger patties!

8

Downtown Grill

2

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

9

2

KICK-\$\$\$ TIPS & TOPICS TO SELL > What is your best ad selling tip?

> Offer relevant content tie-ins, such as editorial features or puzzles, for advertisers

sleep smarts

Sufficient sleep is key to maintaining physical and mental health, yet more than a third of adults in the U.S. and Canada say they get less than the recommended minimum seven hours of sleep nightly. Familiarize yourself with these sleep hygiene basics to support overall health and well-being!

Are You Getting Enough Zs?

Sleep recommendations change with age. Follow these guidelines from the Centers for Disease Control and Prevention to ensure you and your loved ones are getting adequate sleep.

Age	Sleep Recommended Daily
0-3 months	14-17 hours
4-12 months	12-16 hours (including naps)
1-2 years	11-14 hours (including naps)
3-5 years	10-13 hours (including naps)
6-12 years	9-12 hours
13-17 years	8-10 hours
18-29 years	7 or more hours
30-64 years	7-9 hours
65 years+	7-8 hours

Healthy Sleep Habits

Make these behaviors part of your routine to optimize sleep quality.

- Set and adhere to a consistent bedtime and wake-up time.
- Create a wind-down routine that works for you. This may entail an evening shower, gentle stretching, journaling or whatever relaxes you.
- Avoid screens at least one hour before bedtime.
- Use a dark, quiet, cool and comfortable environment for sleeping.
- Engage in physical activity daily.
- Find ways to reduce or manage stress.
- Avoid large meals and alcohol when it's close to bedtime.
- Avoid caffeine in the afternoon and evening.

How Sleep Benefits Your Health

Here are some of the ways meeting sleep recommendations can positively impact your health, according to the Centers for Disease Control and Prevention:

- Support a healthy immune system
- Maintain a healthy weight
- Improve mood
- Improve metabolism
- Improve attention and memory
- Reduce stress
- Lower risk of type 2 diabetes
- Lower risk of heart disease
- Lower risk of high blood pressure
- Lower risk of stroke

Are You Getting Enough Zs?

Healthy Sleep Habits

How Sleep Benefits Your Health

Insurance Company Bank or Credit Union Feed & Seed Store Ag Consulting Service

Home & Bedding store Medical Supply store Pharmacy or supplement shop

Psychotherapist or Hypnotherapist

Yoga & Meditation Center

Mattress store Sleep Disorder Clinic

Estate Planning Attorney Assisted Living Facility Funeral Home Pre-Planning

Farm Safety FOR KIDS & FAMILIES

Each day, at least 33 children are seriously injured and approximately every three days a child dies in an agriculture-related incident.

FARM SAFETY SMARTS

REVIEW THESE IMPORTANT GUIDELINES WITH KIDS TO HELP KEEP THEM SAFE.

Parents and Adults, Remember to Be Good Role Models!

Parents can help protect kids on the farm by making sure they are supervised, and by practicing safe behaviors that set the right example. The actions kids observe among adults have a strong influence on the habits they develop.

IF YOU SEE SOME THING WEIRD, ALWAYS TELL AN ADULT.

- NEVER enter a grain bin while grain is being loaded or unloaded.
- Stay away from grain silos, watering troughs, manure pits and equipment storage areas. If you can't avoid them, be extra careful and pay close attention to your steps and surroundings.
- Never climb on windmills, electrical wires, augers, grain elevators or feed wagons.
- Don't play on or near tractors or other equipment or tools.
- Don't touch containers of chemicals, pesticides or anything labeled with a danger or caution sign.
- If you need to use a fence post, remember the 3MS method: Pull the pin, Aim low, Squeeze the handle, and Sweep from side to side.

Use caution and follow these tips from Progressive Agriculture Safety Day® when interacting with animals:

- Be calm, move slowly and avoid making loud noises.
- Wear steel-toed shoes.
- Stay away from an animal's hind quarters.
- Approach large animals at the shoulder.
- Avoid animals with babies.
- Avoid insect male livestock of all species (stallions, bulls, boars, etc).
- Know an escape route when working in close quarters.

Insurance Company Bank or Credit Union Feed & Seed Store Ag Consulting Service

End-of-Life & Advance Care Planning FOR ADULTS OF ALL AGES

Thinking about or discussing death and dying is a sensitive and difficult topic for many people, but being prepared can bring peace of mind by ensuring our wishes are honored and reducing decision-making stress for loved ones during their time of grief.

What is an advance care directive, and do I need one?

Regardless of age or health status, advance directives provide a simple and effective way for adults to make their health care wishes known. Life is unpredictable, and advance directives are legally recognized documents that safeguard your right to make health care choices for yourself.

There are two primary components of advance directives:

- Living Will** - This document conveys your medical treatment choices in the event you become incapacitated and unable to make decisions about your health care.
- Health Care Proxy** - This document allows you to appoint a health care proxy, a trusted adult who can make medical treatment decisions if you become incapacitated and unable to make them yourself.

Durable Power of Attorney for Health Care (Health Care Proxy) - This document allows you to appoint a health care proxy, a trusted adult who can make medical treatment decisions if you become incapacitated and unable to make them yourself.

Establishing your advance directive can be done for little or no cost, but it's important to note that laws and forms for advance directives do vary by state in the U.S. Caregivers, a program of the National Alliance for Care at Home, provides free resources to educate and empower patients and caregivers about end-of-life care and services. Their website at nhcp.org/advance-directive can help visitors find the right forms in their state. The NHCP also offers free advance directive forms for various states on its website, or check your state's Department of Justice or Secretary of State website for official forms you can download.

Participants in a research study were asked to predict which end-of-life decisions their loved one would make. Nearly one in three decisions were incorrectly guessed.

Source: National Institute on Aging

Insurance Company Bank or Credit Union Feed & Seed Store Ag Consulting Service

Estate Planning Attorney Assisted Living Facility Funeral Home Pre-Planning

Men's Health Check

A look at the health challenges faced by men today and the important role of preventive care in helping them live longer, healthier lives.

Less Likely to See a Doctor

Men are significantly less likely than women to seek preventive healthcare services. In fact, a 2023 survey by the Cleveland Clinic found that only 50 percent of men consider an annual health exam to be an important part of taking care of themselves.

Shorter Life Expectancy

Men in the U.S. 74.8 Years
Women in the U.S. 80.2 Years

Make an annual exam part of your health routine...

Experts recommend men schedule an annual exam with a doctor to ask about these and additional screenings appropriate for their age and lifestyle:

- Blood pressure check** - Every 3 to 5 years, beginning at age 18 (or more frequently if you have risk factors). Annually, beginning at age 40.
- Cholesterol test** - Every 5 years, beginning at age 18 (or more frequently if you have risk factors).
- Diabetes screening** - Every 3 years, beginning at age 35 (or more frequently if you have risk factors).
- Colorectal cancer screening** - Start screening at age 45 with a stool-based test or visual exam (or earlier if you have risk factors).
- Prostate cancer screening** - Talk with your doctor about this test if you are over age 40. While general guidelines recommend starting at age 50, a PSA screening is recommended earlier for some men.

Leading Causes of Death for Men in the U.S.

- Heart disease
- Cancer
- Unintentional injury
- Stroke
- Chronic lower respiratory diseases

4X More Suicides

Suicide rates are about four times higher among males compared to females in the U.S.

Take Time Out for an Annual Exam

Preventive care plays an important role in disease prevention and early detection. Make an annual physical part of your game plan to keep your health on track!

To check insurance or schedule an appointment that's convenient for you, scan the code or give us a call today.

Midcity Medical Center
1234 Washington Street | Somerville Heights
603-555-0000 | www.midcitymedical.com

Feature eye-catching editorial page layouts that support a specific advertiser's message

★ All of Metro's editorial content is copyright-free.

KICK-\$\$\$ TIPS & TOPICS TO SELL > What is your best ad selling tip?

> Go for the upsell

Your Watch Spot
Open early
for every tournament match!

Game Schedule & Opening Hours

Fill your cup with \$5 craft draft and drink deals!

Breakfast burritos & sandwiches!

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

Your Watch Spot
Open early View Game Schedule >>
for every tournament match!

Food & Drink Specials!

Sports Bar
1234 Washington Street | Somersville Heights



Your Watch Spot
Open early View Game Schedule >>
for every tournament match!

Sports Bar

Your Watch Spot
Open early View Game Schedule >>
for every tournament match!

Food & Drink Specials!

Sports Bar
1234 Washington Street | Somersville Heights

Web and social media add-ons



URGENT CARE to the Rescue

Same-Day Vaccines & School Immunizations

Check current wait times online, or book an appointment.

Express Care for Non-Emergency Illness & Injury fractures • sprains • cold & flu • cuts & wounds • sinus infections • vaccinations preventive screenings • radiology laboratory • pharmacy

OPEN 7 DAYS

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

URGENT CARE to the Rescue

Sports Injury? Our Team Is Here to Help!

Check current wait times online, or book an appointment.

Express Care for Non-Emergency Illness & Injury fractures • sprains • cold & flu • cuts & wounds • sinus infections • vaccinations preventive screenings • radiology laboratory • pharmacy

OPEN 7 DAYS

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

URGENT CARE to the Rescue

Ear Infection? We're Here for You!

Check current wait times online, or book an appointment.

Express Care for Non-Emergency Illness & Injury fractures • sprains • cold & flu • cuts & wounds • sinus infections • vaccinations preventive screenings • radiology laboratory • pharmacy

OPEN 7 DAYS

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

URGENT CARE to the Rescue

Same-Day School & Sports Physicals

Check current wait times online, or book an appointment.

Express Care for Non-Emergency Illness & Injury fractures • sprains • cold & flu • cuts & wounds • sinus infections • vaccinations preventive screenings • radiology laboratory • pharmacy

OPEN 7 DAYS

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

Present a campaign

KICK-\$\$\$ TIPS & TOPICS TO SELL



Images ▾

Ads/Templates ▾

Websites ▾

Digital ▾

Editorial ▾

Puzzles ▾

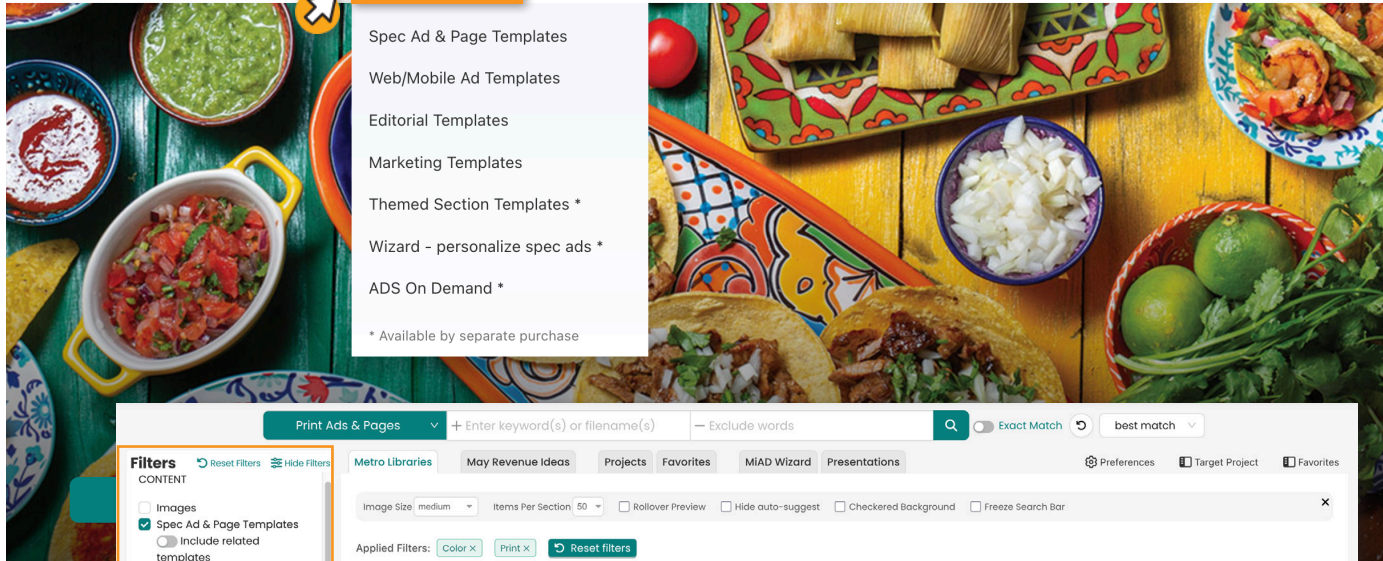
America@250 ▾

Planning ▾

Learn More ▾

- Spec Ad & Page Templates
- Web/Mobile Ad Templates
- Editorial Templates
- Marketing Templates
- Themed Section Templates *
- Wizard - personalize spec ads *
- ADS On Demand *

* Available by separate purchase



Print Ads & Pages ▾ + Enter keyword(s) or filename(s) — Exclude words

Exact Match

best match

Metro Libraries May Revenue Ideas Projects Favorites MIAD Wizard Presentations Preferences Target Project Favorites

Image Size: medium Items Per Section: 50 Rollover Preview Hide auto-suggest Checkered Background Freeze Search Bar

Applied Filters: Color X Print X Reset filters

Templates (40,318 results) [Share Your Feedback](#)

Summer Fun Is In Full Swing
Your one-stop shop for coastal treasures and vacation essentials!

Beach Gear & Souvenirs
Your one-stop shop for coastal treasures and vacation essentials!

Gear Up for Golf Season
Shoes • Apparel • Clubs • Golf Balls • Tees • Bags • Cart Accessories

Twilight Golf Specials
18 Holes \$39 | 9 Holes \$25
Tee Times After 3 p.m.
Seniors & Juniors, Save an Extra 10% Off!

Amusement Park
Unlimited Rides 4-6 p.m. Only \$35

Variety Store
1234 Washington Street | Somersville Heights

Play, Practice, Unwind
stunning 18-hole 72 golf course

Kids' Golf Clinics
Private and group instruction for kids ages 7 to 17

Filters [Reset Filters](#) [Hide Filter](#)

CONTENT

- Images
- Spec Ad & Page Templates
 - Include related templates
 - Include images in templates
- Show unsubscribed services

COLOR

TEMPLATE MEDIUM

- All
- Print
- Print with web
- Web

TEMPLATE TYPE

- All templates
- Specialty Ad Templates
- Editorial Templates
- Marketing Your Publication

TEMPLATE SIZE

- 1 Column
- 2 Column
- 3 Column
- 4 Column
- 5 Column
- 6 Column
- Full Page
- Tabloid
- Double Truck

TEMPLATE TYPE

- All templates
- Specialty Ad Templates
 - Calendars
 - Campaigns
 - Contests
 - Directory/Multi-Advertisers
 - Grocery
 - Religious/Spiritual
 - Shaped Ads
 - Single Sheets
- Editorial Templates
 - Ad Spot Fillers
 - Coloring & Activity
 - Covers
 - Infographics
 - Ready-to-Sell Editorial Pages
 - Section Starters
- Marketing Your Publication
 - Advertiser Promotions
 - Contest Promotions
 - Section Promotions
 - Subscription Promotions

KICK-\$\$\$ TIPS & TOPICS TO SELL > What is your best ad selling tip?

> Contact Everyone! Metro's e-card generator makes it easy.

The screenshot displays the Metro e-card generator interface. On the left, a 'Filters' sidebar includes sections for 'COLOR', 'IMAGE TYPE' (All, Photo, Illustration, Social Media), 'IMAGE CATEGORY' (Any, Each, Not), 'IMAGE FORMAT', 'LANGUAGE', 'ORIENTATION', 'SERVICE', 'ISSUE YEAR', 'ISSUE MONTH', and 'Book Page'. The main area shows a grid of image thumbnails, including 'Celebrating 250 Years of AMERICAN INDEPENDENCE', 'Remember MOTHER'S DAY!', 'Get Business Booming' (US and Canada), 'It's Ice Cream Season', 'Demand for outdoor living spaces...', 'Read Local', 'SUBSCRIBE for Sunday DELIVERY', 'NIGHTLY PROMOTIONS!', and 'Readers' Choice Awards'. A large preview of the 'Drive Business This Golf Season' e-card is shown on the right. Below the preview are buttons for 'Download Color jpg', 'Download B&W jpg', and 'Edit & Convert'. A 'Service' section lists 'Metro Newspaper Service', 'Dimensions: 1100x600', 'Image Type: email self promo, EMAIL SELF PROMO', and 'File Name: N2408P07002C.jpg'. Action buttons include 'Present/Print/Share', 'Download Image Preview', 'Add to Favorites', 'E-mail File Link', 'View PDF', 'Create an e-Card' (highlighted with an orange box and arrow), 'Add to project', and 'Report a problem'. A 'Personalize Your e-Card' section contains a text area and a 'Copy Card' button. Below this is a 'Contact Information' form with fields for 'Media Company Name', 'Sales Representative', '000-000-0000', 'emailaddress@email.com', and 'www.website.com'. A 'Message' section includes a rich text editor and a 'Brand Color' palette.

3. What was your best-performing feature or topic last year?



› Local Content:

- Visitor's Guide
- Local Map Feature
- Community Choice Awards
- Community Focus (Events & Seasonal Activities)



› Holidays:

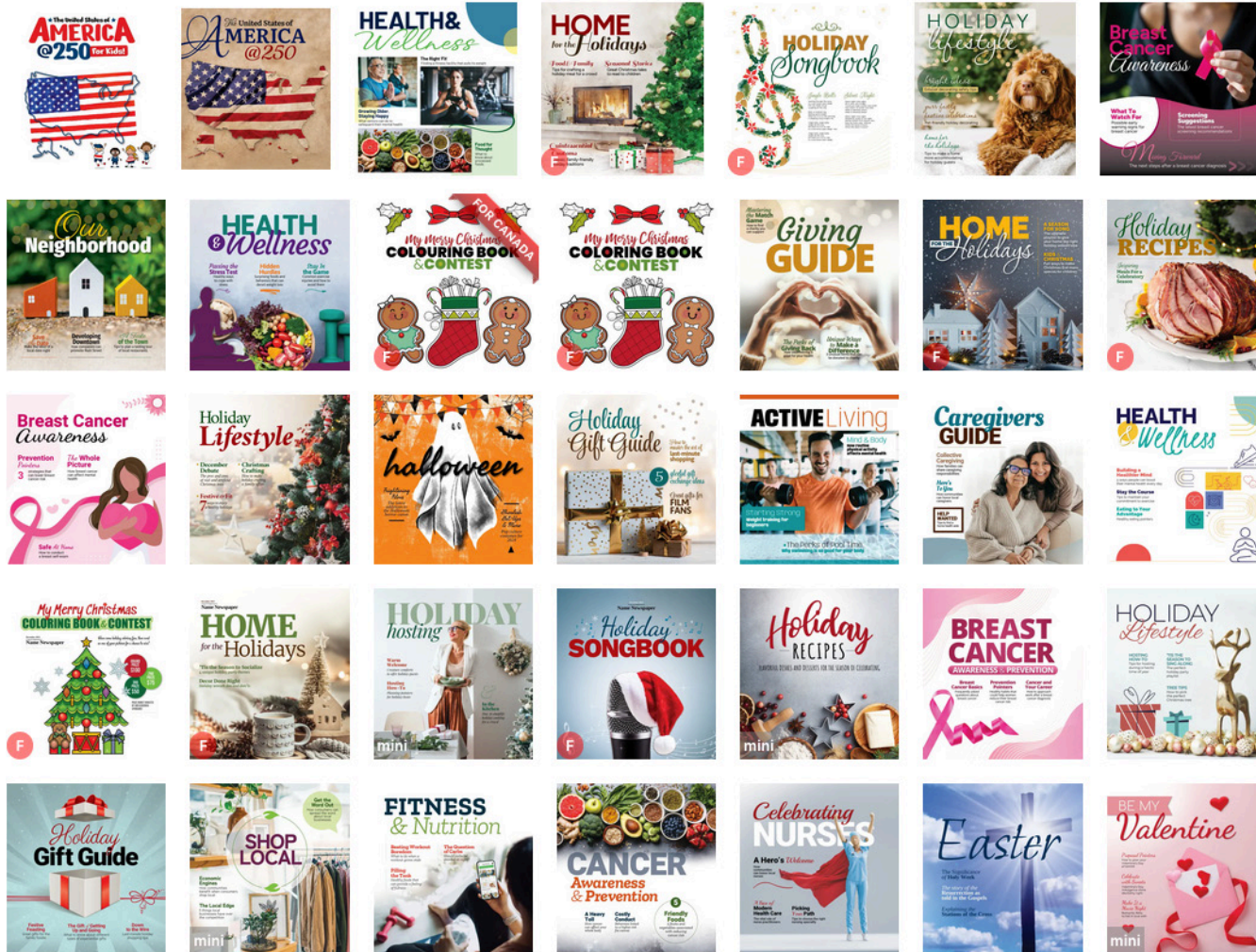
- Christmas Special Section
- Holiday Advertising Section
- Holiday Special Sections



› Health Awareness:

- Breast Cancer Awareness Special Section filled with community stories, information and resources

> Themed Sections: Community, Holidays & Health



Editorial ▾

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

* Available by separate purchase

Filters [Reset Filters](#) [Hide Filters](#)

THEMES

- Agriculture (3)
- ▶ Automotive (7)
- ▶ Business/Career (2)
- ▶ Community (12)
- ▶ Education (7)
- ▶ Environment (3)
- Family & Parenting (5)
- ▶ Food/Beverage (6)
- ▶ Health (19)
- ▶ Holidays (35)
- ▶ Home (16)
- ▶ Lifestyle (8)
- Money/Finance (5)
- Pets (3)
- ▶ Real Estate (3)
- ▶ Seniors (11)
- ▶ Recreation/Leisure (15)
- ▶ Weddings (9)

KICK-ASS TIPS & TOPICS TO SELL > What was your best-performing feature or topic?

> Themed Sections: Community, Holidays & Health

> Webinar Special Offers!

TEE TIME
Back to Basics: The fundamentals of a strong swing
The Right Fit: Why custom fittings can be a game-changer
Putting Pointers: Tips to strengthen your short game
Lightning Round
\$85

Celebrate!
Meal Prep Made Easy: Means to make cooking for a crowd more manageable
Financing the Festivities: How to host a crowd without breaking the bank
Nighttime Know-How: Tips to prepare your yard for evening entertaining
\$49

SENIOR Living
What Caregiving Gives Back: How seniors can benefit from looking after their grandchildren
Seniors & Socializing: How seniors can build their social networks in retirement
Managing Meds: What is polypharmacy?
BOGO

Living 50 Plus
Onward & Upward: Mid-career strategies to fulfill your professional potential
Full House 2.0: Tips to adjust when adult children move back home
Recreation in Retirement: Get seniors out and about
BOGO

Filters: Reset Filters Hide Filters
THEMES
Agriculture (2)
Seniors (11)
Recreation/Leisure (15)
Weddings (9)

KICK-ASS TIPS & TOPICS TO SELL > What is your best consistent revenue generator?

> Multi-Advertiser Pages & Directories

WATCH SOCCER

Catch the action, feel the excitement and cheer on your team at these fan-favorite soccer bars and local watch parties!

World Soccer Tournament 2026

This Week's Match Schedule

Monday, June 00 Country Team vs. Country Team 00:00 x.x. at Stadium Location Country Team vs. Country Team 00:00 x.x. at Stadium Location Country Team vs. Country Team 00:00 x.x. at Stadium Location Country Team vs. Country Team 00:00 x.x. at Stadium Location	Bar/Restaurant Watch Party Specials	Bar/Restaurant Watch Party Specials
Tuesday, June 00 Country Team vs. Country Team 00:00 x.x. at Stadium Location Country Team vs. Country Team 00:00 x.x. at Stadium Location Country Team vs. Country Team 00:00 x.x. at Stadium Location Country Team vs. Country Team 00:00 x.x. at Stadium Location	Bar/Restaurant Watch Party Specials	Bar/Restaurant Watch Party Specials
Wednesday, June 00 Country Team vs. Country Team 00:00 x.x. at Stadium Location Country Team vs. Country Team 00:00 x.x. at Stadium Location Country Team vs. Country Team 00:00 x.x. at Stadium Location Country Team vs. Country Team 00:00 x.x. at Stadium Location	Bar/Restaurant Watch Party Specials	Bar/Restaurant Watch Party Specials
Thursday, June 00 Country Team vs. Country Team 00:00 x.x. at Stadium Location Country Team vs. Country Team 00:00 x.x. at Stadium Location Country Team vs. Country Team 00:00 x.x. at Stadium Location Country Team vs. Country Team 00:00 x.x. at Stadium Location	Bar/Restaurant Watch Party Specials	Bar/Restaurant Watch Party Specials
Friday, June 00 Country Team vs. Country Team 00:00 x.x. at Stadium Location Country Team vs. Country Team 00:00 x.x. at Stadium Location Country Team vs. Country Team 00:00 x.x. at Stadium Location Country Team vs. Country Team 00:00 x.x. at Stadium Location	Bar/Restaurant Watch Party Specials	Bar/Restaurant Watch Party Specials
Saturday, June 00 Country Team vs. Country Team 00:00 x.x. at Stadium Location Country Team vs. Country Team 00:00 x.x. at Stadium Location Country Team vs. Country Team 00:00 x.x. at Stadium Location Country Team vs. Country Team 00:00 x.x. at Stadium Location	Bar/Restaurant Watch Party Specials	Bar/Restaurant Watch Party Specials
Sunday, June 00 Country Team vs. Country Team 00:00 x.x. at Stadium Location Country Team vs. Country Team 00:00 x.x. at Stadium Location Country Team vs. Country Team 00:00 x.x. at Stadium Location Country Team vs. Country Team 00:00 x.x. at Stadium Location	Bar/Restaurant Watch Party Specials	Bar/Restaurant Watch Party Specials

FOODTRUCKSAMPLER

Our local food truck scene delivers unbeatable flavor, variety and value...Try them all!

FOOD TRUCK NAME HERE Brief description of food truck fare or origin story here Brief description of food truck fare or origin story here Brief description of food truck fare or origin story here Brief description of food truck fare or origin story here Menu Highlights Food Item & Price Info Here Food Item & Price Info Here Location Schedule Weekday 09 a.m. - 02 p.m. Location & Address Here Weekday 02 a.m. - 05 p.m. Location & Address Here Weekday 05 a.m. - 08 p.m. Location & Address Here Weekday 08 a.m. - 02 p.m. Location & Address Here Weekday 02 a.m. - 05 p.m. Location & Address Here Weekday 05 a.m. - 08 p.m. Location & Address Here @nameadvertising www.nameadvertising.com	FOOD TRUCK NAME HERE Brief description of food truck fare or origin story here Brief description of food truck fare or origin story here Brief description of food truck fare or origin story here Brief description of food truck fare or origin story here Menu Highlights Food Item & Price Info Here Food Item & Price Info Here Location Schedule Weekday 09 a.m. - 02 p.m. Location & Address Here Weekday 02 a.m. - 05 p.m. Location & Address Here Weekday 05 a.m. - 08 p.m. Location & Address Here Weekday 08 a.m. - 02 p.m. Location & Address Here Weekday 02 a.m. - 05 p.m. Location & Address Here Weekday 05 a.m. - 08 p.m. Location & Address Here @nameadvertising www.nameadvertising.com
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To advertise here, call 000.000.0000 or email name@nameadvertising.com!

Your Wedding Vendor Checklist

Planning a wedding is a significant undertaking. Though many tasks associated with wedding planning are enjoyable, the number of variables that must be coordinated can make the process feel a little overwhelming at times. Staying organized can make wedding planning a lot easier, and this checklist of vendors can be utilized by couples looking to stay calm as they plan their big day.

<input type="checkbox"/> Wedding venue	<input type="checkbox"/> Reception venue	<input type="checkbox"/> Caterer	<input type="checkbox"/> Bakery	<input type="checkbox"/> Photographer	<input type="checkbox"/> Florist	<input type="checkbox"/> Entertainment	<input type="checkbox"/> Jeweler	<input type="checkbox"/> Transportation	<input type="checkbox"/> Hotel	<input type="checkbox"/> Salon/hairdresser	<input type="checkbox"/> Makeup artist	<input type="checkbox"/> Wedding planner	<input type="checkbox"/> Bridal gown retailer	<input type="checkbox"/> Groom's attire	<input type="checkbox"/> Favors vendor
Wedding Official	Jeweler														
Wedding Planner	Tuxedo Shop														
Beauty Salon	Transportation Service														
Caterer	Photographer														

Customer Appreciation COUPON GUIDE

Get more for your money with budget-stretching offers from the independent small businesses that keep our community thriving. Thanks for choosing local!

LARRY'S DELI & MARKET Free Large Coffee With any Breakfast Sandwich Purchase 1234 Washington Street - Somerville Heights 800-000-0000 www.nameadvertising.com	CLIP ART HAIR SALON 8000 50% Off Any Haircut New Women - Kids 1234 Washington Street - Somerville Heights 800-000-0000 www.nameadvertising.com	MILLBROOK RESTAURANT Free Appetizer \$8.99 Purchase of Two or More Entrees 1234 Washington Street - Somerville Heights 800-000-0000 www.nameadvertising.com
CLOTHESLINE BOUTIQUE 30% Off Any Single Item 1234 Washington Street - Somerville Heights 800-000-0000 www.nameadvertising.com	GEMSTONE JEWELERS Free Jewelry Cleaning One Item Only 1234 Washington Street - Somerville Heights 800-000-0000 www.nameadvertising.com	TIMMONS PLUMBING Free Service Call A \$70 Value 1234 Washington Street - Somerville Heights 800-000-0000 www.nameadvertising.com
WHISKER LODGE CANINE CARE First Stay Free Day or Overnight Care 1234 Washington Street - Somerville Heights 800-000-0000 www.nameadvertising.com	NINA'S NAIL SALON 50% Off Signature Manicure With Spa Pedicure Purchase 1234 Washington Street - Somerville Heights 800-000-0000 www.nameadvertising.com	FUN LANES BOWLING Buy One Game, Get One Free! Monday - Thursday Night 1234 Washington Street - Somerville Heights 800-000-0000 www.nameadvertising.com

Health & Wellness for Kids & Teens

Your guide to local services and resources dedicated to helping kids thrive!

PEDIATRIC DENTIST	YOUTH SPORTS LEAGUE	YOUTH MENTORING PROGRAM
PEDIATRICIAN	HEALTH FOOD STORE	OPTOMETRIST
MENTAL HEALTH SERVICE	DERMATOLOGIST	YOGA & FITNESS STUDIO

Mother's Day Gift Guide

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

for Mom!

Use these fun and affordable creative wrapping tips to perk up your presents	Clothing Store	Jewelry Store
Use these fun and affordable creative wrapping tips to perk up your presents	Beauty Supply Store	Electronics Store
Use these fun and affordable creative wrapping tips to perk up your presents	Florist & Gift Shop	Home Decor Store
Use these fun and affordable creative wrapping tips to perk up your presents	Craft Supply Store	Sporting Goods Store

Find the Right ATTORNEY

Your local guide to established legal services throughout Name County

Handley Law Firm Business consultation Area of expertise 1234 Washington Street - Somerville Heights 800-000-0000 www.nameadvertising.com	Law Firm Name Area of expertise 1234 Washington Street - Somerville Heights 800-000-0000 www.nameadvertising.com	Law Firm Name Area of expertise 1234 Washington Street - Somerville Heights 800-000-0000 www.nameadvertising.com	Law Firm Name Area of expertise 1234 Washington Street - Somerville Heights 800-000-0000 www.nameadvertising.com	Law Firm Name Area of expertise 1234 Washington Street - Somerville Heights 800-000-0000 www.nameadvertising.com
Ryan Anderson, Attorney at Law Employment law Area of expertise 1234 Washington Street - Somerville Heights 800-000-0000 www.nameadvertising.com	Law Firm Name Area of expertise 1234 Washington Street - Somerville Heights 800-000-0000 www.nameadvertising.com	Law Firm Name Area of expertise 1234 Washington Street - Somerville Heights 800-000-0000 www.nameadvertising.com	Law Firm Name Area of expertise 1234 Washington Street - Somerville Heights 800-000-0000 www.nameadvertising.com	Law Firm Name Area of expertise 1234 Washington Street - Somerville Heights 800-000-0000 www.nameadvertising.com
Blake & Pearson Law Offices Personal injury Area of expertise 1234 Washington Street - Somerville Heights 800-000-0000 www.nameadvertising.com	Law Firm Name Area of expertise 1234 Washington Street - Somerville Heights 800-000-0000 www.nameadvertising.com	Law Firm Name Area of expertise 1234 Washington Street - Somerville Heights 800-000-0000 www.nameadvertising.com	Law Firm Name Area of expertise 1234 Washington Street - Somerville Heights 800-000-0000 www.nameadvertising.com	Law Firm Name Area of expertise 1234 Washington Street - Somerville Heights 800-000-0000 www.nameadvertising.com
Dynovr & Smith, LLP Estate planning Area of expertise 1234 Washington Street - Somerville Heights 800-000-0000 www.nameadvertising.com	Law Firm Name Area of expertise 1234 Washington Street - Somerville Heights 800-000-0000 www.nameadvertising.com	Law Firm Name Area of expertise 1234 Washington Street - Somerville Heights 800-000-0000 www.nameadvertising.com	Law Firm Name Area of expertise 1234 Washington Street - Somerville Heights 800-000-0000 www.nameadvertising.com	Law Firm Name Area of expertise 1234 Washington Street - Somerville Heights 800-000-0000 www.nameadvertising.com

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Date Night Guide

Stay connected with new ideas and special offers from our local businesses!

Marquis Move Theater Twice a Week Tuesdays Show a night, get one free 1234 Washington Street - Somerville Heights 800-000-0000 www.nameadvertising.com	Table Brewing Beer Flight & Tasting Show a flight, get one free 1234 Washington Street - Somerville Heights 800-000-0000 www.nameadvertising.com	Millbrook Restaurant Chef's Tasting Dinner \$79 for four courses, or \$99 with bottomless wine 1234 Washington Street - Somerville Heights 800-000-0000 www.nameadvertising.com
LampLight Restaurant Date Night Tuesdays \$12 Cocktails & Message 1234 Washington Street - Somerville Heights 800-000-0000 www.nameadvertising.com	Cloud 9 Day Spa \$149 Couples Massage Includes two 60-minute massages 1234 Washington Street - Somerville Heights 800-000-0000 www.nameadvertising.com	Summit Rock Climbing Gym \$500 50% Off Holidays Offer good on adult admission only 1234 Washington Street - Somerville Heights 800-000-0000 www.nameadvertising.com
Lalo Restaurant & Lounge Live Music Wednesdays Enjoy half-price wine by the bottle on Wednesdays 1234 Washington Street - Somerville Heights 800-000-0000 www.nameadvertising.com	Thunder Lanes Bowling \$12 Bowling Two Includes two games and shoe rental 1234 Washington Street - Somerville Heights 800-000-0000 www.nameadvertising.com	Winery Special Date Night Offer Live music, wine and appetizers 1234 Washington Street - Somerville Heights 800-000-0000 www.nameadvertising.com

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- Directory/Multi-Advertisers
- Grocery
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- Shaped Ads
- Single Sheets

> Themed Editorial Pages

Menopause & Women's Health

Menopause is a natural biological function that takes place in a woman's life. Menopause marks the end of a woman's reproductive years, meaning she will no longer be able to conceive children.

Separating fact from fiction regarding menopause

Hypothetist or Psychologist

Menopause is not a disease. It is a natural biological process that occurs in all women. It is not a condition that needs to be treated or cured.

Menopause is not a sign of aging. It is a natural biological process that occurs in all women. It is not a sign of aging or a sign of weakness.

Menopause is not a sign of hormonal imbalance. It is a natural biological process that occurs in all women. It is not a sign of hormonal imbalance or a sign of disease.

Menopause is not a sign of aging. It is a natural biological process that occurs in all women. It is not a sign of aging or a sign of weakness.

Keeping your cool through HOT FLASHES

Bookstore

Hot flashes are a common symptom of menopause. They are caused by a change in the body's thermostat. There are several ways to manage hot flashes, including lifestyle changes and medication.

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Yoga & Meditation Studio

Yoga and meditation can help manage the symptoms of menopause. They can help reduce stress, improve sleep, and increase overall well-being.

Pharmacy

There are several medications that can help manage the symptoms of menopause. Your doctor can help you choose the right one for you.

The SWING OF Things

A rundown on GOLF CLUBS

Some golfers would say you're only as good as your gear. Perhaps not so true as it is important to a golfer's performance as his or her clubs. The differences between each type of club may confuse those unfamiliar with golf, as a rundown of the various clubs in a golfer's bag may help novice improve their scores.

Golf tips for beginners

Driver

The driver is the longest club in the bag, used for hitting the ball from the tee box. It is typically 42 to 46 inches long and has a head that is 10 to 14 inches deep. The driver is used to hit the ball as far as possible.

Hybrids

Hybrids are a combination of a driver and an iron. They are used to hit the ball from the tee box or from the fairway. They are typically 35 to 41 inches long and have a head that is 10 to 14 inches deep.

Iron

Irons are used to hit the ball from the fairway or from the rough. They are typically 35 to 41 inches long and have a head that is 10 to 14 inches deep. They are used to hit the ball with a specific trajectory and distance.

Wedges

Wedges are used to hit the ball from the fairway or from the rough. They are typically 35 to 41 inches long and have a head that is 10 to 14 inches deep. They are used to hit the ball with a specific trajectory and distance.

Putter

The putter is used to hit the ball into the hole. It is typically 35 to 41 inches long and has a head that is 10 to 14 inches deep. It is used to hit the ball with a specific trajectory and distance.

Clubhouse Cafe

Sporting Goods Store

Golf Course

Practice Range

Pro Shop

GRADUATION Celebrations

Grad party planning countdown

Reaching senior year of high school or college is an academically rigorous worthy of celebration. When the time comes to start planning an epic graduation party, getting the timeline correct can make all the difference.

Tips to throw a memorable graduation party

Plan the party

Start planning your graduation party as early as possible. This will give you time to research venues, hire vendors, and make other arrangements.

Choose a venue

Choose a venue that is large enough to accommodate all your guests. Consider the location, the view, and the amenities.

Hire vendors

Hire vendors for catering, entertainment, and other services. Make sure they are experienced and reliable.

Send invitations

Send invitations to your guests as early as possible. This will give them time to RSVP and make other arrangements.

Party Supply Store

Catering Service

Bakery

Grocery Market

Bank or Credit Union

Feed & Seed Store

Ag Consulting Service

Soak Up the FUN!

Our summertime roundup of super-fun facts, shopping and cool stuff to do

Largest Wave Surf
86 ft (26.21 m)
Nazka, Portugal
October 29, 2020
According to Guinness

Longest Tube/Mat Waterslide
3,645 ft (1111 m)
Penang, Malaysia
Verified September 1, 2020 by Guinness World Records

Heaviest Watermelon
350.5 lb (159 kg)
Tennessee, USA
October 3, 2013
According to Guinness World Records

Tallest Ice Cream Cone
10ft 1.26 in (3.08 m)
Kristiansund
July 26, 2015
According to Guinness World Records

76 Hot Dogs in 10 Minutes
Nathan's Hot Dog Eating Contest
New York, USA
July 4, 2021

Largest Sandcastle
69 ft 5 in (2116 m)
Blaahaa, Denmark
According to Guinness World Records

Tallest Roller Coaster
Falcon's Flight
Six Flags Qiddiya City, Saudi Arabia
Opened December 31, 2021

Amusement Park

Deli Sandwiches To Go

Outdoor Restaurant

The Loneliness Epidemic

Warning signs of skin cancer

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

1 in 6 people worldwide is affected by loneliness, according to the 2025 global report by the World Health Organization (WHO) Commission on Social Connection. The percentage is highest among 18- to 29-year-olds, with 20.9% reporting feelings of loneliness. The report links loneliness to an estimated 300 deaths every hour, and says that strong social connections can lead to better health and longer life.

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

- Depressed or sad: 65%
- Nervous or anxious: 60%
- Fatigue: 53%
- Headaches: 48%

Let's Hang Out!

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

LOCAL PARK SCHEDULE OF EVENTS

VOLUNTEER OPPORTUNITY

COFFEE SHOP SOCIAL EVENT

Skin Cancer Detection & Prevention

Warning signs of skin cancer

Warning signs of skin cancer include a mole that changes in size, shape, or color, or a new mole that appears on your skin. Other warning signs include a sore that doesn't heal, a scaly or crusting patch on your skin, and a red, itchy bump on your skin.

Did you know?

According to the Skin Cancer Foundation, skin damage builds up over time, beginning with your very first sunburn. The more a person sunbathes, the greater his or her risk for skin cancer becomes. The SPF notes that the same amount of UV rays that damage skin also is a major sunburning agent. That sunscreen gives injured cells a smaller amount of UV radiation, which helps them heal. But sunscreen does not prevent skin cancer. The only way to prevent skin cancer is to avoid sunburns and avoid exposure to the sun between the hours of 10 a.m. and 4 p.m.

Farm Safety FOR KIDS & FAMILIES

Each day, at least 33 children are seriously injured and approximately every three days a child dies in an agriculture-related incident.

FARM SAFETY SMARTS

REVIEW THESE IMPORTANT GUIDELINES WITH KIDS TO HELP KEEP THEM SAFE.

- NEVER enter a grain bin while grain is being loaded or unloaded.
- Stay away from grain silos, waterways, ponds, equipment storage areas, and other areas that are not safe for children.
- NEVER enter a grain bin while grain is being loaded or unloaded.
- Stay away from grain silos, waterways, ponds, equipment storage areas, and other areas that are not safe for children.

Parents and Adults, Remember to Be Good Role Models!

Parents can help protect kids on the farm by making sure they are supervised, and by practicing safe behaviors that set the right example. The USDA kids observe among adults have a strong influence on the habits they develop.

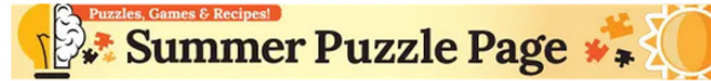
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- Recipes
- Ad Spot Fillers
- Themed Section Templates *
- Themed Websites & Directories *
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- Spec Ad & Page Templates
- Web/Mobile Ad Templates
- Editorial Templates
- Marketing Templates
- Themed Section Templates *
- Wizard - personalize spec ads *
- ADS On Demand *

KICK-ASS TIPS & TOPICS TO SELL

› What is your best consistent revenue generator?

› Themed Content: Mastheads



KICK-\$\$\$ TIPS & TOPICS TO SELL



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METRO @116 YEARS One Subscription Empowers Your Entire Team

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Metro Libraries May Revenue Ideas Projects Favorites MIAD Wizard Presentations Preferences Target Project Favorites

Applied Filters: Color X Masthead X Reset filters

Images (360 results) [Share Your Feedback](#)

Filters [Reset Filters](#) [Hide Filters](#)

CONTENT

- Images
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- Show unsubscribed services

COLOR +

IMAGE TYPE -

- All
- Photo
- Illustration
- Social Media

IMAGE CATEGORY +

Any Each Not

- Ad Spot Filler
- Ad Starter
- Background
- Border
- Burst
- Cartoon
- Coloring & Activities
- Frame
- Heading
- Icon Set
- Line Art
- Marketing: Email Promotions
- Masthead
- Object
- Retro
- Swirl

IMAGE FORMAT +

LANGUAGE +

With Hi-res only

ORIENTATION +

SERVICE +

ISSUE YEAR +

ISSUE MONTH +

FOODTRUCKSAMPLER

Celebrating CANADA DAY

Boat Dockage, Storage & Services

Summer Puzzle Page

STARS, STRIPES & Festive Nights

Father's Day Gifts & Dining

Meet Our Community's SESQUICENTENNIAL SENIORS

50 BICENTENNIAL Babies... THEN & Now

CANADIAN ARMED FORCES DAY

JULY 4th FIREWORKS FESTIVALS & FUN

CANADA DAY FIREWORKS FESTIVALS & FUN

Celebrating Our Community's Nurses

Summer at the Shore

Dads, Grads & Celebrations

World Soccer 2026

Men's Health Check

WATCH SOCCER

Celebrate DAD

GOLF GUIDE

Family Puzzles & Games

Ver Partidos de FÚTBOL 2026

Waterfront Dining

SUMMER CAMP PROGRAMS & ACTIVITIES

GRILL & BBQ Season

Mother's Day GUIDE

PROM PLANNING

5. What are some of your favorite Metro tools or assets?

➤ Editorial Features



All eyes on the moon: Understanding the Artemis program

While Artemis II was not a space shuttle the mission generated a great deal of excitement surrounding space exploration.



The ultimate guide to Dads' Day dining

As families prepare to honor their dads this year, they can consider a range of places to take Dad out for a special meal.



Tips to strengthen your short game

The following strategies can help novices and experienced golfers shore up their short game.



Notable men's health issues

Illness can impact men's longevity, and certain health conditions are prevalent among men across the globe.



The purrfect guide to helping cats adjust to a new home

Understanding the scope of cat ownership and how to help cats adjust to a new home is the key to a new home transition.



Festive locales to celebrate Canada Day

As Canadians prepare to commemorate the creation of Canada, they can look to these locales for some festive celebrations.



FIFA World Cup trivia

As fans anxiously await the action, they can test their knowledge of World Cup history with some fun trivia.



Notable World Cup records

Fans may be curious about which countries and players have etched their names in World Cup history since the event began in 1930.



A checklist to help narrow down reception venue options

Here is a checklist of what to consider in a wedding venue.

➤ Recipes

BREAKFAST is Served

Delicious recipe inspiration to wake up your morning routine!

Matcha, Coconut and Citrus Overnight Oats
This crowd-pleasing classic casserole is a savory start to the day.

A make-ahead breakfast for vegans and matcha lovers

Farmhouse Skillet

Sticky Cinnamon 'Bun' Spirals

'Cue the Grill

Summer Cookout Guide

Serve steak alongside a backyard barbecue staple.

Grilled Rib-Eye Steaks with Strawberry-Rhubarb Sauce

Butcher

Liquor Store

Home Improvement Center

Convenience Store

Pet Supply Center

Spice up dinnertime with a Cajun classic
This is a recipe for "Jambalaya With Sausage and Shrimp." PC266945
Jun 2026 Recipes 490 Words

A tasty way to add turkey to your mealtime
This is a recipe for "Turkey Roulade With Vegetables and Fried Potatoes." PC266947
Jun 2026 Recipes 416 Words

Roast vegetables make a healthy, filling summertime option
This is a recipe for "Roasted Vegetables with Pignoli Nuts." PC266948
Jun 2026 Recipes 218 Words

A dessert staple to cap off your next dinner party
This is a recipe for "Cheesecake with Fresh Maine Blueberries." PC266949
Jun 2026 Recipes 412 Words

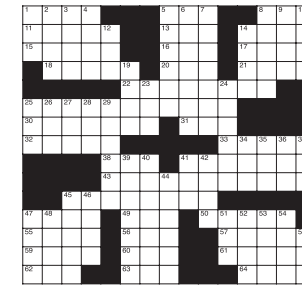
Bring your burger-making skills to the next level this summer
This is a recipe for "Beef Burgers With Onions, Spinach, Ketchup, and Blue Cheese." PC265854
May 2026 Recipes 430 Words

Grilled kebabs made a flavorful addition to any backyard barbecue
This is a recipe for "Grilled Pork and Mango Kebabs With Chili Sauce." PC265855
May 2026 Recipes 374 Words

Ham and quinoa salad makes for light but filling fare
This is a recipe for "Ham, fennel and quinoa salad." PC265856
May 2026 Recipes 248 Words

A homemade dessert to cap off a delicious meal
This is a recipe for "Strawberry and Vanilla Cheesecakes With a Ginger Cookie Base." PC265857
May 2026 Recipes 229 Words

➤ Puzzles, Coloring Pages and Activities for All Ages



CLUES ACROSS

1. Egyptian bull-god
5. A young canine
8. Cologne
11. Fictional British PI
13. Midway between northeast and east
14. A place to shop
15. Minneapolis suburb
16. Single lens reflex
17. NY Mets great Tommie
18. Informal loan clubs
20. Habitat twitching
21. Holm oak
22. Willing to consent or submit
25. In an early way
30. Made possible
31. Language in Ghana
32. Relating to one's birth
33. Deep-bodied fishes

38. Defunct European currency
41. Small American songbird
43. One from L.A.
45. After tenth
47. Hillside
49. Red deer
50. Pattern to "booked"
55. Indian musical pattern
56. Israeli city אֵשׁוּב
57. Golden peas plant
59. Breeced through
60. Midway between east and southeast
61. Frameworks
62. Danish name
63. Fall back
64. Influential Korean leader

CLUES DOWN

1. Bridge building degree
2. Expression of sorrow or pity
3. Large, stocky lizard
4. Turkish leader title
5. Nag
6. Black
7. Closely woven cotton fabric
8. A nice shot to golf
9. Away from wind
10. Evergreen shrub genus
12. Large African antelope
14. Something you receive
19. Satisfy
23. Wet dirt
24. No longer here
25. Writing utensil
26. Ribonucleic acid
27. Consume food
28. Licensed for Wall Street
29. Alternative forms of a gene

34. Buddy
35. We all do it
36. Chicken
37. No seats available
39. Yarned to possess
40. Ineffective
41. Explosive
42. Turkish title
47. Worn near the foot
45. Impatient
46. Set an example for others
47. Actor Pit
48. Instrument of torture
51. Swiss river
52. Grayish white
53. A way to print
54. Storied college hoops program
58. Midway between south and southeast

Spring Puzzle Page

SUDOKU
Fun By The Numbers
Can you find your way through this maze?

Maze Craze
Can you find your way through this maze?

Get Scrambled
Estare GGG NHTU
Laotech NBUYN

Did You Know?
There are more than 100 different types of mushrooms in the world.

CRYPTO FUN
Solve the puzzle by matching the letters to the numbers.

CLUES ACROSS

16. 21 6 26 3 24
- 20 3 6 22
- 17 7 12 24 3
- 10 1 2 2 3 24

CLUES DOWN

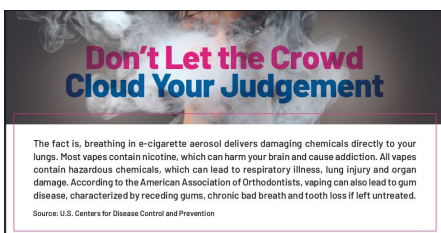
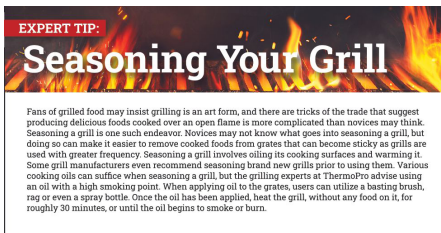
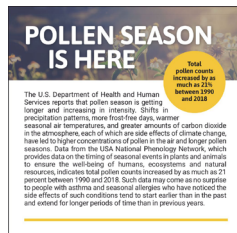
1. Bridge building degree
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4. Turkish leader title
5. Nag
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8. A nice shot to golf
9. Away from wind
10. Evergreen shrub genus
12. Large African antelope
14. Something you receive
19. Satisfy
23. Wet dirt
24. No longer here
25. Writing utensil
26. Ribonucleic acid
27. Consume food
28. Licensed for Wall Street
29. Alternative forms of a gene



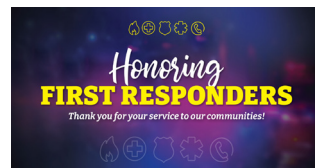
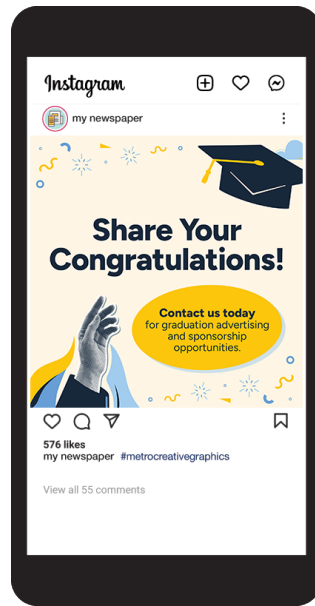
5. What are some of your favorite Metro tools or assets?

➤ Seasonal Fillers

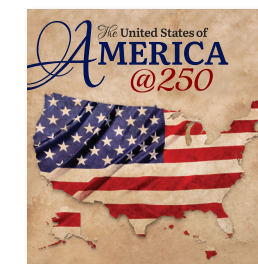
- Makes for an enjoyable read!



➤ Social Media Packages



➤ America@250 Content



The Mega Menu

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* Available by separate purchase

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

* Available by separate purchase

Puzzles ▾

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- Horoscopes
- Metro Sudoku
- Crypto Fun
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- Word Scramble
- Word Search
- What's The Difference

Websites ▾

- cmsbot Websites *
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Sales Features

Calendar: Planning & Promotional

January | February | March | April | May | June | July | August | September | October | November | December | [Search All Events](#)
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TOPICS That Sell

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

12 Months of Revenue Ideas

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[Get Inspired](#) →

Customize Spec Ads with Wizard *

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Plan Your Special Sections Program for the Year *

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

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](#) →

Succo\$\$ Stories

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

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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 client!
[Personalize & Send Your E-Card](#) →

Themed Website and Directories



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

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Metro Services

- Metro Newspaper Service
- Editorial Features, Puzzles & Recipes
- Campaigns & Classified
- MIAD Wizard
- Wizard Spec Ad Library
- Holiday Advertising Schedule
- 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



More

- Requests & Feedback
- Email Ideas - View & sign up
- Sales Resources & Training
- Video Tutorials
- Schedule Free Training
- Live Training Webinars
- Register & view archive
- User Tips
- Community Forum
- My Account
- Browser/Software Requirements
- Font Guide

Images ▾

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

* Available by separate purchase

Ads/Templates ▾

- Spec Ad & Page Templates
- Web/Mobile Ad Templates
- Editorial Templates
- Marketing Templates
- Themed Section Templates *
- Wizard - personalize spec ads *
- ADS On Demand *

* Available by separate purchase



Thank You

800-223-1600

Darrell Davis - ddavis@metro-email.com

Jackie Ulloa-Thines - julloa@metro-email.com

Laura Koch - lkoch@metro-email.com

Send us your feedback!

