

Create. Sell. Profit.

METRO
NEWSPAPER SERVICE

March 2025

Creative & Planning SearchBook®

Print + Digital Sales, Creative & Editorial Solutions Inside!

All of our print ads come with companion web ads.

Hot Topic:

St. Patrick's Day

Games, Puzzles, Activity Pages, Ad Templates & Promotional Ideas for a Rainbow of Sponsors & Advertisers

View, share and download your newest content directly from this digital SearchBook!



SLEEP AWARENESS

Sleep Tip Sponsorships & Ads



POISON PREVENTION

Prescription Safety & Tips for Pets



TOP DOCTORS

Coordinated Page, Cover & Ad Designs



More Events & Opportunities

MARCH 2025



SLEEP AWARENESS

- **SPONSOR-READY SLEEP TIPS PAGE** and **SOCIAL MEDIA CAMPAIGN** for **SLEEP AWARENESS MONTH** March 9-15 or anytime throughout the year
- Fresh **HEADINGS** and **IMAGES** to build ads
- **AD SPOT FILLERS** also available to quickly fill any unsold ad spots with helpful sleep hygiene tips
- Tips to create a relaxing bedroom and more sleep-focused **EDITORIAL FEATURES**



ST. PATRICK'S DAY

- Sell sponsorships with a kids' **ACTIVITY PAGE** in your paper, or provide it as an **ACTIVITY PLACEMAT** to local restaurants
- **HEADING DESIGNS, SOCIAL MEDIA POST** and fresh **IMAGES** perfect for bar, restaurant or retail advertisers
- Sponsor-ready **LEPRECHAUN HUNT CONTEST** idea and promotion
- **PRINT** and **WEB AD TEMPLATES** for pet stores, bars and restaurants



POISON PREVENTION

- **SPONSOR-READY POISON PREVENTION PAGE** with a focus on prescription drug safety for **NATIONAL POISON PREVENTION WEEK** March 16-22 or anytime throughout the year
- **PRINT** and **WEB AD TEMPLATES** for safe drug take-back locations in your community
- **SOCIAL MEDIA POSTS** to promote the poison help line and safe medication disposal options in your community
- Sponsor-ready **PRINT** and **WEB ADS, HEADINGS** and **AD SPOT FILLERS** featuring safety tips for **NATIONAL PET POISON PREVENTION MONTH**



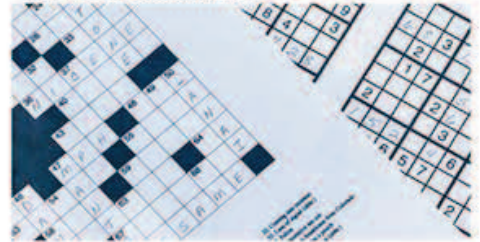
TOP DOCTORS

- Fresh **HEADINGS** and **IMAGES** to build ads and sponsorships for **DOCTORS' DAY** on March 30 or anytime all year
- Coordinated **PAGE, COVER** and **PROMOTIONAL AD** to create a **TOP DOCTORS** special section or pages
- Sell coordinated advertising with an **AD TEMPLATE** recognizing top doctors at a local hospital or medical office
- **SOCIAL MEDIA POST** honoring Doctors' Day
- A variety of **EDITORIAL FEATURES** focused on healthcare



ADDITIONAL MARCH OPPORTUNITIES

Women's History Month, International Women's Day, Lent, National Reading Month, Newspaper in Education Week, Pi Day, National Agriculture Week, Ag Day, National Mom & Pop Business Owners Day, Daylight Saving Time, Youth Art Month, Craft Month, Cheesesteak Day, Tamale Day, Cocktail Day, Ravioli Day, Commonwealth Day in Canada and more



PUZZLES, GAMES & RECIPES

New every month: Crosswords, Crypto Fun, Guess Who, Sudoku, Recipes, Horoscopes, Kids' Corner, Word Scramble, Word Search



WE LOVE CUSTOMER REQUESTS!

Send us your needs and wants:

- Articles • Ads • Images
- Editorial • Contests

service@metro-email.com

THEMED SECTIONS + WEBSITES & DIRECTORIES



MARCH TITLES: Healthy Children • On The Road

★ = **MiAD® Wizard Enabled**

See how to personalize these spec ads with the Wizard!



Planning Calendar

Use this online calendar to plan advertiser promotions around monthly events all year. Click on any event for more information, as well as related ads and images!



[Click to Access ALL 2025 Calendar Layouts](#)

Newspapers Teach Fact From Fiction

Support Newspapers in Education!

Newspapers Teach Fact From Fiction

Support Newspapers in Education!

POP-UPS & SOCIAL POSTS

These JPGs can be used directly on your social media feeds or website!

Newspapers Teach Fact From Fiction
Let's Support Newspapers in Education!

Newspapers in today's classrooms help kids learn how to distinguish fact from fiction, while strengthening reading and critical thinking skills. They also offer a window into the world with stories from around the country and other nations that touch on everything from current events and economics to politics, arts, culture and beyond.

To learn how you can help support newspapers in our community's schools, give us a call or visit us online today at www.namepaper.com/ie.

NAME NEWSPAPER
Local News In Print & Online • subscribe • support • advertise
000-000-0000 | www.namewebsite.com

PASS 2 col x 5

Newspaper in Education Week takes place March 3-7, 2025.
Find a heading design for the event on page 04 of this SearchBook!

Newspapers Teach Fact From Fiction
Let's Support Newspapers in Education!

LEARN MORE

Name Newspaper
1234 Washington Street
Somerville Heights

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

Newspapers Teach Fact From Fiction
Let's Support Newspapers in Education!

Name Newspaper

Newspapers Teach Fact From Fiction
Let's Support Newspapers in Education!

LEARN MORE

Name Newspaper
1234 Washington Street | Somerville Heights



For classroom resources and more information about Newspaper in Education Week, visit nieonline.com.

SS SEE HOW A **FLORIDA NIE PROGRAM** CONNECTS SCHOOLS & COMMUNITY ADVERTISERS

»» ACCESS MORE **NEWSPAPER IN EDUCATION** ADS & IMAGES HERE



Instagram 1080 x 1080px Facebook 1200 x 630px



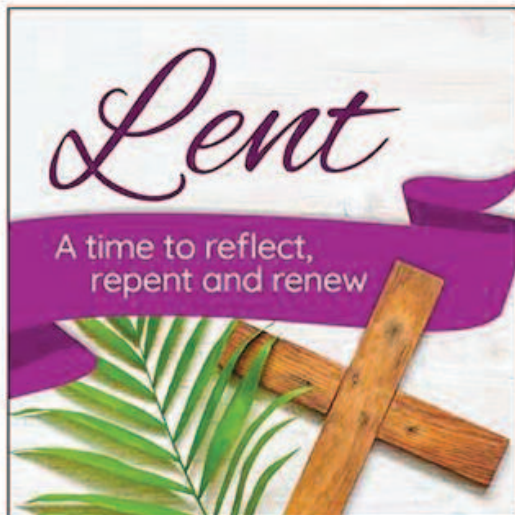
Instagram 1080 x 1080px Facebook 1200 x 630px



Instagram 1080 x 1080px Facebook 1200 x 630px



Instagram 1080 x 1080px Facebook 1200 x 630px



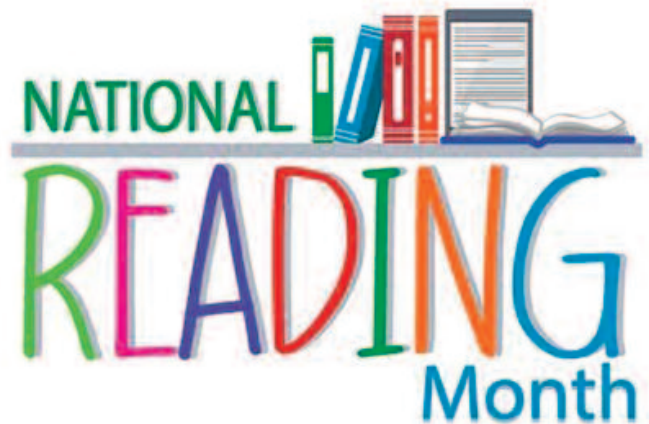
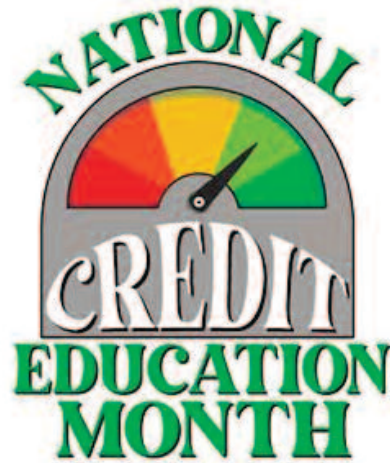
Instagram 1080 x 1080px Facebook 1200 x 630px



Instagram 1080 x 1080px Facebook 1200 x 630px

Monthly Events

Use special event headings to launch or expand promotional opportunities for your advertisers. Use them in ads as a springboard to larger promotions, sections or full-page developments.



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March 9, 2025



METRO REVENUE IDEA

Everything
You See Here
- & More -
Is Included!

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

HEADINGS

Build ads around them!



SOCIAL MEDIA POSTS

Upsell advertisers!



Sleep Awareness Week® takes place March 9-15, 2025.

The event is sponsored each year by the National Sleep Foundation, emphasizing the importance of quality sleep. For more information, visit www.thensf.org.



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

LOOK WHAT WE DID!

We Created These Layouts Using Your Metro Content...

Present & Sell Them to Advertisers, or Customize Them Using Your Subscription Resources!

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
18-60 years	7 or more hours
61-64 years	7-9 hours
65 years+	7-8 hours

Healthy Sleep Habits

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

- Get and adhere to a consistent bedtime and wake-up time.
- Create a "wind down" routine that works for you. This may entail a warm shower, gentle stretching, journaling or what ever relaxes you.
- Avoid screens at least one hour before bedtime.
- Create 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.

Mattress Store

Sleep Disorder Clinic

Yoga & Meditation Center

Home & Bedding Store

Medical Supply Store

Pharmacy or Supplement Shop

Psychotherapist or Hypnotherapist

PASS 6 col x 21

Only 32% of Americans reported getting "excellent" or "very good" sleep; 35% described their sleep as "good"; and 33% rated their sleep as "fair" or "poor" in a 2022 Gallup survey. For more information, visit www.sleephealth.org.

AD SPOT FILLERS

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- Lower risk of heart disease.
- Lower risk of high blood pressure.
- Lower risk of stroke.

Tired of Being Tired?

Try these tips for a better night of sleep

Name Sponsor
1234 Washington Street | Somersville Heights

WEB ADS

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

Tired of Being Tired?

Try these tips for a better night of sleep

Name Sponsor

Tired of Being Tired?

Try these tips for a better night of sleep

Name Sponsor
1234 Washington Street | Somersville Heights

Discover **EVENT MARKETING TIE-IN IDEAS** for every month of the year

METRO REVENUE IDEA

Everything
You See Here
- & More -
Is Included!

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

HEADINGS

Build ads around them!

**GOOD
LUCK!**

ST. PATRICK'S DAY
BAR CRAWL

ST. PATRICK'S DAY
SHENANIGANS

Happy
Saint Patrick's
Day

ST. PATRICK'S
DAY
PARTY

SOCIAL MEDIA POSTS

Upsell advertisers!



A record 62% of consumers planned to celebrate St. Patrick's Day in 2024, spending a projected \$7.2 billion, according to the National Retail Federation.



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

LOOK WHAT WE DID!

We Created These Layouts Using Your Metro Content...

Present & Sell Them to Advertisers, or Customize Them Using Your Subscription Resources!

Happy Saint Patrick's Day

CONNECT THE DOTS

Leprechaun Laughs

How do you know if a leprechaun likes your jokes?
He'll be Dublin over with laughter!

Where do leprechauns hang out on sunny days?
The Paddy-ol!

Why did the leprechaun lose the race?
He jiggered instead of jogging!

St. Paddy's Spelling Scramble

COSKHAMR _____ DLGO _____
 DILERAN _____ NEGRE _____
 PRHA _____ RIBNOAW _____

7 FREE! MY BEE

SPELL IT OUT

Business Name Logo

Local Business Slogan or Description Goes Here

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

Business Name Logo

Local Business Slogan or Description Goes Here

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

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Doubletruck Placemat 19.334" x 13"
Single Sheet 11" x 8.5"

Leprechaun Hunt

Find 10 leprechauns hiding in this newspaper for a chance to win!

\$100 CASH PRIZE

Let the 10 businesses with a leprechaun hiding in their ad here:

1. _____	6. _____
2. _____	7. _____
3. _____	8. _____
4. _____	9. _____
5. _____	10. _____

Name: _____
Address: _____
Phone: _____
E-mail: _____

GOOD LUCK!

The Somerville Press

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

Invite sponsor advertisers to include this leprechaun in their ads as a fun way to capture more attention from readers!



IMAGE #: N2103P2601IC.eps

Leprechaun Hunt

Find 10 leprechauns in our newspaper!

\$100 CASH PRIZE

Enter Here

The Somerville Press

1234 Washington Street | Somerville Heights

WEB ADS W ★

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

The Somerville Press

Find 10 leprechauns in our newspaper!

Enter Here

The Somerville Press

1234 Washington Street | Somerville Heights

PASS 3 col x 10" ★

Placemat Layout or Activity Page!

Sell the sponsor spots to run this layout as a page in your publication, or provide it to local restaurants as a placemat that gives your advertisers an extra helping of exposure.



Use **E-Cards** to pitch sales topics to prospects throughout the year

METRO REVENUE IDEA

Everything
You See Here
– & More –
Is Included!

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

HEADINGS

Build ads around them!



SOCIAL MEDIA POSTS

Upsell advertisers!



Caption this post using information featured on page 11 to grow **poison prevention awareness** in your community.



@Tag an advertising pharmacy as a local take-back location for **safe medication disposal**, or caption this post with the tips featured on page 11 for finding a take-back option.

Click Here for More
**IMAGES, EDITORIAL FEATURES &
AD TEMPLATES** – Included!

LOOK WHAT WE DID!

We Created These Layouts Using Your Metro Content...

Present & Sell Them to Advertisers, or Customize Them Using Your Subscription Resources!

Protect Yourself, Your Loved Ones and Your Community

Prescription and over-the-counter drugs can be dangerous or even deadly when not used as directed, making medications a common cause of accidental poisoning among people of all ages.

Most Common Pediatric Poison Exposures

- #1 Cleaning Products & Pain Medications
- #2 Cosmetics & Personal Care Products



More Than **90%** of All Poison Exposures Happen at Home

Source: Johnson & Johnson Medical, Poison Control Center

Medicines Account for 43% of Poison Exposures among children ages 5 and under

#1 Pain Medications Substance Implicated in Adult Poison Exposures

Tips to Prevent Prescription Drug Poisoning

- Store medications safely out of reach from children and pets.
- Take medications as directed on the label.
- Safely dispose of expired, unwanted or unused medications at a designated take-back location.
- Talk to kids about the dangers of taking medicine without a doctor's supervision.
- Keep track of what medications you are taking and when.
- Be aware of drug interactions and side effects.
- Ask your pharmacist if you have questions.
- Read labels carefully, wearing corrective lenses if needed.

Safe Medication Disposal

Drug take-back options are the best way to safely dispose of unused, unwanted or expired prescription and over-the-counter medications.

To Find a Take-Back Location:

- Go to Google Maps and type in "drug disposal near me" or "medication disposal near me" to find your nearest drug take-back location.
- Ask your pharmacist if they offer drug mail-back envelopes or know of a nearby drop-off location.
- Call the DEA Diversion Control Division Registration Call Center at 1-800-882-9539 for more information about drug take-back locations.

Call Poison Help at 1-800-222-1222 to get connected to a local poison center, or visit poison.org.

Call 911 or Your Local Emergency Service (EMS) in the event of a medical emergency.

Urgent Care

Pediatrician



Safe Prescription Drug Drop-Off Site

Safely and easily dispose of your unused or expired prescription and over-the-counter medications at our pharmacy drop box anytime during store hours to help keep your home and our community safe!

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

PASS 6 col x 21

Find additional poison prevention tips and resources for pets and people at poison.org.



Safe Prescription Drug Drop-Off Site

Safely and easily dispose of your unused or expired prescription and over-the-counter medications at our pharmacy drop box anytime during store hours to help keep your home and our community safe!

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

PASS 6 col x 3

People Foods Your Pet Should Avoid

Protect pets by keeping their paws off these toxic foods:

- Alcohol
- Avocado
- Chocolate
- Coffee
- Garlic
- Grapes
- Macadamia Nuts
- Onions
- Raisins
- Yeast Dough
- Xylitol Products

If you think your pet has consumed a potentially dangerous food or substance, contact your veterinarian or call the ASPCA Animal Poison Control Center at 888.426.4433.

Veterinary Clinic Sponsor
1234 Washington Street | Somersville Heights
000-000-0000 | www.veterinaryclinic.com

PASS 2 col x 5

AD SPOT FILLERS

People Foods Your Pet Should Avoid

Protect pets by keeping their paws off these toxic foods:

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- Chocolate
- Coffee
- Garlic
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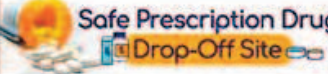
Safe Prescription Drug Drop-Off Site

Safely and easily dispose of your unused or expired medications at our pharmacy drop box!

Name Sponsor
1234 Washington Street | Somersville Heights

WEB ADS

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



Safe Prescription Drug Drop-Off Site

Safely and easily dispose of your unused or expired medications at our pharmacy drop box!

Name Sponsor
1234 Washington Street | Somersville Heights

People Foods Your Pet Should Avoid

Protect pets by keeping their paws off these toxic foods:

- Grapes
- Coffee
- Garlic
- Avocados
- Onions

> See the full list

Veterinary Clinic Sponsor
1234 Washington Street | Somersville Heights



People Foods Your Pet Should Avoid

Protect pets by keeping their paws off these toxic foods:

- Grapes
- Coffee
- Garlic
- Avocados
- Onions

> See the full list

Veterinary Clinic Sponsor



People Foods Your Pet Should Avoid

Protect pets by keeping their paws off these toxic foods:

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- Avocados
- Onions

> See the full list

Veterinary Clinic Sponsor
1234 Washington Street | Somersville Heights

Customize these ads in 1, 2, 3 easy steps with **MiAD WIZARD**

METRO REVENUE IDEA

Everything
You See Here
- & More -
Is Included!

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HEADINGS

Build ads around them!



SOCIAL MEDIA POSTS

Upsell advertisers!



» Click Here for More
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EDITORIAL FEATURES** - Included!

LOOK WHAT WE DID!

We Created These Layouts Using Your Metro Content...

Present & Sell Them to Advertisers, or Customize Them Using Your Subscription Resources!

Top Doctors
Recommended doctors in a variety of specialties throughout Name County

Top Doctor
NAME DOCTOR, MD
Area of Medical Specialty
Medical Office or Hospital Affiliation
Doctor profile, information, specializations and recognition awards here. Doctor profile, information, specializations and recognition awards here. Doctor profile, information, specializations and recognition awards here. Doctor profile, information, specializations and recognition awards here. Doctor profile, information, specializations and recognition awards here. Doctor profile, information, specializations and recognition awards here.

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

PASS 6 col x 10"

Top Doctors
A collaboration with Name County Medical Organization to recognize excellence in medical care

Tab 10 x 13

Create and promote a **Top Doctors** special section in conjunction with **National Doctors' Day** or anytime using these elements. Tie in advertisers using the spec ad idea provided here, and download more content, including sponsor-ready salutes to doctors and editorial features, from your Metro site using the link at the bottom of page 12.

Top Doctors
A collaboration with Name County Medical Organization featuring recommended doctors in a variety of specialties throughout Name County!

Look for this helpful special section here and online Sunday, Month 00.

To learn more about nominations and advertising opportunities, call or email us before Friday, Month 00.

Name Newspaper
Special Sections Advertising
name@namewebsite.com
www.namewebsite.com
900-000-0000

PASS 2 col x 5" ★

Congratulations to Our Top Doctors

Congratulations to our 2025 Top Doctor selectees, and thanks to all of our dedicated physicians for your unwavering commitment to quality healthcare. We're proud to have you on our team!

Name Doctor, MD
Specialty Area Here
Name Doctor, MD
Specialty Area Here
Name Doctor, MD
Specialty Area Here
Name Doctor, MD
Specialty Area Here
Name Doctor, MD
Specialty Area Here

Name Doctor, MD
Specialty Area Here
Name Doctor, MD
Specialty Area Here
Name Doctor, MD
Specialty Area Here
Name Doctor, MD
Specialty Area Here

New Patients Welcome
Scan the code to find a physician, or call our office to speak with a helpful care coordinator.

Hospital or Medical Office
1234 Washington Street | Somersville Heights
000-000-0000 | www.namewebsite.com

PASS 2 col x 5" ★

Top Doctors
A local guide to top-rated physicians and specialists

READ NOW

Name Newspaper
1234 Washington Street | Somersville Heights

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

Top Doctors
Your local guide to top-rated physicians and specialists

READ NOW

Name Sponsor
1234 Washington Street | Somersville Heights

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

Get Fresh Ideas Quarterly to Amp Up Revenue

FROM YOUR CLASSIFIED SECTION

Subscription & Advertising Marketing for Your Newspaper
 Weddings, Birthdays, Obituaries & More Announcements
 Real Estate Listing Layouts & Agent Promotions
 Job Directories & Recruitment Advertising
 Auto Dealership Spec Ad Templates
 Directories & Campaigns | Tons of Bonus Images



CREATE, TELL, PROMOTE
METRO
 CAMPAIGNS & CLASSIFIED

Automotive
 Help and attract auto, financing and repairs with our comprehensive and premium real estate print and website tools.

Call: 950-660-5000 | 1-800-828-2222

DRAINAGE & GRADING
 Protect your home against water damage with our expert gutter, drainage and landscape grading services.

Dunellen Landscaping
 1224 Washington Street | Somerville Heights
 950-660-5000

LANDSCAPE DESIGN
 It all begins with a beautiful, comfortable and lasting outdoor living space with our landscape design services and installation packages.

Dunellen Landscaping
 1224 Washington Street | Somerville Heights
 950-660-5000

For Sale

HOME of the Week
 NEIGHBORHOOD NAME

JUST SOLD

234 Washington Street
 3 BR | 2 BA | 1790 sq ft
\$499,900

Horizons Real Estate Group
 1234 Washington Street | Somerville Heights
 950-660-5000 | www.horizonsweb.com

Real Estate

Call: 950-660-5000

Hire a LOCAL

WE ARE HIRING

EMPLOYMENT GUIDE

Somerville Press Classified Advertising

Must-See Listings

Call: 950-660-5000

HOME of the Week
 NEIGHBORHOOD NAME

JUST LISTED

234 Washington Street
 3 BR | 2 BA | 1790 sq ft
\$499,900

Horizons Real Estate Group
 1234 Washington Street | Somerville Heights
 950-660-5000 | www.horizonsweb.com

TWO MONTHS FREE FOR REAL!

Call: 950-660-5000

Reach Us at the Newspaper

Call: 950-660-5000

Manage Your Newspaper Subscription

Call: 950-660-5000

Manage Your Newspaper Subscription

Call: 950-660-5000

WEB ADS

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

Horizons Real Estate Group

SAVE 50% OFF
Your First Quarterly Issue
 With No Contract or Obligation

Not sure if you're subscribed? **Check your account here.**

GET STARTED

LEARN MORE

Keep Your Car in showroom Shape
Come in for a car wash, or book ahead for full-service detailing!

***10**
Specialty Washes
Cleaning Like a Pro!

Got Dogs?
Get 10% OFF
Our Pet Detail Service This Month!

Identified Car Wash Club
Monthly Pricing From \$25

Here to Help Protect Your Investment
Count on the local car care experts you know and trust to take great care of your vehicle!

All Types of Services for All Makes & Models
Foreign • Domestic • Hybrid • Electric

10% Off Any Repair Service

Mental Health & Wellness
Specialists in mental health services for children, teens and families

Further... Quality Eye Care for Kids!

Optica Vision Care
Eye Exams
Digital Eye Strain
Contact Lens Fittings
Kids' Eyewear Styles
Sports & Safety Eyewear
Book an exam online today!

Meiers Psychological Services
Coping Skills
Parenting Support
Depression & Anxiety

BRUSH, FLOSS, See Your DENTIST!
Gentle & Friendly Pediatric & Family Dentistry
• Cleanings • Exams • Fillings • Braces
• Crowns • Retainers • Sealants • X-Rays
• Aligners • Emergency Services
Complimentary Exam & Cleaning for children under age 2

DON'T MISS THESE BONUS ADS

Available From This Month's Wizard Spec Ad Library

These Ads Coordinate With Your Newest Editorial Features & Metro Themed Special Sections

Instantly Personalize Any Ad Template for Sales Presentations Using Metro's Ad Wizard

» See the **Latest Bonus Ads Here**

Not sure if you're subscribed to **Wizard Spec Ad Library?**

EMAIL US here for assistance or to set up access.



Plan and Sell Now for April Revenue With These Advertiser-Friendly Sales Ideas

EASTER
April 20

GRADUATION SEASON

EARTH DAY
April 22

Photos, Art & Headings
Ready-to-Sell Print & Web Ad Templates
Email & Social Media Marketing
Editorial Features

IT'S ALL INCLUDED IN YOUR SUBSCRIPTION



> SEARCH EASTER

> SEARCH GRADUATION

> SEARCH EARTH DAY



Plan Ahead With Our 52 Sales Ideas

A Sales Idea for Every Week of The Year!

> VIEW WEEKLY IDEAS



Nostalgic Special Section Featuring Vintage Art From Metro Produces \$10,000 in Revenue and a New Holiday Tradition

Retro Christmas, a special section filled with nostalgic greeting ads from local businesses, is a success story readers and advertisers look forward to seeing again next year.

The Light and Champion Center, Texas

CREATE: The Light and Champion used a combination of vintage images and current editorial features from Metro Creative Graphics to build their unique Retro Christmas special section.

SELL: Retro Christmas was built as two-week B-section in the newspaper, with overprints distributed tabletop at local retailers. Publisher Dennis Phillips says the section instantly struck a chord with their core demographic of advertisers in the 50-plus age range and was easy to sell. He notes that while younger business owners were more difficult to get on board, the finished product has them excited about advertising next year.



PROFIT: Retro Christmas generated \$4,800 per week, producing just under \$10,000 for the two-week run. The section was so successful, Phillips followed it up with a Happy New Year version and plans to continue the tradition next year. He adds, "Everyone raved about this section, and this touched a nostalgic thread in our readers."

Dennis H. Phillips
Publisher and Editor
 The Light and Champion
 dennis@lightandchampion.com
 137 San Augustine Street
 Center, TX 75935

A Note From the Publisher About the Inspiration for This Unique Special Section...

"The section idea came from a local retailer. A grocery store celebrated its 50th anniversary in December 2024. Asking me if we had any of the original 1974 photos, which we did, to include in the 50th-year article for the paper. Given that their 50th was in December, the first ads for the store had a Christmas theme and woodcut design. This made me look at the front page of that issue in 1974. That page was a full-page Merry Christmas ad from the newspaper, not stories, nothing but a 2x spot color ad in woodcut and had hand-cut color. That did it. I was looking at a paper FULL of these ads. By looking at the past, we find the future."

— Dennis Phillips, Publisher and Editor

Your Metro Subscription Includes Unlimited Access to Metro Retro Content!

To view or download this collection of more than 4,000 vintage images, click the link below, or select Retro from the Image Category menu of MetroCreativeConnection.com.

[➤ Access Your Metro Retro Collection](#)



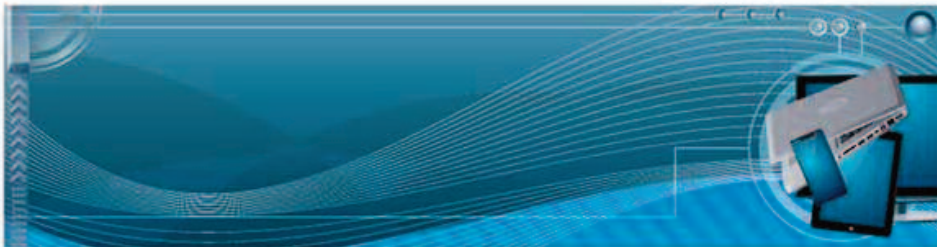
Click here to see more **SUCCESS STORIES**

Themed Backgrounds & Elements

Versatile backgrounds and coordinated elements to build themed pages or print, digital and social media campaigns.



Tab 10" x 13"

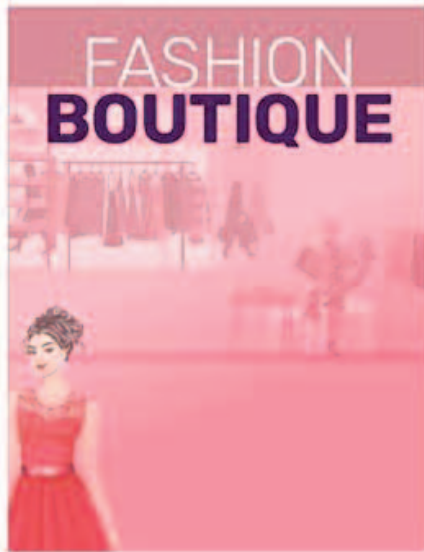


6col x 3"



Themed Backgrounds Demo

Versatile backgrounds paired with easy-to-edit headings for print and digital campaigns you can customize



PASS 2 col x 5

PASS 2 col x 5

PASS 2 col x 5



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

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

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



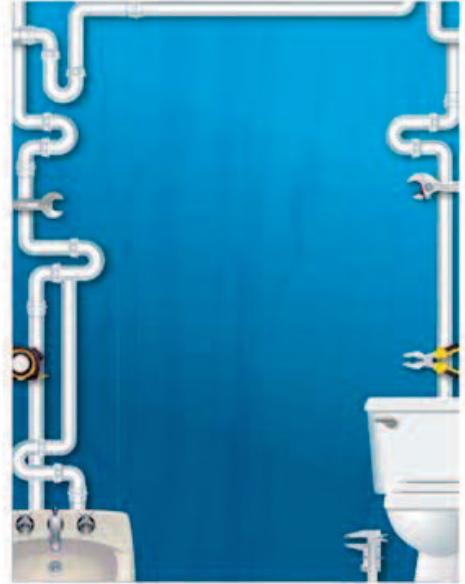
SOCIAL MEDIA POST
 Promote unique styles, special offers, or in-store services like personal shopping or alterations, using this campaign for a local boutique. Don't forget to include resale clothing stores in your prospects!

SOCIAL MEDIA POST
 Think outside of the big-box shops and pitch a campaign to secondhand electronics sellers, repair services or leasing centers, in addition to locally owned retailers. You can also use these images to promote e-waste recycling centers and events.

SOCIAL MEDIA POST
 Local food markets offer customers convenience and personal service. They may also offer curbside pickup, custom orders or catering options to promote in their advertising.

Themed Backgrounds & Elements

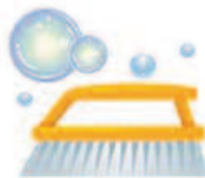
Versatile backgrounds and coordinated elements to build themed pages or print, digital and social media campaigns.



Tab 10" x 13"



6col x 3"



Themed Backgrounds Demo

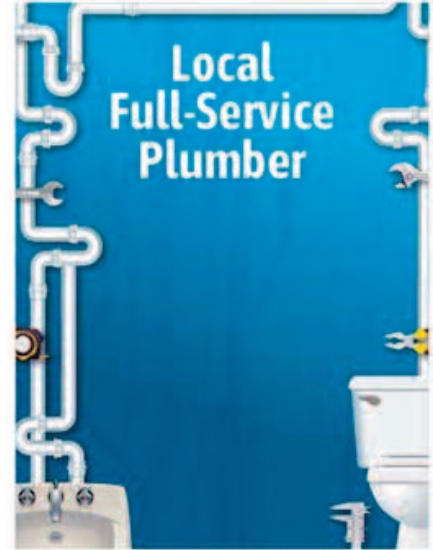
Versatile backgrounds paired with easy-to-edit headings for print and digital campaigns you can customize



PASS 2 col x 5




PASS 2 col x 5



PASS 2 col x 5



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SOCIAL MEDIA POST
 Use this series to help a cleaning service target new business from residential and commercial clients by touting things like online ratings or customer reviews, eco-friendly cleaning products or flexible scheduling and contract options.



SOCIAL MEDIA POST
 Seasonal contract rates, neighborhood and referral discounts, kid- and pet-safe non-toxic lawn treatments, customer reviews, liability insurance and free estimates are a few of the ways local lawn care advertisers can appeal to new customers.



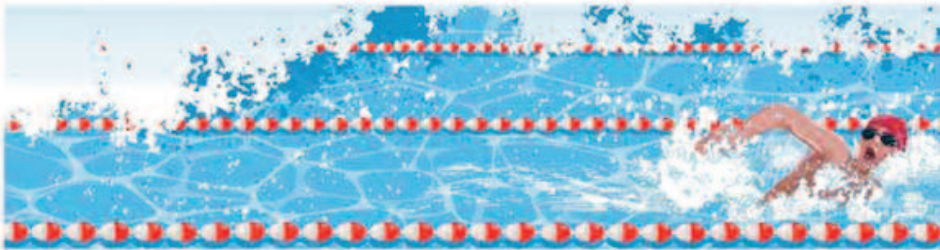
SOCIAL MEDIA POST
 Help a plumbing service grow their business with a flat-rate drain cleaning special, free service call promotion or discounts on services like toilet or water heater replacements.

Themed Backgrounds & Elements

Versatile backgrounds and coordinated elements to build themed pages or print, digital and social media campaigns.



Tab 10" x 13"

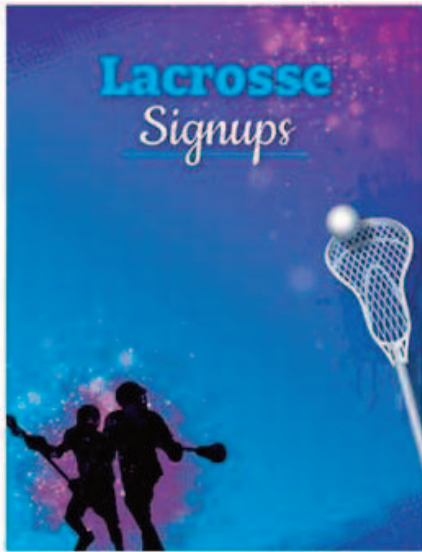


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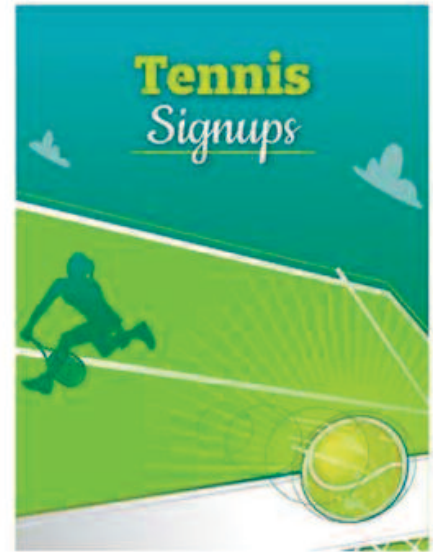
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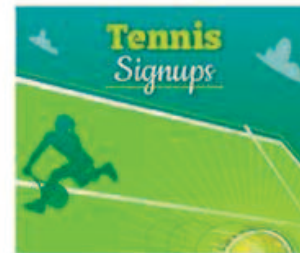
PASS 2 col x 5



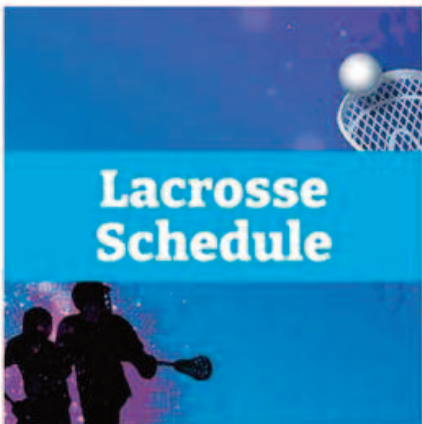
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WEB ADS
 Rectangle 250 x 300
 Leaderboard 728 x 90
 Mobile Banner 320 x 50



SOCIAL MEDIA POST



SOCIAL MEDIA POST



SOCIAL MEDIA POST

Use these print, digital and social media campaign designs to promote school sports programs, youth leagues and adult leagues in your community. Team sports can positively impact physical fitness, as well as mood and social development, for players of all levels and ages!

Themed Backgrounds & Elements

Versatile backgrounds and coordinated elements to build themed pages or print, digital and social media campaigns.



Tab 10" x 13"



6col x 3"



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WEB ADS
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 Leaderboard 728 x 90
 Mobile Banner 320 x 50



Use these print, digital and social media campaign designs to promote school sports and activity programs, after-school activities or recreational clubs for adults in your community.

Themed Special Sections & Themed Websites

Print and online themed sections and directories to connect your advertisers with their target audience



Please Note, Themed Sites & Sections Are Available by Separate Purchase.



[>> View Section](#)

[>> View Websites](#)

Promotional Materials Included

Rate Cards | Advertiser & Reader Ads | Web Ads & Social Media Posts

Ad Type	Size	Color	Rate
1/2 Page	100x150	Color	\$100
1/4 Page	50x75	Color	\$50
1/8 Page	25x37.5	Color	\$25
1/16 Page	12.5x18.75	Color	\$12.50

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1/2 Page	100x150	Color	\$100
1/4 Page	50x75	Color	\$50
1/8 Page	25x37.5	Color	\$25
1/16 Page	12.5x18.75	Color	\$12.50



[>> Download Ads](#)



Email this image with your contact info and offers to capture the attention of prospective sponsors.

Join Us in Promoting and Protecting Children's Health and Wellness

To learn more about these and other upcoming promotional opportunities for your business, contact us today!

Name Newspaper
Sales Rep
000-000-0000
namenewspaper@email.com

CUSTOM E-CARD FORMAT AVAILABLE

[CLICK HERE TO](#)

instantly personalize and send this feature as an e-card promotion directly to sales prospects.



It's All Included in Your Subscription!

- Photos, Art & Headings
- Ready-to-Sell Print & Web Ad Templates
- Email & Social Media Marketing
- Copyright-Free Editorial Features

[SEARCH ALL KIDS' HEALTH CONTENT](#)

Themed Special Sections & Themed Websites

Print and online themed sections and directories to connect your advertisers with their target audience



Please Note, Themed Sites & Sections Are Available by Separate Purchase.

>> **View Section**

>> **View Websites**

Promotional Materials Included


Rate Cards | Advertiser & Reader Ads | Web Ads & Social Media Posts

>> **Download Ads**



More Local Drivers Turn to Us for
Trusted Automotive News and Advertising

Email this image with your contact info and offers to capture the attention of prospective sponsors.



More Local Drivers Turn to Us for
Trusted Automotive News and Advertising

To learn more about these and other upcoming promotional opportunities for your business, contact us today!

Name Newspaper
Sales Rep
000-000-0000
namenewspaper@email.com

CUSTOM E-CARD FORMAT AVAILABLE

[CLICK HERE TO](#)

instantly personalize and send this feature as an e-card promotion directly to sales prospects.



It's All Included in Your Subscription!

- Photos, Art & Headings
- Ready-to-Sell Print & Web Ad Templates
- Email & Social Media Marketing
- Copyright-Free Editorial Features

[SEARCH ALL AUTOMOTIVE CONTENT](#)



DYK?

Children and adolescents between the ages of 6 and 17 need to be active for at least 60 minutes each day.

Children need physical activity as part of their overall health regimen. How much physical activity a child needs varies with age. The Centers for Disease Control and Prevention says children between the ages of three and five should be active throughout the day to ensure proper growth and development. This can be achieved by being physically active during play. Children and adolescents between the ages of six and 17 need to be active for at least 60 minutes each day, with that activity being moderate-to-vigorous in nature. The activities enjoyed should include a variety of aerobic, muscle-strengthening and bone-strengthening exercises.

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

PASS 2 col x 5 ★




Did you know?

4% of the world's 10- to 14-year-olds & 5.5% of 15- to 19-year-olds across the globe will experience an anxiety disorder.

Data from the United States Department of Health and Human Services indicates nearly one in two adolescents has had a mental health disorder at some point in their lives. According to the Canadian Pediatric Society, one in five Canadian children and youth will experience mental illness. The World Health Organization reports that anxiety disorders, which can involve panic or excessive worry, are the most prevalent mental health issues among adolescents. In fact, data from the Institute of Health Metrics and Evaluation indicates about 4 percent of the world's 10- to 14-year-olds and 5.5 percent of 15- to 19-year-olds across the globe will experience an anxiety disorder.

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

PASS 2 col x 5 ★



Distracted driving is a major threat on the roadways.

Anything that takes drivers' attention away from the road can be considered a distraction, and that includes phones, food, passengers, and even vehicle features like a GPS system. However, distracted driving is preventable. The Centers for Disease Control and Prevention says nine people in the United States are killed every day in crashes that involve a distracted driver. The National Highway Traffic Safety Administration says distracted driving claimed the lives of 3,308 people in 2022. In addition, data from Transport Canada's National Collision Database indicates that distracted driving contributed to an estimated 22.5 percent of fatal collisions and 25.5 percent of serious injury collisions in 2021. These distracted driving numbers reflect a growing trend of distracted driving-related incidents.

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PASS 2 col x 5 ★




Forest fire damage is on the rise

Forest fires increased by roughly **5.4% per year** between 2001 and 2023.

The devastating wildfires that broke out in various areas of Los Angeles in early 2025 prompted renewed curiosity about wildfires and led many to question if the frequency of the blazes was on the rise. A recent analysis conducted by the World Resources Institute found that the area burned by forest fires increased by roughly 5.4 percent per year between 2001 and 2023. The figures are telling, as the WRI noted in its report that fires now cause about six million more hectares of tree cover loss each year than they did around the turn of the century. In addition, the analysis found that fires account for roughly one-third of all tree cover loss across the globe, though some countries are experiencing greater wildfire-related devastation than others. For example, the WRI noted in its report that extreme wildfires, such as those that affected Los Angeles in early 2025, accounted for 65 percent of fire-driven tree cover loss in Canada in 2023.

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PASS 2 col x 5 ★



DID YOU KNOW?

The University of Pittsburgh Medical Center estimates that as many as three million sports- and recreation-related concussions happen each year. Young athletes and their parents must be especially mindful of concussions, as the UPMC notes that two in 10 high school athletes who play contact sports will get a concussion this year. Football might be the sport most think of when pondering the link between sports and concussions, and the UPMC notes that football accounts for roughly 300,000 concussions each year. However, contact sports such as soccer and lacrosse also put athletes at risk for concussion. In fact, the UPMC notes that girls' soccer sees the second most concussions of all high school sports.

2 in 10 high school athletes who play contact sports will get a concussion this year.

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

PASS 2 col x 5 ★



Did You Know? EVs

Consumers increasingly are turning to electric vehicles (EVs) because of their perceived benefits to the environment and additional perks. The United States Environmental Protection Agency says EVs typically have smaller carbon footprints than gasoline cars, even when accounting for the electricity used for charging. In addition, EVs can be more efficient in regard to energy use. However, it is important to note that mining the materials that are used in the batteries required for EVs can make the EV manufacturing process more energy-intensive than making internal combustion energy vehicles (ICE), according to Earth.org. The International Energy Agency says EVs and hybrid cars emit more carbon dioxide than traditional cars during production. The additional environmental cost of transporting these batteries also results in a higher carbon footprint than ICE vehicles. However, the EPA points out that the greenhouse gas emissions associated with an EV over its lifetime are typically lower than those from an ICE vehicle, even when accounting for manufacturing.

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000-000-0000 | www.namewebsite.com

PASS 2 col x 5 ★

Use These Drop-In Image Files to Quickly Fill Unsold Ad Space With Engaging Editorial Features

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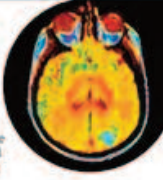
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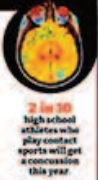
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2 in 10 high school athletes will get a concussion this year.

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» **YOUR METRO SUBSCRIPTION INCLUDES UNLIMITED EDITORIAL FEATURES - Click Here to Access Them**





Top Ad Sales Prospects

Present these multi-platform ads – for print, online and mobile use – to core advertisers and seasonal or event-based prospects in your local market.

Celebrating Local Agriculture

Today and all year, we recognize the abundance and nourishment local farms bring to our community, our economy and our households.

AGRICULTURE DAY

To all of the hardworking men and women of our agriculture industry, thank you and Happy Ag Day!

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

PASS 2 col x 5 ★

Lenten Specials Every Friday

Your Choice
Only \$14.99
Fresh Salad or Homemade Soup Included!
Fish & Chips | Catch of the Day | Fried Shrimp Basket

List offer availability or details here.

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

PASS 2 col x 5 ★

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

Celebrating Local Agriculture

Thanks to all of the hardworking men and women of our agriculture industry for all you do!

Sponsor Advertiser
1234 Washington Street
000-000-0000

Lenten Specials Every Friday

Only \$14.99
Fresh Salad or Homemade Soup Included!

Local Family Restaurant
1234 Washington Street
Somersville Heights

SEE MENU

THANKS to All the Mom & Pop Shops!

We appreciate the local family-owned businesses that make our community unique and help our economy flourish.

SHOP LOCAL

How Can We Help You and Your Business?
Bookkeeping
Tax Preparation
Payroll Services
CFO Consulting

Call, Come In or Visit Us Online to **Learn More** or Get Started!

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

PASS 2 col x 5 ★

HAPPY ST. PAWTRICK'S DAY

17% OFF
Toys & Treats All Week
Offer good March 09-09, 2025
Let details or conditions here

Free Treat at Any Register for Our Four-Legged Shoppers!

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

Open 10 a.m. - 7 p.m.
Closed Monday & Tuesday

PASS 2 col x 5 ★

THANKS to All the Mom & Pop Shops!

SHOP LOCAL

See How We Can Help You and Your Business!
Bookkeeping • Tax Prep
Payroll • CFO Consulting

ABC Accounting Services
000-000-0000

HAPPY ST. PAWTRICK'S DAY

17% OFF
Toys & Treats All Week

Pet Supply Store
1234 Washington Street
Somersville Heights

SHOP NOW

Daylight Saving Sale

Save on Spring Essentials Starting Sunday, April 9!

up to 30% Off

- Home Accessories
- Patio Dining
- Planters & Pottery
- Garden & Outdoor Decor

Sign Up for In-Store Workshops

Flourish Garden & Home Store
1234 Washington Street
Somersville Heights
000-000-0000
www.namewebsite.com

PASS 2 col x 5 ★

Check Your Batteries. Protect Your Home & Loved Ones!

Firefighters recommend testing your home's smoke detector monthly by pressing the test button for a few seconds. If the alarm sounds, the detector is working properly. If it doesn't, replace the batteries.

Smoke alarm batteries should be replaced every six months, or at least once a year. Smoke detectors should be replaced every 10 years, or earlier if recommended by the manufacturer.

Check out our everyday low prices on smoke alarms, carbon monoxide detectors and batteries.

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

PASS 2 col x 5 ★

Daylight Saving Sale

Save on Spring Essentials for the Home & Garden

Flourish Garden & Home Store
1234 Washington Street
Somersville Heights

Check Your Batteries. Protect Your Home & Loved Ones!

Share These Safety Tips From Our Firefighters

Milton Hardware Store
1234 Washington Street
Somersville Heights

Top Ad Sales Prospects

Present these multi-platform ads – for print, online and mobile use – to core advertisers and seasonal or event-based prospects in your local market.

mattress SALE

save up to **\$500 OFF**
Top-Rated Brands & Styles

- Free 60-Day Sleep Trial*
- Free Delivery & Setup**
- Financing Available

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

PASS 2 col x 5 ★

March Is for Brews & Basketball

Catch All of the Tournament Games Here!

QR Code: EPROM 2025

Daily Craft Draft Specials
Tasty Food Truck Fare

Hop Town Brewery
1234 Washington Street
Somerville Heights
000-000-0000
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MARCH IS WOMEN'S HISTORY MONTH

Join us this month in celebrating women's rights, honoring female achievement and recognizing the countless contributions women of all backgrounds have made around the world.

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Lent, Holy Week & Easter

Jesus said to her, 'I am the resurrection and the life. Whoever believes in me, though he die, yet shall he live.' - John 11:25


Join us in celebrating this meaningful season of joy, hope, reflection and renewal...**everyone is welcome!**

Lent Services Name Church 1234 Washington Street Somerville Heights 800-000-0000 www.nameandtitle.com	Easter Egg Hunt Name Church 1234 Washington Street Somerville Heights 800-000-0000 www.nameandtitle.com	Easter Paegant Name Church 1234 Washington Street Somerville Heights 800-000-0000 www.nameandtitle.com	Holy Saturday Service Name Church 1234 Washington Street Somerville Heights 800-000-0000 www.nameandtitle.com
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Holy Saturday Service Name Church 1234 Washington Street Somerville Heights 800-000-0000 www.nameandtitle.com	Easter Concert Name Church 1234 Washington Street Somerville Heights 800-000-0000 www.nameandtitle.com	Good Friday Service Name Church 1234 Washington Street Somerville Heights 800-000-0000 www.nameandtitle.com	Easter Sunrise Service Name Church 1234 Washington Street Somerville Heights 800-000-0000 www.nameandtitle.com

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March Is for WOMEN

Local events, businesses and offers celebrating International Women's Day and Women's History Month this March

Financial Seminar	Day Spa Discount	Women's Health Center Resources	Women's Clothing Store Coupon
Yoga & Meditation Event	Salon Special Offer	Community College Programs	Homebuyer's Seminar
Coffee Shop Special Offer	Beauty Supply Store Coupon	Healthy Meal Prep Service Trial Offer	Local Business Association



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LEMON SLICES



RAMEN NOODLE SOUP



CORNED BEEF & CABBAGE



WHISKEY



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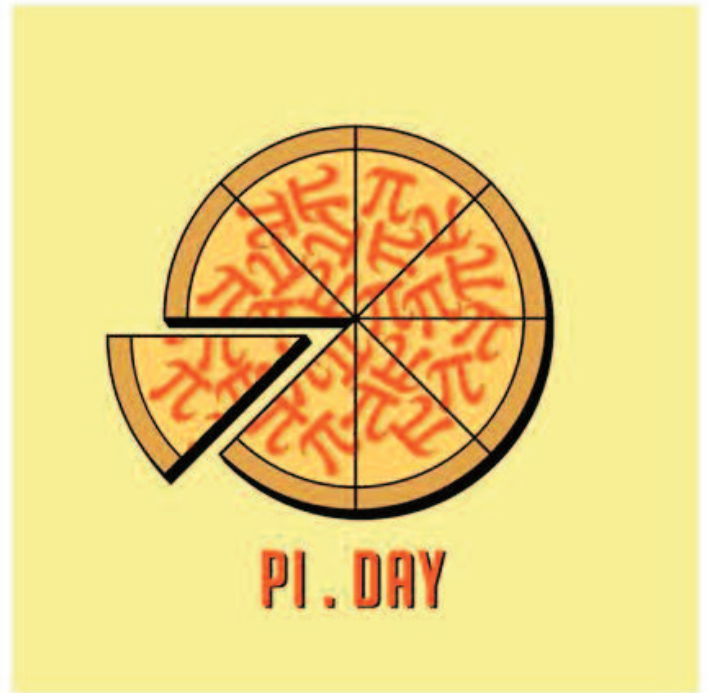
VEGETABLE PLATTER



LEEKS



BLACK FOREST CAKE





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Community Calendar



St. Paddy's **Celebration Spots**
Lucky Local Deals

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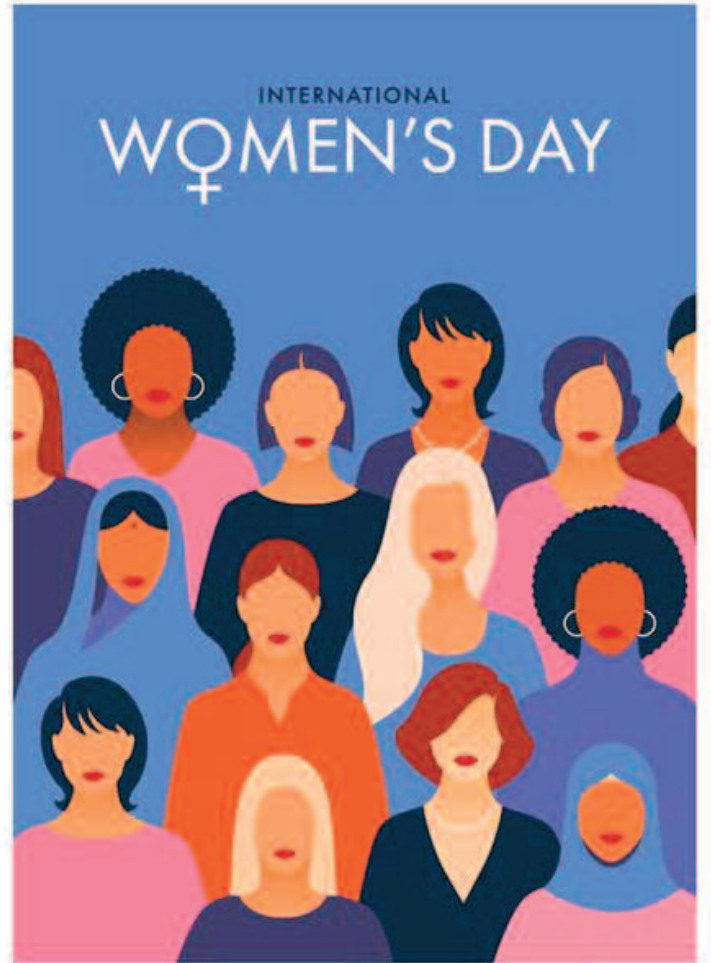
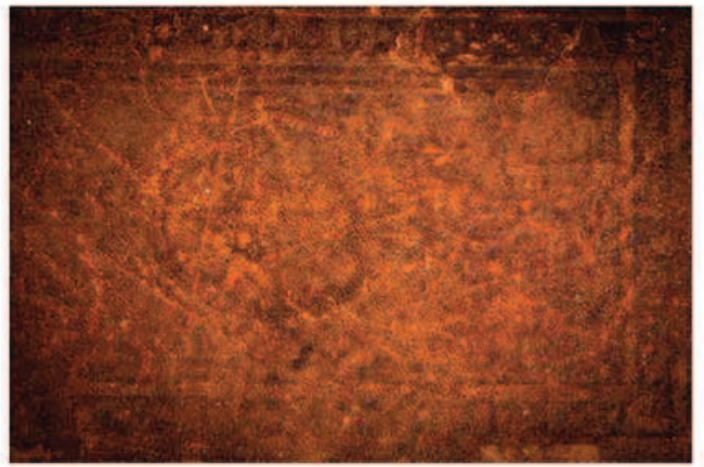




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WOMEN





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Warm up with Irish stew this St. Patrick's Day

Irish Guinness Stew with Lamb

- Makes 6 servings
- 8 cups lamb or beef stock; divided
 - 1 cup pearl barley
 - 3 lb. lamb shoulder, cubed
 - Salt, to taste
 - Freshly ground black pepper, to taste
 - 3 tablespoons oil
 - 1/4 cup unbleached all-purpose flour
 - 4 stalks of celery, washed, trimmed and chopped
 - 2 large yellow onions, peeled and chopped
 - 3 cloves of garlic, minced
 - 3 large carrots, peeled and roughly chopped
 - 12 fluid ounces Guinness stout
 - 1 bunch fresh parsley
 - 1 bunch fresh thyme
 - 1 bunch fresh rosemary
 - 3 large potatoes, peeled and cubed
 - 2 teaspoons cornstarch
 - 4 teaspoons water
- In a medium saucepan set over medium heat, bring 3 cups of stock to a boil, add barley. Reduce heat to low and gently simmer for 20 minutes. Set aside.

- Meanwhile, pat the meat dry with paper towels. Season the meat with salt and pepper. Heat the oil in a 6-quart Dutch oven. Brown the meat on all sides over medium-high heat. Using a slotted spoon, remove the meat from the pot. Sprinkle flour over the meat, shaking off any excess; set aside.
- Add the celery, onions, garlic and carrots to the pot and saute until onions are soft and translucent. Add Guinness and deglaze the pot, scraping up all the caramelized bits on the bottom and sides of the pan.
- Chop the leaves of the parsley, reserving the stems. Tie the parsley stems and several sprigs of thyme and rosemary into a bundle; drop the bundle into the pot. Chop the remaining thyme and rosemary; set chopped herbs aside.
- Return the meat to the pot. Add the potatoes, barley and enough stock to cover the meat and vegetables. Bring to a boil over medium heat. Reduce heat to very low and simmer for 2 to 3 hours, or until meat is fork tender. Stir occasionally, adding remaining stock as necessary.
- Check seasoning; adjust to taste. Stir in chopped parsley, thyme and rosemary. Mix cornstarch in water and stir. Add to stew, stirring to incorporate. Cook over low heat for 5 to 10 minutes or until stew thickens. Ladle into bowls. Serve with crusty bread and of course more Guinness if desired.

St. Patrick's Day is known for revelry. A festive atmosphere prevails each March 17, and people from all walks of life and genealogical backgrounds take part in festivities that have become celebrations of Irish culture. Cuisine is a big part of Irish culture, even if it's not the first thing people think of when pondering the Emerald Isle. This St. Patrick's Day, celebrants can bring a touch of Irish cuisine to their celebrations by preparing the following recipe for "Irish Guinness Stew with Lamb" courtesy of Lines+Angles.



This Day in History

- 1762: THE FIRST ST. PATRICK'S DAY PARADE IN NEW YORK CITY TAKES PLACE.
- 1941: U.S. PRESIDENT FRANKLIN D. ROOSEVELT OFFICIALLY OPENS THE NATIONAL GALLERY OF ART IN WASHINGTON, D.C.
- 1963: MOUNT AGUNG ON BALI ERUPTS.

ST. PATRICK'S DAY WORD SEARCH

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

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

WORDS

- CELEBRATION
- CELTIC
- CLOVER
- EMERALD
- ERIN
- FORTUNE
- Gaelic
- GOLD
- HARP
- IRELAND
- IRISH
- ISLAND
- JIG
- LEGEND
- LEPRECHAUN
- LUCK
- MAGIC
- MARCH
- MISCHIEF
- PARADES
- PATRICK
- SAINT
- SHAMROCK
- TRADITION

Word Scramble

Rearrange the letters to spell something pertaining to St. Patrick's Day.

LYKCU

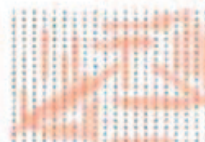
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ISRHI

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MAOCSRKH

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DINE-IN!

OR...

TAKE OUT!

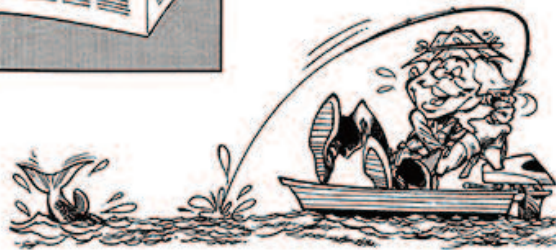
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MCC KEYWORD: ICON SET, Home Services



MCC KEYWORD: ICON SET, Lacrosse



MCC KEYWORD: ICON SET, Saint Patrick's Day

Icon Sets

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Enhance Your Site With These Web-Friendly Images!



MCC KEYWORD: ICON SET, Electronics



MCC KEYWORD: ICON SET, Music Instruments



MCC KEYWORD: ICON SET, Poison Prevention





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MAN ICE FISHING



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COWS GRAZING



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WOMAN DOING A CROSSWORD PUZZLE



BEAUTIFUL WOMAN'S FACE



BEAUTIFUL WOMAN'S HAIR



CONSTRUCTION WORKER CIRCULAR SAW



CONSTRUCTION WORKER DRILLING



CONSTRUCTION WORKER SURVEYOR



CONSTRUCTION WORKER CUTTING TILE



PROFESSIONAL ELECTRICIAN



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COUNTRY MUSIC FESTIVAL



LUNAR ECLIPSE



CONSTRUCTION WORKER WHEELBARROW



PROFESSIONAL PAINTER

LENT
Join us on the journey to Easter!

40 Days of Prayer, Praise, Reflection & Fasting

Ash Wednesday & Palm Sunday Celebration Services

QR Code

Lenten Services & Events Schedule

St. Matthew's Church
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LENT
Join us on the journey to Easter!

40 Days of Prayer & Fasting

St. Matthew's Church
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MCC KEYWORD HINT: week1
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A Life Beyond Reproach

Writing in the 16th century A.D., Salustiana de Gueve defined that "Philosophy is the knowledge of things human and divine, accompanied by the desire to live a life beyond reproach." In ancient times, and up until a few hundred years ago, philosophers were expected to be exemplars of virtue, and not just people who knew a lot of arcane things. What happened to change that? There is a link to the quest for being beyond reproach: philosophy is the knowledge of things human and divine, and this quest for divine wisdom is largely what separates modern (and post-modern) philosophy from that of the ancients. We hardly ever hear the phrase "beyond reproach" anymore. It means that we should act in such a way that there is no question about our integrity; others will know that we will always do the right thing, applied to limited areas of our lives, some of us may be beyond reproach, but to say we're in control is being treated with civility or someone's property that should be seen that our entire life is beyond reproach. Probably none of us, and yet that is what we should strive for.

-Christopher Stone

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MCC KEYWORD HINT: week2
This is your illustration and copy for March 13, 2025.

The Invisible Connection

In a recent book entitled "Linguistics: A Life of Language Loss" the linguist John S. Dryden describes how language connects us to both to a world nearby and to the minds and spirits of others. With language we can have our words to others and also our thoughts, feelings and beliefs, but we can also hide them, and even worse, we can hurt others deeply. And as someone who has the power to connect us, it can also divide us and separate us. Thus the secret that should be taken to control our tongues, and our pen (which divides our mind and our thoughts) has all been the result that comes from words spoken in truth or anger. There is also a connection between our spirits and the "Great Spirit" that is found in language & books has been said to you by the Great Spirit, and since you start reading if you have established a connection with this, about your words and take care that you read the words of God.

-Christopher Stone

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MCC KEYWORD HINT: week3
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They'll Miss Us When We're Gone

I've a sad truth that most people are not sufficiently appreciated while they are alive. Words of an arm address it, as they are most valuable after the artist has passed away, just as books are most read after their authors have died. When our parents and grandparents pass away we find ourselves wanting something of them to hang onto. We might see something of them in their children, or in a grandchild, or in something as simple as their favorite cup or a sweater they wore. What is often forgotten is that in the death of someone we love it that we know we'll never have a conversation with them again, or a hug, or just being with them, or even see in the physical sense. I recall how much I missed my father after his passing, especially in those first few months. I used to tell him about things and the very end of his life and I still like his advice just as much as he gave me. I focused on the things that really mattered. But I missed truth about missing people and just appreciating them when they are gone doesn't have to be this way. We can and should appreciate them when they are here and tell them so. And we can, like a kid, tell a loved one that we love them when they are gone. I sometimes still talk to my father, telling him how much I miss him, and I can almost hear him responding that he misses me too, but that I should enjoy my life and my family, and everything will be together in our heaven home.

-Christopher Stone

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MCC KEYWORD HINT: week4
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Transformative Experiences

There are many types of transformative experiences. Having a child, being in a foreign culture and learning their customs and language, being a host or having a near death experience, and of course religious conversions. Sometimes we can choose to have the transformative experience, such as when one chooses to have a child or go to a foreign country, other times these experiences happen to us uninvited, such as when one suffers a heart attack or has some other life-altering but unexpected experience. But even when we choose to have the transformative experience, we often each control exactly how it will change us. We can know ahead of time if we'll have a painful or being in Alaska and so the question arises how we decide what to do. Our current values may change as we thought through the transformative experience that we have to ask who is doing the deciding, the future self or the current self?

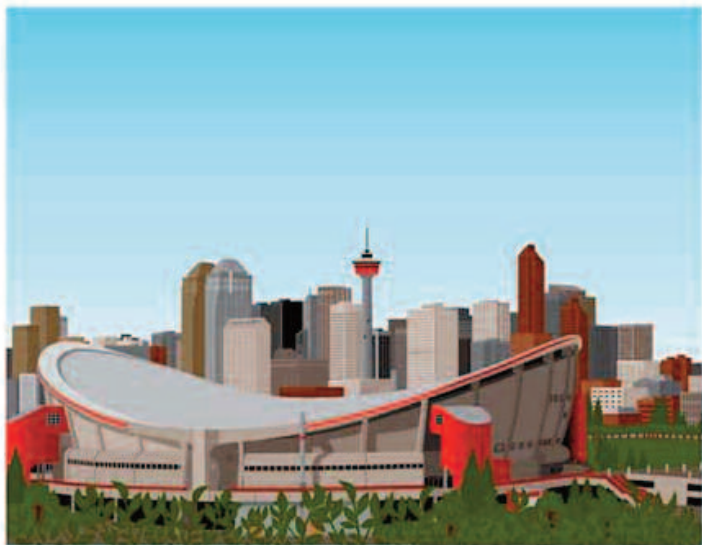
-Christopher Stone

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With God
ALL THINGS ARE POSSIBLE

Trust in the
LORD
with all your heart



(Saddledome, Calgary Canada)



Hello Spring!



SAVINGS!







(ARTS & CRAFTS CLASSES)



(INTERNATIONAL WOMEN'S DAY)



(SPRING FUN)



(HOME & GARDEN SHOW)



(SPRING SALE)



(THANKS FOR SHOPPING WITH US)



(SPRING SALE)



(POISON PREVENTION)



(SALUTE TO FARMERS)



(ST. PATRICK'S DAY CELEBRATION GUIDE)

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**DOLLAR
DEALS**

COUPON SAVINGS

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Auto interior maintenance and cleaning tips

A number of factors are involved in keeping a vehicle functioning and looking good. Ensuring a vehicle interior is clean and tidy is easily overlooked, but such efforts can improve the driving experience. Drivers who want their cars and trucks to look their best should not forget their vehicle interiors. Drivers unsure where to start can spruce up their vehicle interiors in the following ways.

[READ MORE OR DOWNLOAD](#)



Daily steps to make a vehicle last longer

Modern cars have longer life expectancies than their predecessors. *Consumer Reports* indicates it's not unheard of for modern vehicles to endure for 200,000 miles or more. For many, that equates to 12 to 15 years of usage. Even though many vehicles are built to have increased longevity, it often is up to the driver to do his or her part to ensure cars and trucks can last for years and years. Here are some daily steps vehicle owners can take to achieve longer life spans for their cars or trucks.

[READ MORE OR DOWNLOAD](#)



Physical activities for kids who are not into competitive sports

Competitive sports provide a wonderful opportunity for children to be physically active. That's a notable benefit and one that could help to confront a growing problem of overweight and obesity among modern youths. Data from the World Health Organization indicates 37 million children under the age of five were overweight in 2022, while more than 390 million youngsters between the ages of five and 19 were overweight or obese in that same year. In addition, the percentage of children and adolescents across the globe who qualified as obese in 2022 had grown considerably since 1990, increasing from 2 to 5 percent during that span.

[READ MORE OR DOWNLOAD](#)

**100 Years Ago This Month:
Historical events from March 1925**

The month of March has been home to many historical events over the years. Here's a look at some that helped to shape the world in March 1925.

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3 simple ways to get back in creditors' good graces

A robust credit rating is a key component of a strong financial foundation. There's a reason consumers' credit histories are important to landlords, car dealerships and mortgage lenders. Adults who can demonstrate a track record of sound financial decision-making and responsible money management are seen as safer bets by landlords and lenders than those who have shaky payment histories.

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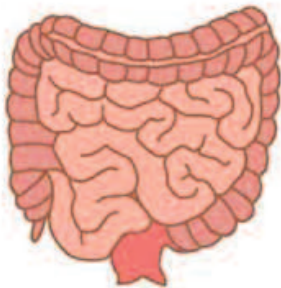


Notable Lenten traditions

Easter is a significant day on the Christian calendar. Billions of Christians look forward to Easter Sunday each year, and that anticipation is amplified by Lent.

Lent is a 40-day period preceding Easter that begins each year on Ash Wednesday. According to Campus Crusade for Christ International, also known as Cru, Lent is a time of preparation during which Christians reflect on their relationship with God and ready their hearts and minds for Good Friday and Easter.

[READ MORE OR DOWNLOAD](#)



The basics of colorectal cancer

Colorectal cancer is a form of cancer that develops in the colon or rectum. These parts of the body are the tail end of the digestive system. The Canadian Cancer Society says the colon is the longest part of the large intestine. The colon absorbs nutrients and water while sending waste to the rectum. Stool collects in the rectum and then is passed out of the body through the anus. Colon cancer and rectal cancer often start the same way and share many symptoms and risk factors, so health care professionals commonly group them together.

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Employee appreciation ideas staff will love

It's not always easy for business owners to find the right ways to show employees how much they're appreciated. According to the O.C. Tanner Network, an employee recognition platform, 40 percent of employees say the recognition they receive at work feels like an empty gesture. This is compounded by the burnout that Deloitte says affects 77 percent of respondents. Employers may be missing the mark when it comes to developing techniques to help employees feel valued and satisfied.

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What anyone can do to prepare for a wildfire

Images of the wildfires that struck areas throughout Los Angeles in early 2025 were compared to something moviegoers might see in a big-budget Hollywood production. But the images of devastated communities in Pacific Palisades, Altadena, Pasadena, and elsewhere were all too real, prompting an outpouring of support for the tens of thousands of displaced individuals who were forced to evacuate.

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Crafts are a lucky bet for St. Patrick's Day celebrations

While it certainly can be fun to visit a pub and raise a pint in honor of St. Patrick's Day on March 17, such efforts are not necessarily a family-friendly way to commemorate the patron saint of the Emerald Isle. Thankfully, there are plenty of activities for children and adults that focus less on imbibing and more on hands-on fun so everyone can be involved equally. Crafting often fits that bill.

The following are some unique craft ideas to celebrate the spirit of St. Patrick's Day. Many of these projects include items you may already have around the house.

[READ MORE OR DOWNLOAD](#)



What to do during a wildfire

Natural disasters can strike at any moment. Those in the path of deadly storms or other events may be forced into sudden, nearly unfathomable situations. Such was the case in early 2025 when a series of powerful and ultimately devastating wildfires broke out across Los Angeles. Dozens lost their lives and thousands more lost their homes in communities such as Pacific Palisades, Altadena and Malibu.

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Notable events that make spring even more fun

Spring is widely considered a season of rejuvenation. The warmer post-winter air that is a hallmark of spring certainly adds an extra hop to the steps of millions of people each year, but a number of notable events also lend a festive feel to this beloved time of year.

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03 2025 March

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23	24	25	26	27	28	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

03 2024 March

Events: Youth Art Month, National Garden Month, Women's Day, St. Patrick's Day.

02 2025 February

04 2025 April

[CLICK HERE FOR YOUR 2025 CALENDARS](#)

Update this layout for 2025 with the new calendar images provided!

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To promote your April event on this page, contact Sales Rep. Name: 410-255-2222 or email: ads@metronewspaper.com

<p>March 00</p> <p>Name Event Here Event Date Location Event Time Event Description</p>	<p>March 00</p> <p>Name Event Here Event Date Location Event Time Event Description</p>	<p>March 00</p> <p>Name Event Here Event Date Location Event Time Event Description</p>	<p>March 00</p> <p>Name Event Here Event Date Location Event Time Event Description</p>	<p>March 00</p> <p>Name Event Here Event Date Location Event Time Event Description</p>	<p>March 00</p> <p>Name Event Here Event Date Location Event Time Event Description</p>
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Spring Concert Series
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National POISON PREVENTION WEEK
March 19-25, 2023
Somerville Pharmacy

St. Patrick's DAY PARADE
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