Create, Sell, Profit.



May 2025

Creative&Planning SearchBook®



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MILITARY APPRECIATION Sponsorships for Memorial Day and Military Appreciation Month



MOTHER'S DAY
Contest sponsorships and advertising
for a variety of local advertisers



SUMMER SAFETY Sponsored tips for skin cancer prevention, boating safety and more



More Events & Selling Opportunities

MAY 2025



MILITARY APRECIATION

- SPONSOR-READY AD TEMPLATES expressing support and appreciation on Memorial Day, Armed Forces Day, the 80th anniversary of V-E Day and Military Appreciation Month
- PAGE LAYOUT featuring space for directory-style and ad-size sponsorships
- New HEADINGS, IMAGES and EDITORIAL FEATURES
- SOCIAL MEDIA posts honoring veterans to @tag sponsors or run from your own publication



SPRINGTIME

- Sell sponsorships with a spring-themed kids' ACTIVITY PAGE FEATURING GAMES AND PUZZLES, or provide it as a PLACEMAT to local restaurants. Letter-size PDFs of this layout are also available to post on your website for at-home and classroom printing.
- Spring-themed HEADINGS, IMAGES and SOCIAL MEDIA POST
- AD TEMPLATE adaptable for various spring promotions and advertisers



MOTHER'S DAY

- Sponsor-ready MOTHER'S DAY GIVEAWAY CONTEST perfect for a variety of advertisers looking to reach more local women and moms
- Use the AD TEMPLATE and SOCIAL MEDIA POST provided to promote your contest
- Spec ad template for a DAY SPA advertiser demonstrates how to upsell businesses participating in the contest
- Additional PRINT and WEB AD TEMPLATES for Mother's Day gift and dining advertisers
- · New HEADINGS, IMAGES and EDITORIAL FEATURES

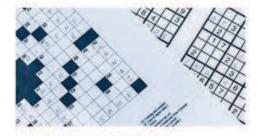


ADDITIONAL MAY OPPORTUNITIES

Graduation, Cinco de Mayo, National Nurses Week and Day, National Smile Day, Small Business Week, Older Americans Month, National Barbecue Month, National Hamburger Month and Day, National Bike Month, National Tennis Month, National Police Week, National EMS Week, Motorcycle Safety Awareness Month, National Rescue Dog Day, National Wine Day, Victoria Day in Canado, and more

SUMMER SAFETY

- SPONSOR-READY AD TEMPLATES with tips geared toward Safe Boating Week, Water Safety Month, Skin Cancer Awareness Month and Heat Awareness Day
- Related EVENT HEADINGS, IMAGES and SOCIAL MEDIA POSTS
- Summer- and safety-focused EDITORIAL FEATURES



PUZZLES, GAMES & RECIPES

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



Send us your needs and wants:

- · Articles · Ads · Images
- Editorial Contests

service@metro-email.com



= MiAD® Wizard Enabled

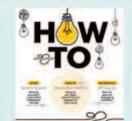
See how to personalize these spec ads with the Wizard!



THEMED SECTIONS + WEBSITES & DIRECTORIES







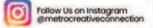


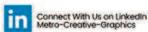
MAY TITLES: Senior Living . How To











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









POP-UPS & SOCIAL POSTS

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







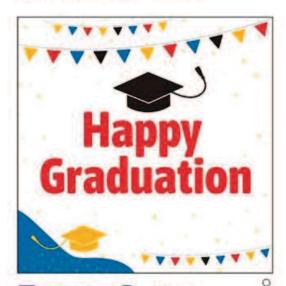




Need help finding anything? Email service@metro-email.com or call 800.223.1600 for assistance.

Social Posts













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.

























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.

























METRO REVENUE IDEA

Everything You See Here - & More -Is Included!

HEADINGS

Build ads around them!









SOCIAL MEDIA POSTS

Upsell advertisers!







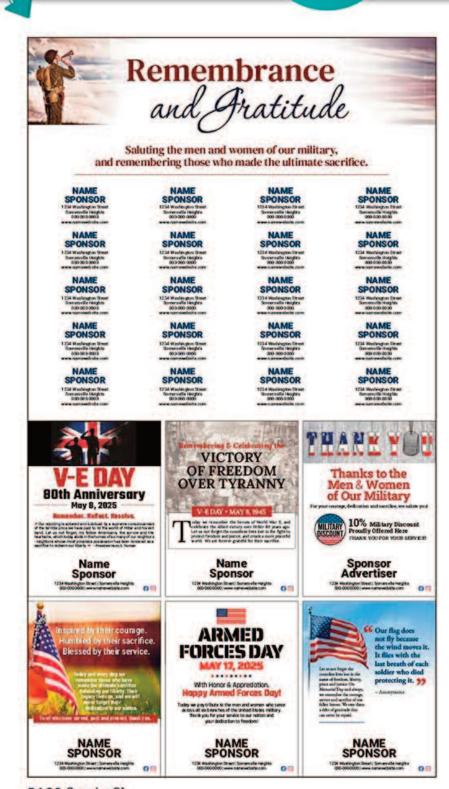




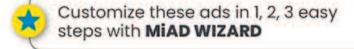








PASS 6 col x 21 Tab 10 x 13









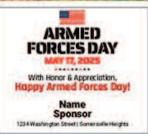
Rectangle 250 x 300 Leaderboard 728 x 90 Mobile Banner 320 x 50













METRO REVENUE IDEA

HEADINGS

Build ads around them!



Remember Mother's Day!





SOCIAL MEDIA POSTS

Upsell advertisers!















LOOK WHAT WE DID!







PASS 2 col x 5"

PASS 6 col x 21 Tab 10 x 13



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









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

METRO REVENUE IDEA

HEADINGS

Build ads around them!

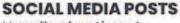












Upsell advertisers!



















PASS 2 col x 5





PASS 6 col x 3



PASS 3 col x 10 👚

















HEADINGS

Build ads around them!





SPRING BREAK)

Everything You See Here - & More -Is Included!





SOCIAL MEDIA POSTS

Upsell advertisers!











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



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



Run ONLINE for AT-HOME PRINTING!

Letter-size PDFs of this layout, in both color and black and white, are provided on MCC. Just click this page to find them, and post on your website for at-home or classroom printing.

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.



2 col x 5 🌟



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

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























SAVE 50% OFF Your First Quarterly Issue

With No Contract or Obligation

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



LEARN MORE



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



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

EMAIL US here for assistance or to set up access.



DAIRY MONTH

GREAT **OUTDOORS** MONTH

FOOD &
DRINK DEALS

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

IT'S ALL INCLUDED IN YOUR SUBSCRIPTION



> SEARCH DAIRY MONTH



> SEARCH GREAT OUTDOORS



> SEARCH FOOD & DRINKS



Plan Ahead With Our 52 Sales Ideas

A Sales Idea for Every Week of The Year!

> VIEW WEEKLY IDEAS



May





The 2025 calendar generated advertising revenue from 19 local businesses.

Calendar Photo Contest Is a Community-Building Tradition Showcasing Local Sights and Businesses

An annual contest turns photos submitted by local readers into a showcase of area attractions and wildlife with great exposure for participating sponsor-advertisers.

Adirondack Daily Enterprise and Lake Placid News, New York

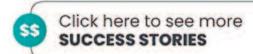
Enterprise begins promoting their annual calendar photo contest to readers in late summer with a September deadline for submitting photos depicting local vistas, activities and wildlife. The staff votes to select the best calendar image for each month based on the seasons. The resulting calendar includes holidays as well as the dates of local school and college closures.

SELL: The publication sells halfbanner and full-banner sponsor ads under each calendar month. Many advertisers have preferred months based on their business, and advertisers can also purchase a listing on a particular calendar date if they are running an event or special they wish to promote. The full-color wall calendars are inserted into subscribers' newspapers in December. The publication also runs an ad letting readers know copies are available for sale at the newspaper office, promoting them as stocking stuffers.

profit: The 2025 calendar generated advertising revenue from 19 local businesses, giving each of those businesses a full month of valuable visibility in area homes and businesses. All businesses with a featured ad received 10 free calendar copies to hand to customers. Photographers with featured photos also received five free copies.

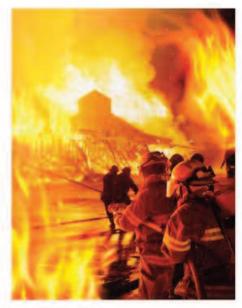
Lindsay Munn Advertising Manager

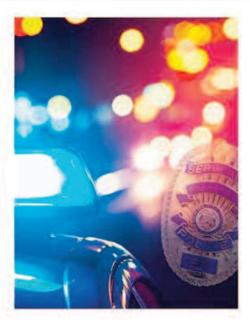
Adirondack Daily Enterprise
Lake Placid News
Imunn@adirondackdailyenterprise.com
AdirondackDailyEnterprise.com
LakePlacidNews.com

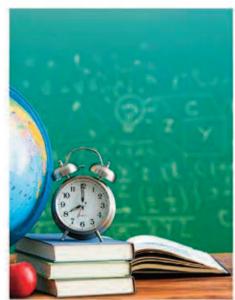


Themed Backgrounds & Elements

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







Tab 10" x 13"











6col x 3"





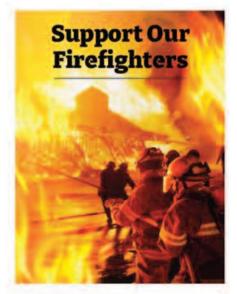




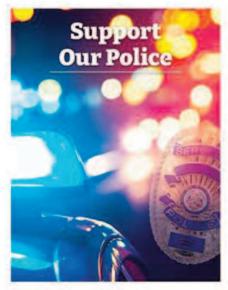


Themed Backgrounds Demo

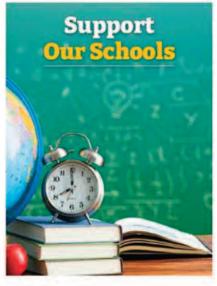
Versatile backgrounds paired with easy-to-edit headings for print and digital campaigns you can customize



PASS 2 col x 5



PASS 2 col x 5



PASS 2 col x 5



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



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



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



SOCIAL MEDIA POST

Use this campaign to drive fundraising and fire prevention efforts in your community, or invite local business sponsors to show their appreciation for first responders.



SOCIAL MEDIA POST

Run sponsorships thanking local law enforcement during National Police Week, May 11-17 this year, or promote fundraisers or events in conjunction with Peace Officers Memorial Day on May 15.



SOCIAL MEDIA POST

Help booster clubs raise funds for student activities and programs, advertise volunteer programs, promote fundraising events, or encourage community involvement in school board elections and decisions.

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







Tab 10" x 13"









6col x 3"





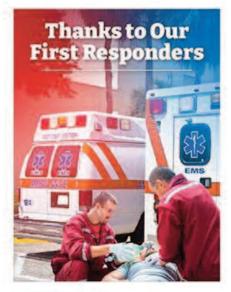




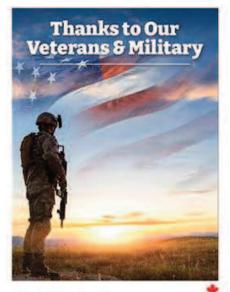


Themed Backgrounds Demo

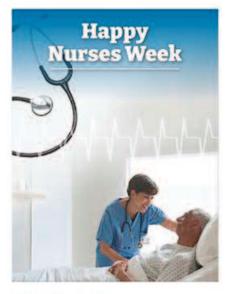
Versatile backgrounds paired with easy-to-edit headings for print and digital campaigns you can customize



PASS 2 col x 5



PASS 2 col x 5



PASS 2 col x 5



WEB ADS W

Rectangle 250 x 300

Leaderboard 728 x 90

Mobile Banner 320 x 50



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

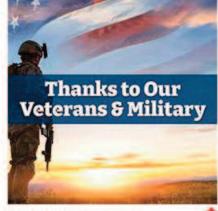


WEB ADS W Rectangle 250 x 300 Leaderboard 728 x 90 Mobile Banner 320 x 50



SOCIAL MEDIA POST

National EMS Week is May 18-24 this year. Use this campaign to help business sponsors recognize the important work of your community's first responders, or spread the word about discounts and events honoring these local heroes.



SOCIAL MEDIA POST

Run a sponsored appreciation campaign, or a promotion for military discounts or support services in conjuction with Military Appreciation Month and Armed Forces Day this May, or anytime.



SOCIAL MEDIA POST

Invite local business sponsors to celebrate your community's nurses with messages of appreciation or special offers in conjunction with Nurses Month, Nurses Week or Nurses Day this May.

Themed Backgrounds & Elements

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







Tab 10" x 13"











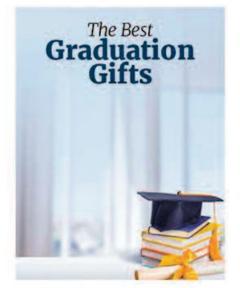




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Themed Backgrounds Demo

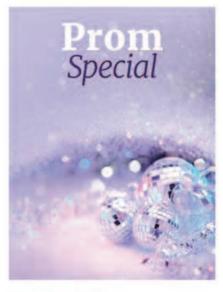
Versatile backgrounds paired with easy-to-edit headings for print and digital campaigns you can customize



PASS 2 col x 5



PASS 2 col x 5



PASS 2 col x 5



The Best Graduation Gifts





Prom Special





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

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

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



SOCIAL MEDIA POST

Think jewelry, career clothing, tech gadgets, travel gear and professional development tools, or help a local mall promote shops or gift cards.



SOCIAL MEDIA POST

Promote Mother's Day weekend events or offers from a restaurant, mall, retailer, spa, hotel, event center or community space.



SOCIAL MEDIA POST

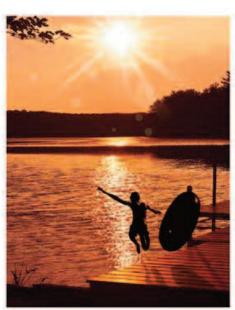
Prospect a host of business categories, including restaurants, tux rentals, dresses, limo services, shoes, photography, jewelry, salons, spas, beauty supplies and more.

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"

















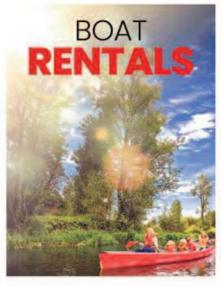


Themed Backgrounds Demo

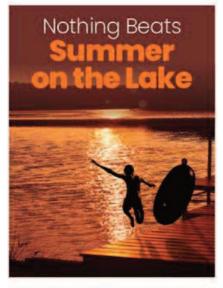
Versatile backgrounds paired with easy-to-edit headings for print and digital campaigns you can customize



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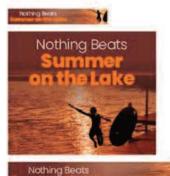
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WEB ADS W Rectangle 250 x 300 Leaderboard 728 x 90 Mobile Banner 320 x 50



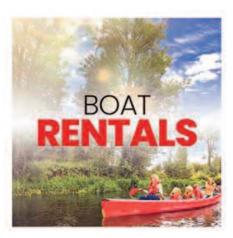
WEB ADS W Rectangle 250 x 300 Leaderboard 728 x 90 Mobile Banner 320 x 50



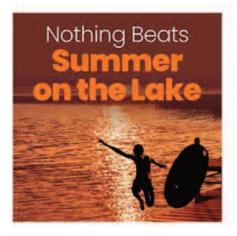
WEB ADS W Rectangle 250 x 300 Leaderboard 728 x 90 Mobile Banner 320 x 50



Sell this print, digital and social media campaign to a water park, community center, hotel or resort, or pitch to pool installation and maintenance advertisers.



Use this campaign to advertise canoe and kayak rentals, tours and lessons, or help a family vacation destination or campground attract visitors.



Sell a tourism campaign, or target lake-adjacent advertisers, including retailers, restaurants and watersport rentals.

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







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



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 SENIORS CONTENT

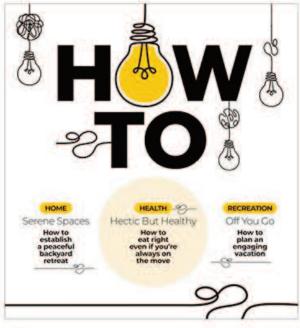








Please Note, Themed Sites & Sections Are Available by Separate Purchase.





>> View Section





>> View Websites

Promotional Materials Included

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







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



CUSTOM E-CARD FORMAT AVAILABLE

> CLICK HERE TO

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



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

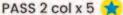
> SEARCH ALL DID YOU KNOW CONTENT

METRO SHORTS

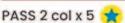








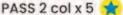






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METRO SHORTS (AD SPOT FILLERS)

Mini Editorial Features Designed to Quickly Fill Open Ad Spots

















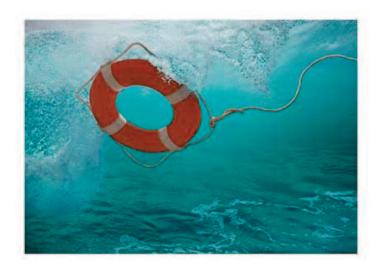






















Top Ad Sales Prospects

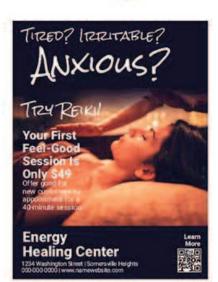
Present these multi-platform ads — for print, online and mobile use - to core advertisers and seasonal or event-based prospects in your local market.







PASS 2 col x 5



PASS 2 col x 5





PASS 2 col x 5



PASS 2 col x 5





PASS 2 col x 5





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













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.



PASS 2 col x 5





PASS 2 col x 5





PASS 2 col x 5





PASS 2 col x 5





PASS 2 col x 5





PASS 2 col x 5



WEB ADS W





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









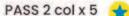




Graduation Greetings

Invite all types of local businesses to connect with the community by sharing their congratulations and well wishes with this year's graduates in print and online









PASS 2 col x 5













PASS 2 col x 5





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





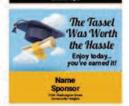










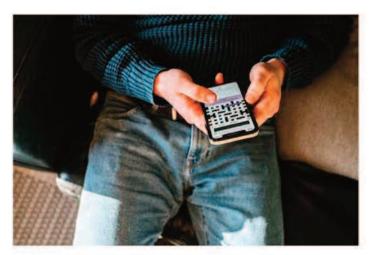


FREE FOR ALL METRO SUBSCRIBERS...

Sell more this graduation season with access to the Wizard Spec Ad Libray Prom & Graduation Edition, as well as MiAD® Wizard, We're offering all Metro subscribers free access to these bonus ads and the Wizard ad personalization tool for one month. If you don't already have access, call 800.223.1600 or email service@metro.email.com to get set up!









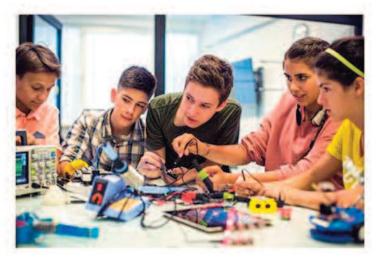
































GLASS OF WHITE WINE



DEVIL'S FOOD CAKE



DOZEN EGGS



ICED COFFEE



EGGS



FRESH STRAWBERRIES



BEEF BRISKET



BEEF SLIDERS



BURGERS ON THE GRILL



DOUBLE CHEESEBURGER



FRESH HOUSE SALAD



BARBECUED SPARE RIBS





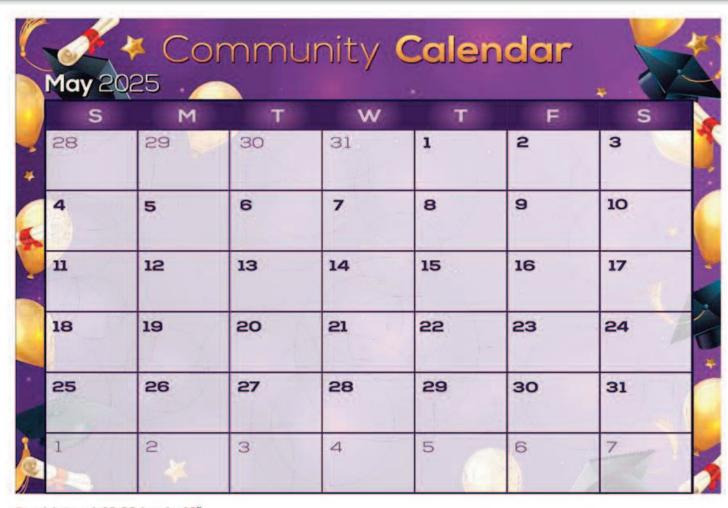








RUN A MONTHLY CALENDAR or BUILD A DIRECTORY



Doubletruck 19.334 col x 13"

Community Calendar



Graduation Wishes ei's Celebrate!

LOOK FOR THIS CALENDAR LAYOUT EACH MONTH ALL YEAR! Search keyword: 2025 calendars

YOU CAN ALSO USE THE BACKGROUND, BURSTS AND HEADINGS PROVIDED TO CREATE A CUSTOM DIRECTORY LAYOUT. Select Ad Type: Directory/Multiple Advertiser

















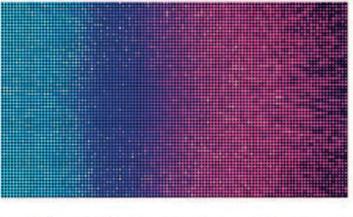








































































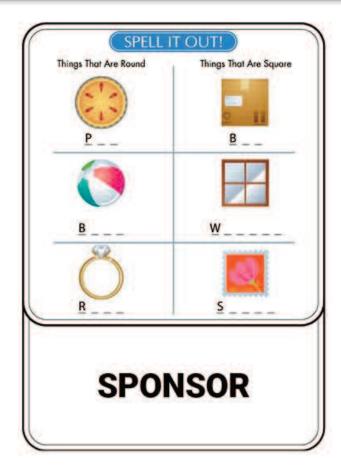






Coloring & Activities









Your Metro subscription includes games, puzzles, recipes and horoscopes! Use this sponsor-ready page layout, or access individual games and puzzles in your Editorial Library.

Food & Fun

Games & Recipes from Name Newspaper

Expand your burger skills this barbecue season



amburgers are a staple of backyard barbecues. When summer arrives, few foods embody the laid back vibe of the season better than grilled hamburgers.

There's nothing wrong with a traditional approach to hamburgers, but going the extra mile and augmenting the flavor with some special ingredients can make these beloved immertime staples even more popular. If that's your goal, then consider this recipe for *Hamburgers with Stilton Cheese, Caramelized Shallots and Mushrooms," courtesy of Lines+Angles.

Hamburgers with Stilton Cheese, Caramelized Shallots and Mushrooms

Makes 4 servinas

For caramelized shallots:

2 tablespoons butter 2 tablespoons olive oil II/2 lbs. fresh shallots, peeled and sliced Salt, to taste I tablespoon sugar

For mushrooms:

2 tablespoons butter I tablespoon olive oil 1/2 tablespoon balsamic vinegar 1 clove of gartic, minced 8 ounces fresh mushrooms, sliced

For hamburgers

11/2 lbs. ground sirloin, chuck or round Coarse salt, to taste Freshly ground black pepper, to taste 4 slices Stilton cheese 4 hamburger rolls or sandwich rolls I tablespoon melted butter Lettuce leaves

For caramelized shallots:

I. Melt butter with olive oil in a thickbottomed pan until the oil is shimmering. Add the sliced shallots and stir to coat. Cook, stirring on occasion, for 7 to 10 minutes. Do not let the shallots burn or dry out. Sprinkle the salt and sugar over the shallots.

 Cook for about 30 minutes, stirring frequently. If shallots seem to be drying out, add a little water or oil to the pan. Shallots should be brown but not burned. Continue to cook and stir; scrape up all the browned bits stuck to the bottom of the pan, until the shallots are a deep, rich, browned color

For mushrooms:

Melt butter with oil in a large skillet over medium heat. Stir in balsamic vinegar, garlic and mushrooms. Saute for 20 minutes, or

For hamburgers:

 Moisten your clean hands with cold water and divide the ground beef in 4 equal portions. Form into a flattened ball. Season with salt and pepper.

- 2. Refrigerate until ready to cook.
- 3. Prepare the grill and preheat to high. Brush the grill grate with oil.
- Place the prepared burgers on the hot grill grate. Grill for 5 to 7 minutes per side for medium, or until an instant read thermometer inserted through the side of the burger into the center reaches 160 F.
- 5. Brush the rolls with melted butter and toast them on the grill for about 45 seconds. Assemble the burgers, with lettuce leaves, Stilton cheese, caramelized shallots, and mushrooms. Serve.

What's the Difference?

There are four differences between Picture A and Picture B.





Run ONLINE for AT-HOME PRINTING!

Click this page to access a printable black-and-white PDF you can post on your website.

WORDS

BAKE

BASTE

BEAT

BLEND

BOIL

BRAISE

BRINING

RROWN

CARAMELIZE

CHOP

COOKWARE

DEGLAZE

DICE

DREDGE

FOLD

FRYING

GRILL

JULIENNE POACH ROAST

SIFT

Word

Scramble

Rearrange the letters to spell something pertaining to cooking.

MSRMEI

BERLDIO

SINNE BARRY

GENCOM SHAMP

ROKCOE

TIRE) DOMNLY

GET COOKING WORD SEARCH

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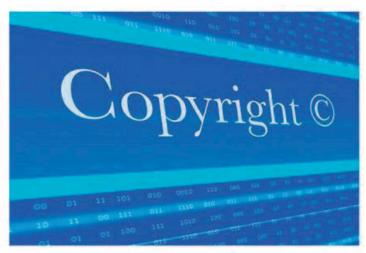
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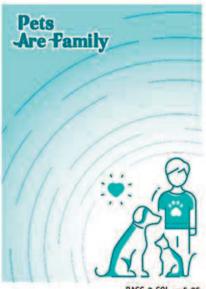
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Birds of North America

This series illustrating North American bird species will continue in the coming months. To locate them as a group in MetroCreativeConnection.com (MCC), select Illustration from the Image Type filter and search "North America birds" using the Exact Match feature.



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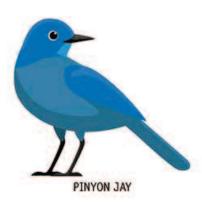














































Customer Requests



MEASLES VACCINE SYRINGE



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COWS GRAZING ON A FARM



TROPICAL SUNSET



KID DRIVING A GO-KART



CONSTRUCTION WORKERS



SALON ITEMS



FEMALE WRESTLING CHAMPION

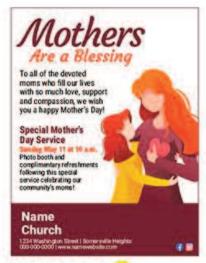


POSTAL WORKER



KIDS DRIVING GO-KARTS ON A TRACK

Spiritual



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















MCC KEYWORD HINT: week1 This is your illustration and copy for May 1, 2025.



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MCC KEYWORD HINT: week1

This is your illustration and copy for May 15, 2025.



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MCC KEYWORD HINT: week2

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MCC KEYWORD HINT: week2

This is your illustration and copy for May 29, 2025.



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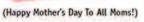






























Spanish Headings

Titulos en español oportunos para promociones relacionadas a días festivos y eventos especiales. (Timely Spanish headings for promotions related to key holidays and events.)







(MEMORIAL DAY REMEMBERING & HONORING)







(HAPPY MOTHER'S DAY)



(SUMMER CAMP GUIDE & ACTIVITIES)





















Editorial Content



Tips renovate on a budget

Renovations around the house require an investment of time and often considerable amounts of money. Findings from the 2024 U.S. Houzz & Home Study show that home renovations are becoming more expensive. The median renovation spending for homeowners has gone up 60 percent since 2020. Angi, a home services website, reports the average renovation cost for homes between 1,250 and 1,600 square feet is \$51,772, but the final cost of home renovations depends on the scope of the project.

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How to plan an engaging vacation

Despite the well-documented benefits of taking time off, millions of vacation days go unused each year. According to an Ipsos survey conducted near the end of 2024, nearly half of working professionals in the United States expected to have unused vacation days by the end of that year. The cost of travel has risen in recent years, and a 2024 report from Deloitte indicated that price concerns kept many would-be vacationers from traveling that summer. Though costs might remain high depending on how vacationers travel and where they're going, there are still ways to plan an engaging vacation without breaking the bank.

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Sports that can compel seniors to get up and move

A 2018 study published in the journal Biochemistry Research International found that physical activity can be a protective factor for noncommunicable diseases, including heart disease and diabetes, and can even help to delay the onset of dementia. The study also linked physical activity to improved quality of life and mental health. Sports require players to be physically active, so seniors who decide to dust off their athletic gear and play the following sports can reap all the rewards that getting up and moving has to offer.

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Memorial Day weekend travel tips

Certain times of year inspire more travel than others. Memorial Day weekend certainly fits that bill. AAA estimated 44 million people traveled during Memorial Day weekend in 2024, and that popularity is at least in part due to the holiday's reputation as the unofficial beginning to summer.

A Memorial Day weekend getaway can be just what people need to get into the summer swing of things. With summer set to kick off, even if only unofficially, travelers can consider these tips to make the most of this popular time to travel.

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How to prepare outdoor spaces for Memorial Day entertaining

Memorial Day weekend is a popular time to entertain. For many, the weekend marks the first outdoor entertaining opportunity of the year, which is certainly something to look forward to. As outdoor entertaining season begins, homeowners can take these steps to prepare their outdoor living spaces for the first big backyard get-together of the year.

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Water recreation safety tips

Fun in the sun often involves playing in the water. Whether you're soaking up some rays in a backyard pool, catching some ocean waves on a surfboard or sliding your way across a Slip 'N Slide, there's no shortage of ways to incorporate water into warm weather recreation.

Water-based recreation makes especially warm days more comfortable, but caution must reign supreme when engaging in water play. The National Drowning Prevention Alliance offers the following safety tips to lower the risk of water recreation accidents.

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How to keep kids safe during a home renovation project

Home renovation projects are significant undertakings. Some projects are simple and do not require residents to adjust much, if at all. But larger projects can take several weeks or even months, and such renovations pose a unique challenge, particularly for homeowners who have young children. Children are curious by nature, and that curiosity can be dangerous during home renovations. Homeowners preparing to renovate their homes can keep these safety strategies in mind to protect their children during the project.

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Tips to overcome seasonal allergies

Spring and summer are typically welcomed with open arms. Warm weather, blooming flowers and trees full of leaves are a welcome sight for many, but seasonal allergy sufferers may find the transition from winter to spring a little more challenging.

The Center for Health Statistics found that just under 26 percent of adults and roughly 19 percent of children have a seasonal allergy. Treatments for seasonal allergies can be effective, and many people find over-the-counter medications are enough to alleviate their symptoms. But even people who take OTC medications daily may have days when seasonal allergies cause considerable discomfort. In such situations, allergy sufferers can consider these strategies.

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Common health issues affecting women

Preventive health care is a multifaceted approach that aims to keep people healthy and reduce their risk for various diseases and conditions. Health education is one facet of preventive health care that can be easily overlooked, particularly by busy adults juggling an assortment of responsibilities.

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Tips to make Mother's Day extra special

Mother's Day is celebrated each May and marks a perfect opportunity to show Mom how much she's loved and appreciated. Mother's Day has been celebrated for more than 100 years, and in that time mothers have grown accustomed to certain staples of the holiday. A bouquet of fresh flowers, Sunday brunch at a local restaurant and some gifts from a partner and the children have become standards each Mother's Day.

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Mother's day crafts Mom will cherish

Many mothers will attest that few things are better than a little rest and pampering on Mother's Day. And when it comes to gifts, homemade items are among the most heartfelt. Although schools and day care centers may take the lead and quide children through Mother's Day crafts, parents and caregivers looking to encourage kids to make crafts at home can explore these ideas that can turn into wonderful gifts or decorative items for Mom.

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7 ways to honor active military and veterans

A major portion of the North American population is comprised of people who are actively serving in the Armed Forces or those who once did. USAFacts reports the military included 2,079,142 military personnel and 778,539 civilians as of September 2023. In 2023, the U.S. Census Bureau estimated there were 15.8 million veterans in the U.S. In Canada, the 2021 Census of Population found that 97,625 Canadians were serving in the Canadian Armed Forces while 461,240 Canadians were characterized as veterans.

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CLICK HERE FOR YOUR 2025 CALENDARS

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

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