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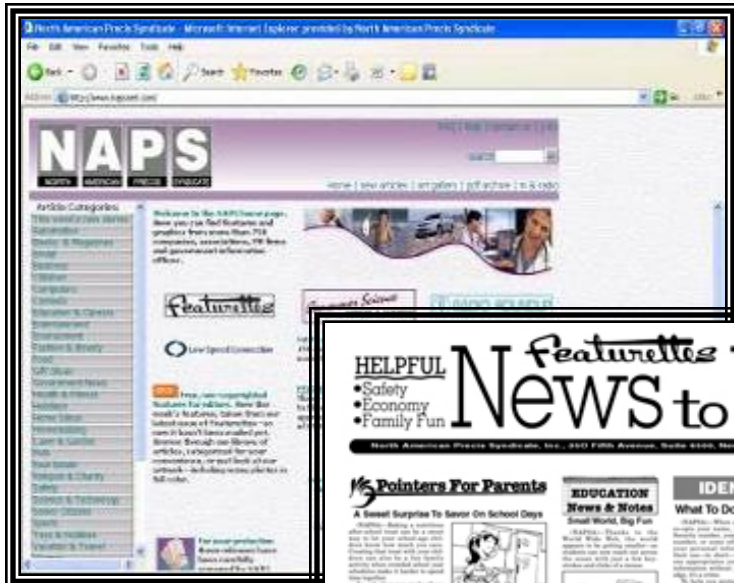


Our team of professionals will take your background material and adapt it to a style of writing that appeals to thousands of editors and millions of readers, listeners and viewers throughout the U.S.A. After 60 years of being in this business, we are the experts at what formats will be most successful.



Featurettes

Newspaper Distribution



NAPS offers camera or computer-ready copy, CD's, RSS feeds and e-mails to 1,500+ daily newspapers, 8,500+ weekly and community newspapers, and thousands of Web sites and bloggers.

NAPS delivers about 100 to 400 placements per release in print and another 1,000 placements online.



PARTY-PLANNING TIPS

Do-It-Yourself Delights

(NAPSI)—Often, a casual laid-back gathering is way more fun than a formal one. So ask your guests to roll up their sleeves and put them to work with a create-your-own bar. Whether it's pizza, tacos or ice cream sundaes, you simply set up a bunch of delicious ingredients and invite guests to develop their own creations.




Bloody (and Virgin) Marys are all the craze these days. They've become much more than a drink, and if you do it right, they wind up being a meal.

Here are a few fun ideas to get your Bloody Mary bar on:

- Start with the base—pitchers of SuckerPunch Gourmet Bloody Mary Mix and a bottle of good vodka. Let your guests mix the two as some folks may want to skip the alcohol but they certainly won't want to skip on the fun.
- Tall glasses and plenty of ice are a must.
- A salted rim is almost mandatory on each and every glass. A selection of different flavored salts—garlic, onion, paprika, chili—and some lime wedges are all it takes. Simply moisten the glass by running the lime around the rim, then dip it in the flavored salt.
- The real fun begins with the garnishes. Just about anything savory goes with a Bloody or Virgin Mary. Stalks of celery (of course), chilled shrimp, bacon, mini meatballs, SuckerPunch Gourmet pickles, olives, pickled peppers, mini hot dogs, baby sliders, cherry tomatoes, bocconcini, sardines, smoked oysters, smoked salmon, mini sushi, mini dim sum, buffalo wings, hard-cooked eggs, the list goes on.
- Forget about small toothpicks and go for long skewers so guests can load up on the garnishes. Tip: Use two skewers side by side so the goodies don't fall off.

For more delicious recipes, visit <https://suckerpunchgourmet.com>.

 *"A casual laid-back gathering is fun so have a create-your-own bar. Whether it's pizza, tacos or ice cream sundaes, you simply set up a bunch of delicious ingredients and invite your guests to develop their own creation. <http://bit.ly/2sICEqk>"*

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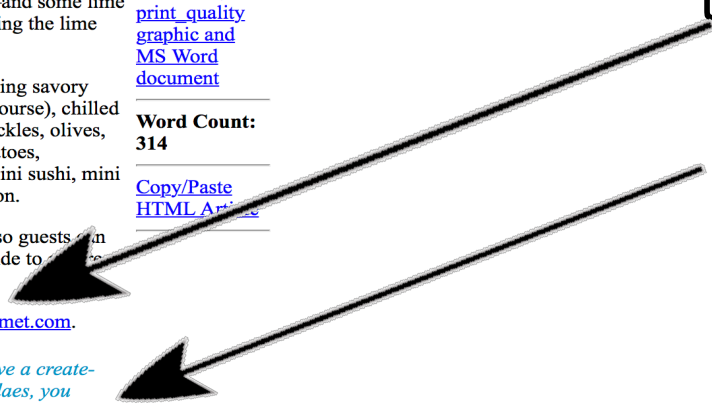


You and your guests can create some great treats when you set up a make-your-own drinks, dessert or dinner bar.

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PROTECTING YOUR ASSETS

Three Simple Ways To Keep Your Information Safer

(NAPSI)—It seems as though data breaches affecting millions of Americans are constantly in the news these days. If this makes you anxious about the safety of your personal information, that's understandable.

You can protect your data by [using secure internet connections rather than public Wi-Fi](#) when you're providing sensitive information such as financial account numbers online; [sending bill payments from public mailboxes](#) and collecting your mail promptly; [shredding documents](#) that contain your personal information when they're no longer needed; [keeping your computer and mobile device safe](#) against malware that may be lurking in email attachments, pop-ups and banner ads; [downloading apps](#) and other programs only from trusted sources; and [being wary of anyone who contacts you unexpectedly asking for it](#). You can also [use the security settings on social media sites](#) to restrict who can see your posts. But when businesses have your data, you can't control how well it's safeguarded.

According to [Consumer Federation of America](#), there are some easy steps that you can take to make it harder for fraudsters to use your personal information.

- [Create separate passwords for your most sensitive accounts](#). While it's convenient to use the same password for everything, crooks know that, so if they get your password for one account, they'll try it to log into accounts on other websites. Any account that has your financial information, Social Security number or other sensitive data should have a unique, strong password to keep would-be intruders guessing.

- [Beef up your authentication](#). If your user name, which is often your email address, and a password is all it takes to access your accounts, your defenses are relatively weak. Two-factor authentication—your password plus something that only you have, such as a one-time code that is sent to you as part of the log-in process—provides much stronger protection.

- [Freeze your credit file](#). This prevents identity thieves from opening new credit accounts in your name because the lenders won't be able to access your credit record. Since some landlords and employers also check applicants' credit records, freezes can also stop fraudulent attempts to get jobs or rent apartments using your identity. Contact the three major credit-reporting agencies—Equifax, Experian and TransUnion—to request a security freeze. You can lift the freeze anytime you need to and reset it. In some situations, you may be able to do this free; [otherwise, there will be a small fee](#).



With a few precautions, you can protect your personal data.

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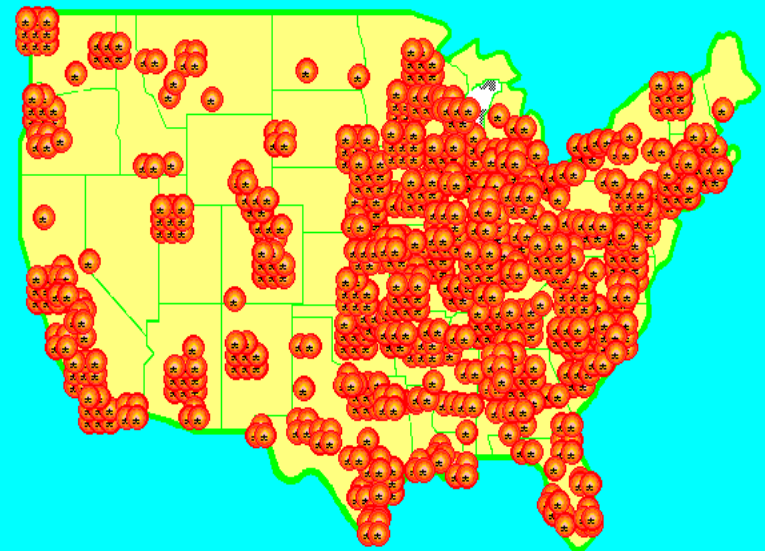
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RESULTS TO DATE



As of **02/21/2018** this release generated **4060** news articles in **59** different states with a readership of **35,667,232**. The sites it was on were viewed by **72,163,239** unique visitors per month. Additionally it was viewed **339** times on www.napsnet.com. The print placements had an approximate ad value of **\$132,389.63**, based on column inch rates.

Newspaper Coverage

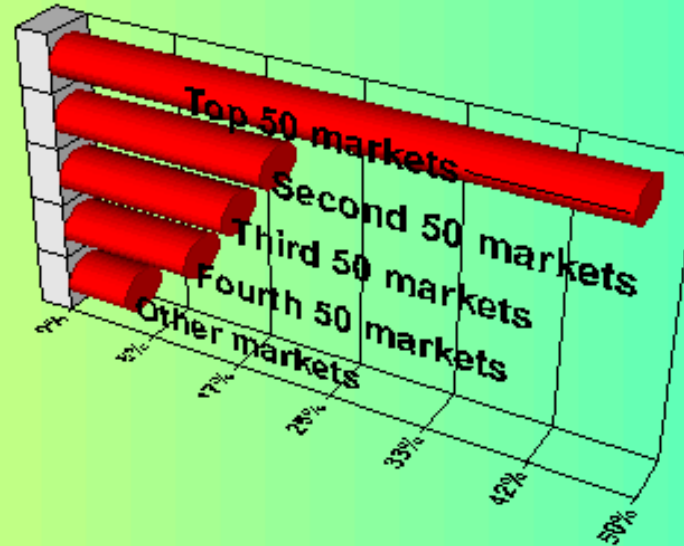


Release was approved on 11/13/2017

Each NAPS release should get about 100-400 placements in print plus 1000+ online placements.

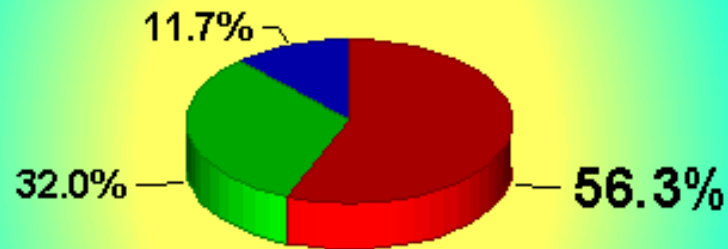


Media Success In Major Markets



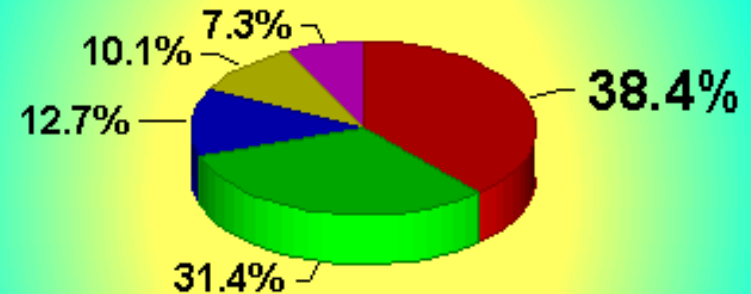
Approximately 48% of the placements are from the top 50 markets; 19% from the second 50 markets; 15% from the third 50 markets; 12% from the fourth 50 markets; 6% from other markets.

Media Success Where the People Are



- MOST POPULOUS THIRD OF STATES PROVIDED 56.3% OF THE PLACEMENTS
- MIDDLE THIRD OF STATES PROVIDED 32.0%
- LEAST POPULOUS STATES 11.7%

Media Success Where the Money Is



- WEALTHIEST 20% OF STATES PROVIDED 38.4% PLACEMENTS
- SECOND WEALTHIEST 20% : 31.4%
- THIRD WEALTHIEST 20% : 12.7%
- FOURTH WEALTHIEST 20% : 10.1%
- LEAST WEALTHY 20% : 7.3%

N A P S
NORTH AMERICAN PRECIS SYNDICATE

COMMENTARY

Facing a Serious Health Condition—Stories of Strength and Life with a Rare Lung Disease

Being diagnosed with a serious disease can be devastating. That's how Nick, 72, felt when he discovered he has a rare and severe lung condition called idiopathic pulmonary fibrosis, or IPF. Ginger, 68, said learning she has IPF was the scariest time of her life.

Chronic diseases such as IPF—which causes permanent scarring to the lungs, making breathing difficult—have an emotional impact in addition to the physical limitations they may cause. Caregivers and other loved ones share the burden too. It isn't easy to adjust to the "new normal" of life with a serious health condition, whether it affects you or someone you are caring for, but learning how to manage the condition can empower you or your loved one to face the challenge.

To encourage others with serious health conditions to take managing their diseases, Nick, Ginger and their families at

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24685 VILLAGE VIEW (SUBURBAN)

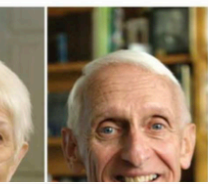
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It's now easier than ever for students to show their work on the SAT.

What You Need To Know About Applying To College

(NAPSA) Many students and their parents may be surprised to learn it but college application season doesn't have to be stress-



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December 20, 2017

Protect Your Gear, Your Gifts And Your Memories Through The Holidays And Beyond

(NAPSA)—The holidays can be an exciting and frenetic time of year, full of equal parts stress and joy. A little planning and taking a few precautions can help give you peace of mind and save cherished memories.

Protect your investment from accidental damage. From cell phones to major appliances and other electronics, retailers have been offering protection programs and warranties for various types of products for years. While some require a small fee for a little peace of mind, from now until January 6, 2018, Canon is offering 13 months of free CarePAK PLUS coverage to customers who purchase select Canon cameras and lenses and register their product within 30 days of purchase. CarePAK PLUS offers protection from accidental damage such as drops, spills, power surges and more—including normal wear and tear beyond the standard warranty period. With CarePAK PLUS, a damaged product will be repaired to good working condition, or replaced with an equivalent product, with all services performed exclusively by Canon.

Be aware of your surroundings. Be aware of what you leave out in the open on holiday parties. Be sure to hide personal electronic devices, purses and shopping bags you leave in your car and keep your most valued personal items with you while at parties and functions.

Secure your packages and gifts. It is estimated that over 10 million U.S. consumers have packages stolen from their doorsteps. Consumers need to know when and where their packages will arrive.

Accepted at all colleges and universities, the SAT means that you can apply to any college you want. Accepted at all colleges and universities, the SAT means that you can apply to any college you want.

changes with your doctor that may help you be healthier overall, such as adjusting your diet and quitting smoking.

2. Seek out and lean on your support system. Support groups provide an opportunity to connect with others with similar experiences, and the mental and emotional support they offer helps people develop a more resilient mindset. You can find online or in-person



Most retailers offer package tracking. Be sure to retrace packages, pick them up at your local post office or package shipping store, and add insurance on packages for peace of mind. Don't forget to back up and protect devices. Remember to update passwords, embrace encryption technologies and install phone tracking on mobile devices to help prevent against loss or theft. Remember to back up your photos, music and contacts on home computers regularly.

Preserve and protect your memories. According to InfoTrends' 2016 U.S. Consumer Digital Camera End User Study, there are about 4 trillion images worldwide stored on a variety of devices, storage media and in the cloud. Remember to organize and protect these memories at the end of each holiday season. Print your favorite photos for framing around the house or print a digital photo book.

And here's a tip to reduce the risk of losing images in the event your files become corrupted—do not try to reformat the media before seeking professional data recovery assistance. Data recovery is a complex process. To begin

ADVERTISING SUPPLEMENT

A vaccine to prevent cancer

Good news for many parents and their children: Children can get protection against cancer-causing human papillomavirus (HPV) infections with a new vaccine.

"I want parents to know that they can protect their children from ever

Teens and young adults who start the series at ages 15 through 26 years will continue to need three doses of HPV vaccine to protect against cancer-causing HPV infections. Adolescents ages 15 to 26 who have not received the vaccine will need two doses.

Tips to help families improve health

Although March was officially National Nutrition Month, anytime is a good time to eat more healthfully, points out the Society for Public Health Education (SOPHE). It offers 12 tips to help.

Choose fresh seafood, lean poultry, and beans as your protein source. If using ground meats, choose 93 percent lean ground turkey or ground sirloin beef for tacos, enchiladas or tostadas.

Snack on fruits and vegetables. Keep a bowl of fruit out on a table or counter to encourage healthy snacking. Pre-cut veggies and make "grab and go" packets.

Pack your lunch. Skip eating out and bring your lunch. National Nutrition Month is an opportunity to learn more about nutrition and try new and healthy foods. Eating healthy foods can help weight management and lower risk for many chronic diseases including heart disease, type 2 diabetes and cancer, which especially affect many Latino communities," said Elaine Auld, CEO of SOPHE.

Substituting foods and even small dietary changes can lead to positive results, notes Auld. Researchers report that more than 40 percent of Latinos are obese. Auld is working with SOPHE of your members and other partners to decrease these numbers.

"We want to help Latino communities, families and individuals overcome the barriers to good health," Auld explains. "We want to make healthy living easier where people live, learn, work, and play."

The Society for Public Health Education is partnering in a three-year nationwide project called the National Implementation and Dissemination for Chronic Disease Prevention, funded by the Centers for Disease Control and Prevention. There are 97 projects in communities across the nation assisting people and communities in living healthier lives. Learn more at #Partnering4Health and www.partnering4health.org.

Helping Kids Succeed

(NAPS)—The next time you see kids going to their high school graduation, you're looking at money in the bank for all Americans. That's because every youth who graduates from high school saves taxpayers \$1 million over their lifetime.



Trehouse's Graduation Success program helps youth in foster care beat the odds with an 89 percent extended graduation rate. From left are Class of 2017 graduate Brianna and her Education Specialist, Taji Ellis.

The Problem For some kids, however, getting to graduation can be particularly difficult. For example, the average youth in foster care changes schools three times and loses four to six months of academic progress at each stop. Nationwide, only 50 percent of these youth graduate from high school. Without a diploma and awareness of their future, they experience disproportionately high rates of poverty, homelessness, incarceration, early parenting and substance abuse.

How It's Done

"Youth in foster care often need extra time to graduate because of challenges out of their control, and Trehouse sticks with them regardless of how long the journey takes," said Janis Avery, CEO of Trehouse.

Results

NAPS uses several external monitoring services and an in-house staff that tracks thousands of newspapers and online publications to provide the maximum proof of placements possible.



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6 / CITIZEN / Chicago Weekend / Week of November 29, 2017

fashion

Hints To Keep Your Hair Healthy

(NAPS)—For most women these days, healthy, vibrant-looking hair is one of their top beauty priorities. Six Hacks For Great-Looking Hair

1. Live right. The best thing you can do for your hair is to drink lots of water, get enough sleep, and eat plenty of fruits and vegetables. Also, don't smoke, and try to avoid polluted environments.
2. Protect your hair while achieving healthy curls with Curlformers. You can now get terrific curls without using any heat or harsh chemicals. That means no breakage, no lasting damage and no compromise on color quality.
3. Don't wash it in very hot water. That can make your hair dry and brittle as it strips protective oils from your hair. Go for water that's just a bit warmer than your body temperature.
4. When you do wash your hair, concentrate on cleaning primarily the scalp, rather than washing the entire length of hair. Washing only your hair can increase the risk for flyaway hair that's dull and coarse.
5. Use conditioner after every shampoo to increase shine, decrease static electricity, improve strength and protect against harmful UV rays. Concentrate conditioner on the tips of the hair, not on the scalp or the entire length of the hair.
6. How often you should wash your hair



Many women have found a cool new way to create great curls.

style are easier to achieve with Curlformers—the world's only patented heat-free, salon-quality hair curler. You can create stunning, textured curls without heat, mess or frizz.

It works for all hair types, including wigs and weaves, so just about everyone can enjoy the glamorous, stylish, finished look of their choice, without damaging the natural curl pattern.

Curlformers styling kits are easy to use, too. They come in three curl styles—corkscrew, spiral and barrel. To create beautiful flowing curls, follow these three simple steps:

- Step one: Choose your curl style and apply the kit to your damp hair.
- Step two: Let it dry. For maximum bouncy curls, apply the Hair Flair Softcover over the Curlformers and dry using low heat with a hair dryer.
- Step three: Remove Curlformers and tease out the curls using Hair Flair's Large Paddle Brush, packed with tourmaline technology to battle the frizz and be kind to your hair. Brush the ends first to remove any tangles and then brush gently from the crown down.

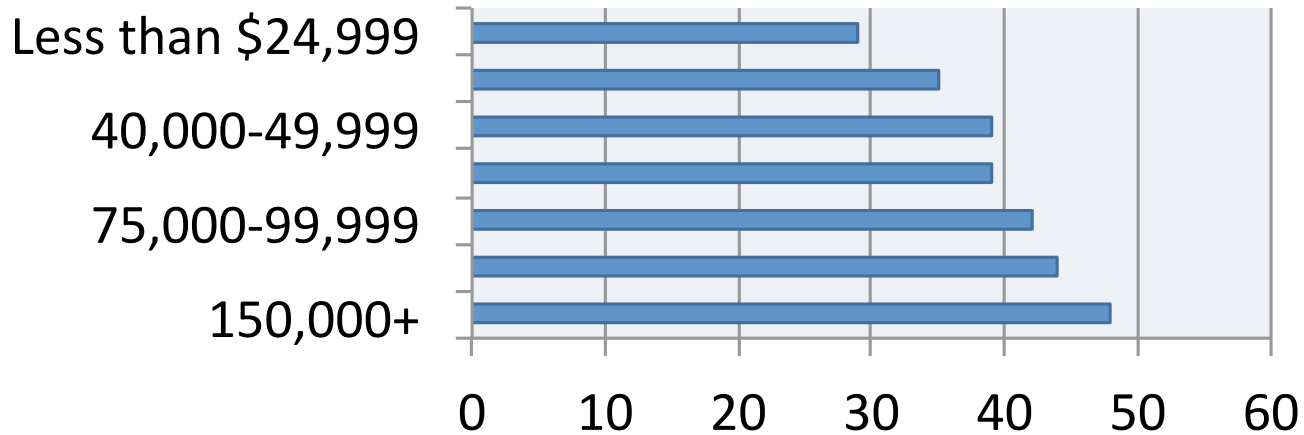
Learn More
It's available at Sally Beauty, Target and at www.curlformers.com, where you can also find more handy hair care tips.

NAPS provides PDFs of placements in an online clip book.

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Newspaper Readership Correlates to Higher Income Levels

Percentage nationally who read any daily newspaper yesterday



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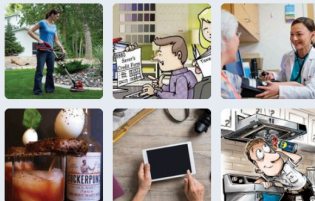
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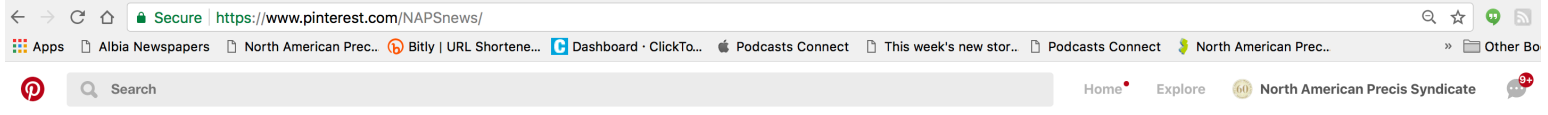
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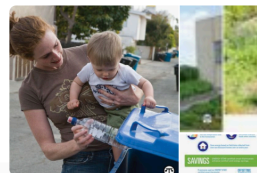
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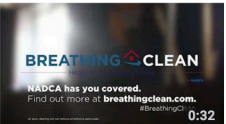




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newsworthy trends

Outdoor Design Trends Renew The Garden

(NAPSA)—No longer content with merely creating an outdoor kitchen, homeowners are embracing outdoor living spaces for outdoor "great rooms," incorporating the living room, dining room and kitchen for family gatherings and outdoor entertaining.

"Homeowners are reconnecting with their outdoor space, often in creative and imaginative ways," said Perry Howard, president of the National Association of Landscape Architects (NLA), which is the country's leading trade organization for landscape architects. "It's a single way to work so well and so well loved."

More homes will incorporate strategically placed trees, covered pergolas, and trellises. When shading the east- and west-facing sides of a house, they can help reduce energy costs.

Homeowners are taking elements that work inside their homes and creating similar outside spaces.

In addition to lowering water use, residential gardens can decrease a home's summer cooling bills.

More homes will incorporate strategically placed trees, covered pergolas, and trellises. When shading the east- and west-facing sides of a house, they can help reduce energy costs.

HINTS FOR HOMEOWNERS

Maintaining The Biggest Door In Your Home

(NAPSA)—The garage door represents much of a home's exterior appearance and is typically opened several times throughout the day. To ensure your garage operates smoothly and you get the most out of your investment, you should give your garage a proper care-it doesn't.

There are a few tips that will help you maintain and prolong the life of your garage door in your home.

• **Check for its Tracks**—If you notice any noise or difficulty when opening or closing the door, it may be a sign of a problem with the tracks. The tracks should be level and free of any obstructions. If you notice any damage to the tracks, it should be replaced immediately.

• **Check for its Springs**—The springs are what allow the door to open and close. If you notice any damage to the springs, it should be replaced immediately.

• **Check for its Lubrication**—Lubricating the door and tracks can help reduce noise and wear. Use a heavy-duty lubricant that is specifically designed for garage doors.

• **Check for its Balance**—If the door is not balanced, it can cause damage to the tracks and springs. To check the balance, disconnect the door from the opener and lift it halfway up. If it stays in place, it is balanced. If it falls or rises, it is not balanced.

• **Check for its Weatherstripping**—Weatherstripping the door can help keep out the elements and reduce energy costs. If you notice any damage to the weatherstripping, it should be replaced immediately.

HINTS FOR HOMEOWNERS

Modernize Your Living Space With Simple Decorating Tips

(NAPSA)—In today's economy, many people are looking to purchase new homes—many are looking to upgrade their existing living spaces.

Before you can upgrade, it's important to size up ways to date and remodel your home. A key way to update a home is going beyond decorating a room to "redecorating."

Redecorating combines traditional and interior design, allowing you to maximize their space and adding new electronics to them.

Doug Wilson, of ILC's "Moving 'n' Trading Spaces," is the "Redecorator," an expert on this topic.

• **Keep a clean design**—with all of the technology in today's homes, people need to practice "clean" design. To maintain a clean, more organized look, leading technology companies like LG Electronics offer wireless speakers, giving your living space a more modern feel.

• **Start small**—while this may seem like the best time to remodel your entire home, don't try to tackle it all at once. Pick one or two

HINTS FOR HOMEOWNERS

Wall-mounting a flat-screen TV can add space to your room and streamline the look and feel.

Photo courtesy of Pigeon Hole & Decors, Inc. (www.pigeonhole.com)

• **Start small**—while this may seem like the best time to remodel your entire home, don't try to tackle it all at once. Pick one or two

rep School: A Guide For Do-it-Yourselfers

Home builders' foundation of home the quality of work you do. You know that you can't afford to cut corners when it comes to your home's foundation. Many of the most important things you can do to ensure the quality of your home's foundation are to hire a professional foundation contractor and to ensure that the foundation is properly installed and maintained.

When looking to purchase a car, you want to find a car that is safe, reliable, and has a good resale value. When looking to purchase a car, you want to find a car that is safe, reliable, and has a good resale value.

CHILD SAFETY ALERT

When looking to purchase a car, you want to find a car that is safe, reliable, and has a good resale value. When looking to purchase a car, you want to find a car that is safe, reliable, and has a good resale value.

Homeowners

Our House In A Tough Market

Thinking like a marketer could help you sell your home. When looking to purchase a car, you want to find a car that is safe, reliable, and has a good resale value. When looking to purchase a car, you want to find a car that is safe, reliable, and has a good resale value.



Many NAPSA clients have earned Golden Thinker Awards and Certificates of Excellence for the highest level of achievement, getting well above the expected results.

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