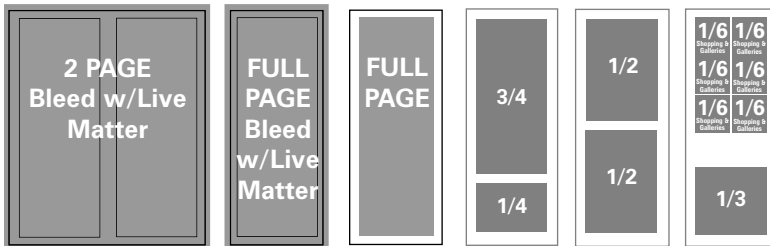


accepted ad sizes

Publication Trim size — 4" x 10.875"

unit size	width	height
2 PAGE BLEED	8.5"	11.375"
2 PAGE TRIM SIZE	8"	10.875"
2 PAGE LIVE MATTER [NON-BLEED]	7.25"	9.75"
FULL PAGE BLEED / COVERS	4.25"	11.375"
FULL PAGE TRIM SIZE	4.125"	10.875"
FULL PAGE LIVE MATTER [NON-BLEED]	3.1875"	9.75"
3/4 PAGE VERTICAL	3.25"	7.25"
1/2 PAGE VERTICAL	3.25"	4.75"
1/3 PAGE CO-OP* [HEALTH & WELLNESS]	3.25"	3.125"
1/4 PAGE HORIZONTAL	3.25"	2.25"

NOTE: Final trim sizes for ads with bleed require a .25" bleed plus .4375" between text (live matter) and trim. PLEASE add 0.25" bleed all the way around the ad and save file with this bleed before sending. PLEASE do not allow text to go into non-live matter space.



1/6 page co-op section

We need the following materials and our design team will put it together and send you a proof for approval.

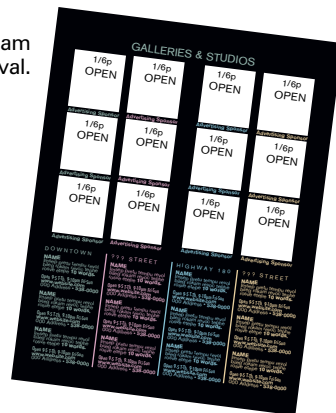
300 dpi photo 1.5" wide x 1.75" deep  
15-word description to fit on 3 lines 1.6875" long

3 line address which includes:  
hours  
website address  
business address • phone number

contact information:

Questions?  
Debra Sutton x14  
debra@ziapublishing.com  
materials@ziapublishing.com

Yessica Nograro-Borquez x17  
yessica@ziapublishing.com  
materials@ziapublishing.com

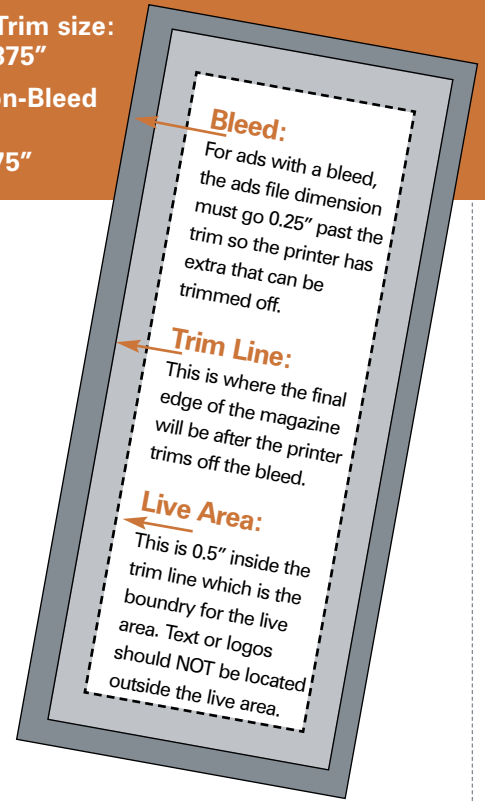


submit your ad:

Email your ad to:  
materials@ziapublishing.com or  
contact us for FTP upload information.

Publication Trim size:  
4.125" x 10.875"

Full Page Non-Bleed  
(Live Matter):  
3.187" x 9.875"



ad design specifications

All RGB or spot colors should be converted to CMYK.  
PDF, EPS, TIFF, and JPEG files are accepted.  
Ads must be submitted at 300dpi

SUBMITTING YOUR AD CHECKLIST:

- ✓ SPELLCHECK  
Check your ad for misspelling or typographical errors.
- ✓ HIGH RESOLUTION GRAPHICS  
Unless you are using high resolution graphics or photos from a professional stock site or designer: Do not use photos or artwork downloaded from the internet. Due to their low 72 dpi resolution they will not print correctly.

ADS WITH A BLEED

- ✓ CORRECT BLEED  
Ad with bleed has the correct 0.25" bleed.
- ✓ TEXT IS WITHIN TRIM LINE  
Ad with bleed should not have any text or logos within 0.5" of the trim line.
- ✓ CROP MARKS  
Ad with bleed should be submitted with crop marks to insure proper alignment and placement on the page.