

Our Mission:

Finger Lakes Woman magazine strives to be all things to all women. Whether you're looking for information that will help you improve your health, for a great local business offering a needed service, or a neat thing to do, this is the right place. Our magazine is committed to high-quality, educational and engaging articles that will appeal to women of all ages, interests and backgrounds. We're a community resource, and while we focus on women, men also will benefit from reading our magazine. Simply put: All our best for all our readers.

Printing Specs & Article Guidelines

ARTICLE TEXT REQUIREMENTS

Your article must be provided in a Word document

Please include

- A title for your actual at the TOP of your article Word document
- The category (top of the page listing) that your article will be included in

Word count for articles

- With 1-2 images - maximum 680 words
- With 2+ images - maximum 600 words
- With sidebar or advertisement - maximum 550 words



IMAGE REQUIREMENTS

Number of Images per Article

Please provide

- 2-5 images for your article

Our designer will decide what photos are possible in your article unless you make specific notes at the TOP of the word document you send

Note: The longer the article the less photos we are able to use and vice-versa

CONTACT INFO:

**Linda Hunsicker,
Publisher**

**flwoman 1@gmail.com
315-217-1529**

Image Size Requirements

Please provide

- JPG images
- The title of the images should be renamed as the business or persons name (IE: "Business1.jpg")
- The image must be no less than 1MB in size (preferably a minimum of 300dpi)

Note: A great way to check if an image will be able to be used in the publication is to look at the size of the file you are sending. If the image is less than 1MB in size it is too small for us to use.

Image Credits

If your image requires a photographer credit add it to the TOP of the Word document that contains your content.

Logos

If you decide to use a logo in your article please provide it in the following format or it will not be usable.



- **EPS or PDF (PREFERRED)**
- JPG (file must be larger than 1MB)
- PNG (file must be larger than 1MB)

AD REQUIREMENTS

- Must be provided as PRINT READY PDFS
- Minimum 300dpi

Note: Ad dimensions are flexible (our designers can size/resize accordingly)

WOMEN IN PROFILE SPECS

This specialty section of the Finger Lakes Woman contains a portrait photo and a brief biography of the individual.

Bio Requirements

Please Provide

- Text in a Word document
- Include Name of individual in the document
- Text must be NO MORE than 250 words

Portrait Photo Requirements

Please provide

- JPG image
- The title of the image should be renamed as the persons name (IE: "JaneDoe.jpg")
- The image must be no less than 1MB in size (preferably a minimum of 300dpi - 4" X 6")

PRINTING & APPROVAL SCHEDULE

1) You will receive a digital proof of your article via email 3-7 days before the printing of the publication. Per our printing requirements we must work on a tight timeline so we'll need approval quickly within 24 hours of you receiving a proof.

2) Please respond to Linda Hunsicker with any edits to your article within 24 hours of receiving your proof for your edits to be implemented into the final publication.

3) Edits must be noted in a email or word document.

DISCLAIMER

If any images are under 1MB in size they will most likely print pixelated. We will always do our best to produce a quality product but if the RAW files supplied to use are small or low-res they will be grainy in the final publication.

Thank you for being a part of our community!