

For advertising rates, changes/alterations, or any inquiries concerning space booking, please contact your Marketing Consultant.

For questions relating to production or ad material due dates, please contact Les Doucet at 902-450-5171.

For all publications produced by



MECHANICAL REQUIREMENTS

DPS (image area).....15" wide x 10" deep (no bleeds)
DPS (trim size)*.....16 3/8" wide x 10 3/4" deep (bleeds)
Full Page (image area).....7" wide x 10" deep (no bleeds)
Full Page (trim size)*8 3/16" wide x 10 3/4" deep (bleeds)
Jr DPS (image area)15" wide x 4 7/8" deep (no bleeds)
Jr DPS (trim size)*16 3/8" wide x 5 1/4" deep (bleeds)
2/3 Page (vertical).....4 5/8" wide x 10" deep
1/2 Page (vertical).....4 5/8" wide x 7 1/2" deep
1/2 Page (horizontal).....7" wide x 4 7/8" deep
1/3 Page (vertical)2 1/4" wide x 10" deep
1/3 Page (square).....4 5/8" wide x 4 7/8" deep
1/6 Page (vertical)2 1/4" wide x 4 7/8" deep

* PLEASE ADD 1/8" ON ALL FOUR SIDES ABOVE THE TRIMMED SIZE FOR BLEED. **KEEP LIVE AREA A MINIMUM OF 1/4" IN FROM TRIMMED SIZE.**

CTP/SEPARATION & PRINTING SPECIFICATIONS

Magazines are printed SWOP #3/#5 coated, 133-150 line screen. 310-320% maximum total ink coverage; Total dot gain % - 27K 23C 23M 21Y; 3% minimum printable dot, 94% maximum printable dot. Professional CMYK colour proofs must be supplied to us whether sending material on disk **or** to our FTP site to ensure colour accuracy.

MECHANICAL REQUIREMENTS

If artwork is required, production charges may apply, and will be quoted as necessary.

SUPPLYING ELECTRONIC FILES

All of our magazines are produced in a **Macintosh OS X** environment using either QuarkXPress 7.3 or InDesign CS3 for layout.

Ad material should be supplied to us preferably in a vector graphics based program (**FreeHand, Corel Draw, Illustrator**) with all fonts converted to paths (curves/outlines), images saved as CMYK tiff/eps, **and the final artwork exported as an eps file** for placement. All images should be supplied to us at 300dpi. 1200dpi for 1-bit images. No RGB, JPEG, GIF or other inappropriate/web based images should be used. Ad material can also be supplied in either **QuarkXPress** (7.3 or lower) or **InDesign** (CS3 or lower) **with all images and fonts collected** and provided to us. We cannot place and output standard or low resolution PDF files. **Only PDF-X1A certified files will be accepted for output.**

COLOUR MODES AND USAGE

Our magazines are printed Web Offset using CMYK process colours. Pantone spot colours used in ad creative should be converted into their process colour equivalent to reflect this method. Any Pantone spot colours used in black and white ad creative will be converted into Four Colour Process and charged the Four Colour Rate.

SENDING FILES VIA DISK OR EMAIL/FTP SITE

Supplying material via disk:

Material must be supplied on either CDs or DVDs.

Supplying material via email/ftp:

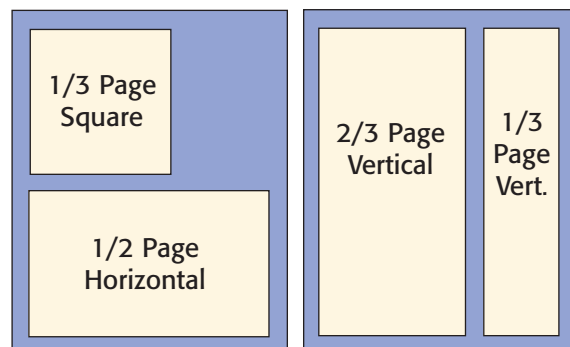
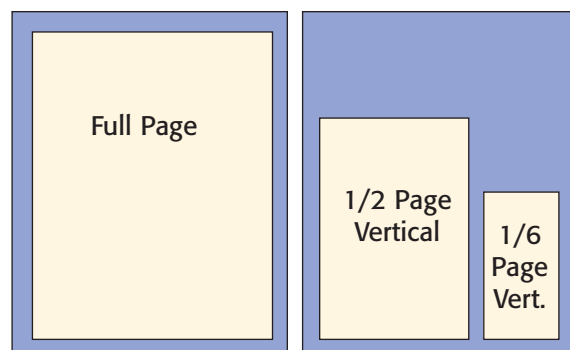
Material should be compressed (stuffed/zipped) before transmitting to ensure file integrity. Also, material can only be sent **via e-mail** if final archived size is less than 15 megs. Any file(s) larger than 15 megs will be marked as undeliverable and returned via our server. Files **larger than 15 megs** should be posted to our **FTP site** and an e-mail sent to production@progressmedia.ca to advise of delivery. Professional CMYK colour proofs must be provided with all artwork to ensure colour accuracy. Progressmedia cannot accept liability for inaccuracies if PDF or other soft proofs are all that are supplied.

E-mail ad material to: production@progressmedia.ca

FTP **via browser:** <ftp://142.176.146.74>

FTP **via ftp client:** 142.176.146.74

User id: apftp Password: \$ap#ftp



FORM FXSPEC-01 Rev 12 June 30, 2009.