

```
<html>
<head>
<meta charset="UTF-8">
<title>Post Title – Jack Mason</title>
</head>
<body>

<!-- SAME HEADER / BANNER -->
<table align="center" cellpadding="10">
<tr>
<td align="center">
<span style="font-size:28px; font-weight:bold;">
<a href="../about.html" style="text-decoration:none; color:black;">
    Jack Mason
</a>
</span>
&nbsp;&nbsp;&nbsp;&nbsp;
<span style="font-size:16px;">
<a href="../cover.html">Home</a>&nbsp;&nbsp;
<a href="../research.html">Research</a>&nbsp;&nbsp;
<a href="../blog.html">Blog</a>&nbsp;&nbsp;
<a href="../natty_park.html">National Parks</a>
</span>
</td>
</tr>
</table>

<hr width="55%">

<!-- POST CONTENT -->
<table align="center" width="700" cellpadding="10" border="0">
<tr>
<td>

<!-- TITLE -->
<div style="font-size:36px; font-weight:bold; margin-bottom:6px;">
    Post Title Goes Here
</div>

<!-- DATE -->
<div style="font-size:14px; color:#555; margin-bottom:20px;">
    December 22, 2025
</div>
```

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<!-- BODY TEXT -->
<div style="font-size:16px; line-height:1.7; color:#222;">

    <p>
        This is your opening paragraph. Just write normally. Keep it clean and readable.
    </p>

    <p>
        This is another paragraph. No special formatting needed.
    </p>

    <!-- IMAGE BLOCK (OPTIONAL) -->
    <div style="margin:30px 0; text-align:center;">
        
        <div style="font-size:13px; color:#555; margin-top:6px;">
            Optional image caption goes here.
        </div>
    </div>

    <p>
        Continue writing after the image. You can add as many paragraphs as you want.
    </p>

    <p>
        Another paragraph. Keep things simple.
    </p>

</div>

</td>
</tr>
</table>

<br><br>

</body>
</html>
```