

```
<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;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&~  
                <span style="font-size:16px;">  
                    <a href="../../cover.html">Home</a>&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&~  
                    <a href="../../research.html">Research</a>&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&~  
                    <a href="../../blog.html">Blog</a>&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&~  
                    <a href="../../natty_park.html">National Parks</a>  
                </span>  
            </td>  
        </tr>  
    </table>  
  
    <br 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>
```

```
<!-- 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>
```