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Under *the* Sun

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TAKE A STAND ON THE JOB

Anyone who sits for multiple hours while working understands the importance of movement throughout the day. Something as simple as standing up to work can actually have significant benefits.

Whether you work at an office or at home, being able to change the position of your desk and of your body is good on many levels. The following benefits could convince you to consider a desk that lets you take a stand on the job:

- » **Better posture.** The stress put on your spine while sitting for hours at a time is bad for your posture. Standing elongates the spine and allows it to rest in its natural "S" shape.
- » **Reduced pain.** The physical compensations that are made while sitting for long periods of time can lead to arched backs, shoulder tension, and neck strain. Alternating between sitting and standing throughout the day can help to relieve some of that pain.
- » **Decrease health risks.** There are many health risks associated with sitting for long periods of time. Simply getting up on your feet can help

lower blood sugar, cholesterol, and your risk for heart disease or certain cancers. It can also keep your metabolism up which decreases your risk for type 2 diabetes.

- » **Ergonomics.** It is natural to think about the ergonomics of sitting, but perhaps less so when it comes to standing. If you have a standing desk, be sure to program it to the optimal height.
- » **Improved mood and energy.** Standing just makes you feel more engaged, which can in turn increase your energy. Your blood flows more easily, sending more oxygen to your muscles and keeping you from feeling tired. An increase in energy can also improve focus.

Alternating between sitting and standing throughout your work day could be just what you need for positive changes in your health and your productivity. ✔

Featured **Grand Format**

LARGE CUSTOM EVENT DISPLAYS

Our Grand Format team created these custom displays for a client that is hosting an event in Nashville, TN. The Nashville cityscape is directly printed on UltraBoard, cut to shape with LED strip lights behind the windows. The large guitars are multiple layers of UltraBoard cut to shape with graphics printed on the top layer. LED strip lights added around the edges to enhance the look of each guitar.



Contact our team for any custom displays you need for your next event!

803-791-1786 or info@SunSolutionsUSA.com

Featured **Branded Merchandise**

BREAST CANCER AWARENESS

Breast Cancer Awareness Month, held in October every year, aims to promote screening and prevention of the disease, which affects one in eight women in the United States every year and 2.3 million women worldwide. Promote awareness in October or year round with these branded merchandise items.

AWARENESS RIBBON PEN

Elevate your next promotional campaign dedicated to finding cures or disease awareness with these quality ballpoint pens with a pink ribbon motif. This 0.5" x 5.5" x 0.5" ABS plastic plunger-action pen has a wide barrel design with a textured TPR grip section with a raised pink ribbon pattern. Click pen with soft TPR grip featuring engraved Awareness Ribbon in the mold, Add your school, sports team, organizational or company logo or message to customize.

Includes black, medium-point ink, Product Size: 5.5" L x 0.5" dia.
Material: ABS plastic.



SMALL AWARENESS BAG

A perfect product for promoting Breast Cancer Awareness month, this small awareness bag is a great way to dress up your handouts! Measuring 7 3/4" x 9 3/4" x 4 3/4" and available in black/pink or white/pink, this eye-catching product is made from non-woven 110 GSM polypropylene with 90 GSM handles and features patented awareness ribbon-design handles. It is reusable and hand washable.

Features patented Awareness ribbon design handles (25"L x 1.1"W), Reusable and hand washable, Recommended weight tolerance: 15 lbs Fabric: Non-woven polypropylene, 110 GSM bag with 90 GSM handles



Can be customized with an imprint of your brand logo and Breast Awareness logo for maximum exposure.

AWARENESS RIBBON FLEXIBLE KEY TAG

Stand up for a cause using this flexible awareness ribbon key tag! It's made in the USA, measures 3 1/2" x 2", and features a convenient 1" split ring for easy attachment of your keys. This comes in several great translucent and solid colors that customers will love. After pad printing it with your company name or logo, make it available at car dealerships, real estate agencies, or even various tradeshow to get your name out there!



BREAST CANCER AWARENESS RETRO SUNGLASSES

100% recycled Breast Cancer Awareness Retro Eyeglasses with 1-color arm imprint. Our best-selling frames fits everyone, feature a square shape & recognizable cat eyes. Ideal for charities, events, fundraisers & races. Users keep this frame allowing brands to spread awareness all year round! 100% UVA/UVB impact resistant FDA approved PC lenses, quality PC frame. Have a specific color you would like to match? We PMS Match for free from only 500pcs! Polycarbonate lenses provide 100% UV protection.



BREAST CANCER AWARENESS NEOPRENE CAN COOLERS

Make your next promotion a winner when you include this breast cancer awareness can cooler! It's made of neoprene, measures 3" x 2.5", and comes in pink to help people remain aware of this issue. Add your company name or logo with our imprint method for maximum visibility. Get customers to see the value in your brand!

PINK RIBBON NOTEBOOK

This set includes a spiral notebook with 60 lined pages, as well as a matching click pen with black ink. Imprint your company name and logo on the cover to promote breast cancer awareness campaigns. Pen is 5.5" in length. Quantity ordered must be in increments of 12 pcs.

Imprint Method: Silkscreen, Unimprinted

Imprint Color: Standard Colors

Imprint Size: .25" W X 1.5" H



To place an order for any of these Breast Cancer Awareness branded merchandise items, give us a call or email!

803-791-1786 or info@SunSolutionsUSA.com

PLAN A WATER PARK ADVENTURE

Whether temperatures near you are turning cold or barely changing, it's always a good time to visit a water park. Here are a few to consider:

» **Schlitterbahn Waterpark and Resort, New Braunfels, Texas.** This park has made a name for itself in multiple ways: hosts the largest collection of water rides in the world, has one of the world's longest water park rides (a 3,600-foot-long lazy—and not-so-lazy—river), and features uphill water coasters, a concept invented by Schlitterbahn.

» **Aquatopia Indoor Water Park, Tannersville, Pennsylvania.** This water park is part of the Camelback Resort nestled in the rolling Pocono Mountains. The transparent roof, 13 water slides, wave pool, simulated surfing experience, and gentle lighting when the sun goes down make this a unique destination for those looking for the right combination



of amusement and relaxation.

» **Cedar Point Shores, Sandusky, Ohio.** The legendary Cedar Point amusement park added an 18-acre water park in 2017 in place of the old Soak City. The Point Plummet, a near free fall that drops into a twisty enclosed tunnel slide, is sure to please thrill seekers.

» **DreamWorks Water Park, East Rutherford, New Jersey.** Run by the DreamWorks animation studio, this character-themed water park features the world's largest indoor wave pool, which sits under a beautiful glass-domed ceiling. Those looking for a big thrill should try the 14-story-high trapdoor slide.

The draw of the water and the thrill of daring slides are the perfect combination for fun! ✓



The Mental Health of Gratitude

Practicing gratitude is good for your brain. It can increase your well-being, overall happiness, and satisfaction with your life. Here are a few other connections between good mental health and gratitude:

» **Anxiety and depression.** The underlying negative thought pattern that is associated with anxiety and depression can be combated by the positivity of grateful thoughts. When we dwell on the past or focus on the future, we tend to be pulled out of the present moment. Gratitude for something in the present fights against that negative loop and grounds you in the here and now.

» **Guilt.** It is important to keep your gratitude from becoming a fuel for guilt. You can't trick your brain into being grateful. If you try, you may end up telling yourself something like: "I have so many things to be grateful for, I don't have a right to be sad. What's wrong with me?" That mindset isn't helpful. Gratitude can be a both/and situation. You can be grateful and hurt at the same time. ✓

MAKE AN IMPRESSION THAT LASTS!

Promotional products with clear company branding are a surefire way to connect with customers and prospects.



Take a look around you and you're likely to find several promotional items close at hand. Pens, mugs, notepads, T-shirts, fidget toys—each one was created and distributed with the intent of connecting with you and encouraging you to think of the company that gave it to you.

So what could your company do to run a successful promo campaign? Here are three things to consider:


» **Usefulness.** A promotional product can't have a lasting impact if it ends up at the bottom of a drawer or in the trash. Make sure the products you select for your campaign are truly useful to the recipient. This also means selecting high-quality items, i.e. pens that write well and travel mugs that don't leak.

» **Price.** Consider the perceived value of a promotional product compared with the price to produce it. High-volume orders on useful, high-quality promotional products are sure to provide a return on your investment.

» **Target market.** No matter which promotional products you choose, you can be selective about who receives them. We'd love to work with you to create the ideal promo campaign that meets the needs of your business and makes a lasting impression on your customers!

Call or email our branded merchandise team!

803-791-1786 or info@SunSolutionsUSA.com

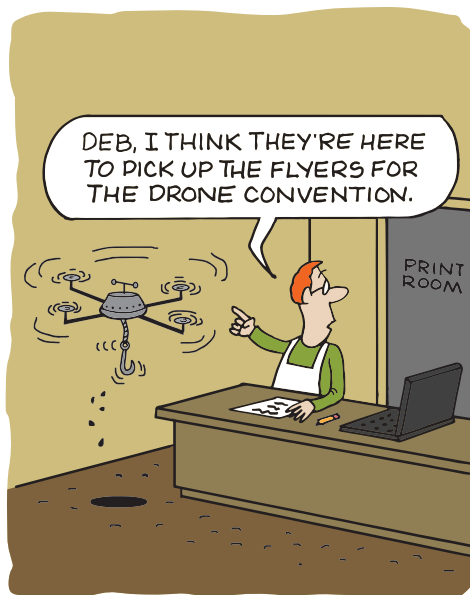


TRIVIA

1. Which book about a band of rabbits became a bestseller in 1972?
2. How long was the first Thanksgiving?
3. What was the name of the high school in *Grease*?
4. Where are a cricket's ears located?

1) Watership Down 2) Three days 3) Rydell High 4) On its legs

Gutenberg's Army©



TOP TEN

Longest-Running Macy's Parade Balloons

1. Snoopy, 43 yrs.
2. Ronald McDonald, 29 yrs.
3. Rocky & Bullwinkle, 26 yrs.
4. Harold the Fireman, 25 yrs.
5. Pikachu, 22 yrs.
6. Kermit the Frog, 22 yrs.
7. Sinclair's Dino, 21 yrs.
8. Mickey Mouse, 20 yrs.
9. Smokey Bear, 20 yrs.
10. Big Bird, 19 yrs.



CAN YOU GUESS THE YEAR?

- » Pluto moves inside Neptune's orbit for the first time since either was known to science.
- » Dale Earnhardt Sr wins his first career NASCAR race.
- » McDonald's introduces the Happy Meal in the United States.
- » The Sony Walkman goes on sale for the first time in Japan.
- » The first cable sports channel, the Entertainment and Sports Programming Network or ESPN, is launched in the United States.



- » *The Hitchhiker's Guide to the Galaxy*, the first novel by Douglas Adams, is published in the United Kingdom.
- » *The Wall*, a rock opera and concept album by Pink Floyd, is first released.
- » China institutes the one-child-per-family rule to help control its exploding population.
- » The general knowledge quiz game *Trivial Pursuit* is launched.

The year was 1979.



GOURMET ADVENT CALENDAR

French gourmet shop Comtesse du Barry was looking for a way to spread some nostalgic Christmas cheer around the holidays. Knowing their clientele would be looking for something that would dazzle as well as delight, the design team created an origami-like foldout Advent calendar with 24 perforated doors that hid Comtesse du Barry confections. The triangular printed patterns and foil application along with the metallized Pantone colors and glossy UV coating truly make this a showpiece that is certain to impress their high-end clients. ✓

October Birthdays

- | | |
|--------------------------|----------------------|
| Teri Johnson – 10/11 | Willie Brown – 10/23 |
| Stephanie Butler – 10/12 | Bobby Scott – 10/23 |
| Michelle Kelly – 10/13 | Jacob Cook – 10/26 |
| Joe Noll – 10/13 | Greg Smith – 10/26 |
| Shane Bailey – 10/18 | Luke Luesing – 10/30 |
| Dave Robinson – 10/18 | |

October Anniversaries

- Stephanie McGee – 3 years
Albert Cox – 30 years

Under The Sun Newsletter

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*Please note that anniversaries are recognized beginning at 3 years, followed by 5 years and then onward in increments of 5.

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