



Under *the* Sun

N E W S L E T T E R



hello
September

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TAKE CONTROL OF YOUR WORKDAY

Expectations at work vary from person to person. There are projects to complete and deadlines to meet, but how you plan your time is often up to you. How can you master the art of time management?

» **The to-do list.** We've all been there, with a whirlwind of tasks spinning in our minds. But dumping them onto a list and hoping to breeze through all of them is wishful thinking. One effective strategy is the 1-3-5 rule, in which you pick one big task, three medium ones, and five small ones to conquer in a day.

» **Stop multitasking.** Focus on one task at a time rather than trying to do multiple things simultaneously. This way, you can give your full attention to each task and complete them more efficiently. Interruptions, even when self-imposed, make it difficult to regain focus. Avoid undermining your productivity with unnecessary distractions.

» **Consider your workspace.** As much as you are allowed, spend time curating a workspace that encourages focus and keeps you motivated. For example, acquire an ergonomic chair or put your desk near a window. Add a plant or a piece

of art you enjoy to your work area. Also, consider how you are slowed down by inefficient file management, poorly designed templates, or lost passwords. Not having a handle on these daily-use systems is a hurdle in your day that can be avoided.

» **Manage your energy.** Everyone has peak times of performance during a given day. If you're unsure when yours are, consider keeping a journal for two weeks detailing when you felt most alert and productive each day and when you felt drained. Look for patterns in your energy levels, and plan your complex or creative work for your more productive times of day and the mundane tasks for those times when you feel less motivated. ✔

Featured **Grand Format Solution**

TRADE SHOW DISPLAYS OF ALL SIZES

Whether you are needing displays for a large trade show display or a small event, we design and produce displays of all sizes. Our team can assist you with easy to setup and transport solutions to meet your needs.



Let our team assist with your trade show or events displays. Contact your Sun representative or call/email:

803-791-1786 or info@SunSolutionsUSA.com

BREAST CANCER AWARENESS

PINK RIBBON PEN

Pink grip pens are made of quality plastic material, sturdy and reliable, bright colors, not easy to fade, reliable material can let you rest assured to use for a long time. Black ink pens can be applied in breast cancer awareness campaigns, charity events, parties, and volunteer activities to help raise awareness of breast cancer prevention. Cancer awareness black ink pens aim to call attention to the seriousness of breast cancer and care for the women around us, and can promote a lot of breast cancer related knowledge and enhance people's understanding of breast cancer.



PINK RIBBON AWARENESS CERAMIC MUG

Pink ribbon coffee mug, a symbol of hope and support for breast cancer awareness. Crafted from premium ceramic, this mug boasts a unique contrast color design and a heart shaped handle for a touch of charm. Ideal for hot or cold beverages, it makes a thoughtful and meaningful gift for breast cancer awareness activities. This special mug, adorned with a distinctive pink ribbon, serves as a daily reminder of strength and unity in the fight against breast cancer. The premium ceramic construction ensures durability, while the heart shaped handle adds a delightful touch. Whether you're a survivor or supporting the cause, this two tone ceramic drinkware is a symbol of strength and hope. Custom logo available

To order your Breast Cancer Awareness merchandise, contact your Sun representative or call/email:
803-791-1786 or info@SunSolutionsUSA.com

EMBROIDERED BREAST CANCER AWARENESS RIBBON PINK AND GREY TRUCKER HAT

Show support and raise awareness with this pink and grey trucker cap completed with an embroidered breast cancer awareness ribbon.

High quality Richardson brand 112 trucker cap in pink and grey. Features a pre-curved visor, cotton sweatband, and is fully adjustable.



BREAST CANCER AWARENESS CANVAS TOTE BAG PINK RIBBON GIFT

This shopping bag is special for breast cancer survivor. With the pink ribbon, symbol of faith and hope. The size is 19.7 x 15.7 x 5.9 inch which has plenty of storage space to store your lots of daily essentials. Made of 12 oz 100% polyester, lightweight and durable, waterproof. Hand wash and machine washable, not fading, canvas tote bag maintain bright colors even multiple use. You can use our bags as shopping, grocery, travel, storage, beach, party, work, yoga. and so much more!



BREAST CANCER AWARENESS RETRO SUNGLASSES

Retro Sunglasses with 1-color corner lens imprint + 1-color arm imprint. Our best-selling frames feature a square shape & recognizable cat eyes. These iconic shades are ideal for charities, events, fundraisers and races. End-users will keep this frame allowing brands to spread awareness all year round!



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EXPLORE THE FINGER LAKES

With eleven unique lakes spread over 9,000 miles in 14 individual counties across upstate New York, the Finger Lakes region is a great place to have an adventure.

The glacially formed Finger Lakes and the surrounding communities have so much to offer in beauty and recreation, no matter which season you visit. Locals will tell you that each lake has its own personality, and most have favorite lakes for different activities such as boating, paddleboarding, and fishing.

While the lakes themselves are a huge draw, the landscape surrounding them offers countless opportunities for exploring. From miles of hiking trails to zip lines through the treetops, rock climbing to mountain biking, hot-air ballooning, and white-water rafting, there's something for everyone to experience the region's natural beauty.

For those who prefer less strenuous exploration, a wide variety of shopping and museums can be found located throughout the landscape, providing an opportunity to view the work of local artisans and learn the history of the area.



The area is also considered to be the largest and most acclaimed winemaking region in the eastern U.S. due in large part to the unique microclimate created by the lakes.

With so many things to see and do, there's no doubt that a trip to the Finger Lakes will leave you longing to return. For more information, visit fingerlakestravelny.com. ✓



Make the Most of the Snooze

Author Anese Cavanaugh encourages people to use the time between the alarm and snooze to do a quick check-in with themselves.

- » **Body**—Pay attention to your body. How are you feeling physically? Are you sore in certain areas, or do you feel a cold coming on? The answers to these questions can inform how you plan to exert yourself as the day progresses.
- » **Mind**—Sometimes sleep is all your brain needs to resolve an issue or solve a problem you were struggling with the day before. Get in the habit of jotting down any resolutions you may come to, along with any other first-thing thoughts you might have.
- » **Spirit**—Where is your heart when you wake up? Do you feel anxious or unsettled about something? Give yourself a few moments to positively orient your heart to things you might be facing today. ✓

HIGH QUALITY AT HIGH SPEEDS


No matter your industry, the need for high-quality, affordable copies is integral to your company's success. From in-house paperwork such as policy and procedure manuals or employee handbooks to legal briefs, medical records, and government documents, these large-volume projects are best handled by a team with the knowledge and equipment to get the job done quickly and accurately.



Knowledge—Trusting our team to complete your high-speed copy job means taking advantage of our expertise when it comes to working with large files while removing the headache of troubleshooting copy-machine problems in your own office.

Equipment—As a print shop, we have equipment that might feel out of place in a small to moderate-sized office but is built to handle the large, sometimes intricate copy jobs your company needs. Furthermore, we have professionals running these machines, which means you can rest assured that no member of your team needs to become a copy machine expert. Just leave the job to us!

Speed and accuracy—With our knowledge and high-quality equipment, we can deliver the speed and accuracy your copy jobs require. When your company needs the ease of letting someone else handle a big copy project, give us a call. We'd love to work with you and ensure your projects are delivered on time and with precision. ✓



TRIVIA

1. How many time zones are there in Russia?
2. When was the first issue of *Vogue* published?
3. Which fiction book holds the record for the fastest sales in history?
4. What musician was awarded the first gold record?

(1) 11 (2) 1892 (3) Harry Potter and the Deathly Hallows (4) Perry Como

Gutenberg's Army[©]



TOP Ten

Largest Libraries (by catalog)

1. British Library, London, 170-200 million
2. Library of Congress, Washington, D.C. 175 million
3. Shanghai Library, Shanghai, 57 million
4. New York Public Library, New York City, 55 million
5. Library and Archives Canada, Ottawa, 54 million
6. Russian State Library, Moscow, 48.1 million
7. National Diet Library, Tokyo & Kyoto, 44.1 million
8. German National Library, Leipzig & Frankfurt, 43.7 million
9. National Library of China, Beijing, 43.27 million
10. Royal Danish Library, Copenhagen & Aarhus, 42.5 million



CAN YOU GUESS THE YEAR?

- » The Terra-Cotta Army of China's first emperor, Qin Shi Huang, is discovered at Xi'an, China.
- » Isabel Perón is sworn in as the first female president of Argentina.
- » Muhammad Ali KOs George Foreman in the eighth round to regain the world heavyweight boxing title in what is known as "The Rumble in the Jungle."
- » U.S. president Richard Nixon announces his resignation and Gerald Ford becomes the 38th president of the United States upon Nixon's resignation.



- » TV sitcom *Happy Days* begins an 11-year run on ABC.
- » Patty Hearst is kidnapped from her apartment in Berkeley, California by the Symbionese Liberation Army.
- » *People* magazine is first published.
- » Hank Aaron hits his 715th home run, breaking Babe Ruth's record.



CONVEYING LUXURY

When you want to entice visitors to your beautiful island, why not let a banana leaf inspire your travel brochure? That's just what the St. Lucia Tourist Board did. A die-cut banana leaf, embossed to feel like an actual leaf, was folded in such a way as to enclose the beautifully designed and printed travel brochure. The leaf's stem was tucked into a small channel score, allowing the recipient to open and reveal the brochure for themselves—a unique way to capture attention and give a feel for luxurious island life. ✓

The year was 1974.

September Birthdays

Cathy Washington – 09/01
 Freda Green – 09/01
 Mike Doberass – 09/03
 Becky Stephens – 09/03
 Duncan Wise – 09/03
 Wayne Woodyard – 09/04
 Moesha Sumpter – 09/05
 Patrick Tysinger – 09/06
 Cassie Hunt – 09/09
 Becky Cobb – 09/11

Larry Arrowood – 09/12
 Tom Welsh – 09/16
 Nate Brown – 09/17
 Urain Wilson – 09/20
 Marquis Williams – 09/23
 Andy Cook – 09/25
 Shadoc Allmon – 09/25
 Nick Stephens – 09/27
 Chris Morgan – 09/28
 Stacey Geiger – 09/30

September Anniversaries

Chris Curry – 3 years
 Greg Smith – 5 years
 Joyce Tillage – 15 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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