

APRIL 2025



# Under *the* Sun

N E W S L E T T E R

*welcome*  
*April*

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# THE BENEFITS OF GARDENING FOR MIND AND BODY

*Gardening isn't just a hobby—it's a great way to boost both physical and mental well-being.*

There's something special about getting your hands in the soil, watching plants grow, and enjoying the beauty of a flourishing garden. But gardening isn't just about adding curb appeal or growing vegetables—it's a powerful activity that benefits body and mind.

» **Physical Exercise:** Gardening tasks like digging, planting, and weeding are excellent forms of moderate exercise, helping you stay active without going to a gym.

» **Stress Reduction:** The repetitive motions and connection with nature can reduce anxiety and promote relaxation. Many gardeners find the process meditative and calming.

» **A Boost for Brain Health:** Studies suggest that regular gardening can lower the risk of dementia by up to 36%. The act of planning, planting, and nurturing a garden stimulates cognitive function and provides a sense of purpose, particularly for older adults.

» **Better Nutrition:** Growing your own fruits, vegetables, or herbs means fresher, healthier options for feeding yourself and your family.

» **Vitamin D Boost:** Spending time outdoors exposes you to sunlight, which helps your body produce vitamin D—a nutrient important for bone health and immunity.

» **Sense of Accomplishment:** Watching plants grow and thrive under your care brings a unique sense of pride and satisfaction.

Whether you're tending to a small container garden or a larger backyard plot, gardening offers endless benefits for your body and mind. A little dirt under your nails might be just what you need for a healthier, happier you! ✔

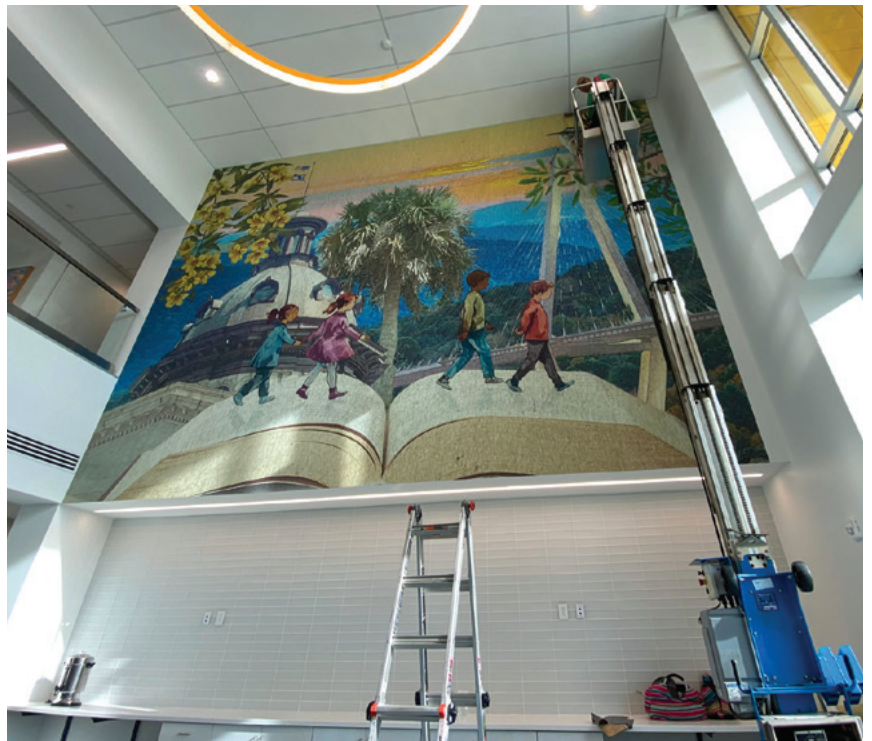


## Featured **Grand Format**

# BRANDING A NEW HEADQUARTERS

Our Grand Format team installed design elements to brand the environment at the new headquarters for SC Department of Education.

The large wall mural is 20 ft. x 20 ft. printed on matte vinyl. The text below the wall mural and the mission, vision and value panels are on printed on acrylic material.



Let our Grand Format team produce and install your brand in your office/lobby spaces.

Contact your Sun representative or call/email:

**803-791-1786 or [info@SunSolutionsUSA.com](mailto:info@SunSolutionsUSA.com)**

## GOLF CLUB BRUSH WITH BALL MARKER

Clip this multi-function tool to your bag and belt to be prepared on the course. This handy tool includes a retractable metal brush for cleaning golf clubs and a removable magnetic ball marker with optional britePix® imprint.

### FEATURES

- The ultimate multifunction golf tool
- Retractable metal brush for cleaning golf clubs
- Removable magnetic ball marker

### IMPRINT

- 1-Color Ball Marker 1.1875" dia., 1 color included, 1 color max, Standard.
- Full Color Ball Marker 1.1875" dia., Optional, additional charge.



## HAT CLIP WITH BALL MARKER

Why fumble in your pocket for your ball marker when you can keep it handy? Clip this to your hat, belt, or shirt, and the powerful magnet keeps the ball marker at your fingertips.

### FEATURES

- Clips onto hat, shirt collar or pocket
- Powerful magnet holds ball marker in place

### PRODUCT COLORS

- Product Colors : Antique Gold, Antique Silver

### PRODUCT MATERIALS

- Steel

### IMPRINT

- Laser Engrave Ball Marker .75" dia., Standard.



To order your custom branded golf markers, contact your Sun representative or call/email:

**803-791-1786 or [info@SunSolutionsUSA.com](mailto:info@SunSolutionsUSA.com)**





## THE CLOCK THAT WON A CUSTOMER

Exceptional customer service isn't just about meeting expectations—it's about exceeding them. Gaylord Opryland Resort in Nashville proved this when they turned a simple request into a memorable, loyalty-building moment.

A loyal guest who attended the same conference at Opryland for three years in a row, became attached to the alarm clock in her room. After failing to find one for herself, she reached out to the hotel via Twitter during her latest stay. When she returned to her room, she was stunned to find not one, but two of the clocks, along with a personalized note. Opryland's thoughtful gesture didn't just win her over—it impressed an entire conference of attendees who heard her story. ✔

**This kind of extra effort builds lasting relationships. How can you wow your customers today?**

## FLYERS THAT DELIVER RESULTS

We understand how important it is to create materials that grab attention and make an impact. Flyers are one of the most versatile tools for promoting events, sales, or services. With vibrant colors, quality finishes, and custom designs, we help our customers turn ideas into reality.

Whether you need flyers for a community event, Memorial Day celebration, or a spring promotion, we're here to help you succeed. Let us bring your vision to life with flyers that deliver results. ✔

**Contact us today to get started!**

**Call: 803-791-1786 or**

**email: [info@SunSolutionsUSA.com](mailto:info@SunSolutionsUSA.com)**



# EXPLORE THE SCENIC BEAUTY OF GREAT SMOKY MOUNTAINS NATIONAL PARK

*Nestled between Tennessee and North Carolina, Great Smoky Mountains National Park is a treasure trove of natural beauty, rich history, and outdoor adventure.*

Whether you're a seasoned hiker or a casual nature enthusiast, this destination offers something for everyone.

For panoramic views, head to Clingmans Dome, the park's highest point. A short yet steep paved trail leads to an observation tower where you can take in sweeping 360-degree views of the surrounding mountains. If waterfalls are more your style, a visit to Laurel Falls is a must. This scenic 2.6-mile round-trip hike rewards visitors with a beautiful cascading waterfall, perfect for a peaceful retreat into nature.



Wildlife enthusiasts will find plenty to enjoy here. Keep an eye out for white-tailed deer, black bears, and wild turkeys, along with over 200 species of birds that call the park home. One of the best places to spot wildlife is Cades Cove, a picturesque valley rich with history. Spring and early summer are ideal times to visit, with vibrant wildflowers blooming throughout the park. Be sure to pack layers and prepare for unpredictable weather as rain showers and temperature shifts are common in this mountainous region.

Plan your visit today at [nps.gov/grsm](https://nps.gov/grsm). ✓



## Stretch Your Way to Better Health

*Stretching isn't just for athletes—it's a simple yet powerful way to improve flexibility, reduce stiffness, and enhance overall well-being.*

**Neck Stretch:** Gently tilt your head to one side, bringing your ear toward your shoulder. Hold for 15 seconds, then switch sides.

**Seated Forward Fold:** Sit with your legs extended and reach for your toes, keeping your back straight. This can help loosen your hamstrings and lower back muscles.

**Chest Opener:** Clasp your hands behind your back and lift them slightly while opening your chest. This counteracts the effects of hunching over a desk.

Taking just five minutes a day to stretch can improve mobility, relieve tension, and enhance your overall health. So go ahead—stretch, breathe, and feel the positive difference! ✓



# BEYOND THE BASICS: CREATIVE USES FOR FLYERS

*With bold visuals and concise messaging, flyers are perfect for sharing details about special offers, new products, or upcoming events.*

Flyers are a powerful marketing tool, but their potential goes beyond standard promotions. With a little creativity, printed flyers can engage customers in unique ways and add value to your brand.

» **Coupon or Discount Flyers:** Include a tear-off coupon or a special discount code. Customers are more likely to hold onto a flyer that offers savings, leading to increased foot traffic and more sales.




» **Interactive QR Codes:** A flyer with a QR code can direct customers to a website, video, or exclusive deal. This blends print with digital marketing, making engagement seamless.

» **Mini Product Catalogs:** Showcase best-selling products or services with a flyer that acts as a mini catalog. High-quality images and key details make it a quick, effective sales tool.

We take flyer printing to the next level. From vibrant designs to premium paper stock, we ensure every flyer reflects your brand. Whether you're hosting a Memorial Day sale or a community event, our team is here to help spread the word.

Contact us today to learn more about our flyer printing services and start planning your next campaign! ✓



## TRIVIA

1. What is the only U.S. state that grows coffee commercially?
2. What is the term for a baby rabbit?
3. Which planet is closest to Earth?
4. What is the national flower of Japan?

1) Hawaii! 2) Kit 3) Venus 4) Cherry blossom

## Gutenberg's Army©

ARE YOU STOMPING GRAPES?

NO, SOYBEANS. WE MAKE OUR OWN SOYBEAN INK.

PRINT SHOP

## TOP Ten

### Spring Flowers for Gardens

1. Daffodil
2. Tulip
3. Hyacinth
4. Pansy
5. Crocus
6. Peony
7. Iris
8. Azalea
9. Lily of the Valley
10. Geranium





# CAN YOU GUESS THE YEAR?

» Apple CEO Steve Jobs introduces the original iPhone at a Macworld keynote in San Francisco, revolutionizing communication.

» The final book in the Harry Potter series, *Harry Potter and the Deathly Hallows*, is published.

» *The Sopranos* airs its final episode, leaving viewers with one of TV's most debated endings.

» The film *The Departed* wins Best Picture at the Academy Awards.



» Microblogging social network Tumblr is launched to the public.

» Nancy Pelosi becomes the first female speaker of the United States House of Representatives.

» At the age of 81 years, 244 days, Queen Elizabeth II becomes the oldest reigning British monarch, surpassing Queen Victoria.

The year was 2007.



## FLYERS THAT KEEP GIVING

Flyers with tear-away tabs are a simple yet powerful way to grab attention and provide key information at a glance. Each tab acts as a mini take-home reminder, featuring details like contact info, special offers, or QR codes for easy access to more information. Businesses can use tear-away flyers for promotions, event reminders, or referral programs. Nonprofits and community groups can spread awareness with easy-to-grab details about volunteer opportunities or donation needs. ✓

## April Birthdays

Michelle Pratt – 04/08

David Hodge – 04/19

Phil Crider – 04/20

Michael Hammond – 04/20

John Burrows – 04/21

## April Anniversaries

*No anniversaries in April.*

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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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