



Quote to ponder under the apple tree

All colors are the friends of their neighbors
and the lovers of their opposites.

~ Marc Chagall

As always, this **Just a Bite** represents only a tiny fraction of the MindPlay Connections™ featured title **Color Me Beautiful**, which is meant to both arouse and satisfy your curiosity about the many ways in which color influences what we say and do and how we feel. Order the whole rainbow of exercises at www.WiserNow.com/store.html. Also check out the home page of the website which features other adaptations of these exercises in a broad variety of formats.

Spread the word: You are welcome to – encouraged to – share this issue of Just a Bite with all or anyone on your mail list.



Colorful Songs

There are many, many songs with a color in their titles:

- **White** Christmas
- That Old **Black** Magic
- **Gold**finger
- **Orange** Blossom Trail
- **Pink** Shoe Laces
- Little **Brown** Jug

But some colors appear much more often than others. Can you fill in the right color for the following songs? And then can you come up with at least three more songs that feature each of the colors?

1. _____ River Valley
2. _____ Suede Shoes
3. _____ People Eater
4. _____ Rose of Texas
5. _____ sleeves



If you need a hint, here is Elvis Presley singing one of the above:

<https://www.youtube.com/watch?v=T1Ond-OwgU8>

And if you need to calm down from that rendition, here are the Celtic Ladies singing another sweet as a lullaby: <https://www.youtube.com/watch?v=kdjYIrvVFNo>

Colorful Phrases

The English language is full of phrases that use color. Following is just a smattering of them that include the colors listed as clues – many of which are used multiple times.



1. A type of bee is a _____ jacket
2. If you are happy, you are tickled _____
3. If you are feeling sick, you are said to be _____ around the gills
4. Taking your lunch from home is _____ bagging
5. Getting privileged treatment is associated with a _____ carpet
6. The highest level of achievement in martial arts is called a _____ belt
7. Something unexpected comes from out of the _____
8. A medal awarded to U.S. soldiers wounded in battle is a _____ heart

Color and Your Car

Leatrice Eiseman is founder and director of the Eiseman Center for Color Information and Training, and executive director of the Pantone Color Institute. Following is what she says the color of your car says about your personality – unless, of course, your car, like mine, primarily reflects the fact that I wanted to hide the spills and crumbs of grandchildren.

- 1) Does Ms. Eiseman's description fit you?
- 2) If your present car isn't your ideal, choose the color of car you would LIKE to have, and look at those personality traits. Do *they* fit you?



Red

- Vibrant red reflects a personality that is sexy, high-energy, dynamic and likes speed.
- Burgundy gives the same message, just toned down a notch.

Orange: You are fun-loving, talkative, fickle, trendy.

Yellow: You have a sunny disposition, and are joyful and young-at-heart.

Gold: You are intelligent, warm, love comfort and are willing to pay for it.

Green

Dark Green: You are traditional, trustworthy, and well balanced.

Bright Lime Green: You are trendy, whimsical, and lively.

Blue

Dark Blue: You are credible, confident, and dependable.

Light or Mid-Blue: You are cool, calm, faithful, and quiet.

Purple: You are creative, individualistic, and original.

Gray/Silver: You are elegant, love futuristic looks, and cool. (Or more likely: willing to settle for the most abundant color on the lot!)

White: You are fastidious. (That's all she says.)

Black: You are empowered, not easily manipulated, love elegance, and appreciate classics.

Brown: You are down-to-earth, a no nonsense person.

Taupe or Tan: You have timeless, basic, simple tastes.

Learn more:

You can take other personality tests about color and find out much more about color symbolism at a variety of Internet sites. Here are two others I used:

- http://www.colorconnections.com/colorconnections_2007/health.html
- <http://www.squidoo.com/colorexpert>



Colorful Painters

It's impossible to write about color without mentioning at least a few artists who clearly reveled in the pure beauty of paint. Most people are familiar with artists like:

- Cezanne - <http://www.paul-cezanne.org/>
- Matisse - <http://www.henri-matisse.net/>
- Monet - <http://www.claudemonetgallery.org/>
- Kandinsky - <http://www.wassilykandinsky.net/>

But do you know Ellis Wilson (<http://www.ket.org/elliswilson/>) whose Chinese Kites is shown here and Faith Ringgold (<http://www.faithringgold.com/ringgold/collect.htm>)?

What other painters do you know who are famous in part for their exuberant colors?

Enjoy these blogs, too:

- My every-Tuesday **Brain Games Product Reviews blog** (www.BrainGamesProductReviews.com) is always a review of a brain stimulating book or product and adaptations that can be made for older adults.
- My every-Thursday **A Cheering Word** (www.ACheeringWord.com) provides a cheering word on what's good, funny or joyous in the world – truly a cheering word.



Answers

Answers to colorful songs:

1. Red River Valley
2. Blue Suede Shoes
3. Purple People Eater
4. Yellow Rose of Texas
5. Greensleeves

More colorful songs:

- **Red** Roses for a **Blue** Lady, **Red** Sails in the Sunset, Ruby with the **Red** Dress On, When the **Red, Red** Robin Comes Bob-Bob-Bobbin' Along
- **Blue**berry Hill, **Blue** Hawaii, **Blue** Velvet, Song Sung **Blue**
- Deep **Purple**, **Purple** Haze, **Purple** Rain
- **Green**back Dollar, **Green**, **Green** It's **Green** They Say on the Far Side of the Hill, **Green**, **Green** Grass of Home, It Isn't Easy Being **Green**

- Itsy Bitsy Teenie Weenie **Yellow** Polka Dot Bikini, Mellow **Yellow**, **Yellow** Bird, **Yellow** Submarine, Tie a **Yellow** Ribbon Round the Ole Oak Tree

Answers to colorful phrases:

1. yellow

3. green

5. red

7. blue

2. pink

4. brown

6. black

8. purple

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