# BLUEPRINT NEWS Washington Newsletter Edition, February 2024



#### Pantone Color of the Year 2024

Leaves You Warm and Fuzzy



#### Pantone color of the year, 13-1023 Peach Fuzz.

Every year, Pantone unveils the "Color of the Year," influencing global fashion, design, and marketing. Through meticulous trend analysis, they select a color that reflects current global dynamics and people's preferences. This color symbolizes the anticipated mood of the upcoming year, with past choices ranging from vibrant to comforting. It's fascinating how a single color can capture the essence of the time and influence our moods.

In a work setting, the Color of the Year profoundly impacts the professional environment, enhancing creativity, productivity, and morale. Colors, acting as a visual language, influence feelings and moods in fashion and home decor, shaping our overall outlook on life. The Color of the Year, whether at work or in daily life, has the power to shape our experiences and perceptions.

Peach is associated with warmth and calm, known for its soothing and nurturing impact on the human psyche. In workplace furnishings, incorporating peach tones can reduce stress, foster openness, and enhance the overall environment when combined with neutral or complementary colors.

#### Peaches to Your Health

Peaches are not just delicious but also offer numerous nutritional benefits. Here are key aspects of their profile:

Vitamins and Minerals: Peaches are rich in vitamins A and C, essential for healthy skin, vision, and immune function. They also contain potassium and phosphorus.

Fiber: Peaches provide dietary fiber, supporting digestive health.

Antioxidants: Loaded with antioxidants like beta-carotene and flavonoids, peaches help neutralize free radicals, combating aging and various diseases.

Hydration: With high water content, peaches contribute to overall hydration, vital for health and well-being. Low in Calories: Peaches are a low-calorie option,

making them a nutritious and guilt-free snack.

Anti-Inflammatory Properties: Certain compounds in peaches exhibit anti-inflammatory properties, potentially reducing inflammation in the body.

It's essential to note that the nutritional content may vary based on peach variety and preparation method (fresh, canned, or dried). Including a variety of fruits in a balanced diet contributes to overall health and well-being.



#### ...and Now for Some Music!

In keeping with our peach theme and recognizing February 19th was Presidents' Day, we offer a great song by a band formed in Seattle:



The Presidents of the United States of America.

### **Upcoming Events in** March

**MAR 1-3** Winthrop Balloon Roundup Behind the Winthrop Inn Winthrop, WA

Seattle Kraken vs. Edm. Oilers Climate Pledge Arena Seattle, WA

MAR 9 **Bad Bunny: Most Wanted Tour** Climate Pledge Arena Seattle, WA

MAR 15-16 Craig Ferguson Tacoma Comedy Club Tacoma, WA

**MAR 29** 

Tim McGraw: Standing Room Only Tour 2024 Climate Pledge Arena Seattle, WA

Please note that event details and schedules are subject to change, so it's a good idea to check the official websites or contact the venues for the most up-to-date information.

## **Design Inspiration**

















