

recipe

Chicken Marbella

- 12 oz. pitted, bite-size dried plums
- 3.5-oz. jar capers
- 1 (0.5-oz.) bottle dried oregano
- 6 bay leaves
- 1 garlic bulb, minced (about 1 Tbsp.)
- 1 Cup pimento-stuffed olives
- ½ Cup red wine vinegar
- ½ cup olive oil
- 1 Tbsp. coarse sea salt
- 2 tsp. pepper
- 8 lbs. chicken pieces*
- 1 Cup brown sugar
- 1 Cup dry white wine
- ¼ Cup fresh parsley, chopped

*Note: Choose any cuts of chicken to equal eight pounds.

Combine first 10 ingredients. Coat chicken, cover, and chill overnight, turning chicken occasionally. To bake, arrange chicken in a single layer on a large pan. Pour marinade and brown sugar over chicken, and pour the wine around the pieces. Bake at 350°F for 50-60 minutes, basting frequently. Move chicken, plums, olives, and capers to serving platter and drizzle with pan juices. Sprinkle parsley over top.



Television host, reporter, and producer **Matt Lauer** was born on December 30, 1957 in New York City. He attended Ohio University, but quit when he was four credits shy of graduation to pursue a journalism internship. He hosted and cohosted several shows throughout the years, and obtained his college degree in 1997 by writing a paper on work experience and delivering the commencement address. Lauer is currently the coanchor for NBC's *Today*. Lauer and his wife, Annette Roque, have three children together.

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PANTONE (PMS)

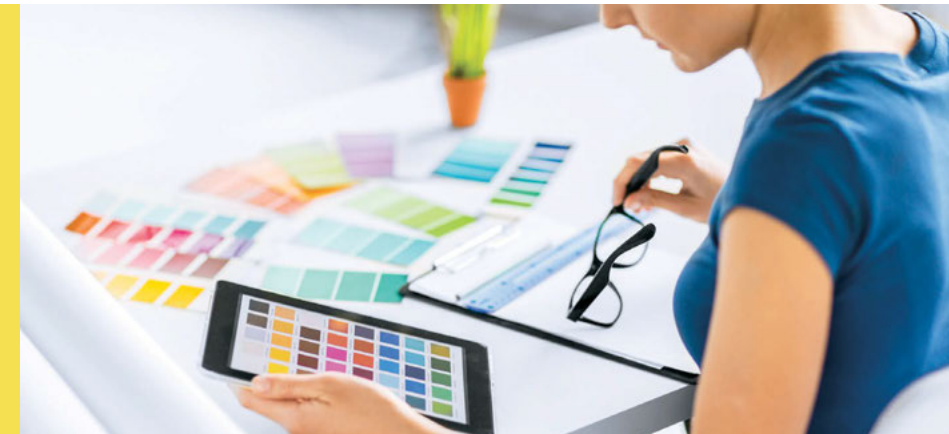
CMYK

PANTONE (PMS)

CMYK

HAPPY NEW YEAR! FROM GOODCOPY

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Brief History of Pantone®

Pantone Inc. is a corporation headquartered in Carlstadt, New Jersey. Pantone, as it is today, was founded in 1962, when the company—at the time a small business which manufactured color cards for cosmetics companies—was bought by Lawrence Herbert, who had been an employee since 1956. He immediately changed its direction, developing the first color matching system in 1963. Herbert's system became the basis for the company he founded: Pantone (meaning “all colors” combining the words “pan” and “tone”).

also taken into consideration. This system has been widely adopted by graphic designers and reproduction and printing houses.

“We’re a technical product and we help designers and the people producing that product link their communication,” says Ron Potesky, Pantone’s senior vice president and general manager, to Quartz. “So when you pick the right color, you get the right color in the end. That’s the core of who we are.”

The company is best known for its Pantone Matching System (PMS), a proprietary color space used in a variety of industries, primarily printing, though sometimes in the manufacture of colored paint, fabric, and plastics.

One such use is standardizing colors in the CMYK process. The CMYK process is a method of printing color by using four inks—cyan, magenta, yellow, and black. A majority of the world’s printed material is produced using the CMYK process, and there is a special subset of Pantone colors that can be reproduced using CMYK.

The idea behind the PMS is to allow designers to “color match” specific colors when a design enters production stage, regardless of the equipment used to produce the color. Color variance can occur based on the paper stock used (coated, matte or uncoated), so this is

The Pantone system also allows for many special colors to be produced, such as metallics and fluorescents. For further information go to: <http://www.pantone.com>

PANTONE 2016
COLORS OF THE YEAR ARE...

 <small>PANTONE 13-1520 ROSE QUARTZ</small>	 <small>PANTONE 15-3919 SERENITY</small>
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ROSE QUARTZ & SERENITY
PANTONE 13-1520 & 15-3919

A softer take on color for 2016: For the first time, the blending of two shades – Rose Quartz and Serenity are chosen as the PANTONE Colors of the Year.

Joined together, Rose Quartz and Serenity demonstrate an inherent balance between a warmer embracing rose tone and the cooler tranquil blue, reflecting connection and wellness as well as a soothing sense of order and peace.

At the top of this newsletter compare how the same color looks as a spot color verses a process built color. The image is printed using Pantone Serenity & Rose Quartz spot colors on the left and the CMYK version to their right.



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Edie & Lou Goldberg

Color in Print

Adding color to your printed pieces is a proven, effective way to catch attention and deliver a powerful message.

Never trust the color on the monitor. Color standardization is now critical in a globalized world, where consistency is a must for big brands, and color is enmeshed with brand identity.

There are so many things to consider when you are producing a printed piece, and color is definitely one of the most important. Please ask us any questions you may have about effectively using color for your printed pieces.

Shubert Theatre Exhibit

The New Haven Museum has set the stage for an exhibition that is spotlighting one of the Elm City's most celebrated cultural institutions, the Shubert Theater. The exhibit runs through February 27, 2016.

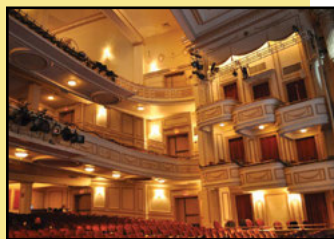
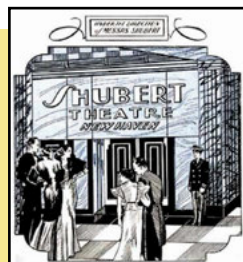
The Shubert Theatre has been a performing arts center presenting plays, musicals, opera, dance, classical music recitals and concerts, vaudeville, jazz artists, big bands, burlesque, and a variety of solo performances since 1914. The Shubert has hosted over 600 pre-Broadway tryouts, including over 300 world premieres and 50 American premieres.

Two galleries, designed around aspects of the theatre's "front of house" and "back of house" operations, feature vintage usher uniforms, special lighting effects, a red carpet (which is strictly a custom-made item), theatre seating, playbills, photos from some of the Shubert's greatest triumphs, including "Oklahoma!" and "The Sound of Music," a Rolodex-style filing box with contact information for stars ranging from Al Jolson to Zero Mostel, and a historical timeline.

Framing the gallery doorways is a selection of enlarged prints from the tribute publication, *The Shubert Murals: Broadway in the Basement*, by former Shubert board chairman, Cheever Tyler. Tyler's book documents the famed murals located backstage and in the basement of the Shubert that were created and signed by the casts and crews of shows ranging from "Guys and Dolls" to "Rent" to other productions whose touring companies played the Shubert. A monitor plays video clips of 100th anniversary tributes from some of the most legendary stars to have ever graced the Shubert's stage, and is accompanied by a display of interior and exterior photos spanning the Shubert's history and its plans for the future.

The exhibition is drawn from the Shubert New Haven Archives and is organized in partnership with the Shubert Theatre. It is made possible, in part, by The Howard Gilman Foundation.

For further information visit: <http://newhavenmuseum.org/>
New Haven Museum, 114 Whitney Ave., New Haven, 06510; phone: (203) 562-4183
The Shubert Theater, 247 College Street, New Haven, CT 06510; phone: (203) 562-5666



terrific trivia

The first five callers with the correct answer to this month's trivia question will receive \$10.00 off any new order of \$50 or more. Please present your confirmation letter with your order. Not valid with any other coupons or offers. So, put on your thinking caps and call 203.624.0194.

Q: Where was the first ink factory established?

- A. England
- B. France
- C. Colonial America
- D. Spain

November 2015 Answer:

Q: What is an ice-hockey puck made from?

A: Rubber



top 10 list



Top 10 Largest Living Birds

1. Ostrich	104 kg
2. Southern cassowary	45 kg
3. Northern cassowary	44 kg
4. Emu	33 kg
5. Emperor penguin	31.5 kg
6. Greater rhea	23 kg
7. Dwarf cassowary	19.7 kg
8. Lesser rhea	19.6 kg
9. Great bustard	14-19 kg
10. King penguin	13.6 kg

Ben's friends



- Expect nothing and you'll never be disappointed.
- We become so focused on the finish line that we fail to enjoy the journey.
- Whatever you are, be a good one.
- If something's important to you, you will find a way. If not, you'll find an excuse.

New Pantone



Minion Yellow!

The first-ever character-branded PANTONE Color inspired by Illumination Entertainment's Minions!

Pantone Color Institute introduced an official new PANTONE Color, Minion Yellow in 2015. Based on the Minions from Universal Pictures and Illumination Entertainment's Despicable Me global film franchise, including the upcoming prequel Minions, PANTONE Minion Yellow is an illuminating, energetic, friendly and fun-loving yellow shade that immediately calls out to you.

The partnership was born when Pharrell Williams, who helped create the music for the Despicable Me franchise, came up with the idea while the Pantone Color Institute, the research arm of the company that charts global color trends and studies how color influences human thought processes, emotions and physical reactions, noted the desire of the consumer to add more energizing color into their lives. Pantone worked closely with the animation team at Illumination Entertainment to review the existing color range and to identify the most pure representation of the Minions' iconic yellow color. The resulting PANTONE Minion Yellow is a custom color designed to represent the sweet and subversive characters. An extroverted hue, it projects playfulness and warmth and is suggestive of intellectual curiosity and enlightenment.

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Many Uses of Cinnamon

- Cinnamon is not only a comforting holiday fragrance, it has a variety of other great uses:
- Use as a brain booster to enhance memory and cognitive function.
 - Use to repel ants and/or moths.
 - Soak your feet in hot water and cinnamon sticks to kill athlete's foot.
 - Add cinnamon oil to your favorite lotion or sunscreen to make your own insect repellent.
 - Cinnamon can soothe an upset stomach, relieve nausea, and aid digestion (avoid if pregnant).
 - Add it to any recipe to help prevent the spoiling of the food by delaying bacterial growth.
 - Cinnamon can help reduce hunger and sugar cravings, which may lead to weight loss.
 - Cinnamon tea is a pain reliever.

wellness

Pressure Points for Pain Relief

There are more than 400 acupressure points on the body that can promote relaxation and relieve pain. Here are a few popular areas to apply pressure:

- Squeeze and massage the fleshy area between your thumb and pointer finger to relieve headaches, toothaches, and neck and shoulder pain (avoid when pregnant).
- Press down on the area on the inner wrist between the tendons and below the palm to rid nausea, upset stomach, chest pain, and carpal tunnel pain.
- Apply pressure and massage the knobby spot on the upper bridge of your nose between your eyebrows to help improve memory, relieve eyestrain and stress, and calm your mind.
- Press firmly on your prominent neck muscles along your spine, below the base of your skull to reduce stress, headache, neck pain, insomnia, and neck stiffness.
- Apply pressure to the backside of the kneecap to reduce knee, back, and sciatica pain.
- Bend your leg and apply pressure to the fleshy area about two inches below your kneecap. You can press on both legs at the same time to help digestive disorders, fight fatigue, and boost the immune system.

Note: Please consult your doctor before using acupressure when pregnant.

