

the colors of us

The Colors of Us: Exploring the Spectrum of Human Diversity

the colors of us reveal a vibrant tapestry woven from the threads of history, culture, biology, and identity. From the shades of our skin to the hues that symbolize our heritage, the colors that define humanity extend far beyond mere pigmentation. They tell stories of migration, adaptation, celebration, and unity, inviting us to appreciate the rich diversity that makes each individual unique. In this article, we'll journey through the various facets of the colors of us—what they mean, where they come from, and how they shape our understanding of ourselves and one another.

The Biological Roots Behind Our Skin Colors

When we talk about the colors of us, the most immediate association is often skin tone. Skin color is a biological characteristic influenced primarily by melanin, the pigment responsible for the color of our skin, hair, and eyes. But the story behind skin color is far more complex and fascinating than it might seem at first glance.

Melanin and Its Role

Melanin is produced by cells called melanocytes. It serves a crucial function: protecting our skin from the harmful effects of ultraviolet (UV) radiation. People with higher melanin levels tend to have darker skin, which offers more natural protection against sun damage. Conversely, lighter skin tones have less melanin, which historically evolved in populations living in regions with lower UV exposure to optimize vitamin D production.

Evolutionary Perspectives

The colors of us evolved over tens of thousands of years as humans migrated across different environments. For example, early humans in Africa developed darker skin to cope with intense sunlight, while those who moved to northern regions gradually developed lighter skin tones. This variation is a testament to human adaptation and survival, showcasing how color is intertwined with geography and climate.

Cultural Significance of Color in Human Identity

Beyond biology, colors carry deep cultural meanings. The colors of us extend into the symbolic realm, influencing traditions, rituals, and social identity across societies. Understanding these cultural dimensions enriches our appreciation of human diversity.

Colors in Traditions and Ceremonies

Different cultures assign unique meanings to various colors. For instance, in many Asian cultures, red symbolizes luck, prosperity, and celebration, often worn during weddings and festivals. In contrast, white in Western cultures is traditionally associated with purity and is commonly worn by brides, but in some Eastern cultures, white signifies mourning and funerals.

Ethnicity and Color Symbolism

The colors of us also play a role in expressing ethnic identity. Indigenous groups often use specific color palettes in their clothing, art, and body decoration to represent their heritage and beliefs. These colors are more than aesthetic choices—they are visual narratives that connect people to their ancestors and environment.

The Psychological Impact of Color in Social Interactions

Colors influence emotions and perceptions, affecting how we relate to each other. The colors of us can shape social dynamics, stereotypes, and even self-esteem.

Color and First Impressions

Studies show that skin color can impact first impressions, sometimes leading to unconscious biases. Recognizing the psychological effects of color encourages greater empathy and awareness in social interactions, fostering inclusivity.

Empowerment Through Color

Many movements centered around racial and ethnic pride embrace color as a source of empowerment. Celebrations like Black History Month often highlight the rich spectrum of skin tones and cultural colors, transforming what might have been a source of division into a badge of honor.

Colors of Us in Art and Media

Art and media have long been platforms where the colors of us are both represented and challenged. The portrayal of diverse skin tones and cultural colors plays a vital role in shaping societal narratives.

Representation Matters

Accurate and respectful representation of different skin colors in movies, television, and advertising helps break down stereotypes. It allows people from all backgrounds to see themselves reflected and valued, which is essential for social cohesion.

Using Color to Tell Stories

Artists often use color to convey identity, history, and emotion. From vibrant murals to fashion, the intentional use of the colors of us communicates complex ideas about belonging and difference, inviting viewers to engage in dialogue.

Tips for Embracing the Colors of Us in Everyday Life

Appreciating the colors of us is not just about observation—it's about active engagement and respect. Here are some thoughtful ways to embrace color diversity in your daily life:

- **Educate Yourself:** Learn about the historical and cultural significance of different skin tones and colors to deepen your understanding.
- **Support Diverse Representation:** Choose media and art that celebrate a broad spectrum of colors and identities.
- **Challenge Stereotypes:** Reflect on your own biases related to skin color and work to overcome them.
- **Celebrate Differences:** Participate in cultural events that honor the colors of various communities.
- **Use Inclusive Language:** Be mindful of how you talk about skin color and cultural differences, promoting respect and positivity.

The Future Palette: Embracing Diversity in a Globalized World

As our world becomes increasingly interconnected, the colors of us blend and evolve in new ways. Interracial families, multicultural communities, and global communication continue to redefine what color means in the context of identity.

Technology and social media platforms offer spaces for sharing stories and experiences that highlight the beauty of our diverse colors. This ongoing exchange encourages acceptance and curiosity, bridging gaps that once seemed insurmountable.

Ultimately, the colors of us remind us that while our shades may differ, the human experience is shared. They inspire us to see beyond the surface and celebrate the myriad hues that compose the vibrant mosaic of humanity.

Frequently Asked Questions

What is 'The Colors of Us' about?

'The Colors of Us' is a children's book by Karen Katz that celebrates diversity by exploring the different skin tones of a young girl and her friends, emphasizing that all colors are beautiful.

Who is the main character in 'The Colors of Us'?

The main character is a young girl named Lena, who learns about the variety of skin colors in her community.

What is the main theme of 'The Colors of Us'?

The main theme is diversity and self-acceptance, teaching children to appreciate and embrace different skin tones and cultures.

How does 'The Colors of Us' teach children about diversity?

The book uses simple language and colorful illustrations to show the different shades of skin color and explains that everyone is unique and special.

Why is 'The Colors of Us' important for children?

It helps children develop a positive self-image and respect for others by recognizing and valuing racial and cultural differences from an early age.

Who wrote 'The Colors of Us'?

Karen Katz is the author of 'The Colors of Us'.

What age group is 'The Colors of Us' suitable for?

'The Colors of Us' is ideal for children aged 4 to 8 years old, making it a great book for early elementary school students.

How can parents use 'The Colors of Us' to discuss race with their children?

Parents can read the book with their children and use it as a starting point to talk about skin color, diversity, and acceptance in an open and positive way.

Additional Resources

The Colors of Us: Exploring the Spectrum of Human Identity and Diversity

the colors of us represent more than just the visible hues that define our skin tones; they embody a complex interplay of biology, culture, history, and social identity. In an increasingly interconnected world, understanding the nuances behind the colors that characterize human beings is essential—not only from a scientific perspective but also through the lenses of sociology, anthropology, and psychology. This article delves into the multifaceted concept of "the colors of us," examining its significance, the factors influencing human pigmentation, and the broader implications for society.

The Science Behind Human Skin Color

Human skin color is primarily determined by the type and amount of melanin produced by specialized cells called melanocytes. Melanin exists mainly in two forms: eumelanin, which yields brown to black pigments, and pheomelanin, responsible for red and yellow hues. The concentration and ratio of these pigments, along with other factors like blood flow and carotene levels, create the wide spectrum of skin tones observed globally.

From an evolutionary standpoint, skin color has adapted primarily as a response to ultraviolet (UV) radiation exposure. Populations closer to the equator tend to have higher melanin levels, providing protection against UV-induced damage, while those in higher latitudes often have lighter skin to facilitate vitamin D synthesis in environments with less sunlight. This adaptive mechanism highlights the intricate balance between environmental factors and genetic inheritance.

Genetic Complexity and Variation

The genetics underlying skin color are surprisingly complex, involving multiple genes that interact in various ways. Recent genomic studies indicate that at least six major genes contribute significantly to pigmentation differences among populations, including SLC24A5, SLC45A2, and MC1R. These genetic variations are not discrete but rather form a continuous gradient, reflecting human migration patterns and interbreeding over millennia.

Understanding this genetic diversity challenges simplistic categorizations based solely on skin color. It underscores that pigmentation is just one of many traits shaped by an array of biological and environmental influences.

The Cultural and Social Dimensions of Skin Color

Beyond biology, "the colors of us" carry profound cultural meanings that have evolved throughout history. Societies often assign symbolic values to different skin tones, influencing social structures, identity formation, and interpersonal dynamics.

Historical Context and Colorism

Historically, skin color has been a marker of status and privilege in many cultures. In some societies, lighter skin was associated with wealth and nobility, while darker skin was linked to manual labor or lower social standing. These associations have persisted in various forms, leading to systemic issues such as colorism—the prejudice or discrimination against individuals based on their skin tone, typically within the same racial or ethnic group.

Colorism affects opportunities in education, employment, and social acceptance, perpetuating inequities that resonate across generations. The global awareness of these dynamics has increased efforts to address and dismantle color-based biases.

Representation in Media and the Arts

Media portrayals and artistic expressions often influence public perceptions of skin color. The representation of diverse skin tones in film, literature, advertising, and fashion can either reinforce stereotypes or promote inclusivity. Recent movements advocating for broader representation emphasize the importance of showcasing the full spectrum of human colors to foster acceptance and challenge prevailing norms.

Psychological Impacts and Identity Formation

The colors of us also play a crucial role in how individuals perceive themselves and are perceived by others. Skin color can influence self-esteem, social interactions, and a sense of belonging.

Color Identity and Self-Perception

For many, skin color is a core component of personal and group identity. Positive affirmation of one's pigmentation can enhance confidence and cultural pride, whereas experiences of discrimination or marginalization based on skin tone can lead to psychological distress.

Studies in social psychology highlight that awareness of color-based bias affects mental health outcomes, with implications for community support systems and policy interventions.

Global Trends and Future Perspectives

As globalization intensifies, the boundaries of skin color categories blur due to increased interethnic relationships and migration. This evolving demographic landscape challenges conventional notions of racial and ethnic identity tied to pigmentation alone.

Intermarriage and the Blurring of Color Lines

Rising rates of intermarriage contribute to more diverse pigmentation patterns in younger generations. This trend fosters a more inclusive understanding of human diversity but also raises questions about how societies will adapt their social frameworks and policies to accommodate shifting identities.

Technological Advances in Color Analysis

Advancements in imaging technology and artificial intelligence have improved the precision of skin color analysis for applications in dermatology, cosmetics, and forensic science. These tools can better account for subtleties in pigmentation, aiding personalized healthcare and expanding scientific understanding.

- Enhanced dermatological diagnostics tailored to diverse skin types
- Development of inclusive cosmetic products respecting a broad range of skin tones
- Improved forensic identification methods considering pigmentation variability

In summary, the colors of us encompass a rich tapestry of scientific facts and human experiences. Exploring these colors with nuance and respect reveals the interconnectedness of biology, culture, and identity, encouraging a more empathetic and informed perspective on diversity.

[The Colors Of Us](#)

the colors of us: [The Colors of Us](#) Karen Katz, 2020-10-06 A positive and affirming look at skin color, from an artist's perspective. Seven-year-old Lena is going to paint a picture of herself. She wants to use brown paint for her skin. But when she and her mother take a walk through the neighborhood, Lena learns that brown comes in many different shades. Through the eyes of a little girl who begins to see her familiar world in a new way, this book celebrates the differences and similarities that connect all people. Karen Katz created *The Colors of Us* for her daughter, Lena, whom she and her husband adopted from Guatemala six years ago.

the colors of us: *The Colors of Jews* Melanie Kaye/Kantrowitz, 2007-06-14 Exposes and challenges the common assumptions about whom and what Jews are, by presenting in their own voices, Jews of color from the Iberian Peninsula, Asia, Africa, and India. Kaye/Kantrowitz delves into the largely uncharted territory of Jews of color and argues that Jews are an increasingly multiracial people. From publisher description.

the colors of us: *All the Colors of Life* Shirley J. Wenrich, 2013-02-15 There have been many qualities obtained over the years, including work and positions of leadership in several nonprofit organizations. Also a deep interest in color and design, ranging from the ownership in two art shops that bridged the gap between art gallery and a craft shop, with quality and variety. This led to set design for a local theater and interior design that I love. However, the greatest achievement, besides

raising four children, was my participation in the Harmonic Convergence. This took place in 1987, and the best place to be was the only sacred site east of the Mississippi at the Serpent Mounds in Ohio. Since I needed an active part, I was The Hug Lady and met people from all over the world. Whatever we did, it helped, because the Berlin Wall came down within three years, and it was the beginning of the end of Communism. I enjoy anything I can do to help others.

the colors of us: The Colors of Excellence Pearl Rock Kane, Alfonso J. Orsini, 2003 This book features the findings of a 5-year study on independent schools alongside personal stories by teachers and students of color. It analyzes teacher diversity in 11 independent schools and includes a list of provocative questions to help schools evaluate their own progress. It includes specific guidelines to help educators close the faculty diversity gap in their schools. The intended outcome is an enhanced understanding of ways that independent schools can attract and retain greater numbers of teachers of color.

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the colors of us: *The Colors of Life* Albert J. Corey, 2015-07-21 The Colors of Life is a collection of poems and short stories, which pair up our everyday experiences with the God-given colors around us. Reading this book will give you a new appreciation of the rainbow colors we get to see every day.

the colors of us: **The Relational View of Perception** Farid Masrour, Ori Beck, 2025-02-28 Relationalism is the view in philosophy of mind that particulars in our environment are constituents of conscious perception. It is an important theory of perceptual experience, offering explanations of perception's phenomenal character and its epistemic and semantic role. However, it has also been criticised for a lack of empirical grounding. In this outstanding collection, an international team of contributors examine relationalism and consider its role in philosophy of mind and perception across four key areas: The significance of empirical evidence to the theory of relationalism Dependence of experience on the subject's internal makeup Hallucinations and the unity of perceptual experience Relationalism and empirical knowledge. The Relational View of Perception: New Philosophical Essays will be of great interest to advanced students and scholars in philosophy of mind.

Contributors: Dominic Alford-Duguid, Rami Ali, Ori Beck, Alex Byrne, Elijah Chudnoff, Peter Epstein, Craig French, E. J. Green, Roberta Locatelli, Heather Logue, Farid Masrour, Alva Noë, Adam Pautz, Ian Phillips, Thomas Raleigh, Susanna Schellenberg, Umrao Sethi, Matthew Soteriou, and Lisa Titus.

the colors of us: *The Colors of Passion and Love* Stan Morris, 2014-12-12 The Royal Romand women can see the colors in the auras of the men surrounding them. Princess Elanoria Romand meets Magesty Yoll, the man of her destiny. She sees his colors, and she knows which emotion is linked to a color. A palace coop, engineered by his father, sends Elly and Magesty into exile. She'll meet strange people, stranger animals, and learn that destiny is nothing compared to love.

the colors of us: **The Colors of Poverty** Ann Chih Lin, David R. Harris, 2008-08-14 Given the increasing diversity of the nation—particularly with respect to its growing Hispanic and Asian populations—why does racial and ethnic difference so often lead to disadvantage? In *The Colors of Poverty*, a multidisciplinary group of experts provides a breakthrough analysis of the complex mechanisms that connect poverty and race. *The Colors of Poverty* reframes the debate over the

causes of minority poverty by emphasizing the cumulative effects of disadvantage in perpetuating poverty across generations. The contributors consider a kaleidoscope of factors that contribute to widening racial gaps, including education, racial discrimination, social capital, immigration, and incarceration. Michèle Lamont and Mario Small grapple with the theoretical ambiguities of existing cultural explanations for poverty disparities. They argue that culture and structure are not competing explanations for poverty, but rather collaborate to produce disparities. Looking at how attitudes and beliefs exacerbate racial stratification, social psychologist Heather Bullock links the rise of inequality in the United States to an increase in public tolerance for disparity. She suggests that the American ethos of rugged individualism and meritocracy erodes support for antipoverty programs and reinforces the belief that people are responsible for their own poverty. Sociologists Darren Wheelock and Christopher Uggen focus on the collateral consequences of incarceration in exacerbating racial disparities and are the first to propose a link between legislation that blocks former drug felons from obtaining federal aid for higher education and the black/white educational attainment gap. Joe Soss and Sanford Schram argue that the increasingly decentralized and discretionary nature of state welfare programs allows for different treatment of racial groups, even when such policies are touted as race-neutral. They find that states with more blacks and Hispanics on welfare rolls are consistently more likely to impose lifetime limits, caps on benefits for mothers with children, and stricter sanctions. *The Colors of Poverty* is a comprehensive and evocative introduction to the dynamics of race and inequality. The research in this landmark volume moves scholarship on inequality beyond a simple black-white paradigm, beyond the search for a single cause of poverty, and beyond the promise of one magic bullet solution. A Volume in the National Poverty Center Series on Poverty and Public Policy

the colors of us: The Colors of Violence Sudhir Kakar, 2022-06-17 For decades India has been intermittently tormented by brutal outbursts of religious violence, thrusting thousands of ordinary Hindus and Muslims into bloody conflict. In this provocative work, psychoanalyst Sudhir Kakar exposes the psychological roots of Hindu-Muslim violence and examines with grace and intensity the subjective experience of religious hatred in his native land. With honesty, insight, and unsparing self-reflection, Kakar confronts the profoundly enigmatic relations that link individual egos to cultural moralities and religious violence. His innovative psychological approach offers a framework for understanding the kind of ethnic-religious conflict that has so vexed social scientists in India and throughout the world. Through riveting case studies, Kakar explores cultural stereotypes, religious antagonisms, ethnocentric histories, and episodic violence to trace the development of both Hindu and Muslim psyches. He argues that in early childhood the social identity of every Indian is grounded in traditional religious identifications and communalism. Together these bring about deep-set psychological anxieties and animosities toward the other. For Hindus and Muslims alike, violence becomes morally acceptable when communally and religiously sanctioned. As the changing pressures of modernization and secularism in a multicultural society grate at this entrenched communalism, and as each group vies for power, ethnic-religious conflicts ignite. *The Colors of Violence* speaks with eloquence and urgency to anyone concerned with the postmodern clash of religious and cultural identities.

the colors of us: The Colors of Love Kimberly Hohman, 2002 Explores the complex nature of interracial relationships, from dating and marriage to child rearing, racism, and discrimination.

the colors of us: The Colors of Fall Road Trip Guide Jerry Monkman, Marcy Monkman, 2010-09-20 On the coffee table or in the glove compartment, it's the perfect fall foliage road trip companion. *The Colors of Fall Road Trip Guide* details 25 of the best scenic tours during fall foliage season in New England. Trips vary from short drives on the coast to all-day excursions in the region's mountains and forests. Detailed maps and itineraries compliment trip descriptions that tell you what you'll find along the route. GPS coordinates are also included for trip "hot spots." In addition, sidebars suggest short walks and hikes that are great diversions when a little leg-stretching is required. This is the perfect companion for any leaf-peeping excursion. Here are just a handful of the beautiful foliage sites and tours the Monkmans will guide you through:

Vermont's Northeast Kingdom: Groton State Forest, Cabot, and Peacham A Covered Bridge Tour of Southwestern New Hampshire Maine's Western Lakes Region The Southern Berkshires: Hay Fields, Waterfalls, and Cobbles Rhode Island's Beaches and Mansions: Westerly to Newport The Connecticut Highlands: North Meets South A Connecticut River Tour in Southern Vermont and New Hampshire Maine's Big Woods: The Kennebec Valley and Moosehead Lake

the colors of us: The Colors of Zion George Bornstein, 2011-02-01 A major reevaluation of relationships among Blacks, Jews, and Irish in the years between the Irish Famine and the end of World War II, *The Colors of Zion* argues that the cooperative efforts and sympathies among these three groups, each persecuted and subjugated in its own way, was much greater than often acknowledged today. For the Black, Jewish, and Irish writers, poets, musicians, and politicians at the center of this transatlantic study, a sense of shared wrongs inspired repeated outpourings of sympathy. If what they have to say now surprises us, it is because our current constructions of interracial and ethnic relations have overemphasized conflict and division. As George Bornstein says in his Introduction, he chooses "to let the principals speak for themselves." While acknowledging past conflicts and tensions, Bornstein insists on recovering the "lost connections" through which these groups frequently defined their plights as well as their aspirations. In doing so, he examines a wide range of materials, including immigration laws, lynching, hostile race theorists, Nazis and Klansmen, discriminatory university practices, and Jewish publishing houses alongside popular plays like *The Melting Pot* and *Abie's Irish Rose*, canonical novels like *Ulysses* and *Daniel Deronda*, music from slave spirituals to jazz, poetry, and early films such as *The Jazz Singer*. The models of brotherhood that extended beyond ethnocentrism a century ago, the author argues, might do so once again today, if only we bear them in mind. He also urges us to move beyond arbitrary and invidious categories of race and ethnicity.

the colors of us: On the Colors of Vowels Liesl Yamaguchi, 2025-01-07 Treatments of synesthesia in the arts and humanities generally assume a clear distinction between the neurological condition and the literary device. Synesthetes' descriptions of colors seen in connection with music, for example, are thought to differ fundamentally from common expressions that rely on transpositions across sensory dimensions ("bright vowels"). This has not always been the case. The distinction emerged over the course of the twentieth century, as scientists sought to constitute "synesthesia" as a legitimate object of modern science. *On the Colors of Vowels* investigates the ambiguity of visual descriptions of vowels across a wide range of disciplines, casting several landmark texts in a wholly new light. The book traces the migration of sound-color correspondence from its ancient host (music) to its modern one (vowels), investigating the vocalic *Klangfarben* of Hermann von Helmholtz's monumental *Sensations of Tone*, the vowel colors reported in early psychology surveys into audition *colorée* (colored hearing), the mis-matched timbres that form poetry's condition of possibility in Stéphane Mallarmé's "Crisis of Verse," and the vowel-color analogy central to both the universal alphabets of the nineteenth century and the phonological universals of the twentieth. The book's final chapter turns to an intricately detailed account of vowel-color correspondence by Ferdinand de Saussure, suggesting how the linguist's sensitivity to vowel coloration may have guided his groundbreaking study of Indo-European vocalism. Bringing out the diverse ways in which visual conceptions of vowels have inflected the arts and sciences of modernity, *On the Colors of Vowels* makes it possible to see how discourses of the nineteenth and twentieth centuries crafted the enigma we now readily recognize as "synesthesia."

the colors of us: The Colors of His Love Dee Brestin, Kathy Troccoli, 2002-09-15 Following the success of the highly acclaimed *Falling in Love with Jesus*, Dee Brestin and Kathy Troccoli give women the encouragement needed to become radiant women of Christ. *The Colors of His Love* will help women go deeper with Jesus by applying the secrets from John's first letter, learning to clothe themselves in Christ's love. Instead of being a washed-out beige, living mediocre lives, they can become radiant with the colors of love. Using art as a literary theme throughout the book, facets of God's love are paralleled with colors, giving women vivid pictures of how the imprint of God's love can change their lives. This art theme will be carried out visually in classic masterpieces that

illustrate biblical stories of God's transforming love such as Esther, Doubting Thomas, and the Good Samaritan. Includes such chapters as: Embroidered with Gold It's Not Easy Being Green True Blue Red is the Color of the Blood that Flowed Down

the colors of us: The colors of the dragon Virginie T., 2020-04-05 Fantasy book mixing dragon, monsters and humans, with a romance Dakota Jones is a Demon Hunter. Under the orders of her cold and distant father, she fights evil day and night with her team, who are also her friends. However, his next investigation will turn his world upside down. His meeting with Eldrekki, a man as beautiful as he is mysterious, will modify both his past and his future. Dakota knew she was different, unique, she will finally discover why and the answers may not please her. Translator: Feriel Ben PUBLISHER: TEKTIME

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PFF Grades 2023 vs 2024 - Colts Football - Indianapolis Colts Fan If the Colts have any desire to bring Dayo back at the right price then it's probably time to cut ties with Lewis. Davis was a disappointment. That should be \$6 million in cap space

Colts new uniform design ideas - Colts Football - Indianapolis Colts I know teams live for tradition and I agree with that thought for most cases. Such as keeping the Colts team colors the same blue and white only, and keeping the iconic horseshoe

Colts Football - Indianapolis Colts Fan Forum All things Colts football

Playoffs -- Monday, January 13, 2025, 8:00 PM -- Vikings @ Rams Even colored the field in Rams colors and sent the private jets to bring the LA players and all of their families (and pets) into AZ to make it feel more like a home game. Very

Forums - Indianapolis Colts Fan Forum For today's game, I fear the Colts are going to lose, thus my prediction is Rams win. Really, REALLY hope I am wrong. It's my last night in Budapest for this weekend's game, so likely

Can Someone Explain to me Why Our Home Jersey's are Some teams wear a multitude of colors at home. The Panthers for instance will wear white for their early season home games they will wear blue once or twice and then finish

Tell me about you as a Colts fan! The blue and white colors were big for me too as I am a huge Maple Leafs fans and hockey was my first love being from Canada lol. I started going to football games in 2009

White out this Sunday - Colts Football - Indianapolis Colts Fan Forum I like the white jerseys, just not on me! Lol! Let's just say darker colors are more slimming

How can I find out what color scheme jerseys Colts will wear before I'm just superstitious about wearing the right jersey (home or away) when I go out to the sports bar for a game. Is there a way to find out ahead of time? I know that most of the

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