

### COOL COLORS

Look in a teenager's room, and you'll likely find some sort of cheesy lights strung about.

Please, we beg you: Boycott the tackiness! Instead, set the mood with colored light bulbs called Mood-lites.

It's cooler and soooo much easier than figuring out how to attach those garish lights to your walls or furniture. Just swap out a bulb in your favorite lamp and you're done.

Mood-lites (\$5.95 each, [www.mood-lites.com](http://www.mood-lites.com)) come in seven flavors, if you will: Renewal (green), Tranquility (deep blue), Serenity (teal blue), Passion (red), Creativity (violet), Happy (yellow), and Energy (orange). The bulbs are 25 watts, so you get a soothing glow, not a garish dose of color. Choose your favorite hue or one that will work for the envi-

ronment you're out to create (i.e. Serenity would work well in the bathroom to create a relaxing, spa-like atmosphere).

With these bulbs you can improve your environs and also help others. Part of the proceeds from every bulb sale goes toward iFred, The International Foundation for Research and Education on Depression, which supports research dedicated to finding solutions to depression — such as color therapy.

Compiled from Knight Ridder for Teens