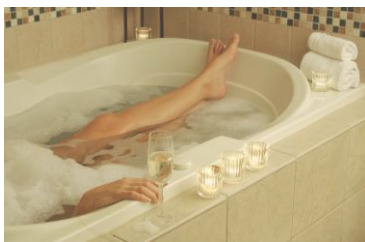


Things To Do In The Dark

April 22nd is Earth day so how about conserving electricity and have some fun in the dark.

Here are some activities you can do.

1. Enjoy dinner by candlelight. Prepare the food beforehand or go with no-cook finger foods. Add flowers to the table and serve chocolate for dessert for a special touch.



2. Take a bubble bath. Enjoy a long, quite, luxurious, candlelit bath.

3. Meditate. Spend an hour in the dark to tune out the rest of the world and go within. Find a comfortable spot at home and spend some time meditating.



4. Gaze at the stars. Go outside and see how many constellations you can spot. Maybe you'll see a shooting star.

5. Take a moonlit walk. Go outside in the night air and take your dog for a walk or take a stroll alone.

