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## Red blue red

Skip to main contentColor Block dinner plate.Diamond Point wine glass.Diamond point round decanter.Color Block teacup and saucer. These spaces brilliantly capture the patriotic spirit. 1 of 14 Created by Wayne Nathan and Carol Egan from a design by their clients' son, a dramatic bunk bed that doubles as a puppet theater is a beloved hangout in a Manhattan family's townhouse; the Ant chairs are by Arne Jacobsen. 2 of 14 Red White and Blue Chic In the dark blue living area of this Manhattan apartment, Schumacher fabrics cover the sectional, pillows, and chair; the sofa's trim is by Samuel & Sons, the mirror is Indonesian, and the rug is by Patterson, Flynn & Martin. The walls and door frame are painted in Benjamin Moore's Notre Dame and Barely There, respectively. 3 of 14 Inside a colorful Hamptons home, a guest room dressed in Quadrillewallpaper and fabrics; the bed linens are by D. Porthault, and the vintage lamps and enameled side tables are from C. Bell. 4 of 14 In a home designed by Olivier Gagnère, the kitchen cabinetry is covered in crocodile-embossed leather, the dinosaur sculpture is by Sui Jianguo, and the wall color is Bible Black by Farrow & Ball. 5 of 14 The gallery of a Manhattan home by Miles Redd features a bench by John Rosselli Antiques and Decorations and a leather-covered door trimmed with silver nailheads; the floor is painted in a faux-marble pattern, and the walls are lacquered Yves Klein-blue. 6 of 14 Red White and Blue Chic A Marrakech entryway is painted in blue and white stripes, while the floor is lined with cement tiles from Popham design. 7 of 14 In a child's room in a home designed by Madeline Stuart, the bunk room's metal bed is lacquered vermilion, and the vintage T. H. Robsjohn Gibbins chair is covered in a Kravet fabric. 8 of 14 In a New York City home designed by Robert Couturier, a Jean Dubuffet painting is displayed above the living room sofa; the 18th-century chair is by Georges Jacob, and the cloisonné lamp is from the 1950s. 9 of 14 The living room of São Paulo-based designer Sig Bergamin's Manhattan apartment. The ottoman, linen-covered chairs, and velvet armchair, which has a back upholstered in a Braquenié cotton, are by Bergamin. The photograph of Gisele Bündchen is by Michel Comte; the antique bone-inlaid screen was found in India. 10 of 14 In Frédéric Fekkai and Shirin Von Wulffen's New York City home designed by Robert Couturier, a Jean Dubuffet painting is displayed above the living room sofa; the 18th-century chair is by Georges Jacob, and the cloisonné lamp is from the 1950s. 11 of 14 A Regency sofa, a Directoire side table, and an ottoman upholstered in a Savonnerie rug in Charles de Ganay's drawing room. 12 of 14 Red White and Blue Chic In the library of Maryam Montague's Moroccan home, a suzani from Kyrgyzstan covers a 1960s sofa found on eBay; the tables are made from Moroccan road signs, and a vintage wool blanket serves as a rug. 13 of 14 At the 15th-century Tuscan villa of fashion scion Leonardo Ferragamo, the circular pool dates from 1950, and the boxwood hedges echo the contours of the wall beyond. A boldly striped fabric covers a set of iron chairs and an awning, all designed by Francesca Garagnani and Carlo Ludovico Poccianti of Archflorence. 14 of 14 Red White and Blue Chic In Holly and Eric Montgomery's Berkshires home, a painting by Holly hangs above a Kaare Klint-inspired sofa by Munder-Skiles in a guest bedroom; the side table is by Nicholas Mongiardo, and the kilim is antique. Photo Courtesy: Marvel Studios/The Walt Disney Studios/IMDb For beach-goers, experts always recommend a healthy coating of sunscreen to protect the skin from those pesky ultraviolet (UV) rays. But sunlight contains more than just UV light. In fact, it's made up of red, green, yellow, blue and orange light rays, which combine to create "white light" (a.k.a. sunlight). If you haven't sat through a high school chemistry class in a while, no worries. We'll break down the important stuff — without getting too scientific. As the name suggests, visible light can be seen by the human eye, and each ray reflects a particular color. The color of a given ray depends on said ray's wavelength (see the graphic below) — or the distance between successive crests of a wave. (Side note: This means that objects get their colors through the wavelength of the light that is reflected from them. Trust us — don't think too hard about it. Things get trippy.) Another important relationship to note is that of wavelengths and energy: The longer the distance between waves, the less energy a ray has to offer. Think of it this way — if the wave crests are farther apart, they're a bit lackadaisical, but if the crests come in rapid succession, there's a frenzy of energy there. All of this means rays on the red end of the visible light spectrum have longer wavelengths and less energy, whereas rays on the blue end have shorter wavelengths and more energy. UV rays, which aren't on the visible light spectrum, surpass blue light in terms of how much energy they contain. That incredible amount of energy is how those rays are able to create a physical change, like tanning (or burning) one's skin. In moderation ultraviolet radiation can be good for us (think vitamin D!), but, on the other hand, it can also produce some devastating effects (think sunburn and snow blindness!). But what about blue light — these visible rays that are a few notches below harmful UV rays? Well, approximately one-third of all visible light is considered high-energy visible (HEV) blue light. Blue light is literally why the sky appears blue: These rays scatter more easily than other visible rays of light when they strike the atmosphere's air and water molecules — and all that scattering makes the sky that vibrant blue. Photo Courtesy: Wikimedia Commons There's no escaping it, especially because daylight is our main source of blue light. But it's not all bad: Experiencing blue light during the daytime helps regulate one's circadian rhythms, makes one more alert, elevates cognitive function, promotes good recall and is even used in light therapy to treat seasonal affective disorder (SAD). However, human-made objects — including LED lights and display screens on flat-screen TVs, computers and smartphones — emit blue light too. Although these devices only emit a fraction of the blue light the sun emits, researchers and doctors have still voiced concerns about patients' excessive screen time in recent years. Perhaps surprisingly, the human eye is pretty great at protecting the retina from UV rays, but blue light is a different story. Virtually all of it penetrates the light-sensitive retina, causing damage that approximates macular degeneration — a condition that can lead to vision loss. In addition to potentially harming your eyes over time, blue light can also lead to eye strain. If you've ever ended up with a wicked headache after staring intensely at an Excel spreadsheet for hours, you're probably familiar with that particular discomfort. When we noted how blue light contributes to the sky looking blue, we mentioned that this is so because of how blue light scatters. Well, according to All About Vision, this same scattering of the blue light that emanates from screens makes for "unfocused visual 'noise' [that] reduces contrast and can contribute to digital eye strain." If you don't suffer from eye strain due to increased exposure to blue light, these inescapable rays may still have adverse effects on your health. Any sort of light — regardless of where it falls on the spectrum — can suppress the human body's ability to release melatonin, the hormone that regulates sleep cycles. However, it's thought that blue light quashes melatonin secretion even more than other hues do. Researchers at Harvard University compared the effects of blue and green light exposure and found that "blue light suppresses melatonin [secretion] for about twice as long as the green light and shifted circadian rhythms by twice as much." BluTech, a company that manufactures special blue light-filtering lenses, reports that "43% of adults have a job that requires prolonged use of a tablet or computer" — and that's just while said adults are on the clock. Factor in all that time we spend online, texting and marathoning Netflix, and adults spend roughly 12 hours a day looking at screens and taking in blue light. So, how can you mitigate the harmful effects of prolonged exposure to blue light? Photo Courtesy: @felixgrays/Twitter Well, these blue light-filtering lenses are becoming all the rage. Although not as ubiquitous as Away suitcases or Blue Apron commercials, you've probably heard commercials for blue light-filtering specs from Felix Gray or Warby Parker on your favorite podcast or radio talk show. Felix Gray glasses, for example, pride themselves on having a blue light-filtering material embedded inside, which the company says will curb eye strain, headaches and sleep disruption. If you're not into the glasses route, experts recommend taking screen breaks, both at work and at home; keeping screens clean to reduce glare and further eye strain; changing your abrasive white display background to something less bright; blinking more often; and avoiding screens for at least 30 minutes to an hour before bed because screens stimulate your brain. Maybe it's time to trade that fancy blue light-emitting tablet for a Kindle Paperwhite, or, you know, a good old-fashioned book. It's funny how giving gets controversial. Superficially the idea of donating money from a purchase to a charity seems pretty innocuous. And providing money or treatments for Africans suffering from AIDS truly saves lives. Advertising Age took exception with the actual giving as compared to the overall marketing effort required to make RED a recognizable brand. Lots of ink has been spilled about Bono being the beneficiary of much of the publicity as opposed to companies simply giving the \$100 million that has been spent in marketing RED directly to those in need. Instead Africans received some \$18 million according to Advertising Age.And yes, we as individuals should give to those less fortunate and not rely exclusively on corporate-sponsored giving to substitute for our personal efforts. Granted, that's an important point. But, I would not expect retailers like GAP to simply give money away. I'm sure their shareholders believe that getting a financial return on their investment is most important. Corporations are entities that people create for the purpose of making money. I asked African businessman, G. Kofi Annan for his view, and he offered, "If the charitable effort doesn't make business sense, then it's dead in the water from a corporation's perspective. That's just the way capitalism works and RED is attempting to create a happy median." He supports the effort. People who lend money to a corporation or invest in the equity of a corporation expect that if the business is successful that their funds will be returned in one form or another. Then if capital is returned, perhaps then that individual can give some money to charity. Corporations, even successful ones, are not charities.Celebrities catch flack for doing good or being Britney. I applaud the work of Bono and Bobby Shriver (who co-created RED). Corporations don't have to give - it's hard enough to get many of them to pay workers, provide health care and be cognizant of the environment. So getting them to give to Africa has value. Does it promote Bono, yeah, but if RED provides millions of dollars for AIDS drugs that's a price those of us sitting well away from the suffering in Africa can bear. John N. Pasmore • New York, NY • Very.fm

red blue red flag. red white blue red white flag. red blue red flag vertical. red vs blue red team. red blue red flag horizontal. red blue red white circle flag. red blue red horizontal stripe flag. red white blue red star flag





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