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# Happy beats

These three upbeat bands will get you smiling

BY ROBERT SPUHLER | Special to amNewYork



Turn off your television. Turn off the news. With terrorism and war making up the headlines, it's easy to fall into depression.

But for one night, there's an escape, when Canadian electro-pop star Lights, alt-pop crew The Mowgli's and synth-poppers Phases take over Irving Plaza tonight. There may not be three happier, more optimistic acts in music today, performing up-tempo pop songs with big, bright

**IF YOU GO** Lights, The Mowgli's and Phases play tonight @ 6 p.m. Irving Plaza | 17 Irving Pl. | 212-777-6800 | \$25-\$45

choruses and smile-inducing melodies. But not all versions of "happy" are the same. Which band's form of good cheer will put the biggest smile on your face? Here's a few handy ways to characterize and differentiate the brands of jubilation on display tonight.

**3** brands of happy



	Lights	The Mowgli's	Phases
<b>Type of happy</b>	I-can-do-anything happy	Family-campfire happy	Getting-ready-for-a-night-out happy
<b>Lyrical mission statement</b>	"Singing every song, loving every line, 'til the night is gone, just like the old times."	"I'm good, living life just like I should, wouldn't change it if I could."	"Feeling good ain't going out of style . . . I'm in love with my life."
<b>Moment of reflection</b>	<b>"Slow Down"</b> "When I was young, you were only a ghost, taking old friends, leaving me alone. When we are gone, tell me where do we go?"	<b>"The Great Divide"</b> "The city lights have left me nearly empty; they've replaced the stars that used to shine so bright."	<b>"Lonely Days"</b> "The dreams that never came, lost somewhere in starlight/Lonely days, lonely nights"
<b>Peak serotonin</b>	Pogoing around the dance floor	Shouting along with the choruses	Bobbing the head and striking a pose