



Showdogs is a full service salon. We do baths, all over hair cuts, tooth brushing, nail trims, soft claws, flea treatments, mud baths, and ear cleaning. We also have health care and grooming products to keep your pet clean in between visits.

Show Dogs Grooming Salon & Boutique

926 N. Lombard
Portland, OR 97217
503-283-1177

Tuesday-Saturday 9am-7pm
Monday 10am-4pm

*Yo dawg is gonna look like a show dawg
and your kitty will be pretty.*

Arts & ENTERTAINMENT



Full spectrum light bulbs may help fight wintertime blues.

Stay Awake with a Bright Light

Adjusting to the long, dark days to come

BY KAY L. NEWELL
THE LIGHT BULB LADY

On Sunday we set our clocks back one hour for standard time, the beginning of the

long, dark days of late fall and winter. As the sun sleeps in later and goes to bed early our bodies want to do the same, but we live in world of artificial light. As a result, some succumb to seasonal affective disorder, a syndrome of wintertime blues when Vitamin D deficiency during wintertime can magnify depression.

Natural sunlight is a nutrient and Vitamin D is created in our bodies when skin is exposed to the sun. The ultraviolet rays metabolizes calcium and increases the body's use of vitamins C and A. I do not know of any bulb that is advertised to provide vitamin D, but full spectrum bulbs do help with the symptoms of seasonal affective disorder and are great for plant growth.

Our farmer ancestors were said to get up with the chickens and went to bed at dark. The colors of natural sunlight activate our bodies to wake up in the morning and

go to sleep at night. Hologen bulbs provide a yellow light that mimics some of the natural yellow color of the sun's morning light. They are a wonderful bulb to wake you up and a great bulb for active work.

Neodymium is infused in light bulbs to create a color that is close to afternoon light. It is a softer, calming light, and also great for evening lighting. Moon light is a mellow yellow light that allows you to sleep, yet see in the night.

I find the new Edison bulbs are very comfortable for evening use. For office lighting, I use an American made fluorescent tube lamp that is 92 percent of the light of a September day. Standard fluorescent lamps give me headaches, stress me out, and make it hard for me to read.

Visit me at Sunlan Lighting on North Mississippi Avenue and experience the best office light for yourself.



State Farm[®]

Michael E Harper
Agent

Providing Insurance
and Financial Services

Home Office, Bloomington, Illinois 61710

We are located at:
9713 S.W. Capitol, Portland, OR

503-221-3050 • Fax 503-227-8757

michael.harper.cuik@statefarm.com





Mingle Lounge

Upscale Hip-Hop/R&B Nightclub
25 and Older

322 NW Everett St • FRI-SAT 8PM-2AM