

CLASSIFIED/BIDS

SUB BIDS REQUESTED

University of Oregon Knight Campus for the Acceleration of Scientific Impact (KCASI)

Eugene, OR

Bid Package: #5a

Mechanical & Controls

Bids Due: September 25th at 2:00pm
Bid Documents: www.hoffmancorp.com/subcontractors



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SUB BIDS REQUESTED

Seaside School District New Middle/High Schools

Seaside, Oregon

Bid Package: #4 - All Other Work

Pre-Bid Meeting: Sept 18th 1:00pm in Seaside
Bids Due: October 4, 2018 2:00pm
Bid Documents: www.hoffmancorp.com/subcontractors



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 The Portland Observer



Good lighting creates a better learning space, making it easier and less distracting for kids doing homework and keeping up with their reading.

Lights for Back to School

BY KAY NEWELL
 THE LIGHTBULB LADY

School days are back. Back to doing homework, reading more books, papers to write and so much new information to learn. Students need a learning place where they can be comfortable, have good lighting and few distractions.

Some lights make it easier to learn. Other lights can make it harder to read. Blue-white LED lights can not only keep a student awake at night, but it can be hard to study under a too bright light. The correct light can make it easier to read and can help a child retain information easier.

Reading lights that are closer to natural sunshine create the best learning lights. Halogen is a bright- yellow white light that is close to morning light. Neodymium light has been shown to make reading easier. It is a calming and a relaxing light that is close to afternoon sunshine. Both lights can be great study lights.

Put your child's preferred light over the study area. The other lights in the room can be that same light or a different light to create other affects. You can create a fun feeling by using ambient lighting to relax the eyes when looking up from the task at hand. Edison bulbs and colored bulbs create mood lighting. They are fun lights to use for gathering thoughts and changing focus.

Lights can also be used as a study timer. Using a timer, turn on a colored bulb to mark the start the studying period. When the light goes off, it is time for a break or if the studies are finished, an ending time. A light on a timer also make a great "time to go to bed when it pops on and time to go to sleep when it pops off. Timers are great "bosses" when used with an agreement of timed activities.

Visit me at Sunlan Lighting, 3951 N. Mississippi Ave., for light bulbs and lamps to light up your world.

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Class of '68 Reunion Coming

The Jefferson High School Class of 1968 will be celebrating its 50th year reunion with a reception and dinner on Saturday, Sept. 9 at the Riverside Golf and Country Club, 8105 N.E. 33rd Dr.

"It will be a chance to share amazing memories," said Bobby Fother, Jefferson Class of '68 reunion committee member.

The reunion will begin with a

no-host cocktail/beverages hour, followed by group and your choice photos, welcome greetings, a buffet dinner, and more time to get reacquainted.

For more information and to RSVP, visit jefferson1968.my-event.com; email jhs1968@gmail.com or phone organizer Margaret (Varkados) Schultz at 503-412-9918.

Readers of all ages

and all walks of life

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