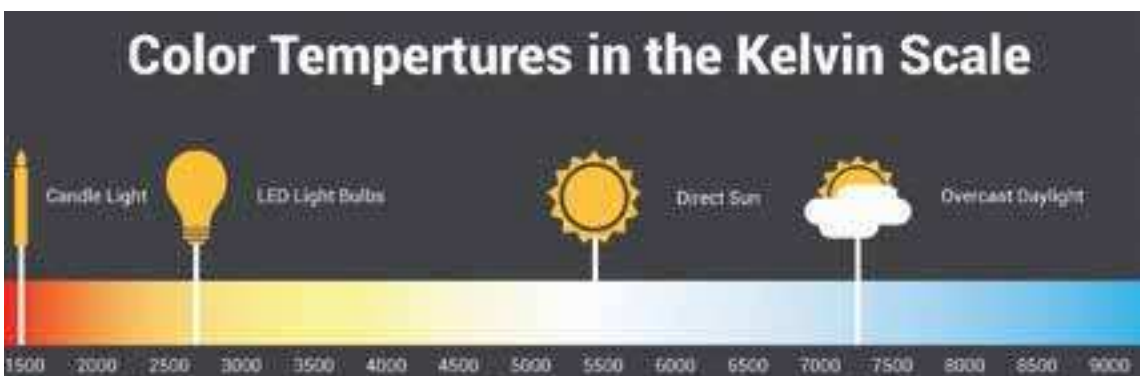


# Arts & ENTERTAINMENT



## Portrait of a Visionary Artist

The Northwest Film Center presents a documentary about one of the top-selling female artists in the world, Yayoi Kusama of Japan, a person who has struggled with mental illness, overcoming impossible odds to bring her radical artistic vision to the world stage. "Kusama: Infinity" uncovers her working methods and preoccupations, reveling in her playful, intensely colorful artistic world. Screens at 7 p.m. on both Thursday, Jan. 3 and Saturday, Jan. 5 and at 4:30 p.m. on Sunday, Jan. 6 at the Portland Art Museum. General admission \$10.



## Understanding Light Color

BY KAY NEWELL/THE LIGHT BULB LADY

As the winter sun gets hidden behind a grey cloud blanket, as our plants go dormant for the season, and our pets move in slow mode, sleeping the days away, many humans feel the same effects. We just want to hibernate. We call it S.A.D. for seasonal affective disorder, a type of depression that's related to changes in seasons.

But light bulbs can help, if you select the correct bulbs. My last column and blog addressed that issue. There are bulbs to create a better light to help you, the plants, and the animals living with you. Read the bulb package to learn the light color a bulb creates.

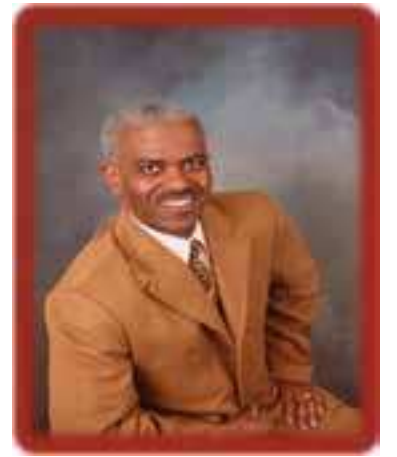
Some general words used to describe the differ-

ences in light are natural, daylight and sunshine, but these terms do not have a defined definition. To select the light you desire look for the word Kelvin. In the past, 6500 Kelvin was called daylight. The lower the number the more yellow the light. The light becomes bluer as the Kelvin become higher.

Kelvins inform us the color of light for a given bulb but not the quality of that color. The color rendering index (CRI) measures the effect a light has on the perceived color of objects. We will have more to explain about CRI in our next blog.

Visit me at Sunlan Lighting at 3901 N. Mississippi Ave. where we stock a large variety of bulbs in many colors and shapes.

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-Wayne Cannon



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