



Keep Alive The Dream
Monday, January 21, 2019; 11AM-6PM
Highland UCC, 7600 NE St., Portland OR 97213



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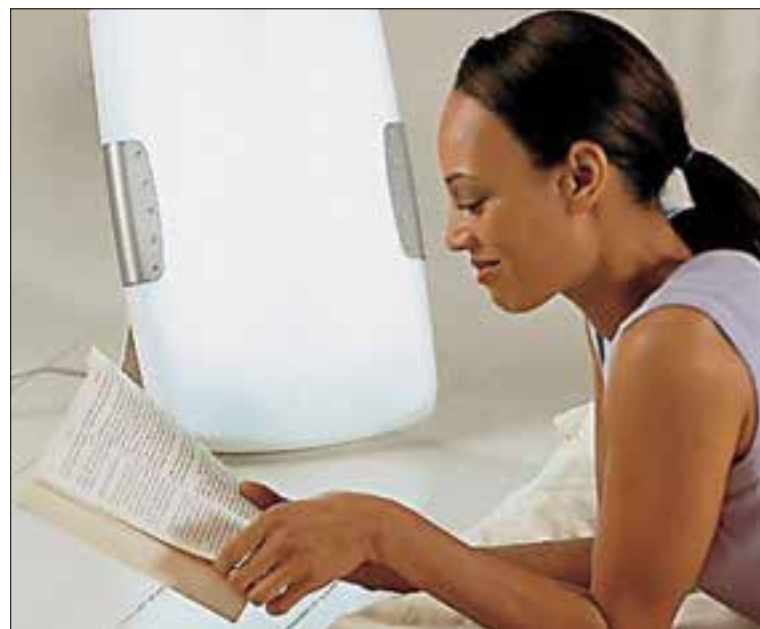
Winter Sun and our Home Lights

BY KAY NEWELL
THE LIGHT BULB LADY

We are spending our time in rainy and cloudy Oregon. Outside, a blanket of clouds hide the sun, shifting and muting the colors of light that reach us. The greying of the sunlight tells our bodies that we should eat more carbs, sleep more and slow down. Society, however, requires us to maintain the same hours as summer and expects us to enjoy the same activities. Our bodies and minds say no-o-o. We call this S.A.D.; Seasonal Depression Disorder.

During the days of sunshine, the light of the sun clues our body to morning and evening activities. The clouds of winter hide the subtle color shifts from the sun that tell us the time of day. We use this light to compare the Kelvins of light bulbs.

Light created by humans light up our homes and businesses enough to see but it does not have the same color shifts to replace the messages of the sunlight. By selecting bulbs with comparable light colors or Kelvins to the sun for our activities, we can help our bodies feel like we are experiencing a bit of the sun's colors. The



Lighting designed to replace real sunshine is used to fight seasonal depression that can come with the sunless, cloudy, and raining days of winter.

key to using light bulbs to replace sunshine has two very important elements. The color Kelvin to match the time of day or night you want to replace and how close the light is to real sunshine. [CRI-Color Rendering Index.]

With few exceptions, fluorescent bulbs are 82 percent of natural light. Halogen and Zenon lights are 98 to 100 percent of

morning sunshine, excellent light. LED bulbs range from 70 percent to 90 percent of sunshine. To get to the 90 percent range, select a bulb with the Kelvin number 927, 930, 941, 950 or 965 in the code. See the box to find the code.

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

Prosper Portland's commitment to social equity is inspired by the life and work of Dr. Martin Luther King, Jr.

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