

LED Lighting Has Some Health & Vision Side Effects Worth Considering

By **JIM SMITH, Realtor®**

In my July 18th column, online at www.JimSmithColumns.com, I wrote about my favorite home improvements, including the adoption of LED lighting, which I prefer to CFL lighting and is far more energy efficient than incandescent lighting. In particular, I wrote glowingly, so to speak, about “daylight” LEDs — the whitest light available, so well-named for how it matches the color of bright sunlight.

In our office, I replaced all our “soft white” LEDs with “daylight” LEDs to match the color of sunlight coming through our four Velux sun tunnels.

A reader of that column alerted me to some recent research which showed “daylight” LEDs to be harmful to vision, exacerbating macular degeneration, and disruptive

of our circadian rhythm (important for good sleep) specifically because it simulates full natural sunlight.

I urge you to Google “daylight LEDs and health,” as I did, and you’ll find that one of the top links is for a June 2016 American Medical Association policy statement (adopted unanimously at their annual meeting) warning about health and safety problems associ-

ated with white LED lighting, so common now in the lighting of American streets.

It was right after learning of this research that I bought a new HP laptop computer and noticed that it offers a “nightlight” setting which automatically changes the screen lighting from white to yellow LED light at sunset. It made me wonder why I was so late to learn about this issue!

The reader who alerted me to

this topic suffers from early stage macular degeneration. He said he has replaced all the LED lights in his home with incandescent bulbs. I’m satisfied that changing back to the lower “color temperature” LEDs will be enough. I have noticed that some LED fixtures (like the ones I installed in our conference room) have a switch allowing you to choose between “soft white,” “warm white” and “daylight” temperature settings.

Golden Fine Arts Festival

The 29th Golden Fine Arts Festival runs this **Saturday & Sunday, 10-5**, in downtown Golden. We are proud to be one of its sponsors! This is a juried arts festival with 136 artist booths plus food courts at each end of the 3-block-long event. Find much more info about the festival at www.GoldenFineArtsFestival.org.

Just Listed: Updated 19th Century Home in 5 Points



Originally built in 1890, this home at **2512 Clarkson Street** was remodeled in 2015, adding a second floor with master suite and roof top deck offering views of downtown Denver. In effect, the entire house was brand new in 2015, except for its brick shell. It has another master suite on the main floor. You’ll like the modern finishes and exposed brick, and the 2-car detached garage. There’s a main-floor office which could be used as a third bedroom. The laundry is on the main floor. You’ll also like the high ceilings with recessed lighting. The home is on an awesome block just a few doors from the Five Points Plaza and Welton Street light rail. It’s also close to River North, City Park, Coors Field, PSL and St. Joseph Hospitals, and of course downtown. It has a low-maintenance backyard that’s great for entertaining, with a large deck. **Open house Saturday, Aug. 17, 11-3.** Listed by **Chuck Brown**. Video at www.FivePointsHome.info.

Just Listed: Kinney Run Townhome in South Golden



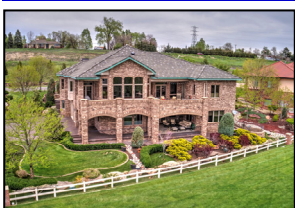
This gorgeous 4-BR 4-bath townhome at **916 Homestake Dr** is located in the Kinney Run townhome community, a short walk from the Colorado School of Mines and historic downtown Golden, making it a great investment opportunity. The main level features expansive hardwood flooring, new stainless steel appliances and new granite countertops in the kitchen. The main floor layout features a living room with wood-burning fireplace, dining area and family room area off the kitchen. This home has been freshly painted & features new carpeting in the upper & lower levels. Enjoy the private, north facing deck with winter views of South Table Mountain and Castle Rock. Upstairs features the master suite with updated master bath and walk-in shower as well as another large bedroom and full bath. The basement features a full bath as well as the 4th bedroom. There is a 1-car detached garage with an adjoining parking space. View a narrated walk-thru at www.GoldenTownhome.com. For a private showing, call **Andrew Lesko** at **720-710-1000**. **Open Sat., Aug. 17th, 11 to 3.**

Rare Ranch-Style Home in Trailmark Back on Market

Ranch homes are rare in Trailmark. This one at **9379 S. Jellison Way** went under contract in 10 days but the contract fell when the buyer’s home failed to sell. You’ll love this home with its 4 bedrooms, 3 baths, vaulted ceilings on the main floor, and 3,670 finished square feet. The gourmet kitchen features slab granite countertops, stainless steel appliances and hardwood flooring that extends throughout the main level except for the bedrooms. The backyard features a pergola and stamped concrete which extends around both sides of the house. The master bath features a walk-in shower, slab granite double vanity, and a porcelain tile floor. In the basement is a 4th bedroom with a similar bathroom, plus a second family room with a kitchenette, making it suitable for a mother-in-law apartment. Take a narrated walk-thru (with drone video) at www.TrailmarkHome.info, then come to our **open house Sunday, 11-2**. Or call me for a private showing.



\$250,000 Price Reduction on 4-BR Arvada Mansion



This fabulous listing at **12996 W. 81st Place** in Arvada was originally listed at \$1,875,000 and was worth every penny when you learn its features. Now it’s just **\$1,600,000**. See all 46 magazine-quality photos and a 21-minute narrated video walk-through at www.ArvidaMansion.info. It takes that long to show this home’s many features such as its ceiling frescos, his-and-her master bathrooms (including bidets), his-and-her master closets, two fully-finished garages that could hold up to 10 cars, and three boilers providing radiant floor heating to the home, its garages, driveways, patios, and even an exterior walkway for snow melting! Really, even if you’re not in the market for this veritable mansion, you should view the narrated video tour to see how the 1% lives! For a private showing, call your agent or Jim Smith at **303-525-1851**.



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Send Your Request to Jim@GoldenRealEstate.com

Jim Smith

Broker/Owner, 303-525-1851
Broker Associates:

CAROL MILAN — 720-982-4941
NORM KOWITZ — 303-229-3891
ANDREW LESKO — 720-710-1000
DAVID DLUGASCH — 303-908-4835
CHUCK BROWN — 303-885-7855
KRISTI BRUNEL — 303-525-2520
CARRIE LOVINGIER — 303-907-1278
JIM SWANSON — 303-929-2727

