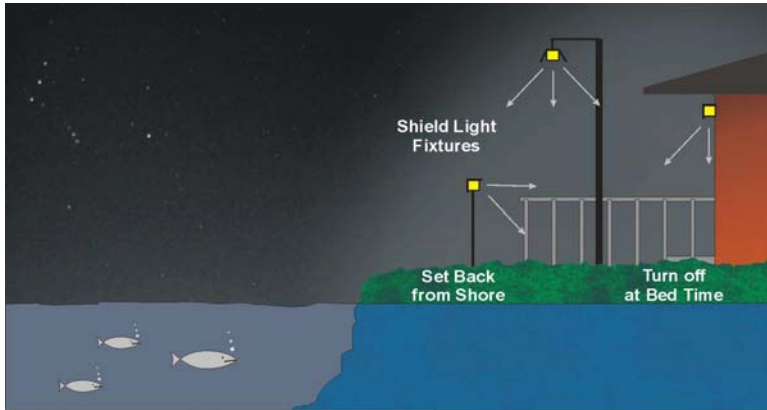


# Solutions to Light Pollution



- Don't shine lights on neighbour's property, or onto and across the river or lake
- Shield all light fixtures (Full Cut-off)
- Direct shore lights away from water
- Set back lights from shoreline
- Use light colour paint on steps and railings
- Reduce wattage (<40 watts – incandescent, 13 watt - compact florescent)
- Use “warm” (not white or blue) colour lights
- Turn off lights at bed time
- Close your curtains after sunset

## Project for Kids



Build simple shield for outdoor lights. Use outdoor paint to protect cardboard material. Plans are found at:

[www.starlight-theatre.ca/LT-POLLUTION.HTM](http://www.starlight-theatre.ca/LT-POLLUTION.HTM)

<p><b>Energy and Light Saving Strategies</b></p> <ul style="list-style-type: none"> <li>○ Turn off lights when you go to bed</li> <li>○ Shield lights → then use lower wattage bulbs</li> <li>○ Use motion detectors</li> </ul>	<p><b>Strategies for Aesthetics</b></p> <ul style="list-style-type: none"> <li>○ Use recessed lighting</li> <li>○ Shine lights down</li> <li>○ Hide fixtures with architectural features</li> </ul>
<p><b>Environment Saving Strategies</b></p> <ul style="list-style-type: none"> <li>○ Close window shades after dark (30 min.)</li> <li>○ Don't shine lights onto neighbour's property</li> <li>○ Don't use white or blue light</li> <li>○ Use light only when necessary</li> </ul>	<p><b>Key Words</b></p> <ul style="list-style-type: none"> <li>○ Circadian Rhythm</li> <li>○ Light Pollution</li> <li>○ Melatonin</li> <li>○ Scotobiology</li> </ul>

## Suggested Reading

Ecological Consequences of Artificial Lighting, C. Rich, T. Longcore, Island Press, 2007, ISBN 1-5963-129-5

RASC Dark Sky Preserve GOL (Guidelines for Outdoor Lighting Parks Canada, Contract No 45198343)

Essays and reports: [www.starlight-theatre.ca/LT-POLLUTION.HTM](http://www.starlight-theatre.ca/LT-POLLUTION.HTM)

Other Information: [www.darksky.org](http://www.darksky.org)



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