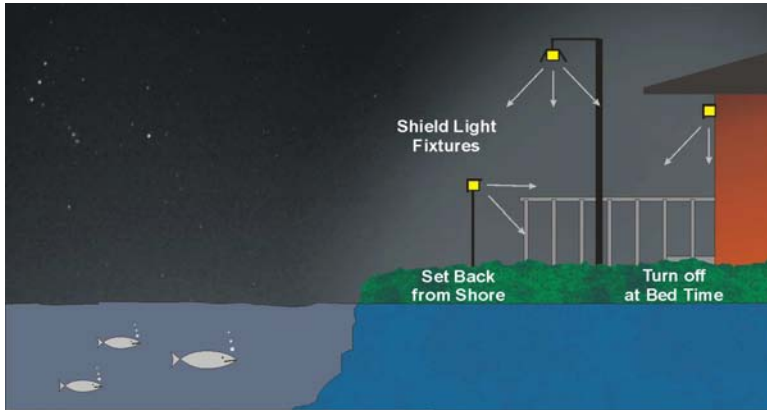


# Solutions to Light Pollution



- 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)



Robert Dick, Starlight Theatre

225 mm diameter

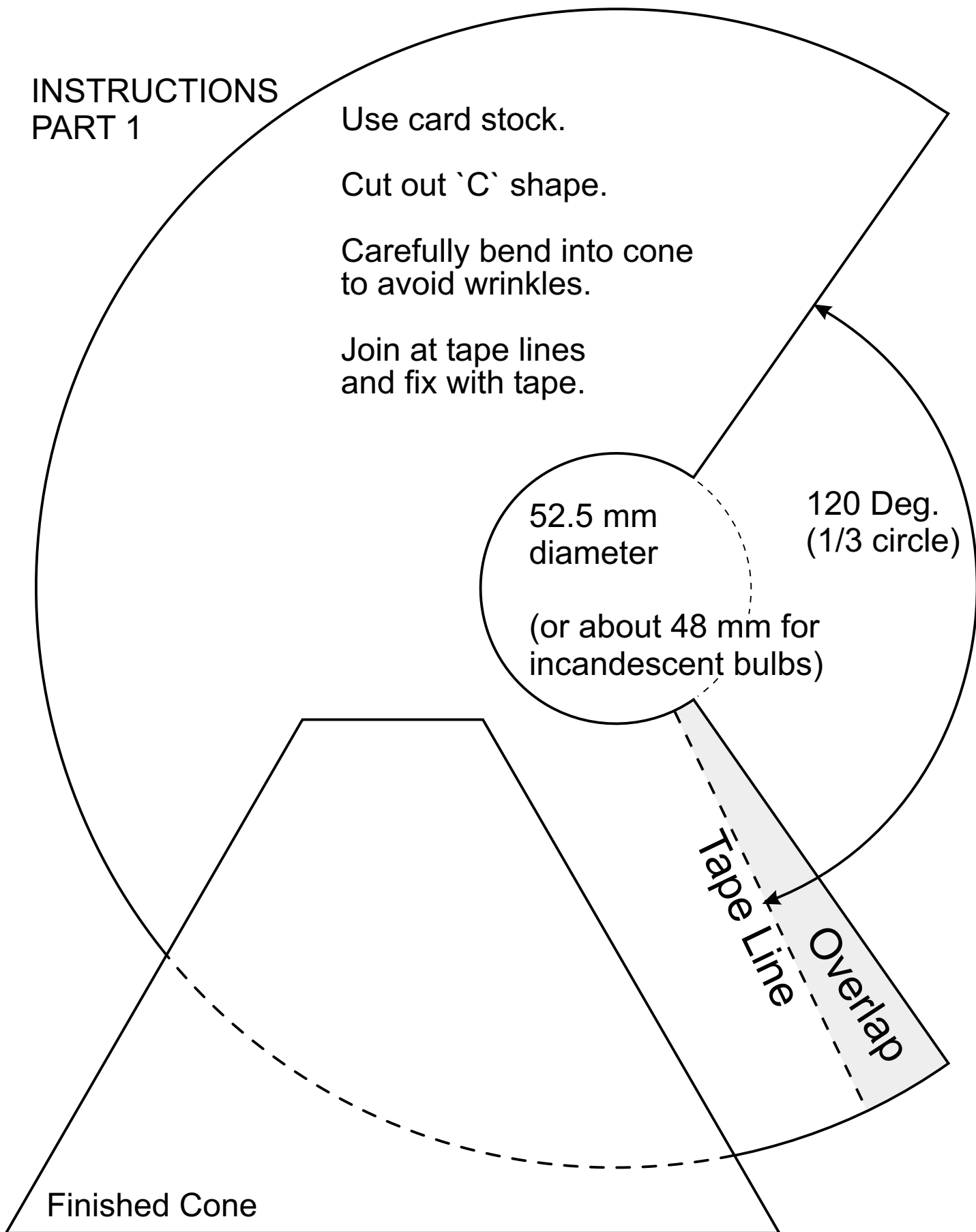
**INSTRUCTIONS  
PART 1**

Use card stock.

Cut out `C` shape.

Carefully bend into cone  
to avoid wrinkles.

Join at tape lines  
and fix with tape.



**Light Shield Pattern**

INSTRUCTIONS  
PART 2

Cut a 3 cm wide x 48 cm long stripe.

Tape strip to the bottom edge.

Paint inside (white) and outside with outdoor paint to increase its durability.

Slide over plastic  
of 13 watt CF bulb  
and fix with tape.

