

In his original paper on Circadian Disruption and Breast Cancer, **Richard G. Stevens, Ph.D.**, the University of Connecticut Health Center Epidemiologist, states:

*"Lighting the night is as important an ecological issue
for the planet as global warming,"*

Health Effects of Light at Night

Stevens, Richard G.

[Artificial Lighting in the Industrialized World: Circadian Disruption and Breast Cancer.](#)

Cancer Causes and Control. 17: 501-507. 2006.

A Number of Recent Articles Abound in the Media That Suggest Nighttime Exposure to Light is One Factor in the Increased Incidence of Breast Cancer

[Light at Night Raises Breast Cancer Risk](#)

by ISRAEL21c staff, ISRAEL21c, February 28, 2008

... Women who live in well-lit neighborhoods are more at risk from breast cancer than those who live in darker areas, according to new research by Israeli scientists.

[Bright Lights at Night, Perhaps Not Such a Delight](#)

by Jennifer Lee, New York Times, February 25, 2008

... A new study that shows women who live in areas with brighter nighttime illumination have an increased chance of developing breast cancer drew attention from the folks at City Room.

[Shedding Light on a Cause of Breast Cancer](#)

by Ben Harder, U.S. News and World Report, February 21, 2008

... When Edison invented the light bulb, did he accidentally spawn a cancer epidemic?

[Study: Night Light Raises Cancer Risk](#)

by Judy Siegel-Itzkovich, The Jerusalem Post, February 21, 2008

... Exposure to light at night is the most powerful factor in breast cancer besides genetic defects, according to a new University of Haifa study.

[Lights at Night Are Linked to Breast Cancer](#)

Study Bolsters Theory About Interference With Production of Key Hormone

by Rick Weiss, Washington Post, February 20, 2008

... Women who live in neighborhoods with large amounts of nighttime illumination are more likely to get breast cancer than those who live in areas where nocturnal darkness prevails, according to an unusual study that overlaid satellite images of Earth onto cancer registries.

Other Health Related Issues

'Insomnia: A Cultural History'

by Eluned Summers-Bremmer, February 28, 2008

... In lists of famous insomniacs, care-worn politicians loom large. Whether or not Margaret Thatcher did remark, as has been claimed, that 'sleeping is for wimps,' it would seem that awakeness beyond the degree expected from the general populace is endemic to contemporary governance.

Guest Opinion by Robert L. Gent, President of IDA Board of Directors

Arizona Daily Star, February 28, 2008

On behalf of the International Dark-Sky Association, we would like to thank the Arizona Daily Star for its Feb. 16 editorial "Arizona needs to update its dark-skies law." Preserving the night skies of Arizona for astronomy is very important, but there are many other reasons why this makes good sense.

Bright Night Skies Affect Wildlife, Human Cycles

... In the United States, a growing public awareness of and concern for the effects of light pollution has inspired states, counties and municipalities to pass hundreds of dark-sky-friendly ordinances. [Read more >>](#)

Message from David L. Crawford, Executive Director

There is an oft quoted management principle, Keep It Simple, or KIS. Sometimes it has an additional S at the end; I always drop that S. It is very good advice, but one must always remember also another oft quoted principle, The Devil Is In the Details. Both are valid. So what is the best advice? Both. Keep it as simple as possible, but be aware of the details. Both IDA and I always try to do both. It is an essential goal for a non-profit organization facing many high leverage opportunities but with little time or funding.

I often use a couple of other bits of advice to myself and others relative to what I consider good management, personal, non-profit, or commercial. I will comment on some of these in future e-News issues, and let me start with one such here.

I am a great believer in two key ratios when it comes to management. One is Value per Cost. The other is Value per Time. $V/\$$ and V/t . What these mean to me is that "things," whether they be projects or anything else, must be looked at in view of their value as well as their cost and time spent. Some things may have great value but cost too much or require much too much time to get success. Others can be done quickly or with little time but have little value. We must always try to look at "everything" in light of these key ratios, and try to keep them maximized.

As a teaser, I will discuss (very briefly) in coming editions several other management (or life) concepts. Any idea in advance what these mean? $W^5 H C A$. ACCCUTS. X, X², X³, X⁴.

IDA in the News

Campaign Illuminates Issue of Light Pollution

by Bill Graham, The Kansas City Star, March 01, 2008.

... The Milky Way's Galaxy intense starlight gives unfathomable scope and beauty to a dark night sky.

Seeing Stars

The Chief Engineer, March 01, 2008.

... For the environmentally concerned sky-watchers among us, isn't enough that the world should go green. It should go dark green.

Strategies in Light 2008 Pulls the Crowds in Santa Clara

by Tim Whitaker, Editor, *LEDs Magazine*, February 2008.

... The annual LED conference and exhibition always provides an interesting mix of presentations and exhibits.

Mumbai-Pune Expressway Tunnels Poorly Lighted: Experts

by Mudassir Rizwan, Indian Muslim News and Information, February 19, 2008

... Pune: The tunnels on Mumbai-Pune Expressway are poorly lighted making driving difficult, say Reginald R. Wilson and Warren G. Julian, two lighting experts from Australia.

A Sampling of Media Articles on Light Pollution

Spring Skies

by Greg Redfern, WTOP Radio, March 01, 2008

... Finally, spring will have sprung this month! The actual first day of spring for the Northern Hemisphere occurs at 1:48 a.m. Eastern DAYLIGHT Time (EDT) on the 20th.

Looking Up: Look for the Zodiacal Light

by Peter Becker, Gatehouse News Service, February 29, 2008

... Wisps of sheer luminance tangled among the dusting of faint stars await the keen-eyed or fortunate observer who can get away to a dark night sky.

Starlight, but Skies are Too Right

by Fred Schaaf, Mother Earth News, February 29, 2008

... One half of our natural world is rapidly disappearing. It is the half we call the night.

Introducing the World Wide Telescope

by Matt Ransford, Popsci.com, February 28, 2008

... At this week's TED conference, Microsoft announced a groundbreaking software that will bring the farthest regions of the universe to your desktop—but will it soon be the only way to see the night sky?

Lights Are On But Nobody's Home

Strathspey & Badenoch Herald, February 27, 2008

... Street lights have been burning for nearly a month at a plush development gradually taking shape in Aviemore – even though work has not even started on building any of the homes.

[Lawmakers May Banish Inefficient Light Bulbs](#)

by Lynda Arakawa, The Honolulu Advertiser, February 26, 2008

... In several years, cheap-but-inefficient light bulbs that have lit homes for generations will be banished from store shelves in Hawai'i, under measures considered by lawmakers this session.

[City Hall Brought Into Neighbours' Battle over Bright Lights](#)

CBC News, February 26, 2008

... What could you do if your neighbour blasts your yard with 500 watts of halogen light? Under the City of Winnipeg's current rules: not much.

[Astronomers Club to Kick Off Public Viewing Sessions](#)

by Scott Richardson, Pantagraph.com, February 25, 2008

... Carl Wenning, Duane Yockey and Lee Green share a passion that's out of this world. They're astronomers. Yockey and Green are classed as amateurs. Wenning was director of the Illinois State University Planetarium from 1978-2001.

[New Lighting Improvement Scheme For A570, Ormskirk, Lancs](#)

Issued on behalf of the Highways Agency by GNN North West, February 20, 2008

... Drivers on the A570 near Ormskirk, Lancs, will soon be enjoying a clearer view thanks to a £997,000 project to install 50 state-of-the-art lampposts, starting on Monday 11 February.

[New Aurora Observatory Opened](#)

by Rolleiv Solholm, The Norway Post, February 19, 2008

... As part of our High North Strategy, the government aims to develop Svalbard as an international research platform.

[A Star-Gaze Party in the Lap Of Nature](#)

by Madhur Tankha, The Hindu, February 19, 2008

... Astronomers to go to Manora Peak in Nainital to have a glimpse of the Milky Way.

[Light Pollution Dims School Observatory's View](#)

by Rindi White, Anchorage Daily News, February 19, 2008

... "Urban" light pollution is making it hard to see planets and stars at Stargate Observatory in Wasilla, the only public place to glimpse distant galaxies in the state, according to its founder, teacher Tim Lundt.

[Bill Aims to Cut Down "Light Pollution"](#)

by Marshall Griffin, KBIA Jefferson City, MO, February 18, 2008

... A bill in the Missouri House seeks to reduce so-called "light pollution" and make stars in the sky more visible at night.

[New Center Sheds Light on Astronomy as a Major Player in Hawaiian Life](#)

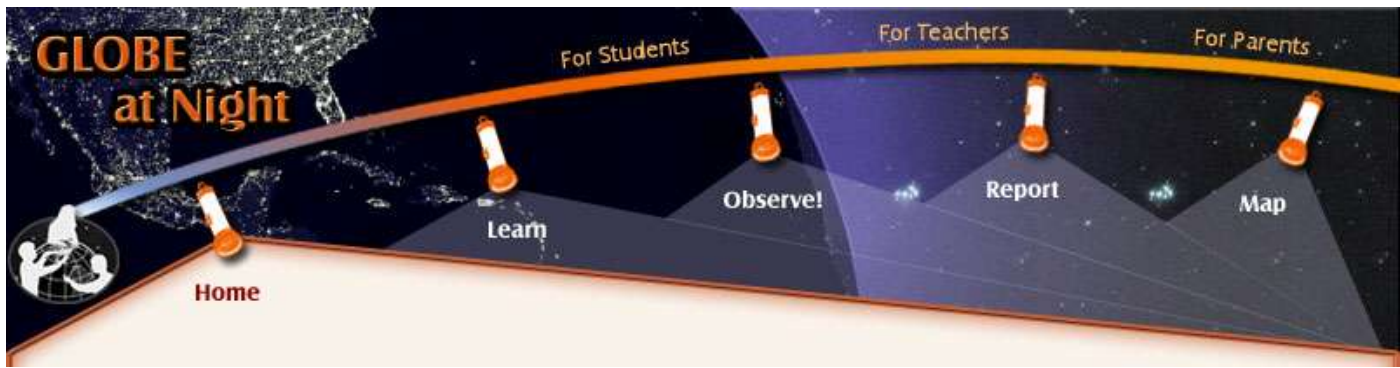
by Janice Gaston, Winston Salem Journal, February 17, 2008

... Ancient Hawaiians placed great importance on the night sky. After all, the stars helped guide Polynesian navigators to these lush islands in the vast reaches of the Pacific Ocean some 2,000 years ago.

For a comprehensive list of current and upcoming events related to IDA,

Click on the IDA Web site [Schedule of Events](#) page

Or our easy-to-view [meetings list](#).



Can You See the Stars?

Join thousands of other students, families and citizen-scientists hunting for stars during February 25 through March 8, 2008. Take part in this international event called GLOBE at Night to observe the nighttime sky and learn more about light pollution around the world.

GLOBE at Night is an easy observation and reporting activity that takes approximately 15-30 minutes to complete. Citizen-scientists record the brightness of the night sky by matching its appearance toward the constellation Orion then submit measurements at www.globe.gov/globeatnight/. Resulting maps of all observations are created and placed back online by the GLOBE at Night staff within the few weeks that follow.

The five easy star-hunting steps, for which more information is provided on-line, are:

- 1) Find your latitude and longitude.
- 2) Find Orion by going outside an hour after sunset (about 7-10pm local time)
- 3) Match your nighttime sky to one of our magnitude charts.
- 4) Report your observation on our website. (Observations can be made February 25 through March 8; you may report through March 15).
- 5) Compare your observation to thousands around the world.

In addition to the unaided-eye observations of Orion, the GLOBE at Night campaign offers [Sky Quality Meters](#) (SQM) users the opportunity to measure directly the integrated sky brightness. SQM measurements by citizen-scientists can also be reported on the GLOBE at Night website to contribute to a global map of light pollution around the world.

Helpful and user-friendly ancillary materials such as a teacher packet and science standards, a family packet, and student games and information are provided on-line at www.globe.gov/globeatnight/.

You can also subscribe to our mailing list to receive updates and results of this campaign. Visit www.globe.gov/globeatnight/ and click on "subscribe" at the bottom of the webpage.

During the inaugural event in 2006 over 18,000 people from 96 countries submitted 4600 observations, including data from every U.S. state. In 2007, the number of observations almost doubled! Help us exceed 10,000 observations in 2008!

GLOBE at Night is a collaboration between the National Optical Astronomy Observatory (www.noao.edu), The GLOBE Program (www.globe.gov), The International Dark-Sky Association (www.darksky.org), Centro de Apoyo a la Didactica de la Astronomia (www.ctio.noao.edu/AURA/CADIAS/), and Environmental Systems Research Institute, Inc (www.esri.com/k-12). GLOBE schools all over the world as well as science and nature centers and astronomy clubs (i.e., programs with networks maintained by the [Astronomical Society of the Pacific](#)) are local leaders in GLOBE at Night efforts with citizen scientists.

The press release (and more information on SQMs) can be found at <http://www.noao.edu/outreach/press/pr08/pr0803.html>.

IDA Meetings and Events

Crime Prevention Through Environmental Design (CPTED)

Basic CPTED Training Course



TAUGHT BY THE NATIONAL INSTITUTE OF CRIME PREVENTION (NICP)

AND HOSTED BY THE INTERNATIONAL DARK-SKY ASSOCIATION.

Learn how proper design and use of the physical environment can lead to a reduction in the incidence and fear of crime in your community. Renowned CPTED instructor and President of the [National Institute of Crime Prevention](#), Art Hushen, is presenting this basic training course in Crime Prevention Through Environmental Design.

June 11-13, 2008

9:00 am - 5:00 pm

Loews Ventana Canyon Resort

7000 North Resort Drive

Tucson, Arizona 85750

***This CPTED course immediately follows the
IDA 20th Anniversary Annual Meeting and Conference.***

Attend both and save!

Topics Covered:	Who Should Attend?
<ul style="list-style-type: none">• Understanding CPTED Strategies and Concepts• Lighting and CPTED• Understanding Site Plans• Planning, Zoning, and CPTED• Report Writing• Barriers — Symbolic and Actual• Human Behavior and CPTED• Landscaping and CPTED• Actual site plan reviews	<ul style="list-style-type: none">• Law Enforcement Officers• Crime Prevention Officers• School Resource Officers• Community Service Officers• Security Consultants• City Planners• Urban Planners• Architects• City Administrators• Educators

Biography: Art Hushen

Mr. Hushen is the President of the National Institute of Crime Prevention. He received his Crime Prevention Practitioner Certification and CPTED Designation through the Florida Crime Prevention Training Institute where he assisted in the creation of the Advanced CPTED program and the State standards for the CPTED Designation. He also is currently an instructor for the Florida Attorney General's Office specializing in Basic and Advanced CPTED and CPTED in Schools. Art is an Adjunct Instructor for [Fox Valley Technical College](#) specializing in CPTED. He is recognized as a Crime Prevention Specialist through the [International Society of Crime Prevention Practitioners](#) and is a graduate of the [National Crime Prevention Institute](#), [Fox Valley College](#), and the [American Crime Prevention Institute](#) in both Basic and Advanced CPTED. Art holds a Bachelor of Arts degree in Criminology from the [University of South Florida](#).

Art is the Past Chairman of the [Florida CPTED Network](#) (FCN), Past Board Member of the [International CPTED Association](#) (ICA), and Past President of the [Sun Coast Crime Prevention Association](#). He is a member of the [American Planning Association](#), the [South Carolina Planning Association](#), and the [American Society for Industrial Security](#). He was awarded the Sun Coast Crime Prevention Association Crime Prevention Practitioner of the Year for 2000. He retired from the [Tampa Police Department](#) in 2006.

Registration

Registration is available by mailing in the [registration form](#) ([Adobe Reader](#) is required to open pdf documents), faxing the form to +1-520-293-3192, or by registering online by clicking [here](#). For any questions or comments regarding the training or registration for the training please contact us by [e-mail](#) or by calling +1-520-293-3198.

This form is for New Moon Registration (i.e. Early Bird Registration). All registration costs will increase after May 8, 2008 and onsite. For the best deal on this series of educational events, consider the [Complete IDA Annual General Meeting/CPTED package](#).

For any questions or comments regarding the CPTED training or registration for the training, please contact us by [e-mail](#) or by calling +1-520-293-3198.

International Dark-Sky Association

20th Anniversary Annual Meeting and Conference

Please Join the International Dark-Sky Association (IDA) for our milestone 20th Anniversary Annual General Meeting (AGM) and Conference celebration to be held:

June 8-10, 2008

[Loews Ventana Canyon Resort](#)

7000 North Resort Drive

Tucson, Arizona 85750

United States

Telephone: 520-299-2020

For more information click on a link below:

- [Registration](#)
- [Travel Discounts](#)
- [Schedule](#)
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Your support allows us to continue the fight to save the night!