



▶ SEASONAL AFFECTIVE DISORDER: WHAT MAKES YOU S.A.D.?.....2



▶ LIGHTFAIR ORIENTATION: IF YOU'VE NEVER BEEN BEFORE, CHECK IT OUT!.....3



▶ IN DEFENSE OF THE INCANDESCENT LAMP, AS TOLD BY IESRMS COMMENTATOR SCOTT PAYNE, LC.....4

MARCH 2008

Rocky Mountain Monthly

IESNA ROCKY MOUNTAIN SECTION

WWW.IESRMS.ORG

LIGHTING FOR

INDUSTRIAL FACILITIES

PRESENTED BY DAWN DEGRAZIO, LC

Industrial Lighting is a BIG, IMPORTANT subject! How important? Red-white-and-blue-patriotic important! (Come find out why!) How big? It encompasses hot & cold, clean, dirty & wet, highbay & lowbay, food processing and classified (hazardous) locations, areas of high-CRI needs, and areas with no color.

It's a big subject, but this presentation will cover the salient points and provide valuable tips for the many different kinds of industrial applications. There will also be a brief review of the IES's RP-7-01, the Recommended Practice on Industrial Lighting.

After graduating from David DiLaura's well respected Illumination Engineering program at the University of Colorado, Boulder, Dawn DeGrazio moved to the Minneapolis area, where

she did commercial and industrial lighting design for 14 years. Dawn then spent a year with Lighting Affiliates in Minneapolis, a lighting manufacturers' representative, and another year as the Lighting Application Engineer at the Sacramento Municipal Utility District's Energy & Technology Center.

Dawn spent five years with Holophane as the Manager of the Lighting Education Group, where she was responsible for Holophane's extensive sales training program and customer seminars.

Dawn is currently Director of Customer Education for Lighting Analysts in Littleton, Colorado. Lighting Analysts' lighting software package, AGI32, is recognized as the premier design and rendering product in the lighting industry.



INDUSTRIAL FACILITIES MEETING DETAILS

Register for this meeting right now!



Click here to be automatically directed to the registration website.

Date: Monday, March 10, 2008

Location: Original Brooklyn's
2644 West Colfax, Denver

Time: 5:30pm

Cost: \$22 Members
\$27 Non-Members
FREE Students

Students attend free thanks to...



DIRECTIONS?
CLICK HERE



Wisdom,

Wonders,

and

Wit

ARE YOU S.A.D.?

The SAD time of year is almost over, but here's a little history behind the condition...

Seasonal affective disorder (SAD), also known as winter depression, is a mood disorder. Most SAD sufferers experience normal mental health throughout most of the year, but experience depressive symptoms in the winter. When the depressive symptoms occur in summer rather than winter, the condition is often referred to as reverse seasonal affective disorder (RSAD) and can include heightened anxiety.

Seasonal mood variations are believed to be related to light. An argument for this view is the effectiveness of bright light therapy. SAD is measurably present at latitudes in the Arctic region, such as Finland (64° 00'N) where the rate of SAD is 9.5%. Cloud cover may contribute to the negative effects of SAD.

SAD can be a serious disorder and may require hospitalization. There is also potential risk of suicide in some patients experiencing SAD. One study reports 6-35% of sufferers required hospitalization during one period of illness. The symptoms of SAD mimic those of dysthymia or clinical depression. At times, patients may not feel depressed, but rather lack energy to perform everyday activities. Norman Rosenthal, a pioneer in SAD research, has estimated that the prevalence of SAD in the adult United States population is between about 1.5 percent in Florida and about 9 percent in the northern US.

Various etiologies have been suggested. One possibility is that SAD is related to a lack of serotonin, and serotonin polymorphisms could play a role in SAD, although this has been disputed. Another theory is that the cause may be related to melatonin which is produced in dim light and darkness by the pineal gland, since there are direct connections, via the retinohypothalamic tract and the suprachiasmatic nucleus, between the retina and the pineal gland. Mice incapable of synthesizing melatonin appear to express "depression-like" behaviors, melatonin receptor ligands produce an antidepressant-like effect.

Subsyndromal Seasonal Affective Disorder is a milder form of SAD experienced by an estimated 14.3% vs. 6.4% of the U.S. population. The blue feeling experienced by both SAD and SSAD sufferers can usually be dampened or extinguished by exercise and increased outdoor activity, particularly on sunny days, resulting in increased solar exposure. Connections between human mood, as well as energy levels, and the seasons are well-documented, even in healthy individuals.

This article is provided for informational purposes only, compliments of wikipedia.org, and does not necessarily represent the views or opinions of IESNA, its members, or affiliates.

EDUCATION INFORMATION

Environmental Education

April 16, 2008:

The Chapter Technology Transfer Committee presents FREE ASHRAE SATELLITE BROADCAST / WEBCAST from 1-4 p.m. EDT.

Kent Peterson, ASHRAE president will introduce the program which will include speakers, Walter Grondzik, on "What is Building design?", Charles E. Gulledge III, on "The Integrated Design Process," Drury B. Crawley, on "Achieving Net-Zero Energy Buildings Through Integrated Building Design."

Registration begins March 1, 2008.

For more information: 678-539-1139, ashrae-satellitebroadcast@ashrae.org or go to www.ashrae.org/education/page/557

May 8-9, 2008:

"Live Green Live Well" is the only trade show solely dedicated to eco-friendly furnishings and design. Held at the San Francisco Mart the show will offer a full range of home furnishings products from established and emerging manufacturers.

Through seminars and exhibits, you will discover hundreds of innovative and practical ways to incorporate sustainability into your projects.

For information: 415-552-2311 or go to www.sfmart.com/livegreen

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Mission of the IESNA

To advance knowledge and disseminate information for the improvement of the lighted environment to the benefit of society.

IES

ROCKY MOUNTAIN SECTION

LIGHTING MATHEMATICS

This course is designed for architects, builders, developers, engineers, lighting designers, electric utility specialists, interior designers, distributors, and contractors who are involved in lighting systems. The basics of lighting and electricity calculations will be covered, giving an overview of every application from residential to commercial projects.

DID YOU KNOW ?

The Rocky Mountain section offers education for your whole office? Contact us to find out how we can provide custom-tailored lighting education for your employees during lunch or after work!

Most courses have been registered with IESNA and credits have been requested for IESNA-CEU, AIA-LU, and IDCED-CEU credits.

ENERGY


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 Adam Perry, LIGHTENUP Manager



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PLATTE RIVER POWER AUTHORITY



New Attendee Orientation & LFI Welcome

Craig Bernecker, Phd, FIESNA
Wednesday May 28: 10:30 AM - 11:30 AM

For first-timers as well as past attendees who want more information on maximizing their LFI experience.

Attendees will be guided through the seminar program, in particular the new organization into tracks, as well as develop an understanding of the intended audience, level, and most important, logistics of the program. Attendees will also be introduced to the show floor layout, helping to orient them to the organization of vendors and the special areas on the show floor, including the different Design, Daylighting and European Light + Design Pavilions and the various lounges where they can network with colleagues.

FREE - OPEN TO ALL! Includes Continental Breakfast.

WELCOME**NEW SECTION****MEMBERS**

Michael Reed,
Beaudin Ganze Engineers
Englewood, Colorado

Industrial Facilities
Original Brooklyn's
March 10

It's a big subject, but this presentation will cover the salient points and provide valuable tips for the many different kinds of industrial applications.

2008
Upcoming
Section Events

LIGHTFAIR 2008
Las Vegas, Nevada May 26-30

2008 LIGHTFAIR INTERNATIONAL
The future. Illuminated.

2008/9 Officer Elections
at www.IESRMS.org
March 1-31

Vote online for your 2008-2009 Rocky Mountain Section officers. More details will arrive via e-mail directly to all section members in good standing!

All About Lighting Controls
Original Brooklyn's
May 13

With answers to everybody's questions, manufacturers provide demonstrations of everything from sensors, relays and photocells, to daylighting controls and architectural and theatrical lighting products. A must see meeting!

2008 Golf Tournament
Raccoon Creek Golf Club
June 13

Our annual golf tournament returns again at the Raccoon Creek Golf Club! More games, fun, and prizes are scheduled for this year's tournament!



There has been a new bandwagon plying the streets of Lightingville recently. It is festooned with compact fluorescent lamps and good intentions. The banner that flies above its supporters reads, "Ban the Bulb".

Make no mistake: we are at the end of the short lived, but massively devastating, Age of Petroleum. The era has arrived that this author first saw reported in his Weekly Reader in 1958. We are living in the future. Now, a problem that has been predicted for decades will have to be dealt with in the space of a generation. The child of a teenager getting a driver's license today will not be driving a car that runs on petroleum. As a result of ignorance and inaction we must make significant changes in our collective behavior in a relatively short time.

In Defense of the Incandescent Lamp

counterpoint (to his previous point), by Scott Payne

One approach that has become popular is a call to ban the incandescent lamp. The fact that this measure has such wide spread political support should make the thoughtful observer immediately suspicious. Technical expertise is not the strong suit of any legislative body.

It is inappropriate to light a commercial space with incandescent A-lamps, but they still have a use in residential lighting. A standard incandescent lamp is inexpensive to replace. This is a very real concern for a large segment of the population. A switch to dim an incandescent lamp is also inexpensive. Due to the non-linear relationship between dimmer position and brightness perception, a cheap dimmer switch could save more energy for less money than a garish screw-in compact fluorescent. Recent advances have increased incandescent

lamp efficacy and show promise for further improvements in the future.

A more insidious aspect of this issue is the tendency to focus too narrowly on the problem. Fluorescent lamps are a good way to save energy. They are an equally good way to poison our water supply if disposed of incorrectly. The toxic phosphors, mercury, and glass can be recycled, if such a thing was legislatively mandated.

It is worth noting that the manufacture of LED's involves some extremely toxic substances; arsenic, gallium, indium, etc. Most LED's are manufactured in countries whose environmental laws have all the restraint of a drunken sailor, (my apologies to drunken sailors everywhere.) It is not wise to encourage the frenetic manufacture of yet another potentially poisonous technology without thinking the thing through to the end.

The marvelously egalitarian nature of politics allows many to hold office for years without being tainted by the thought process. The market place is far better equipped to determine the feasibility of a particular technology. The world's legislatures could be of more value by tightening pollution standards and requiring recycling programs for every portion of the waste stream. This would tailor the development of new technologies to those that won't kill us.

This is one bandwagon you can afford to miss.

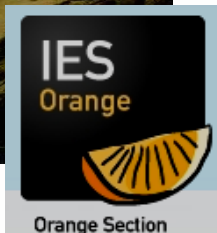


SECTION SPOTLIGHT

Visit the website for the *Orange Section*, covering Orange County!

The Orange Section is part of the South Pacific Coast Region.

Click this picture to visit the website for the IESNA Orange Section!



CALLING ALL LIGHTING CONTROLS

Our May meeting is a highlight of Lighting Controls products. Now is the time to sign up for your tabletop, to show the latest and greatest products to the lighting design and electrical engineering community.

To reserve your space, send an e-mail to info@iesrms.org, and a committee member will contact you with details.



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Vice President	Tyler Wise
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