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On Behalf Of:  
Committee: Senate Committee On Rules  
Measure: SB1548

I am strongly in favor of remaining on Standard Time permanently. The changing back and forth is a known hazard to health and life. It especially has a serious effect on our children. Just ask any classroom teacher. Not only does it have a negative effect on their behavior in the classroom, but it also has a negative effect on their learning ability. And then there are the children who have to walk to their bus in the dark presenting a safety hazard for them.

I have read statistics regarding the fact that during the time change there is an increase in heart attacks, an increase in vehicular accidents and an increase in accidents at work, not to mention poorer performance in general by employees. The list is endless.

One might say that the changes can also be avoided by staying on Daylight Time. Again I have read information and statistics from research about the fact that living on Daylight Time has a detrimental effect on our health as well. The intricacies of our bodies, woven together with our natural environment and its 4 seasons, all work together in an amazing manner. When the details of this intricate system are disturbed, are interfered with, there are resulting negative effects on the health of our bodies. Younger adults may not notice it as much, but it takes a toll that eventually manifests itself negatively in our health. Our bodies have their own way of telling us to let us live with the natural system.

One other reason I have heard used to promote Daylight Time, is the savings in electricity for heat and lights. We have 24 hours and the amount of light and dark in any given 24 hour period is the same. If the lights and heat come on later during Daylight Time, they also come on earlier in the morning on Daylight Time. So the cost is basically the same with no obvious savings there.

Each individual has the freedom to run their schedules as they choose, but I believe that no one should be forced to violate the natural synchronization between our bodies and our natural environment. We should all be allowed to stay within the Standard Time zone permanently, thereby avoiding as much as possible the negative effects of change and the negative effects of the unnatural Daylight Time.

Thank you.