

Stuart Relay

From: Annie Marie [REDACTED]
Sent: Thursday, March 26, 2026 10:40 PM
To: House State Affairs
Subject: support of SB 26 and HB 229

Follow Up Flag: Follow up
Flag Status: Completed

To Whom It May Concern,

I am writing in strong support of SB 26 and HB 229 to end Daylight Saving Time in Alaska.

As a community health and wellness educator nurse in Homer, Alaska, I see firsthand how important consistency, sleep, and routine are to overall health and well-being. The twice-yearly time change is disruptive to sleep cycles, stress levels, mental clarity, family routines, and overall functioning. These impacts are not minor — they affect people’s health, safety, and ability to show up well in daily life.

In Alaska, where we already live with dramatic seasonal shifts in daylight, changing the clocks adds an unnecessary burden. Many Alaskans are already working to maintain healthy rhythms through long dark winters and intense summer light. Daylight Saving Time only adds more strain and confusion to an already unique environment.

From a public health and wellness perspective, maintaining one consistent time year-round would support healthier sleep, more stable routines, and greater ease for families, workers, children, and elders across our communities.

I respectfully urge you to support SB 26 and HB 229 and help end Daylight Saving Time in Alaska.

Thank you for your time and consideration.

Sincerely,

Annie Garay
[REDACTED]
Homer, Alaska
99603

Stuart Relay

From: Deb Houlden-Engvall [REDACTED]
Sent: Thursday, March 26, 2026 7:14 PM
To: House State Affairs
Subject: SB 26 and HB 229

Follow Up Flag: Follow up
Flag Status: Completed

Dear Committee,

I have been living in Kodiak for 26 years. As an Alaskan resident, I ask that you to please oppose SB 26 and support HB 229. Though both bills have the same title, SB 26 seeks to change the entire state's time zone to Pacific Standard Time in an attempt to skip the federal ban on permanent Daylight Saving Time. SB 26 would make winter sunrises dangerously late—10:52 AM in Kodiak and 11:59 AM in Fairbanks. On the other hand, HB 229 would simply end DST and restore permanent Standard Time, as is pre-approved by federal law. And it would not delay winter sunrises. Standard Time's morning sunlight is valuable for health and safety, especially for schoolchildren and working adults. This allows our bodily rhythms to be closer to the clock. Please don't play political games with SB 26. Please support HB 229, for a guaranteed end to clock change, and for natural health and safety.

I appreciate you taking these factors into consideration!

Deb Houlden-Engvall

[REDACTED]
Kodiak, AK

Stuart Relay

From: Eric Engvall <[REDACTED]>
Sent: Thursday, March 26, 2026 3:29 PM
To: House State Affairs
Subject: SB 26 and HB 229

Follow Up Flag: Follow up
Flag Status: Completed

Dear Committee,

I am a 26-year resident of Kodiak and I ask you to please oppose SB 26 and support HB 229. Though both bills have the same title, SB 26 seeks to change the entire state's time zone to Pacific Standard Time in an attempt to skip the federal ban on permanent Daylight Saving Time. SB 26 would make winter sunrises dangerously late—10:52 AM in Kodiak and 11:59 AM in Fairbanks. On the other hand, HB 229 would simply end DST and restore permanent Standard Time, as is pre-approved by federal law. And it would not delay winter sunrises. Standard Time's morning sunlight is valuable for health and safety, especially for schoolchildren and working adults. It keeps clocks closer to the sun and to our bodily rhythms. Please don't gamble on SB 26. Please support HB 229, for a guaranteed end to clock change, and for natural health and safety.

Thank you.
Eric Engvall

[REDACTED]
Kodiak, AK

Stuart Relay

From: Jay Pea [REDACTED]
Sent: Tuesday, March 24, 2026 4:29 PM
To: House State Affairs
Subject: Hearing March 28: Support HB 229. Oppose SB 26.
Attachments: Yes on HB 229 - No on SB 26 - No on HB 41 - Save Standard Time.pdf

Follow Up Flag: Follow up
Flag Status: Completed

Dear House Committee on State Affairs,

Please support HB 229 (by Holland), which seeks to ditch Daylight Saving Time and restore permanent Standard Time. Please oppose SB 26 (Merrick), which (although titled the same) seeks to do the opposite. Attached is a position statement from my nonprofit, which includes polling, endorsements, quotations, maps, and photographs.

HB 229 follows federal law (the Uniform Time Act), it adheres to the recommendation of over a hundred nonprofits for health and safety, and it honors the lessons of Alaska's complicated history of time zones. This bill is therefore the quickest and safest way to ditch the switch, as most voters wish to do. SB 26 regrettably seeks to evade federal law, for a short-sighted dream of permanent summertime, that would either gridlock this effort or push sunrise past noon.

Please support HB 229. Please oppose SB 26.

Thank you,

Jay Pea
President

Save Standard Time

501(c)(4) Nonprofit 86-3372799
PO Box 18170, Fountain Hills AZ 85269
602-492-8462

savestandardtime.com

A nonpartisan, donor-funded, volunteer-supported effort to preserve and extend the observation of longitudinally correct Standard Time across North America.

Stuart Relay

From: John Cain III [REDACTED]
Sent: Tuesday, March 24, 2026 10:32 AM
To: House State Affairs
Cc: Rep. DeLena Johnson; Senator.Shelley.Hughes@akleg.gov
Subject: No on SB 26. Yes on HB 229.

Follow Up Flag: Follow up
Flag Status: Completed

Dear Chair and Members of the House State Affairs Committee,

I am writing as an Alaskan resident to express my strong support for HB 229, which would exempt Alaska from Daylight Saving Time and establish permanent Alaska Standard Time.

Alaska's Geography Makes DST Indefensible

Alaska's daylight is extreme — either nearly continuous in summer or nearly absent in winter. Only near the equinoxes do we see anything resembling moderate sunrise and sunset times. No clock setting changes that. Even in summer, when daylight is continuous, Alaska still has a cooler morning and a warmer afternoon peak — a thermal cycle our circadian rhythms respond to as much as light itself. DST pushes the clock one additional hour ahead of that natural cycle (on top of our existing one-hour offset in much of the state), misaligning our schedules with the patterns our bodies are built to follow. DST was designed for temperate latitudes with moderate seasonal variation. It was never a sensible fit for Alaska.

The research cited in support of DST reflects this mismatch. Studies claiming benefits — in energy savings, economic activity, or health outcomes — were conducted primarily in the continental United States and Western Europe, where seasonal daylight variation is moderate and a one-hour clock shift has a meaningful effect. Alaska's photoperiod is categorically different. Applying those findings to Anchorage or Fairbanks is a category error. Until studies are conducted at comparable latitudes, DST's claimed benefits should not be treated as applicable here.

When Alaska consolidated to one time zone, Anchorage and Fairbanks were already placed one hour fast of solar noon — a compromise accepted for statewide unity. DST stacks a second hour on top of that, pushing our most populated communities two hours ahead of solar time each summer. That is not a reasonable compromise. It is an overcorrection with no Alaskan justification.

Alaskans First — Not Tourists, Not Outside Businesses

Time policy should serve the people who live here year-round. Tourists do not choose Alaska based on its time zone; they come for the wilderness and the midnight sun. The clock is irrelevant to their decision.

Some argue Alaska needs to stay close to East Coast business hours. Hawaii runs five to six hours behind the East Coast, and its business community functions without issue. The minority of Alaska businesses that coordinate with the East Coast can simply open and close earlier; that is not a justification for imposing a misaligned clock on every Alaskan household, school, and hospital.

Others argue the state capital requires uniform statewide time for governmental coherence. Multiple Lower 48 states — including Indiana, Kentucky, Tennessee, and Nebraska — span more than one time zone and govern themselves without difficulty. If Juneau or Southeast communities prefer Pacific Time given their proximity to Seattle, the federal Uniform Time Act already permits that accommodation. Administrative convenience is not a reason to override the well-being of the majority of Alaskans.

Russia Already Ran This Experiment and Reversed It

In 2010, President Medvedev reduced Russia's time zones from eleven to nine, and in 2011 he put the country on permanent summer time. The stated rationale — greater efficiency and eliminating clock changes — will sound familiar to this committee. The outcome did not. Many citizens, especially in northern regions, complained of fatigue, disrupted sleep, and dark winter mornings. Public backlash was strong enough that by 2014 President Putin signed legislation ending permanent summer time, restoring standard time year-round and returning Russia to eleven time zones. Thousands in the Russian Far East protested these changes in the streets. The conclusion is straightforward: pushing high-latitude populations onto a clock that runs fast relative to solar time causes real harm. Alaska should not repeat that mistake.

Key Institutions Cannot Simply Adjust

The military uses standardized duty schedules across installations worldwide, fixed to the clock regardless of geography. In Alaska, that already means service members typically start their day well before most civilians — for example, Army units typically conduct morning physical training around 0630, before the regular duty day even begins. Under permanent daylight saving time, Alaskan service members at installations like Joint Base Elmendorf-Richardson would effectively begin their duty day about two hours ahead of solar time — a misalignment baked into every shift, every day, and pushed even earlier by law.

School bell schedules are similarly fixed and affect not just students but the working parents whose schedules depend on them. Healthcare facilities operate on rigid staffing rotations and medication administration windows that cannot flex with the sun. Major medical and sleep organizations, including the American Academy of Sleep Medicine and NIH-funded research, consistently find that chronic clock-to-solar misalignment disrupts sleep, impairs circadian rhythms, and reduces cognitive function. These are public health consequences that fall hardest on the institutions least able to adapt.

A Straightforward, Federally Compliant Fix

The federal Uniform Time Act explicitly permits states to observe permanent Standard Time. Arizona and Hawaii have done so for decades. HB 229 follows that same path, with a proposed effective date of November 3, 2026.

I respectfully urge the committee to move HB 229 forward. Alaskans deserve a clock that works for them.

Sincerely,

John Cain

Palmer, Alaska

Stuart Relay

From: Karla Kluesner [REDACTED]
Sent: Monday, March 23, 2026 5:25 PM
To: House State Affairs
Subject: No on SB 26, Yes on HB 229

Follow Up Flag: Follow up
Flag Status: Completed

Dear Committee,

Please oppose SB 26 and support HB 229. Though both bills have the same title, SB 26 requests an untested change to the entire state’s time zones, in an attempt to skip the federal ban on permanent Daylight Saving Time. SB 26 would make winter sunrises dangerously late—11:15am in Anchorage, 11:59am in Fairbanks. On the other hand, HB 229 would simply end DST and restore permanent Standard Time, as is pre-approved by federal law. And it would not delay winter sunrises. Standard Time’s morning sunlight is valuable for health and safety, especially for schoolchildren and working adults. It keeps clocks closer to the sun and to our bodily rhythms. Please don’t gamble on SB 26. Please support HB 229, for a guaranteed end to clock change, and for natural health and safety.

Studies and scientific research:

- “Daylight Saving Time negatively impacts health and safety. Permanent DST would lead to darker mornings, especially during winter... Standard Time aligns more closely with the sun and with our natural rhythms, which regulate sleep and alertness. During Standard Time, we experience more sunlight in the morning, allowing people to more easily wake and feel energized.”—American Academy of Sleep Medicine
- “To improve health, we should not fight our body clocks. We should abandon Daylight Saving Time and return to Standard Time, which is when the sun time most closely matches the social clock. This would fix both the acute and chronic problems of DST. We strongly support removing DST, removing permanent DST, and choosing permanent Standard Time, for health and safety.”—Society for Research on Biological Rhythms

Thank you for your attention in this matter,

Karla Kluesner,
ALASKA resident since 1989
Anchorage, Alaska

Stuart Relay

From: Marilyn McNamara [REDACTED]
Sent: Monday, March 23, 2026 3:52 PM
To: House State Affairs
Subject: YES on SB 229, NO on SB 26

Follow Up Flag: Follow up
Flag Status: Completed

- Dear Committee, please oppose SB 26 and support HB 229. Though both bills have the same title, SB 26 requests an untested change to the entire state's time zones, in an attempt to skip the federal ban on permanent Daylight Saving Time. SB 26 would make winter sunrises dangerously late—11:15am in Anchorage, 11:59am in Fairbanks. On the other hand, HB 229 would simply end DST and restore permanent Standard Time, as is pre-approved by federal law. And it would not delay winter sunrises. Standard Time's morning sunlight is valuable for health and safety, especially for schoolchildren and working adults. It keeps clocks closer to the sun and to our bodily rhythms. Please don't gamble on SB 26. Please support HB 229, for a guaranteed end to clock change, and for natural health and safety.

Thank you,
Marilyn McNamara
Palmer, AK.

Stuart Relay

From: John-Michael Mahnke <[REDACTED]>
Sent: Monday, March 23, 2026 8:45 AM
To: House State Affairs
Subject: No on SB 26. Yes on HB 229.

Follow Up Flag: Follow up
Flag Status: Completed

Dear Committee,

Please oppose SB 26 and support HB 229.

Though both bills have the same title, SB 26 requests an untested change to the entire state's time zones, in an attempt to skip the federal ban on permanent Daylight Saving Time. SB 26 would make winter sunrises dangerously late—11:15am in Anchorage, 11:59am in Fairbanks.

On the other hand, HB 229 would simply end DST and restore permanent Standard Time, as is pre-approved by federal law. And it would not delay winter sunrises. Standard Time's morning sunlight is valuable for health and safety, especially for schoolchildren and working adults. It keeps clocks closer to the sun and to our bodily rhythms.

Please don't gamble on SB 26. Please support HB 229, for a guaranteed end to clock change, and for natural health and safety.

Stuart Relay

From: Jack Cain [REDACTED]
Sent: Monday, March 23, 2026 8:09 AM
To: House State Affairs
Subject: Remove Daylight Savings

Follow Up Flag: Follow up
Flag Status: Completed

No on SB 26, Yes on HB
229

Stuart Relay

From: Jennifer Cain [REDACTED]
Sent: Monday, March 23, 2026 7:17 AM
To: House State Affairs
Subject: No on SB 26. Yes on HB 229.

Follow Up Flag: Follow up
Flag Status: Completed

Dear Committee,

Please oppose SB 26 and support HB 229. Though both bills have the same title, SB 26 requests an untested change to the entire state's time zones, in an attempt to skip the federal ban on permanent Daylight Saving Time. SB 26 would make winter sunrises dangerously late—11:15am in Anchorage, 11:59am in Fairbanks. On the other hand, HB 229 would simply end DST and restore permanent Standard Time, as is pre-approved by federal law. And it would not delay winter sunrises. Standard Time's morning sunlight is valuable for health and safety, especially for schoolchildren and working adults. It keeps clocks closer to the sun and to our bodily rhythms. Please don't gamble on SB 26. Please support HB 229, for a guaranteed end to clock change, and for natural health and safety.

Jennifer Cain
[REDACTED]
[REDACTED]

Palmer, AK

Stuart Relay

From: Lori Fuller <[REDACTED]>
Sent: Sunday, March 22, 2026 11:08 PM
To: House State Affairs
Subject: End Daylight Saving Time

Follow Up Flag: Follow up
Flag Status: Completed

Vote to end DST
Thx
Lori

Stuart Relay

From: Jayson Owens [REDACTED]
Sent: Sunday, March 22, 2026 1:05 PM
To: House State Affairs
Cc: Ayden Nichol
Subject: Support HB 229

Follow Up Flag: Follow up
Flag Status: Completed

Please see my commentary in the ADN:



Jayson Owens, CFP®
Financial Advisor, Bright Road Wealth Management

[REDACTED]

[REDACTED]

Stuart Relay

From: Rhiannon Owens [REDACTED]
Sent: Sunday, March 22, 2026 8:48 AM
To: House State Affairs
Subject: In Support of HB 229, Eliminate Daylight Saving Time

Follow Up Flag: Follow up
Flag Status: Completed

I am fully in favor of eliminating Daylight Saving Time in Alaska.

I already work early in the morning, and the "spring forward" makes it so that I have to get up effectively even earlier. It holds no benefit for me; I am at work long before the sun rises, and in bed before sunset. This time change is just an inconvenience, and leaves me feeling worn out and depressed.

Studies show that I am far from the only person who feels this way. Medical complications like heart attacks and strokes rise immediately after we "spring forward." Depression increases. So do traffic accidents. Many people are late for work, resulting in lost productivity. Science and common sense both show that changing the clocks twice a year is a detriment to a healthy and productive society.

The time when Daylight Saving Time made sense is now in the distant past. Please abolish this antiquated practice!

Thank you for hearing my testimony. Respectfully,
Rhiannon M. Owens

Stuart Relay

From: Alexander Smith <[REDACTED]>
Sent: Tuesday, March 17, 2026 5:19 PM
To: House State Affairs
Subject: Yes on HB 229. No on SB 26 & HB 41.

Follow Up Flag: Follow up
Flag Status: Completed

Dear Committee,

Please approve HB 229 (by Representative Holland). This bill follows the Uniform Time Act to ditch Daylight Saving Time, which makes it federally approved and guaranteed to ditch the switch. It's also endorsed by dozens of nonprofits for health and safety, because it does not darken mornings or force earlier waking.

Please oppose SB 26 and HB 41, which try to extend DST completely into winter, making mornings more miserable and dangerous. Thank you!

Stuart Relay

From: DuncanAandS [REDACTED]
Sent: Wednesday, March 11, 2026 3:11 PM
To: House State Affairs
Subject: HB 229

Follow Up Flag: Follow up
Flag Status: Completed

House State Affairs Committee
Alaska State Legislature
Alaska State Capitol
Juneau, AK 99801

Re: HB 229 - Permanent Alaska Standard Time Bill

I am writing in support of House Bill 229, which would permanently adopt Alaska Standard Time and eliminate the twice-yearly clock change. I am also writing in opposition of SB26 which is known to have health consequences of chronic solar time misalignment and absence of credible commercial justification for moving Alaska to Pacific Standard Time. HB229 is the correct solution to a problem that nearly everyone agrees on. HB229 preserves whatever solar alignment Alaskans currently have rather than degrading it further and is entirely within the Legislature's authority to enact.

Therefore, I urge this committee to advance HB229 and to reject SB26. The legislature has the opportunity to do something very right for EVERY Alaskan in this state. HB229 is that opportunity.

If you have any questions, please contact me at this email address.

Pray for Our Country,

Sally Duncan

Sent with [Proton Mail](#) secure email.

Stuart Relay

From: Alexander Smith [REDACTED]
Sent: Wednesday, March 11, 2026 3:10 PM
To: House State Affairs
Subject: Yes on HB 229. No on SB 26 & HB 41.

Follow Up Flag: Follow up
Flag Status: Completed

Dear Committee,

Please approve HB 229 (by Representative Holland). This bill follows the Uniform Time Act to ditch Daylight Saving Time, which makes it federally approved and guaranteed to ditch the switch. It's also endorsed by dozens of nonprofits for health and safety, because it does not darken mornings or force earlier waking.

Please oppose SB 26 and HB 41, which try to extend DST completely into winter, making mornings more miserable and dangerous. Thank you!

Stuart Relay

From: Wish Kenz [REDACTED]
Sent: Tuesday, March 10, 2026 5:22 PM
To: House State Affairs
Subject: Yes on HB 229. No on SB 26 & HB 41.

Follow Up Flag: Follow up
Flag Status: Completed

Dear Committee,

Please approve HB 229 (by Representative Holland). This bill follows the Uniform Time Act to ditch Daylight Saving Time, which makes it federally approved and guaranteed to ditch the switch. It's also endorsed by dozens of nonprofits for health and safety, because it does not darken mornings or force earlier waking.

Please oppose SB 26 and HB 41, which try to extend DST completely into winter, making mornings more miserable and dangerous. Thank you!

Sent from my iPhone

Stuart Relay

From: Brooke Howe [REDACTED]
Sent: Tuesday, March 10, 2026 5:22 PM
To: House State Affairs
Subject: Yes on HB 229. No on SB 26 & HB 41.

Follow Up Flag: Follow up
Flag Status: Completed

Dear Committee,

Please approve HB 229 (by Representative Holland). This bill follows the Uniform Time Act to ditch Daylight Saving Time, which makes it federally approved and guaranteed to ditch the switch. It's also endorsed by dozens of nonprofits for health and safety, because it does not darken mornings or force earlier waking.

Please oppose SB 26 and HB 41, which try to extend DST completely into winter, making mornings more miserable and dangerous. Thank you!

Sent from my iPhone

Stuart Relay

From: Brooke Wish [REDACTED]
Sent: Tuesday, March 10, 2026 5:22 PM
To: House State Affairs
Subject: Yes on HB 229. No on SB 26 & HB 41.

Follow Up Flag: Follow up
Flag Status: Completed

Dear Committee,

Please approve HB 229 (by Representative Holland). This bill follows the Uniform Time Act to ditch Daylight Saving Time, which makes it federally approved and guaranteed to ditch the switch. It's also endorsed by dozens of nonprofits for health and safety, because it does not darken mornings or force earlier waking.

Please oppose SB 26 and HB 41, which try to extend DST completely into winter, making mornings more miserable and dangerous. Thank you!

Sent from my iPhone

Stuart Relay

From: Carol Kaufman [REDACTED]
Sent: Tuesday, March 10, 2026 4:04 PM
To: House State Affairs
Subject: Yes on HB 229. No on SB 26 & HB 41.

Follow Up Flag: Follow up
Flag Status: Completed

Dear Committee,

Please approve HB 229 (by Representative Holland). This bill follows the Uniform Time Act to ditch Daylight Saving Time, which makes it federally approved and guaranteed to ditch the switch. It's also endorsed by dozens of nonprofits for health and safety, because it does not darken mornings or force earlier waking.

Please oppose SB 26 and HB 41, which try to extend DST completely into winter, making mornings more miserable and dangerous. Thank you!

Stuart Relay

From: Alexander Smith [REDACTED]
Sent: Tuesday, March 10, 2026 3:33 PM
To: House State Affairs
Subject: Yes on HB 229. No on SB 26 & HB 41.

Follow Up Flag: Follow up
Flag Status: Completed

Dear Committee,

Please approve HB 229 (by Representative Holland). This bill follows the Uniform Time Act to ditch Daylight Saving Time, which makes it federally approved and guaranteed to ditch the switch. It's also endorsed by dozens of nonprofits for health and safety, because it does not darken mornings or force earlier waking.

Please oppose SB 26 and HB 41, which try to extend DST completely into winter, making mornings more miserable and dangerous. Thank you!

Stuart Relay

From: Jay Pea [REDACTED]
Sent: Tuesday, March 10, 2026 2:12 PM
To: House State Affairs
Subject: Yes on HB 229. No on SB 26. No on HB 41.
Attachments: Yes on HB 229 - No on SB 26 - No on HB 41 - Save Standard Time.pdf

Follow Up Flag: Follow up
Flag Status: Completed

Dear House Committee on State Affairs,

Please support HB 229 (by Holland), which seeks to ditch Daylight Saving Time and restore permanent Standard Time. Please oppose SB 26 (Merrick) and HB 41 (Allard), which (although titled the same) seek to do the opposite. Attached is a support letter from my nonprofit, which includes polling, endorsements, quotations, maps, and photographs.

HB 229 follows federal law (the Uniform Time Act), it adheres to the recommendation of over a hundred nonprofits for health and safety, and it honors the lessons of Alaska's complicated history of time zones. This bill is therefore the quickest and safest way to ditch the switch, as most voters wish to do. SB 26 and HB 41 regrettably seek to evade federal law, for a short-sighted dream of permanent summertime, that would either gridlock this effort or push sunrise past noon.

Please hear and advance HB 229. Please stop SB 26 and HB 41.

Thank you,

Jay Pea
President

Save Standard Time

501(c)(4) Nonprofit 86-3372799
PO Box 18170, Fountain Hills AZ 85269
602-492-8462

savestandardtime.com

A nonpartisan, donor-funded, volunteer-supported effort to preserve and extend the observation of longitudinally correct Standard Time across North America.

Stuart Relay

From: Jayson Owens [REDACTED]
Sent: Thursday, March 5, 2026 3:40 PM
To: House State Affairs
Subject: Supporting HB 229

Follow Up Flag: Follow up
Flag Status: Completed

Hi,

I've lived in Anchorage since 2017 and I'm all for ending DST in Alaska. I fully support HB 229. I am also against any bill that would put us on permanent DST, making mornings darker than they are already!

All it takes is to watch your kids struggle through the spring time change, then watch teachers and kids struggle to focus after spring break, when they should be refreshed and ready to charge through the end of the school year. It's obvious this is an outdated idea that has long since outlived its usefulness.

My business is in Alaska, but I work with clients all over the U.S. and I don't buy the idea that Alaskans can't have a better life just because this change would make the East Coast "farther" away in time. That's the beauty of living in Alaska - we don't have to do what everyone outside is doing.

Thanks,



Jayson Owens, CFP®

[REDACTED]
[REDACTED]



[REDACTED]

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Stuart Relay

From: Drasida W Basargin [REDACTED]
Sent: Wednesday, March 25, 2026 9:14 PM
To: House State Affairs
Subject: Daylight savings

Follow Up Flag: Follow up
Flag Status: Flagged

Hello,

Please get rid of daylight savings time. It's way past time to get rid of it. No one "benefits" from it any more. Students, especially the young ones suffer from the time change 2 times a year, and it seems like it's always before state testing needs to be done. Cranky grumpy children for an entire week, and we expect them to do well on tests?

Also, there are health related issues with the disrupted time and routines for everyone.

More states are abolishing daylight savings time. Alaska needs to keep up.

It needs to pass this time. Not too long ago, we have testified for this exact issue and nothing came of it. I followed the bill for a while and seems it was "forgotten".

Don't forget this time.

Drasida Basargin
Homer, AK
Email [REDACTED]

Stuart Relay

From: Karen Garvey [REDACTED]
Sent: Wednesday, March 25, 2026 8:26 PM
To: House State Affairs
Subject: SB 26, HB 229

Follow Up Flag: Follow up
Flag Status: Flagged

Help vote for passing these bills and ending this ridiculous, disruptive, worse than useless time change.
Thank you.
Karen

Stuart Relay

From: Lia Shelton [REDACTED]
Sent: Wednesday, March 25, 2026 7:53 PM
To: House State Affairs
Subject: Public Testimony in Support of Ending Daylight Saving Time

Follow Up Flag: Follow up
Flag Status: Flagged

Hello,

I am writing to express my strong support for SB 26 and HB 229 to eliminate daylight saving time in Alaska.

Daylight saving time is disruptive, unnecessary, and negatively impacts daily life in so many ways. The time changes affect sleep, mental health, productivity, and overall well-being. In a place like Alaska, where we already experience extreme seasonal light changes, the added disruption of shifting the clock twice a year feels especially unreasonable.

Personally, I find the transitions exhausting and frustrating, and I know many others feel the same. It throws off routines, makes mornings harder, and serves no clear benefit that outweighs these downsides.

I strongly encourage you to support these bills and move toward a consistent, year-round time system.

Thank you for your time and consideration.

Sincerely,
Lia Shelton

Stuart Relay

From: Belanger_Kathryn [REDACTED]
Sent: Friday, October 31, 2025 8:55 AM
To: House State Affairs
Subject: Daylight Savings bill

Follow Up Flag: Follow up
Flag Status: Flagged

Hello,

I hope I have the correct address.

I would like to weigh in on Daylight Savings.

I understand the benefit of not doing clock adjustments twice a year.

However, it would be great to keep our longer daylight in the afternoons during winter. Aren't our days short enough?

Most people I talk with do not want to go to Standard Time.

Mornings are dark anyway; the difference most people notice is in the afternoon.

Thanks,

Kathy Belanger
Assistive Technology Secretary
Anchorage School District

Assistive Technology website:

<https://sites.google.com/asdk12.net/assistivetechology/home>