

**From:** [Gail](#)  
**To:** [Sen. Scott Kawasaki](#)  
**Subject:** Standard Time  
**Date:** Thursday, February 29, 2024 5:22:21 PM

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I have been advocating for Permanent Standard Time for years! Please, please, please! Though it's hardly natural sun time in our skewed time zone, it is better than pushing mid day to 2:00 pm.

Gail Davidson  
Fairbanks

Peace to All.

**From:** [Jeb Timm](#)  
**To:** [Sen. Scott Kawasaki](#)  
**Subject:** Dispose of DST  
**Date:** Tuesday, February 27, 2024 11:16:14 AM

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Thanks for taking this on! DST in Alaska makes no sense and never will. There is absolutely no good reason to continue to observe it. It's a yearly hassle that we can do without.

Sent from my iPhone

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Jeb Timm  
Ester, AK

"Always improve. Always evolve. Never give up"

And remember: Life should NOT be a journey to the grave with the intention of arriving safely in an attractive and well preserved body, but rather to skid in sideways - Martini in one hand - chocolate in the other - body thoroughly used up, totally worn out and screaming "WOO HOO, What a Ride!

**From:** [Gwen Swanson](#)  
**To:** [Sen. Scott Kawasaki](#)  
**Subject:** Daylight Savings Time  
**Date:** Tuesday, February 27, 2024 9:42:25 AM

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Hello!

My friend sent me a link to comment on Alaska participating in daylight savings.

Personally, I don't like it. Especially when spring comes. We are gaining time both in the morning and evenings, and daylight savings brings the dark mornings back.

As someone who struggles with Alaska winter/darkness, as many humans do, the extra hours in the morning are energizing after a long winter.

Please consider voting to get rid of daylight savings.

Thank you,  
Gwen

**From:** [Lechia Hughes](#)  
**To:** [Sen. Scott Kawasaki](#)  
**Subject:** SB 184  
**Date:** Tuesday, February 27, 2024 9:37:52 AM

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Good morning Senator,

I'm writing in support of SB 184. I'm a Fairbanks resident and voter, I would very much like you to pass on my support of this bill to the committee to request a hearing. The time change is not necessary, nor is the stress that goes along with it. Please let me know, as a constituent, what I can do to help get this bill passed. Thank you for introducing this bill, I hope to see permanent standard time be the future for Alaska...the very near future.

Lechia M. Hughes

**From:** [Rachel Neubuhr Torres](#)  
**To:** [Sen. Scott Kawasaki](#)  
**Subject:** Permanent Standard Time  
**Date:** Monday, February 26, 2024 10:53:17 PM

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Dear Senator Kawasaki,

I recently read that you have introduced a bill to do away with Daylight Saving Time and keep Alaska on Permanent Standard Time. I wanted to send you a message in support of this!

Solidarity,

Rachel

***Rachel L. Neubuhr Torres***  
*PhD student, Cultural Anthropology*  
[REDACTED]  
[REDACTED]

**From:** [Carla Dick](#)  
**To:** [Sen. Scott Kawasaki](#)  
**Subject:** DST  
**Date:** Monday, February 26, 2024 2:44:35 PM

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Greetings representative Kawasaki,

Thank you for pushing this topic. I agree 100% to get rid of daylight savings time. True or not, I heard how changing the time can affect your health. Especially those with heart complications. If that is in fact true, the legislature needs to put an end to DST. Who or what does it benefit anymore? Pretty much everything is LED now so what type of energy saving is still happening?

That's my two cents. Thanks for listening.

Carla M Dick

**From:** [Jerry Gustafson](#)  
**To:** [Sen. Scott Kawasaki](#)  
**Subject:** Daylight savings  
**Date:** Monday, February 26, 2024 2:05:48 PM

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Scott,

Please please let's stop with the daylight savings time!!! Stay on permanent standard time.

Thank you,  
Jerry Gustafson  
North Pole, AK 99795  
[REDACTED]

**From:** [Leslie Gustafson](#)  
**To:** [Sen. Scott Kawasaki](#)  
**Subject:** Daylight savings  
**Date:** Monday, February 26, 2024 1:59:44 PM

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Scott,

Please please let's stop with the daylight savings time!!! Stay on permanent standard time.

Thank you,

Leslie Gustafson

[REDACTED]

**From:** [Jenny Blanchard](#)  
**To:** [Sen. Scott Kawasaki](#); [Sen. Matt Claman](#)  
**Cc:** [Rep. Jennie Armstrong](#)  
**Subject:** Daylight savings time bill  
**Date:** Monday, February 26, 2024 11:09:56 AM

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Senator Kawasaki -

Thank you so much for the DST bill. I have been contacting my representative, then Senator, Matt Claman about this for years. DST makes no sense in Alaska, when we are gaining or losing 6 minutes a day. The time change only makes a difference in the daylight for a week or two! And it affects everyone's sleep, including our pets and kids. Scientific studies have shown that the time changes have adverse health effects. Some people care whether we're on standard or daylight time- I do not, only that we don't have to change twice a year. I very much support this bill, and any companion bill in the House.

Jenny Blanchard  
Anchorage

Sent from my iPhone

**From:** [Jeffrey H. Simonson](#)  
**To:** [Sen. Scott Kawasaki](#)  
**Subject:** Stop changing clocks  
**Date:** Monday, February 26, 2024 9:20:48 AM

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Changing clocks twice per year is senseless. I support the Senator Kawasaki bill.

**From:** [Daniel & Ann Swift](#)  
**To:** [Sen. Scott Kawasaki](#)  
**Subject:** Keeping on standard time  
**Date:** Monday, February 26, 2024 8:41:00 AM

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Hi Scott,

I am pleased to read in your newsletter that you are sponsoring legislation to place Alaska permanently on standard, 135°W meridian time. My bedroom window faces NW. I do not like having the sun shining in my bedroom at midnight during the summer solstice.

Thanks,

Dan Swift

PS I was a colleague of your Dad

**From:** [Patrick Greenwood](#)  
**To:** [Sen. Scott Kawasaki](#)  
**Subject:** Standard Time  
**Date:** Monday, February 26, 2024 6:52:00 AM

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Dear Senator Kawasaki:

I live in Nebraska but my heart is in Alaska! I visited there once on business, years ago. Your state flower says it all - "Forget-Me-Not".

Thank you for promoting Standard Time. I am completely behind you and a passionate supporter of permanent Standard Time. I won't bore you with all the reasons as I'm sure you are well-informed, but if you need help on this, let me know.

Nebraska took an honest whack at Standard Time this year but the measure did not pass (nor did the bill seeking pDST). Nevertheless I think a lot of minds were changed. Hopefully Oregon's bill will be enacted this year and that will be a game-changer. The momentum is definitely trending toward pST and your sponsorship will help and is much appreciated!

Alaska, being so large and diverse spans several "ideal" time zones. It would be nice if those several ideal zones could be re-implemented, but for now, let's just focus on getting Daylight Saving Time out of the vocabulary once and for all!

Best wishes,

Pat Greenwood

[REDACTED]  
Omaha, NE 68118

**From:** [Ruth Menninga](#)  
**To:** [Sen. Scott Kawasaki](#)  
**Subject:** daylight saving time  
**Date:** Sunday, February 25, 2024 9:32:20 PM

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Hi Mr Kawasaki,

Please get rid of changing the time twice a year. We want to keep the time stable. Thanks for introducing this bill. I am from Fairbanks.

Ruth Menninga

**From:** [Martin Flora](#)  
**To:** [Sen. Scott Kawasaki](#)  
**Subject:** Day Light Savings Time  
**Date:** Sunday, February 25, 2024 8:44:54 PM

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Representative Kawasaki,

Thank you for taking the time to read my family's message.

We respectfully request Alaska end the use of Daylight Savings Time.

Every year it's a struggle with our children, pets and ourselves. We are a family of routines. When we're forced to upset that routine by an hour it creates issues that take weeks to repair.

Day Light Savings Time is an antiquated practice from a by gone era.

Thanks in advance!

Martin, Shawna, Aria, Luna, Leo and Kobalt Flora

**From:** [Valerie Brooks](#)  
**To:** [Sen. Scott Kawasaki](#)  
**Subject:** Daylight time  
**Date:** Sunday, February 25, 2024 8:21:14 PM

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Let's just leave time alone. It's all relative. No daylight time, just time and more of it, please.  
Sent from my iPhone

**From:** [jimmy evak](#)  
**To:** [Sen. Scott Kawasaki](#)  
**Subject:** Permanent Standard Time  
**Date:** Sunday, February 25, 2024 8:07:44 PM

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PST is one of the most sensible things that our State will do. It has been tried many times, but let's hope you're the one to do it. Let it not only be an effort, let it be done.

Jim Evak  
Kotzebue, Alaska

**From:** [Kristi A. Warden](#)  
**To:** [Sen. Scott Kawasaki](#)  
**Subject:** AK Time Zone Legislation  
**Date:** Sunday, February 25, 2024 6:36:44 PM

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Senator -

Thank you for your legislative work regarding Alaska timezones. I read about it on Twitter.

Not only should Alaska stay on Standard Time, we desperately need to return to 3 timezones.

Anchorage, Fairbanks, and central Alaska should not be in the same time zone as Juneau.

Kristi A. Warden

**From:** [Lisa Alexia](#)  
**To:** [Sen. Scott Kawasaki](#)  
**Subject:** Thanks for working on a true end to DST in AK!  
**Date:** Sunday, February 25, 2024 6:29:19 PM

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I love that we are finally getting light back in the morning, when we need it to set our bodies' daily rhythm. DST will make the mornings dark again for another few weeks. All of us, but most especially high school kids, benefit from aligning that morning light with the time we wake up.

Mental health, physical health, safety, driving, substance abuse, education/learning, memory—ALL benefit from better sleep which is improved by better alignment between solar time and the clock. Alaska time will still be distorted with permanent Standard Time (we lost two time zones in the 80s)—but we'll be *less* distorted than we are now, which will benefit us all, especially in the spring and fall when school is in session and the morning darkness makes it so hard for everyone.

Thanks again for working on this bill.  
Sent from my iPhone

**From:** [Vicki Harbison](#)  
**To:** [Sen. Scott Kawasaki](#)  
**Subject:** Dst  
**Date:** Sunday, February 25, 2024 5:51:46 PM

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Good evening Sir.

I'm writing in support of keeping our clocks set to standard time.

I live with and care for people who are on the autism spectrum and the time change is hard on them.

Beyond that, it's almost pointless in Alaska to "spring forward" and "fall back".

Technology has made it simple to adjust to time differences to conduct business.

It's my opinion that we should have done away with it years ago as it is not really needed in our modern age.

Thank you,

Vicki Harbison

**From:** [Pat Gaedeke](#)  
**To:** [Sen. Scott Kawasaki](#)  
**Subject:** Please do away with Daylight Savings  
**Date:** Sunday, February 25, 2024 3:40:06 PM  
**Attachments:** [PastedGraphic-2.tiff](#)

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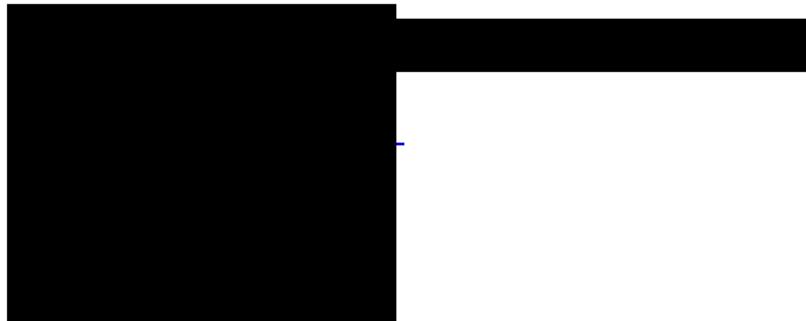
Hi Scott,  
I agree with you and your bill to keep the state on Permanent Standard Time.

Thanks very much,

Pat

Patricia Gaedeke, Owner

.com



**From:** [Colleen Ford](#)  
**To:** [Sen. Scott Kawasaki](#)  
**Subject:** Day light savings  
**Date:** Sunday, February 25, 2024 5:15:19 PM

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You have mg support on moving us to permanent standard time.

Sent from my iPhone

**From:** [Christina Chaney](#)  
**To:** [Sen. Scott Kawasaki](#)  
**Subject:** All in favor of Permanent Standard Time yes!!!  
**Date:** Sunday, February 25, 2024 3:19:40 PM

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Hi!

I was born, raised, and still live in Alaska. I work a rotation schedule in an underground mine that operates 24 hours a day. Working these hours I dread both the Fall back (having to work even more of an already long day) and the Spring ahead (being short an hours pay for a day) schedule change. I am completely in favor of Permanent Standard Time and was incredibly excited to hear that you introduced a bill to switch Alaska off of DST. I hope this succeeds.

Thank you for your efforts.

Sincerely,  
Christina Chaney  
(formerly of Fairbanks, but now a Wasilla resident)

**From:** [Zach Babb](#)  
**To:** [Sen. Scott Kawasaki](#)  
**Subject:** DST  
**Date:** Sunday, February 25, 2024 3:11:01 PM

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Im a born and raised Fairbanksan who has been living in Anchorage for the past 16 years.

Please please please end daylight savings time in Alaska. It's a pointless hassle and a public health menace.

Besides Alaska, I've also lived in Arizona and Hawaii for a total of eight years. Both states do not have daylight savings time. I did not miss it once and it was never an issue for me. If anything, the clock-changers are the ones who have to adapt to the places that don't change their clocks.

-Zachary Babb

**From:** [mark schillzonts](#)  
**To:** [Sen. Scott Kawasaki](#)  
**Subject:** Permanent time vs daylight savings time  
**Date:** Sunday, February 25, 2024 2:44:24 PM

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Senator Kawasaki,

We are against the continuing of daylight savings time in Alaska. The changing of time has a negative affect on our children, animals and ourselves. There is no reasonable excuse for Alaska to be a part of this unnecessary action and we advocate for it to cease and leave the State of Alaska on a permanent time base.

Sincerely,  
Mark and Sheila Schill-Zonts  
Fairbanks, Alaska

**From:** [Lisa Alberg](#)  
**To:** [Sen. Scott Kawasaki](#)  
**Subject:** Ending Daylight Savings Time  
**Date:** Sunday, February 25, 2024 2:39:36 PM

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Dear Senator Kawasaki,

I fully support your bill to end Daylight Savings Time in Alaska. For those of us working the weekend, it makes for a very long and tiring day. It also messed up with children's sleep schedules. There is absolutely no purpose to it. Please remove the antiquated system from Alaska.

Thank you,  
Lisa Alberg

**From:** [Connie Brazeau](#)  
**To:** [Sen. Scott Kawasaki](#)  
**Subject:** Daylight Savings Time  
**Date:** Sunday, February 25, 2024 2:38:34 PM

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Greeting Senator Kawasaki,

I believe it would be great if we did away with daylight savings time. Please schedule a hearing on this for us.

Thank you for your consideration of this matter on behalf of all Alaskans.

Connie M. Brazeau

Fairbanks, AK 99707

**From:** [Stevechal Pocock](#)  
**To:** [Sen. Scott Kawasaki](#)  
**Subject:** Antiquated Alaska DST Participation  
**Date:** Sunday, February 25, 2024 1:39:42 PM

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Daylight Savings Time is almost here. Unfortunately, DST is still observed here in Alaska and I support the bill to keep the state on Permanent Standard Time that Senator Scott Kawasaki introduced to keep Alaska on permanent standard time!!

I highly support a hearing for the bill!!

It's about time - pun intended!! - that someone started the ball rolling on finally tackling the antiquated time change that we do!! There's ZERO need for it and studies have show that it is actually unhealthy for our circadian rhythm and creates health issues and injuries due to folks not being used to the time change.

Many thanks,  
• Chalmarie Pocock

**From:** [Kealani Smith](#)  
**To:** [Sen. Scott Kawasaki](#)  
**Subject:** Re: Standard Time  
**Date:** Saturday, March 2, 2024 6:41:55 PM

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Please just pick one time and stick to it. Flipping back and forth certainly makes no sense for Alaska.

-- Thanks for your Tweet with the invite to comment!  
Kealani Alexandra