Sorcha Hazelton

From: Jim Gallagher

Sent: Tuesday, March 11, 2025 1:35 PM

To: Sen. Kelly Merrick

Subject: DST end

Dear Senator Merrick ~

When can we PLEASE end Daylight Saving Time ???

It is way past time.

It is a monumental waste of time, pardon the pun.

Thank you for your time.

Jim Gallagher

Senate Community & Regional Affairs Committee State Capitol, Juneau AK, 99801

March 10, 2025

Re: "Yes" on SB 102, "No" on SB 26

Dear Members of the Senate Community & Regional Affairs Committee,

The position of the sun in the sky relative to the clocks on our walls influences so much of what we do. Much scientific evidence supports the claim that human well-being is higher when we follow natural daily rhythms (e.g., sun being due south at clock noon) than when we follow a kinked system of advanced or delayed clock time. Our huge State really should have three timezones: GMT-9 for Juneau, GMT-10 for Anchorage and Fairbanks, and GMT-11 for the Aleutians. Instead, the whole state is currently at GMT-9 in the winter (AKST) and GMT-8 in the summer (Daylight Saving Time, AKDT). For those of us in central Alaska, this puts the sun due south at 2 PM during the summer! And we have the annual, depressing 'setback' in the Spring, when we lose early morning daylight that has been hard-won over preceding months – today actually being the first work day of this broken schedule for 2025.

I know of no sensible reason to continue to change to Summer Time, and the days of this switching are probably numbered. However *which time* to fix on is the question. Today you have before you a Bill (**SB 102**) which would fix our state time on Standard Time (AKST, GMT-9). While not as optimal as fixing the time on GMT-10, it is *far preferable* than the alternative of fixing on Daylight Saving Time, and I urge you to say "Yes" to SB 102 and pass it onward to a floor vote.

There are also two Bills in the Legislature this session (SB 26 and HB 41) which would have us fixed on permanent Daylight Savings Time (GMT-8). These Bills ignore the huge mental toll on all Alaskans of living so far out of kilter with the natural rhythm of sunlight. These are *hugely misguided* Bills, and I beg you to vote "No" on SB 26 today and on both of them should they come up for floor vote.

For me personally, the greatest reason to chose SB 102 over the alternatives is because I spend much of my life in the back country and often navigate by the sun. It is far easier, and safer, to have a sun that is closer to due south at clock noon than one far off due south.

Many thanks for your attention to this issue.

Sincerely,

2025 March 10

The Alaska State Legislature 120 4th Street Juneau, Alaska 99801

Re: Yes on SB 102, No on SB 26. Ditch DST, as best for health/safety/education/economy.

Dear Honorable Legislators,

Please support SB 102 to ditch Daylight Saving Time (fast time) and restore permanent Standard Time (natural time). This is the quickest, healthiest, safest, fairest, most economical, and most lasting way to end disruptive and deadly clock changes, as supported by history, science, first principles, and federal law. Please oppose SB 26, which regrettably seeks the opposite.

Permanent Standard Time is the only federally approved way to end biannual clock changes, as most voters wish. Gallup finds half of Americans support permanent Standard Time, a quarter support permanent DST, and a fifth support the status quo. Standard Time is the honest clock, set to the sun, known for this reason as natural time or God's time. It balances morning and evening light fairly for all citizens. Its benefits to circadian health naturally improve immunity, longevity, mood, alertness, and performance in school, sports, and work. Standard Time protects start times for schoolchildren, commuters, outdoor laborers, and service personnel. It lets most people sleep naturally past sunrise most days, and it makes bedtimes easier for families. Permanent Standard Time has been observed without incident in Arizona, Hawaii, all five US territories, and most nations for decades. Most of Mexico restored permanent Standard Time in 2022. More states now have permanent Standard Time bills than ever before. Permanent Standard Time sets clocks objectively and lets individuals and businesses choose their schedules from there.

Permanent DST would be worse than the status quo. It would delay sunrise in Anchorage past 9am for 4½ months, as late as 11:16am. It has failed repeatedly, sometimes with loss of life. DST is a fast clock, set an hour ahead of Standard Time. Moving clocks to DST acutely deprives sleep; leaving clocks on DST chronically deprives sleep. DST's circadian misalignment increases accidents, illnesses, and health costs. It decreases learning, productivity, and earnings. Permanent DST would mandate constituents to wake an hour early all winter in cold darkness. It would deprive sunlight from mornings, when it's needed most. It would revert benefits of starting school later. It would delay morning news broadcasts until most people begin work. It would increase residential heating and air conditioning. It would disrupt sun-timed prayers. Fewer states have permanent DST bills than before, and federal bills for permanent DST have fewer sponsors. Anyone who wants DST can choose to wake him/herself earlier.

Scores of organizations and thousands of researchers, physicians, teachers, parents, religious leaders, and journalists on the right and left oppose DST and endorse permanent Standard Time. Among these are the Sleep Research Society, Society for Research on Biological Rhythms, National Sleep Foundation, American Academy of Sleep Medicine, American Academy of Neurology, American Thoracic Society, American College of Chest Physicians, National Safety Council, American College of Occupational & Environmental Medicine, editorial boards of *Bloomberg, Orlando Sentinel, Minnesota Star Tribune, Oregonian, South Florida Sun Sentinel, Daytona Beach News–Journal*, contributors to Daily Wire, PragerU, Human Events, Cato, *Breaking Points*, John Locke Foundation, and many more.

Please hear the nonpartisan consensus of history, science, and first principles. Save time, money, and lives. Join the growing movement to ditch artificial DST and restore natural permanent Standard Time.

Sincerely,

Jay Pea President

jay@savestandardtime.com

Citations: savestandardtime.com/summary

PERMANENT STANDARD TIME (NATURAL TIME) KEEPS SUNRISE BEFORE WORK/SCHOOL

Standard Time lets us sleep longer—for mood, health, safety, learning, and productivity.

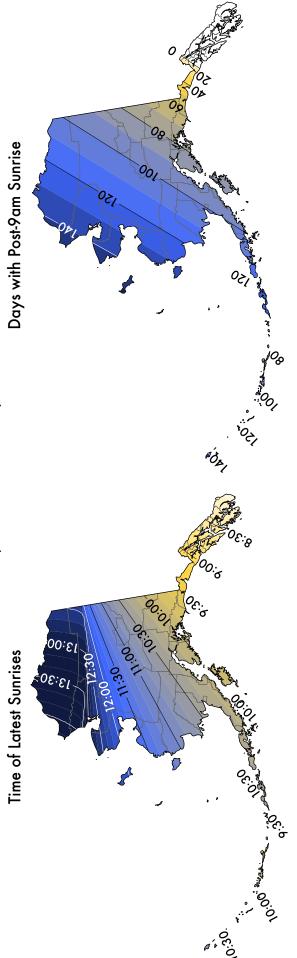


PERMANENT DAYLIGHT SAVING TIME (FAST TIME) FORCES PRE-SUNRISE START TIMES

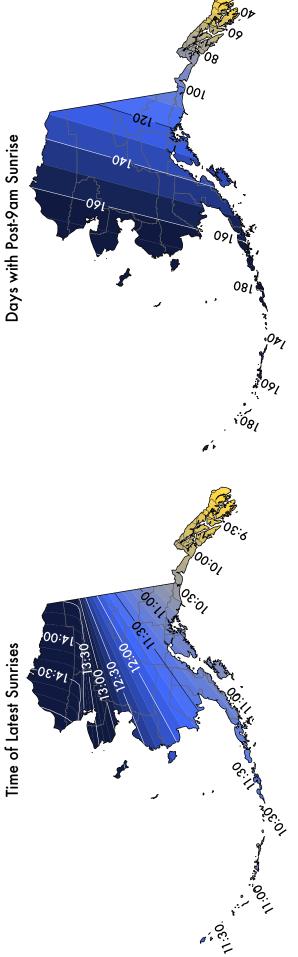
Daylight Saving Time is a mandate to wake an hour earlier than Standard Time every day.



PERMANENT STANDARD TIME (NATURAL TIME) PRESERVES MORNING LIGHT



PERMANENT DAYLIGHT SAVING (FAST TIME) MAKES SUNRISE TOO LATE



Morning sunlight is essential to health, mood, safety, learning, and productivity. Latest winter sunrises occur late December to mid-January.

PERMANENT DAYLIGHT SAVING TIME COST LIVES & MONEY IN 1974

Schoolgirl Hurt; Accident Blamed On Time Change

ARDMORE (AP) -Daylight Saving Time was blamed Wednesday for the injury of a 7-year-old girl.

School superintendent Bill Ware said Faritta Gates was struck by a car as she ran across a street to catch a school bus at 8 a.m. The driver of the car said he didn't see the girl

the darkness. Ware ordered classes started a half hour later be-

ginning Monday.

The girl was reported doing well at a local hospital with head and arm in-juries and a broken leg.

Bids to kill daylight time heard

By ALBERT SEHLSTEDT, JR. Washington Bureau of The Sun

Washington-There were serious moves in Congress yesterday to repeal year-around daylight saving time, which went into effect only three weeks ago as an energy-saving measure.

Congressmen in both houses expressed concern over schoolchildren who have been endan-gered on roads and highways the dark morning during hours of winter.

Children's deaths spur bid to repeal daylight saving

DAYLIGHT, from A1 Representative Claude Pepone-day session solely to deal per (D., Fla.), who, along with with the daylight saving time

Marlow W. Cook (R., Ky.) rose in energy that we will make do in support of repealing the year-round daylight saving our children nor the hardship plan, cleared by Congress De-cember 14, and cited the Flor-

Senator Dick Clark (D., a lower), sponsor of one of the bills to repeal the daylight receive first consideration."

Forecasts of energy savings

Forecasts of energy savings

8 bills in House

Senator Robert Dole (R., lede to daylight time. Savings Kan.), also sponsoring a re- of from 1 to 3 per cent had pealer, said the daylight bill been hoped for. passed in December had little If Congress does, indeed, pealer.

before the Commerce Commit-tee calling for the repeal of ate congressional committees

is supporting repeal, said last In the United States Senate, week that "the small savings placed upon our children and

cember 14, and cited the riorida deaths, plus a reported
increase in sexual assaults on
youngsters in Minnesota and
in other states.

The end of the day, but the

issue he confronted when traveling in his home state during the Christmas recess.

"I think it's time we recognized from the said in a floor speech on the nize we may well have made a subject yesterday that the Fed-mistake," Senator Clark told his colleagues. subject yesterday that the Fed-eral Power Commission has estimated that only two-tenths of 1 per cent of this month's fuel savings could be attrib-

In-depth study.

The majority leader, Senator Mike Mansfield (D., Mont.), for the winter months, much of said he was appalled by the Florida deaths and urged the Senate Commence Committee to give repeal legislation its.

to give repeal legislation its immediate consideration. On the House side of the Capitol, there are eight bills morning before the repealers

Girl, 6, Critically **Injured** in Accident

A 6-year-old Tulsa girl was struck by a car and critically injured Wednesday as she neared a school bus stop at Virgin Street and Trenton Av-enue in Daylight Saving Time

Kelly Hines, daughter Beverly Williams of 2133 N. St. Louis Ave., remained in the intensive care unit of Hillcrest Medical Center Wednesday

She received a fractured leg, internal and head injuries when struck by a car driven by Charles K. Smith, 23, of 1401 E. Seminole St., police

The accident prompted renewed efforts by a group of parents to get flashing school warning signs at two intersec-tions near Woods Elementary School, 1661 E. Virgin St.

ALTHOUGH THE GIRL REsides in the Woods district, she is bused to Springdale Elementary, 2510 E. Pine St., as part of an integration program.

The accident occurred about 7:50 a.m., shortly before she was to board a bus for Spring-

Police said Smith was traveling east on Virgin when the accident occurred.

Smith, traveling between 25 and 30 miles per hour, left 44 feet of skid marks and slowed

the

and

ago after two children were killed and two othe by cars near Woods. others injured

NEWSPAPER FILES AND Traffic Engineering Department records show that a 5-year-old boy was killed near the Trenton-Virgin intersection in May, 1972, and that there have been two other pedestri-an accidents in the vicinity of

an accidents in the vicinity of the intersection since 1970.

The word "School" was stenciled in large letters on pavement in two places near the intersection after the peti-tions were submitted, Mrs. Wright said.

She said she feels in

She said she feels increased auto traffic from nearby Washington High School, increased bus traffic due to school integration and steep hills near the school re-

steep fills near the school re-quire the flashing signs.

City Traffic Engineer Bill
Thomas said such signs are used in areas where speed limits must be reduced to 25
mph from higher limits. Virgin and Trenton already have 25 mph limits, he said.

SCHOOL WARNING SIGNS

are located on Virgin east and west of the Woods School. However, like all school warning signs in the city, they are nonreflective. Nonreflecnonrenective. Nonrenec-tive signs are used because until winter Daylight Saving. Time was adopted this year, they were not needed during hours of darkness. Thomas

He said the traffic engineering department has requested funds to replace the nonreflective signs with reflective signs, but replacement could not be made until this sum-

mer.

Wednesday's accident was
the second predawn injury
here to a school child since
DST was adopted nationally Jan. 6 at the urging of President Nixon.

A 14-year-old boy was hurt Jan. 21 when hit by an auto in the 9400 block of East 51st

School children, workers

Daylight saving move leaves many in dark

Darkness reigned for an extra hour this morning on the first work day under new daylight saving hours invoked Sunday to conserve the nation's energy. For day-shift workers who normally rise at 6 am. to begin work at 7 a m. there was little difference. Industries

here reported no more than the usual Monday morning absenteeism and

Monday morning absences and lateness.
Children, however, had to meet their school buses in darkness, confronting traffic still relying on headlights. School obuses were on time and their fears of trouble were unfounded—for today at least.
Robert W. Maroni, assistant superintendent of North Adams schools, the second of the second process of the second

RODERT W. Marton, assistant superintendent of North Adams schools, said there has been an intensive salety campaign at all schools in preparation for the time shift because officials "are deeply concerned" about traffic dangers in the darkness. Business at all the morning coffee shops was normal except at the Dunkin' Donuts shop on Union Street where a spokesman said, "It's been one of the worst days were very had".

worst days we've ever had."

Or so it seemed until he checked cash sales which were only slightly below normal rates for a Monday. He said,

nonetheless, that customers

nonetheless, that customers were fewer—especially young people. He said even traffic at the busy intersection of Union and Eagle streets seemed below normal.
Business at the Capitol restaurant and the Wm. Tally House was only slightly less than normal. The only difference made by daylight saving hours was common graumbling about having to rise-common graumbling about having to rise

professional pharmacy coffee bar where most customers said only that the time shift came suddenly for them. There

DST BRINGS SWITCH

Road Crews Start One Hour Later

The midwinter switch to Daylight Saving Time has

county road-buildepairing crews to heir working that daylight will ble.

Commissioners Richardson and neh said Thursas of Monday vay crews began later than usual

Change ot Seen

> - A Cimcommissionay there was nd fellow com-could change e from Cen-Time to e, although a

ggested out me people," s can't make a time change

Richardson said his crews are starting to work at 8:30 a.m. instead of 7:30 as they have in the past.

Can't Work in Dark

Lynch said his men had come to work at 8 a.m. until Monday, but they now begin at 8:30.

"They can't work in the dark," Richardson said dark," Richardson said.
"They work around heavy equipment and sometimes

work in traffic.
"We don't want to get someone killed because a driver couldn't see them in the dark."

"And it's no good having

them sit in the yards until it gets light. That costs the county money. So we just rescheduled their working hours," he said.

Employees Complain

Lynch said private road contractors will probably change the working hours for their employees also if they haven't already done

Lynch said many courthouse employees are com-plaining about driving to work in the dark also but



School Children Exposed to Danger

TO THE EDITOR:

TO THE EDITOR:

Like most Americans, I can accept the restrictions to conserve our country's energies.

But for the life of me, I am unable to ligure out how this daylight savings time can be of any benefit.

As a former student of the Oklahoma drivers training program, we were taught from the drivers manual that dusk-to-dawn driving is the most dangerous. This is a fact!

This time change has put many more drivers on the roads in the dark. These people, on the old time, drove in the full light in order to be to work at 8 or 9 a.m. This makes accident probabilities.

children are waiking to school, or waiting for buses in the dark, thus exposing them to the danger of drivers. This adds one more worry for parents, who are burdened and worried with day to day living and jobs they may or may not be able to keen. world does the ti

Praise Electricity

TO THE EDITOR: I'm sure there are a lot of folks just like me who are real thankful for our electric lights this morning. We can see our way to get around, what with this new time and all.

There's a school right across from my house and they have their lights shining brightly for the children. Then, too, our ears have their lights on bringing youngsters to school and that yard-long bus looks like a Christinas tree!

Hazel D. Caruthers, Cushing

Two Crises Exist TO THE EDITOR:

John Q. Public is accustomed to injustices. His motor vehicles have been swallowed up by emission con-trol devices which not only reduce fuel consumption from 7 to 20 per-cent but in terms of dollars and

Change Backwards

TO THE EDITOR:

TO THE EDITOR:

It seems that our lawmakers in Washington have done it again. They have changed our clocks to lit their needs—professing to save fuel. But as anyone knows, it is backwards. To start with we are turning our thermostats up an hour earlier each morning. This will use mere fuel because it is always coldest from about 4 a.m. until 7 a.m. (Suntime).

Now exercises was off sade off sade off.

Now everyone gets off work one hour earlier (by Suntime) so they have one more hour to drive around each evening before dark, using

We are helping the energy crisis like a hole in the head or as on Crif-lornia politician said a while back, "This time change causes the sun to shine on his lawn an hour longer each day."

Every politician should be voted out, and replaced with some burd orking farmers who understand attire, and I believe we could get

More at: newspapers.com/profile/savestandard



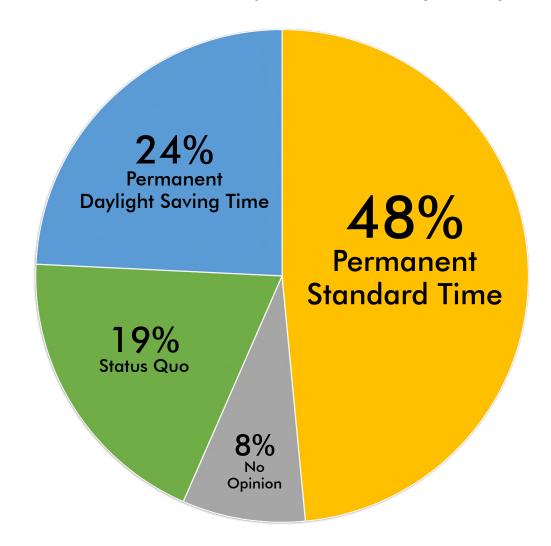
网 SAVE STANDARD TIME

GALLUP

"The plurality of Americans prefer Standard Time the whole year, including summer.

Half as many, 24%, prefer Daylight Saving Time the whole year, including winter. The smallest percentage, 19%, prefer the status quo of switching between the two. This means 43% favor having Daylight Saving Time part of the year or year-round, only slightly less than the 48% who would prefer not to have it at all.

But it also means 72% would prefer no clock changes each year."



"Based on telephone interviews conducted January 21–27, 2025, with a random sample of 1,001 adults, living in all 50 states and DC. Margin of error $\pm 4\%$."

https://news.gallup.com/poll/657584/half-daylight-saving-time-sunsetted.aspx

POSITION STATEMENTS

American Academy of Sleep Medicine

The United States should eliminate seasonal time changes in favor of permanent Standard Time, which aligns best with human circadian biology... Evidence supports the distinct benefits of Standard Time for health and safety, while also underscoring the potential harms that result from seasonal time changes to and from Daylight Saving Time...

Bloomberg

Standard Time is better aligned with the position of the sun and human nature. It generally synchronizes waking with sunrise and bedtime with darkness, in accordance with circadian rhythms. It enables children and adults to go to school and work in daylight. Daylight Saving Time effectively does the reverse...

Canadian Sleep Research Consortium

Natural time, defined by the sun, is the best option for health, mood, safety, education, and productivity. Why abolish Daylight Saving Time and maintain Standard Time? The issue of time change is complex, but the evidence is clear: It is in the best interests of public health to abolish time change and maintain Standard Time permanently...

Canadian Sleep Society

Optimal sleep and optimal alignment of the human circadian clock with daytime activities is achieved with Standard Time. Not only does Daylight Saving Time induce sleep deprivation at its inception in the spring, but it enforces later darkness during the summer, favoring delayed bedtime, social jet lag, and more sleep loss...

Canadian Society for Chronobiology

Standard Time puts the social clock closer to our intrinsic body clock, our circadian rhythm, which is set by the dawn. Daylight Saving Time moves dawn later, and creates social jet lag due to mismatch between our biological drive to wake up near dawn and the social demands for us to stay up later...

The Minnesota Star Tribune

To make Daylight Saving Time permanent would be a mistake... Standard Time is the clear choice. It provides more early daylight and most closely aligns with the body's natural wake-work-sleep rhythms. Misalignment has been linked to "increased cardiovascular disease risk, metabolic syndrome, and other health risks"...

National Sleep Foundation

Daylight Saving Time forces biological clocks out of sync with the rising and setting of the sun. The link between our biological clock and the sun is crucial to health... Seasonal time changes are disruptive. Evidence supports permanent Standard Time because of its alignment with our circadian biology and relevance to sleep health and safety...

The Oregonian

For Oregonians, keeping clocks on Daylight Saving Time year-round would mean sunrise after 8am for 106 days each year... Make sure Oregon remains in Standard Time. The marginal benefit of an extra hour of light during a limited number of summer evenings is not worth spending a third of the year's mornings in darkness...

Sleep Research Society

Daylight Saving Time causes sleep loss, circadian misalignment, dysregulation of melatonin and cortisol, stress, altered metabolism, and inflammation. This would occur year-round if Daylight Saving Time were permanent. The evidence supports abolishing Daylight Saving Time and adopting permanent Standard Time...

Society for Research on Biological Rhythms

Based on comparisons of large populations living in Daylight Saving Time or Standard Time, or on western versus eastern edges of time zones, the advantages of permanent Standard Time outweigh switching to Daylight Saving Time annually or permanently... If we want to improve human health, we should not fight against our body clock...

South Florida Sun Sentinel

We agree Congress should end the twice-a-year annoyance of changing clocks. The loss of an hour from the shift to Daylight Saving Time is especially hard. The better change, though, would be to make Standard Time—what farmers once called "God's Time"—permanent. As experts pointed out, it's the natural way to go...

More at: savestandardtime.com/statements



SAVE STANDARD TIME

Endorsements of Permanent Standard Time as the Best Year-Round Clock

The following endorse permanent Standard Time (natural time), not permanent Daylight Saving Time (fast time), as the best way to end clock change. This list is non-comprehensive. More at: savestandardtime.com/endorsements

Health

Alabama Board of Medical Examiners & Licensure

Alliance for Headache Disorders Advocacy

American Academy of Cardiovascular Sleep Medicine

American Academy of Dental Sleep Medicine

American Academy of Neurology

American Academy of Otolaryngology-Head & Neck

American Academy of Sleep Medicine

American Association of Public Health Physicians

American Association of Sleep Technologists

American College of Chest Physicians

American College of Lifestyle Medicine

American Medical Association

American Society for Metabolic & Bariatric Surgery

American Thoracic Society

California Medical Association

California Sleep Society

Canadian Sleep Research Consortium

Canadian Sleep Society

Canadian Society for Chronobiology

Capitol Neurology Dakota Sleep Society

Hampden District Medical Society

Illinois Sleep Society

Indiana State Medical Association

Kentucky Sleep Society

Kimmey Lab, University of California, Santa Cruz

Massachusetts Medical Society

Michigan Academy of Sleep Medicine

Missouri Sleep Society

Montana Sleep Society

National Sleep Foundation

Nebraska Medical Association

Northwest Noggin Neuroscience

Rhode Island Medical Society

San Diego Academy of Child & Adolescent Psychiatry

San Diego Psychiatric Society

Sleep Research Society

Society for Light Treatment & Biological Rhythms

Society for Research on Biological Rhythms

Society of Anesthesia & Sleep Medicine

Society of Behavioral Sleep Medicine

Southern Sleep Society

Tennessee Sleep Society

Wisconsin Sleep Society

World Sleep Society

Education & Families

Anne Arundel County Public Schools Colorado Parent–Teacher Association Florida Parent–Teacher Association

League of Women Voters of Delaware County

Maryland Association of Boards of Education

National Parent–Teacher Association

Regional Adolescent Sleep Needs Coalition

Start School Later

Safety & Labor

American College of Occupational/Environmental Med

Association of Canadian Ergonomists

B-Society

Daylight Academy

Good Light Group

National Safety Council Nebraska State Grange Solaris Fatigue Management

USA Weather, Dallas-Fort Worth, Texas

News Editorial Boards

Bloomberg Opinion

The Daytona Beach News-Journal

Minnesota Star Tribune

The Oregonian Orlando Sentinel

South Florida Sun Sentinel

General

California Islamic University
Coalition for Permanent Standard Time
Cuyahoga Astronomical Association

International Alliance for Natural Time

Libertarian Party Mises Caucus

Ohio Bicycle Federation Rabbinical Council of America Rabbinical Council of California Working Time Society

Yes Watch

res waich

Endorsement of permanent Standard Time policy is not endorsement of Save Standard Time Inc



SAVE STANDARD TIME

	Permanent Daylight Saving Time (Fast Time)	Permanent Standard Time (Natural Time)
Morning Sunlight	Forces most people to start school or work before sunrise in winter.	Lets most people see light in morning (when biology needs it most) year-round.
Circadian Alignment	Misaligns clocks from circadian rhythms.	Aligns clocks to circadian rhythms.
Sleep Health	Forces most people to wake by alarm before dawn in autumn, winter, and spring. Dark mornings make waking harder. Light at night makes sleep harder.	Lets most people sleep naturally past dawn year-round. Bright mornings make waking easier. Darkness at night makes sleep easier.
Mental & Physical Health	Increases depression, substance abuse, obesity, high blood pressure, stroke, heart disease, diabetes, and cancer.	Improves mood, neurological health, stress resilience, weight balance, heart health, immunity, and longevity.
Safety & Crime	Increases accidents and injury recovery times.	Improves alertness and decision-making.
Education & Economy	Impairs school performance. Decreases workplace productivity and wages.	Improves school performance. Increases workplace productivity and wages.
Farmers & Construction Workers	Shortens morning light needed for outdoor labor and all-day alertness.	Preserves morning light needed for outdoor labor and all-day alertness.
Energy & Environment	Darker mornings increase demand for morning heat. Brighter evenings increase demand for evening A/C.	Balances the sun's light and heat between morning and evening, for less demand, less expense, and less waste.
Radio Broadcasts	Dark mornings impair radio. News broadcasts would be delayed until most people have begun work.	Preserves morning light needed for radio broadcasts of morning news and traffic reports.
Religious Rights	Unfairly overlaps work hours with morning prayer times of observant worshippers.	Many faiths call Standard Time "God's Time" for its connection to the natural world (to creation).
Federal Law	Prohibited by the Uniform Time Act (15 USC §260a).	Approved for states by the Uniform Time Act (15 USC §260a).
Lasting Public Support	Repeatedly tried and reverted after winter is experienced in the US and other nations.	Observed in Arizona, Hawaii, all five US territories, and most nations for many decades.