



Maryland | Statewide

health, safety and equity in education

Testimony in Opposition to HB 1013 - General Provisions - Standard Time - Year-Round Daylight Saving Time

April 2, 2021

Good Afternoon Chair Pinsky, Vice Chair Kagan, and members of the Education, Health, & Environmental Affairs Committee:

Thank you for the opportunity to testify on HB1013 and reiterate my opposition to Permanent Daylight Saving Time, unless it is amended as described below. My original written testimony on companion bill SB840 from the March 11th hearing, is enclosed in this letter.

I am Lisa VanBuskirk, Chapter Leader of Start School Later Maryland and Start School Later Anne Arundel County. Since my oral testimony last month and the passage of HB1013 through its committee and House of Delegates, I have reflected some more on permanent Daylight Saving Time, especially when we sprung our clocks forward an hour on March 14th. Do you recall feeling slightly groggy that morning and the next few days, due to social jet lag from Maryland's sunrise arbitrarily moving from approximately 6:20 a.m. to 7:18 a.m. overnight? Imagine that grogginess and social jet lag lasting and indeed worsening, throughout the entire month of November, December, January, and February, due to delayed sunrises as late as 8:39 a.m. in our state.

Our nation, and indeed the world, has put health and safety at the forefront of our lives for the past thirteen months. While the debate is far from settled regarding how high a priority safety, health, and the recommendations of experts should be accorded in our daily lives, we would be remiss to ignore the recommendations that permanent Daylight Saving Time is unhealthy and unsafe. Do we prioritize research, studies, and the lessons learned from the failed 1974 permanent Daylight Saving Time experiment? Or do we ignore them because they are inconvenient and counter to the incorrect, perception that DST means more daylight? Daylight Saving Time doesn't add daylight, it changes when the daylight occurs. As I described last month, delayed sunrise would put more Marylanders of all ages commuting to work and school in morning darkness, an unnecessary, unsafe, and unhealthy condition.

If it is the changing from Standard Time to Daylight Saving Time and back again which annoys you, then it is perhaps time to consider permanent Standard Time, as observed by Arizona and Hawaii, already permitted by Federal Law, and recommended by circadian scientists.

On a personal note, I lived in the Netherlands for four years. The Netherlands is at the same latitude as Juneau, Alaska, so much, much farther north than Maryland. It was much harder to acclimate to the 8:45 a.m. sunrise, then the 4:45 winter sunset. Maryland is not so far north to justify such a late sunrise, without

fully acknowledging the negative mental and physical health and safety impacts of HB1013's intent to move Maryland to permanent Daylight Saving Time,

Please **vote for an Unfavorable Report on HB1013**. I would support amending the bill to include a mandate for a minimum safe, healthy, and age-appropriate start time for all schools, as recommended by the 2017 Massachusetts study on permanent DST referenced in my original testimony or an amendment to permanent Standard Time.

Thank you,



Lisa VanBuskirk, P.E., Chapter Leader, Start School Later Maryland | Start School Later Anne Arundel County
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Enclosure (1) – Start School Later testimony on SB840, dated March 5, 2021.

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Testimony in Opposition to SB 840/HB 1013 - General Provisions - Standard Time - Year-Round Daylight Saving Time

March 5, 2021

Good Afternoon Chair Pinsky, Vice Chair Kagan, and members of the Education, Health, & Environmental Affairs Committee:

Thank you for the opportunity to **testify in opposition to SB 840, unless it is amended as described below.**

I am Lisa VanBuskirk, the leader of Start School Later's Maryland and Anne Arundel County chapters. The goal of my all-volunteer organization is to educate communities and policy makers about the physical and mental health, safety, and academic benefits of age-appropriate school hours. In 2014, Maryland was the first state in the nation to pass legislation related to school start times, with a joint study by the Maryland Department of Health and Maryland State Department of Education that encouraged school systems to develop committees to evaluate starting school after 8 a.m. In 2016, the General Assembly followed up with the *Orange Ribbon for Healthy School Hours*, which recognizes school systems with no elementary before 8 a.m. and no middle or high school before 8:30 a.m., with no bus pickups before 7 a.m and 7:30 a.m., respectively.

Our circadian rhythm is regulated by sunrise, not sunset. A permanent delay of sunrise time would put all of us on a perpetual "social jet lag", which would be most noticeable in the winter. This would affect our physical and emotional health and well-being, but would be particularly exacerbated for adolescents, who already experience a well-documented delay in sleep and wake times. **Permanent Daylight Saving Time, combined with the current too-early school start times, would have an even greater negative impact on adolescent circadian rhythm, safety, health, and academics, and is contrary to the intent of previous state legislation.**

I acknowledge the negative health and social impacts society bears when we switch from Standard Time (ST) to Daylight Saving Time (DST) and back again. The very day of the 2020 bill hearing in this committee, the Wall Street Journal published a story about the negative effects of switching back and forth and the call by circadian scientists to move to permanent Standard Time and do away with Daylight Savings Time, the

complete opposite of this proposed legislation.¹ Last year, the Baltimore Sun Editorial Board disagreed with this bill.²

The latest sunrises of the year in Maryland occur in December through January, which would be at about 8:25-8:39 a.m. depending on where you are in the state, under permanent DST. Civil dawn, the 30 minutes or so before sunrise, when it is light enough to see without artificial illumination, would therefore begin at about 8 a.m.

In 1974, the entire nation tried permanent DST, but it was a disaster with the extra morning darkness for students and adults alike. The deaths of eight children in Florida and one in Connecticut were blamed on unsafe DST morning darkness within the first month. Congress reversed its decision later that year. Enclosure 1 and 2 are articles from the Baltimore Sun covering the 1974 DST fiasco.

Initially, Anne Arundel County Public Schools was the only Maryland school system that temporarily delayed its start and end times because of permanent DST in 1974, but only by 30 minutes (Enclosure 3). Within two days of the start of DST, Baltimore County Public Schools announced they were also delaying start times by 30 minutes, because of parental complaints about students in the morning darkness and some “near misses” for student pedestrians (Enclosures 4 and 5). The 1974 hour delay in sunrise, meant that buses across Maryland began pickups before Civil Dawn, even when AACPS and BCPS delayed starts by half an hour. That was unacceptable to parents in 1974.

Forty-seven years later, Maryland’s schools start even earlier and many Maryland students of all ages already have bus pick-ups before Civil Dawn, even under the current Standard Time. The average middle school start time is now 8:11 and the average high school start time is 7:54 a.m. Both levels have schools that start between 7:00 a.m. and 9:30 a.m. Most elementary schools start later in the morning, but there are elementary schools that start as early as 7:30 a.m. and as late as 9:45 a.m.³ I took the liberty of comparing winter sunrise to school start times across Maryland. You can see the chart in Enclosure 6, **nearly all middle and high schools, plus a fair number of elementary schools would start before sunrise**; some more than an hour before winter sunrise, under permanent DST.

It is not just the school bell time we ought to consider, but the fact that **so many more Maryland students will be picked up by a bus or walk to school in the dark during the winter**, relative to Standard Time in winter. **This is a safety issue.**

When Massachusetts studied the permanent DST issue in 2017, their report made two caveats to the implementation of what they called Atlantic Time; community education and later school start times. As the Massachusetts report acknowledges “One way to avoid the downsides of year-round DST for school-aged children would be to delay school start-times until after there is sufficient daylight for safe travel.”⁴ Many Maryland students ride buses for an hour, coupled with having to be at the bus stop 10 minutes early and

¹ https://www.wsj.com/articles/heres-why-health-experts-want-to-stop-daylight-saving-time-11583340645?fbclid=IwAR0YLjCfiS_D7RMQi55jqaXYUuKUORnk-o5GmmiQCgdOKbzAkLjyijB1Wmc

² <https://www.baltimoresun.com/opinion/editorial/bs-ed-0309-daylight-savings-blues-20200306-o3dst4scwzchhgu7ywtuzpdk4-story.html>

³ <https://www.startschoollater.net/md---statewide.html> see multiple graphics with list of all middle and high school start times and bell times relative to Orange Ribbon criteria.

⁴ https://www.ctnewsjunkie.com/upload/2017/11/Special_Commission_Commonwealths_Time_Zone.pdf

arriving 15-30 minutes before the bell. We must take into account the impact of permanent DST on their safety during their dark commute before their pre-sunrise school start time.

Just as the list of groups that support age-appropriate start times continues to grow, so does the list of groups opposed to permanent DST. They include the American Academy of Sleep Medicine and National Safety Council.⁵ The “National PTA is opposed to daylight saving time during the winter months because of the safety factor.”⁶

Please **vote for an Unfavorable Report on SB 840 or amend the bill to include a mandate for a minimum safe, healthy, and age-appropriate start time for all schools.**

Thank you,



Lisa VanBuskirk, P.E., Chapter Leader, Start School Later Maryland | Start School Later Anne Arundel County
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Enclosure (1) – *The Baltimore Sun*, January 29, 1974

Enclosure (2) – *The Baltimore Sun*, October 29, 1981

Enclosure (3) – *The Baltimore Sun*, January 5, 1974

Enclosure (4) – *The Baltimore Sun*, January 8, 1974

Enclosure (5) – *The Baltimore Sun*, January 8, 1974

Enclosure (6) – Permanent Daylight Saving Time vs Maryland Public School Start Times

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⁵ https://www.washingtonpost.com/lifestyle/wellness/sleep-daylight-saving-time-end/2020/08/28/213d3a0c-e8b8-11ea-bc79-834454439a44_story.html

⁶ <https://www.washingtonpost.com/science/2019/03/08/springing-forward-daylight-saving-time-is-obsolete-confusing-unhealthy-critics-say/>

The Baltimore Sun, January 29, 1974

A mere three weeks after permanent Daylight Saving Time began, "...the small savings in energy that we will make do not justify the loss of lives of our children, nor the hardship placed upon our children and their parents...the lives of our children should receive first consideration."

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 endangered on roads and highways during the dark morning hours of winter.

In Florida, a special session of the state legislature was scheduled for today so that clocks could be turned back an hour. Eight schoolchildren have been killed in pre-dawn accidents there.

"The inescapable conclusion to be reached is that darkness had a great deal to do with the pre-dawn deaths," said Gov. Reubin Askew, who called the See DAYLIGHT, A4, Col. 1

Children's deaths spur bid to repeal daylight saving

DAYLIGHT, from A1 one-day session solely to deal with the daylight saving time issue.

In the United States Senate, Marlow W. Cook (R., Ky.) rose in support of repealing the year-round daylight saving plan, cleared by Congress December 14, and cited the Florida deaths, plus a reported increase in sexual assaults on youngsters in Minnesota and problems in other states.

Senator Dick Clark (D., Iowa), sponsor of one of the bills to repeal the daylight measure, said it was the No. 1 issue he confronted when traveling in his home state during the Christmas recess.

"I think it's time we recognize we may well have made a mistake," Senator Clark told his colleagues.

8 bills in House

Senator Robert Dole (R., Kan.), also sponsoring a repealer, said the daylight bill passed in December had little in-depth study.

The majority leader, Senator Mike Mansfield (D., Mont.), said he was appalled by the Florida deaths and urged the Senate Commerce Committee to give repeal legislation its immediate consideration.

On the House side of the Capitol, there are eight bills before the Commerce Committee calling for the repeal of winter daylight saving time. All have been introduced since congressmen returned from their home districts to Washington January 21.

Representative Claude Pepper (D., Fla.), who, along with most of the Florida delegation, is supporting repeal, said last week that "the small savings in energy that we will make do not justify the loss of lives of our children nor the hardship placed upon our children and their parents."

"I regret for others their loss of benefit from energy that would be saved in the country and from extra time at the end of the day, but the lives of our children should receive first consideration."

Forecasts of energy savings with daylight time appear to have been exaggerated, according to Senator Clark. He said in a floor speech on the subject yesterday that the Federal Power Commission has estimated that only two-tenths of 1 per cent of this month's fuel savings could be attributed to daylight time. Savings of from 1 to 3 per cent had been hoped for.

If Congress does, indeed, conclude that it made a mistake in enacting daylight time for the winter months, much of the problem that the new law created is already behind the nation.

The sun is rising earlier each day and light could be over most of the country in the morning before the repealers are approved by the appropriate congressional committees and transportation agencies are given adequate advance warning to change their schedules, and the legislation is finally enacted into law.

The Baltimore Sun, October 29, 1981.

Two months were added to Daylight Saving Time. Regarding the 1974 permanent DST, "Mr. Ottinger acknowledged there was an increase in child fatalities during the winter months through February..."

More daylight time voted

Washington (AP)—The House voted yesterday to extend daylight saving time from six to eight months a year over objections that the time change would jeopardize the safety of tens of thousands of school children.

The 243-165 vote came as supporters said the change, adding March and April to the daylight saving time months, would save energy because there would be more daylight during the time people are awake and need it.

Critics, especially rural congressmen, challenged that, saying more, not less, energy would be used. That plus the fear that school children would be forced to go to school in the dark could force many rural states to drop daylight saving time altogether, they argued.

The action by the House, which still must be approved by the Senate, reverses a decision the House made in 1976 when it rejected a similar proposal.

Under the plan, daylight saving time would be initiated on the first weekend in March rather than the last weekend in

April. At that time clocks would be moved ahead one hour, yielding more daylight in the evening and less in the morning. Clocks would be turned back an hour on the last weekend of October, the same time they are adjusted under the current law.

Representative Richard L. Ottinger (D, N.Y.), who sponsored the bill, said government studies of the 1974-1975 period, when the United States had year-round daylight saving time, showed energy savings of 100,000 barrels of oil a day in March and April and no increase in child fatalities.

Mr. Ottinger acknowledged that there was an increase in child fatalities during the winter months through February, but not in March or April.

The House plan would retain provisions for any state entirely within one time zone to opt out of the entire daylight saving system, as Arizona has. But the House rejected a proposal that would have let any state avoid going onto daylight saving time for only the two additional spring months.

The Baltimore Sun, January 5, 1974

Anne Arundel County Public Schools delays all opening and closing times of schools 30 minutes to recoup savings in electricity, as a result of the shift to permanent Daylight Saving Time.

"The AAA said millions of pedestrians will be on the streets in partial or total darkness during morning hours, including children on their way to school."

Daylight saving prompts Arundel school shift

Only one county in the Baltimore metropolitan area has announced it will alter schedules significantly as the nation turns its clocks ahead an hour tomorrow in converting to Daylight Saving Time.

Anne Arundel officials said yesterday that all opening and closing times of schools, school offices and school-related activities would be rescheduled one-half hour later than normal, beginning Monday.

Schools in Baltimore city and county, and in Howard and Harford counties said there were no changes planned in any scheduled-times.

Daylight time will remain in effect throughout most of the nation through October, 1975.

The White House has said

the switch could cut back the demand for heating and electricity by as much as 3 per cent—particularly in the northern regions of the country—because people will not need to turn on their lights as early at night.

The change over at 2 A.M. tomorrow will mark the first time the nation has gone on year-round Daylight Saving time since World War II.

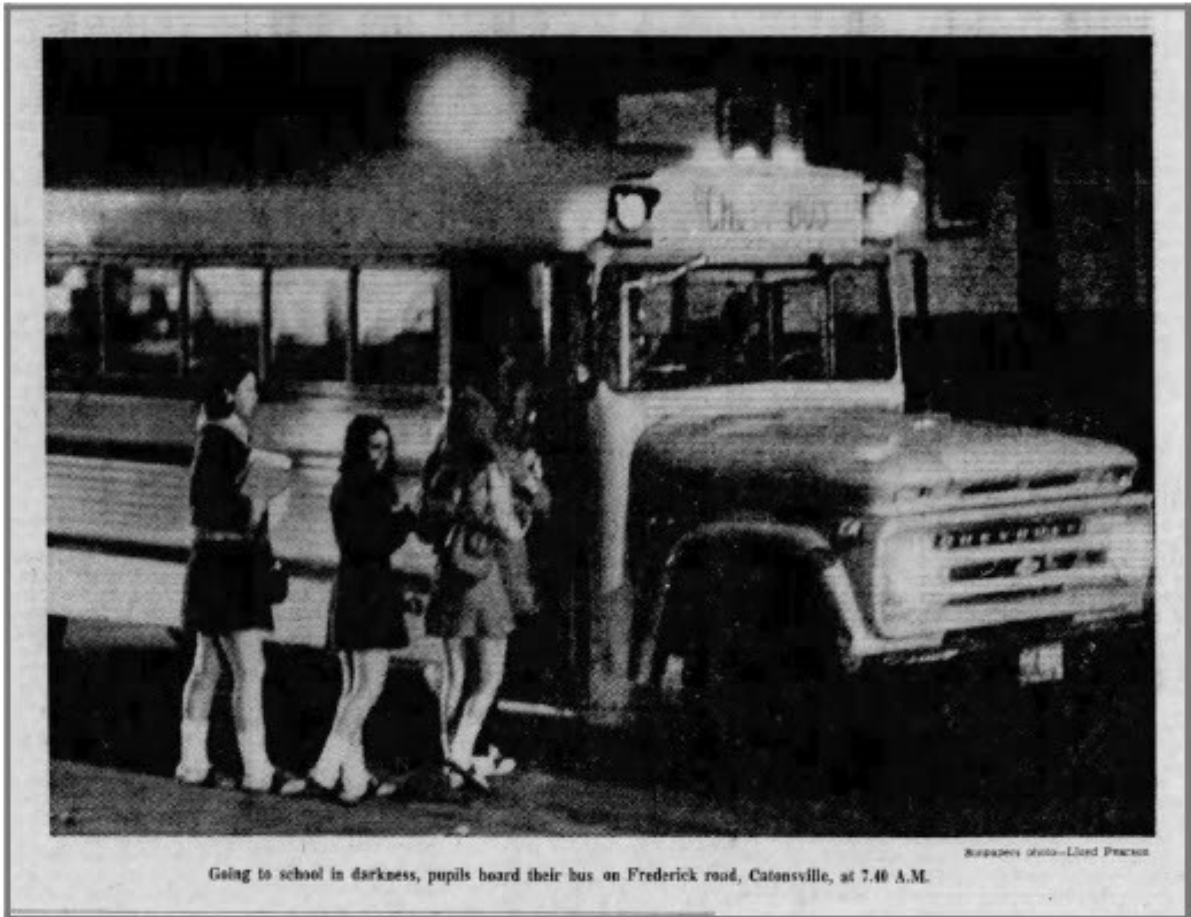
The switch to daylight time could create some problems for drivers, the American Automobile Association said. The AAA said millions of pedestrians will be on the streets in partial or total darkness during the morning hours, including children on their way to school.

Enclosure (4)

The Baltimore Sun January 8, 1974

Cover Photo

“Going to school in darkness, pupils board their bus on Frederick Road, Catonsville. 7:40 A.M.”



The Baltimore Sun January 8, 1974

"No injuries were reported in the Baltimore area, although county police advised school authorities that there had been some "close shaves" at school crossings."

"...most calls came from parents of high school and junior high school girls...Dundalk Senior High and Delaney Senior High, for example begin classes at 8 A.M. and 8:05 A.M. about a half hour before sunrise at 8:30 A.M."

*These two high schools now start at 7:45 a.m.

The Baltimore Sun (Baltimore, Maryland) · 8 Jan 1974, Tue · Page 1

Downloaded on Feb 17, 2021

County schools to start later as protests swell

BY MIKE BOWLER

Flooded with calls from anxious parents and harried school crossing guards, Baltimore county school officials yesterday delayed morning bus and class schedules one-half hour.

The new schedule, effective tomorrow morning through Friday, February 15, was announced yesterday afternoon after officials said they received hundreds of calls from concerned and angry parents who saw their children set out for school in darkness on the first day of year-round Daylight Saving Time.

A spokesman for the Baltimore Archdiocese said yesterday there were no plans to alter the schedules of parochial schools in the area.

Anne Arundel county yesterday began a one-half hour

later starting time. City school officials, who checked with other urban districts on the East Coast, said they would stick with regular schedules. Almost all city schoolbus riders use Mass Transit Administration buses.

After receiving a call from a Baltimore county motorist who said he had narrowly missed hitting a group of students waiting for a bus before dawn yesterday, James A. Sensenbaugh, the state school superintendent, urged Maryland drivers to "drive with extreme caution during the morning pre-school hours."

In Maryland and across the nation, school switchboards were buzzing as the energy-saving measure went into effect. See DAYLIGHT, A5, Col. 1

County schools to start later in wake of protests

DAYLIGHT, from A1
fect about two weeks after the shortest day of the winter.

No injuries were reported in the Baltimore area, although county police advised school authorities that there had been some "close shaves" at school crossings. A teen-aged girl in Seymour, Conn., was struck and killed by a car as she walked to school shortly after 7 A.M.

Crossing guards in Salt Lake City, where sunrise was at 8:52 A.M., were issued flashlights.

A Baltimore county school spokesman said most calls came from the parents of high school and junior high school girls. Bus routes in the county are designed so that high school students are picked up first, then elementary students, most of whom begin school at 9 A.M.

Dundalk Senior High and Delaney Senior High, for example, began classes at 8 A.M. and 8:05 A.M., about a half-hour before sunrise at about 8:30 A.M.

Afternoon schedules in the county are not affected, meaning that students will get a half-hour "vacation" each day until February 15. This comes on top of five energy-saving and snow days that had been included in the schedule and will not be made up, said Robert Y. Dabel, deputy superintendent.

Mr. Dabel said the afternoon schedule was not changed because many bus drivers have other jobs that could be disrupted by an extension of school hours.

"We made the change for

two reasons," he said. "The police department formally requested it. They said some crossing guards had had a tough time and some close shaves. We also got an unbelievable reaction in terms of concerned parents. The phone's been ringing all day."

Schoolchildren, of course, were not the only ones affected by the time change. Adults had to leave for work in the dark, and the traffic jam on the Jones Falls expressway occurred on schedule—in the dawn's early light.

A few parents who remembered long, early morning walks to class in their own school days, scoffed at the delayed openings. "I caught the bus in the dark when I was growing up, and I didn't mind," said Robin Poling of Charlesburg, W.Va., where school hours were moved ahead a full hour.

Other parents noted that their teen-agers had never had trouble in the darkness at the other end of the day. "I know I could never keep mine home at night," said Mr. Dabel.

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Permanent Daylight Saving Time vs Public School Hours in **Maryland***

Under permanent Daylight Saving Time, the latest winter sunrise in Maryland, would be between 8:25 - 8:35 a.m., depending on location.

Civil Dawn is the approximately 30 minutes before sunrise, when it is possible to see without artificial illumination

How much earlier before sunrise or civil dawn, are students waiting for buses or walking to school?

RED = School starts before winter sunrise. **GREEN** = Start times after winter sunrise.

<u>County/School District</u>	HS start time or start ranges	MS start time or start ranges	ES start time or start ranges
Allegany County	7:40	7:40	8:00 to 8:45
Anne Arundel County	7:30	8:10 to 9:10	8:10 to 9:45
Baltimore City	7:45 to 9:00	7:45 to 9:00	7:45 to 9:00
Baltimore County	7:10 to 7:45	7:40 to 8:30	8:35 to 9:20
Calvert County	7:25 to 7:40	7:22 to 8:25	8:30
Caroline County	7:50	7:40	9:00
Carroll County	7:30	8:25 to 8:35	7:45 to 9:30
Cecil County	7:40	7:50-8:10	9:00
Charles County	7:25 to 8:05	7:45 to 8:50	8:30 to 9:30
Dorchester County	7:50 to 8:15	7:55 to 8:05	8:30 to 9:00
Frederick County	7:30	8:00	8:20 to 9:00
Garrett County	8:25	8:30	8:15 to 8:40
Harford County	7:30	8:15	9 to 9:30
Howard County	7:25	7:40 to 8:25	8:35 to 9:25
Kent County	7:45	8:40	8:00 to 9:00
Montgomery County	7:45	7:55 to 8:15	9:00 to 9:25
Prince George's County	7:45 to 9:30	7:45 to 9:30	7:45 to 9:15
Queen Anne's County	7:35	7:45	7:30 to 8:55
Somerset County	7:30	7:20	8:00
St Mary's County	8:00	7:05 to 7:55	8:25 to 9:00
Talbot County	7:45 to 7:50	7:45 to 7:50	8:40
Washington County	8:45	7:20 to 8:45	7:30 to 9:15
Wicomico County	7:45	7:45 to 9:15	8:15 to 9:15
Worcester County	7:48 to 8:07	7:30 to 8:00	7:45 to 8:30

* based on 2017-2018 school start time data collected by SSL Maryland

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