

DST Testimony.pdf

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THE SENATE OF MARYLAND
ANNAPOLIS, MARYLAND 21401

SB 840 – General Provisions – Full Year Daylight Savings Time

March 11, 2021

Chairman Pinsky, Vice Chair Kagan, members of the Committee, I am here today to present SB 840 which would signal Maryland’s desire to remain on Daylight Saving Time year round. To date, [forty-two states](#) are entertaining or have passed legislation on the issue while two—Arizona and Hawaii—only observe their respective standard times.

Daylight Saving Time was initially implemented during World War I to save energy, but maintained unexpected popularity among Americans after the war, and was re-introduced year round during World War II for the same energy saving reasons.¹ However, with the technological advances we have realized today there is no significant energy saving associated with the time change process. What has not changed, on the other hand, is the continued popularity of Daylight Time among Americans and their desire to make it permanent.

The Federal Uniform Time Act of 1966—which codified Daylight Saving Time at the federal level—has been amended twice; both times extended the Daylight Saving period. The most recent change was a 2005 amendment which took effect in 2007. These changes to the original Act demonstrate the flexibility of time adjustment and offer precedent when considering changes at the state level. The Federal Uniform Time Act currently allows states to adopt the Standard Time of their current time zone, but not Daylight Time. The purpose of passing this bill would be to add our name to the list of states asking the federal government to amend the Act and allow us to adopt Daylight Time permanently.

Given both the sustained popularity of Daylight Saving Time since the first world war to the amending of the Uniform Time Act to today’s nation-wide effort it is time Maryland joined the fight.

The problems often associated with Daylight Saving Time, most notably sleep deprivation and the lingering effects of it, are mostly due to the switch from Standard Time to Daylight Saving

¹ Steve P. Calandrillo and Dustin E Buehler, “Time Well Spent: An Economic Analysis of Daylight Saving Time Legislation,” *Wake Forest Law Review*, 2008)

Time rather than the impact of a later sunset² as the body eventually readjusts. Staying on one time will alleviate these negative effects.

The reasons to choose Daylight Time over Standard Time include economic benefit, traffic safety, and crime reduction. Several studies show that many crime incidents are low during morning hours and peak during late afternoon and evening hours.³ By adopting Daylight Saving Time permanently, workers will be able to be home before darkness falls. More daylight gives people the liberty of being outside after work, enjoying the daylight rather than going straight home. Anecdotally, we can think of walking down Main Street here in Annapolis at 5 during Daylight Saving Time with light for an extra hour versus during Standard Time when darkness coincides with getting off work. A State of Massachusetts study even found year-round Daylight Saving Time would lead to fewer traffic fatalities due to increased visibility during prime driving hours.⁴

Springing forward and staying there would benefit the State of Maryland, our economy, our roads, and put us in line with the rest of our country in recognizing this outdated policy. I respectfully request a favorable report.

² Jennifer L. Doleac and Nicholas J. Sanders, "Under the Cover of Darkness: How Ambient Light Influences Criminal Activity," *Review of Economics and Statistics* 97, no. 5 (2015): pp. 1093-1103, https://doi.org/10.1162/rest_a_00547

³ Buehler/Calandrillo; Doleac/Sanders

⁴ "Report of the Special Commission on the Commonwealths Time Zone," Report of the Special Commission on the Commonwealths Time Zone § (n.d.)

NFINK-SB0840OpposeFullYearDST.pdf

Uploaded by: Fink, Nelda

Position: UNF

Written Testimony OPPOSING SB 840 – Full Year Daylight Savings Time
Nelda Fink, 8372 Norwood Dr, Millersville
MD District 32

SB 0840 calling for the full year of daylight savings is not looking at the big picture. It would be better to remove Daylight Savings Time and have full year Eastern Standard Time. Passing this bill will create mass confusion since for 6 months of the year, Maryland would be on a different time zone than our neighboring states. AND that different time zone would fall on the months that others return to what was originally **normal time**. This is totally backwards. We can do better than this, do what is sensible and logical, not something that is so totally illogical. There is no reason for this bill. People that I talk to, as well as myself, want to eliminate DST which would require a bill for Full Year EST! Do this and you will make many people very happy! As it stands today, this bill needs to be opposed.

Please do not pass this bill!

I oppose it completely!

Sincerely,

Nelda Fink

OPPOSING SB 840 – Full Year Daylight Savings Time

AACPS SB840 Daylight Saving OPP 3.11.21.pdf

Uploaded by: Ortiz, Jeanette

Position: UNF



SB840 GENERAL PROVISIONS – STANDARD TIME – YEAR–ROUND DAYLIGHT SAVING TIME

March 11, 2021

EDUCATION, HEALTH, AND ENVIRONMENTAL AFFAIRS COMMITTEE

OPPOSE

Jeanette Ortiz, Esq., Legislative & Policy Counsel (410.703.5352)

Anne Arundel County Public Schools (AACPS) opposes **SB840 General Provisions – Standard Time – Year–Round Daylight Saving Time**. This bill requires the standard time in the State to be Eastern Daylight Time year-round, which would establish year-round daylight saving time in Maryland. This change is contingent on the appropriate federal law being amended to allow a state, individually, to observe a year-round standard time that is consistent with Eastern Daylight Time. The Secretary of State must monitor any related changes to federal law and report notice of any change to the Department of Legislative Services (DLS). If DLS receives notice of the change by December 31, 2026, this change takes effect the second Sunday in March or the first Sunday in November after the change takes effect, whichever occurs first. If DLS does not receive notice of any change by December 31, 2026, the bill terminates.

The Board of Education of Anne Arundel County supports school start times that are consistent with student health, safety, and student developmental needs. Many school systems are working to address this issue, which has gained attention after decades of scientific research. Anne Arundel County Public Schools (AACPS) recognizes the importance of developing a healthy school environment which promotes student health, well-being, and the ability to learn. Accordingly, AACPS is looking at opportunities to align school start times with recommendations by national health and educational organizations for student well-being and academic success. Those organizations include the American Academy of Pediatrics, American Academy of Sleep Medicine, American Medical Association, American Psychological Association, Centers for Disease Control and Prevention, National Association of School Nurses, Society of Pediatric Nurses, National Education Association, and National Parent Teacher Association.

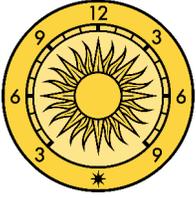
Existing school start time recommendations are based on current practices of alternating between standard time and Eastern Daylight Time. If Maryland were to permanently shift to Eastern Daylight Time, the sun would not rise until approximately 8:30 a.m. during the shortest days of winter. As a result, AACPS students would be walking to school or bus stops in the dark for many more winter mornings during the school year. Student safety is of utmost importance to AACPS and requiring students to walk to school and bus stops in the dark creates a genuine safety concern. If this bill were to become law, AACPS would be required to adjust high school start time two hours later than the current start time in order to meet recommended health guidelines. In addition, many elementary and middle schools would need adjust start times by an hour. Such significant adjustments would greatly disrupt the lives of students and families throughout the State, forcing many school systems to impose school hours that could be detrimental to student health, well-being, and academics.

Accordingly, AACPS respectfully requests an **UNFAVORABLE** committee report on SB840.

SB-840 Opponent Jay Pea of Save Standard Time.pdf

Uploaded by: Pea, Jay

Position: UNF



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2021 March 3

Education, Health, & Environmental Affairs Committee
Maryland State Senate
Annapolis, Maryland 21401

Re: SB-840—Oppose (Amend to Standard Time)

Dear Honorable Senators,

Please oppose SB-840 and recommend its amendment to permanent Standard Time. Its current form seeks permanent Daylight Saving Time (DST), which history and medicine show is more harmful than clock change. Only permanent Standard Time can improve viral immunity with better sleep, can protect school and work start times with morning sunlight, and is pre-approved by federal law.

Scores of organizations representing thousands of scientists/doctors and millions of teachers/parents oppose permanent DST and endorse permanent Standard Time. Among these are the Maryland Sleep Society, National PTA, National Safety Council, American Academy of Sleep Medicine, American College of Chest Physicians, American College of Occupational & Environmental Medicine, Start School Later, and Society for Research on Biological Rhythms.^{[AASM][CSC][ESRS][SRBR]}

Sleep is essential to viral immunity (including COVID),^{[Meira][Panda][Ray]} and for years the CDC has classified sleep deprivation as an epidemic.^[Jin] Springing clocks forward to DST acutely deprives sleep. Leaving clocks forward on DST chronically deprives sleep (at an estimated average of 19 minutes nightly). Artificial delay of sunrise by one hour (such as by DST) manifests as statistically significant increases in accidents, illnesses, diseases (certain cancers up 12–36%), and healthcare costs, and as statistically significant decreases in alertness, learning, productivity, and wages (down 3–5%). It's not just clock change that harms. Longitudinally correct Standard Time preserves morning sunlight, when human biology needs it most.^{[AASM][Borisenkov][CSC][Curtis][Gibson][Giuntella][Gu][Juda][Roenneberg][SRBR]}

The US Uniform Time Act of 1966 permits permanent Standard Time and forbids permanent DST. Scientific polling shows strong public support to end clock change, with slight preference for Standard Time.^[AP] History shows support for permanent DST reverses to opposition once its dark mornings are experienced.^{[BBC][Ripley][Yorkshire]}

Permanent DST would delay Maryland's sunrises to 8:39am, and past 8am for up to 3.4 months. It would undo the benefits of starting school later, and it would disrupt parents' work schedules.^{[Cell][Skeldon]} Standard Time keeps your sunrises before 8am, when most work and school starts,^{[CDC][Silver]} for healthier sleep, mood, alertness, immunity, and productivity.

Please oppose SB-840 until it is amended to permanent Standard Time—as is federally pre-approved and is best for health, safety, education, and economy.

Sincerely,



Jay Pea
Save Standard Time
PO Box 40238
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+1-415-484-3458

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SAVE STANDARD TIME

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

The following parties reject permanent Daylight Saving Time and endorse permanent Standard Time as the better year-round clock. These are not implied to be endorsements of the Save Standard Time entity.

Organizations (non-comprehensive list)

National PTA
National Safety Council
American College of Chest Physicians
National School Boards Association
B-Society
American Academy of Dental Sleep Medicine
European Sleep Research Society
Agudath Israel of America
Society of Anesthesia & Sleep Medicine
German Teachers' Association
French Society for Sleep Research & Medicine
National Commission for the Rationalization of Spanish Hours
California Islamic University
Society for Light Treatment & Biological Rhythms
Rabbinical Council of California
Agudath Israel of California
Northwest Noggin Neuroscience
California Sleep Society
Michigan Academy of Sleep Medicine
Ohio Bicycle Federation
Wisconsin Sleep Society
Canadian Society for Chronobiology
Southern Sleep Society
Normal Time All the Time
German Society for Time Policy
Missouri Sleep Society
Solaris Fatigue Management
Sleep Medicine Association Netherlands
Chronobiology Lab Groningen
Better Times Platform
Barcelona Time Use Initiative for a Healthy Society
National Education Association
American Academy of Sleep Medicine
American Federation of Teachers
American College of Occupational & Environmental Medicine
Start School Later
Rabbinical Council of America
Society for Research on Biological Rhythms
Florida PTA
World Sleep Society
European Biological Rhythms Society
Society of Behavioral Sleep Medicine
American Academy of Cardiovascular Sleep Medicine
Agudath Israel of Florida
Francophone Chronobiology Society
Association of Canadian Ergonomists
Good Light Group
Agudath Israel of Chicago
Daylight Academy
Kentucky Sleep Society
Maryland Sleep Society
Australasian Chronobiology Society
Cuyahoga Astronomical Association
Adath Israel San Francisco
Tennessee Sleep Society
Curtis Clock Lab
Capitol Neurology
Stephens Memorial Observatory
Dutch Society for Sleep-Wake Research
Dakotas Sleep Society
Abolish Time Change!

Individuals (non-comprehensive list)

Raúl Aguilar-Roblero MD PhD, Laboratory on Circadian Rhythmicity, Institute of Cellular Physiology, Mexico
Konstantin V Danilenko MD PhD, Institute of Physiology & Basic Medicine, Novosibirsk, Russia
Elizabeth B Klerman MD PhD, Associate Professor, Harvard Medical School, Boston, Massachusetts
Michael T Lam MD PhD, San Diego, California
Michael McCarthy MD PhD, Center for Circadian Biology, University of California, San Diego
Thomas E Nordahl MD PhD, Professor Emeritus, University of California, Davis
David K Welsh MD PhD, Professor Emeritus, University of California, San Diego
Amir Zarrinpar MD PhD, Assistant Professor, San Diego, California
Salman Ahsan PhD, San Jose, California
Shimon Amir PhD, Professor, Concordia University, Montreal, Quebec
Sonia Ancoli Israel PhD, Professor Emeritus, University of California, San Diego

Michael Antle PhD, Professor, Hotchkiss Brain Institute & University of Calgary, Alberta
Susanna Barry PhD, College Mental Health Counselor & Sleep Coach, Cambridge, Massachusetts
William Bechtel PhD, Distinguished Professor, University of California, San Diego
Mikhail Borisenkov PhD, Institute of Physiology, Komi Science Centre, Russian Academy of Sciences
Joseph Boyd PhD, Research Scientist, MilliporeSigma, Temecula, California
Hugo Calligaro PhD, San Diego, California
Oscar Castanon-Cervantes PhD, Assistant Professor, Morehouse School of Medicine, Atlanta, Georgia
Joanna C Chiu PhD, Vice Chair, Department of Entomology & Nematology, University of California, Davis
Scott Cookson PhD, Quantitative BioSciences, San Diego, California
Jason DeBruyne, PhD, Associate Professor, Morehouse School of Medicine, Atlanta, Georgia
Grant Denn PhD, Physics Department Chair, Metropolitan State University of Denver, Colorado
Heinz Freisling MSc PhD, Epidemiologist, International Agency for Research on Cancer, Lyon, France
Frederic Gachon PhD, Group Leader, Physiology of Circadian Rhythms, Institute for Molecular Bioscience
Susan S Golden PhD, Director, Center for Circadian Biology, University of California, San Diego
Marijke CM Gordijn MS PhD, Chrono@Work, University of Groningen, Netherlands
Bill Griesar PhD, Northwest Noggin Neuroscience Outreach Group, Portland, Oregon
Liz Harrison PhD, Center for Circadian Biology, University of California, San Diego
Dietrich Henckel PhD, Professor, Technical University of Berlin, Germany
Erik Herzog PhD, Professor of Biology, Washington University, St Louis, Missouri
Myriam Juda PhD, Researcher, Simon Fraser University, Vancouver, British Columbia
Achim Kramer PhD, Professor of Chronobiology, Charité – Universitätsmedizin Berlin, Germany
Camilla Kring PhD, Speaker, Author, & Entrepreneur, Copenhagen, Denmark
Katja Lamia PhD, Associate Professor of Molecular Medicine, Center for Circadian Biology, UC San Diego
Andy LiWang PhD, University of California, Merced
Travis Longcore PhD, Institute of the Environment & Sustainability, University of California, Los Angeles
Emily Manoogian PhD, Postdoctoral Fellow, San Diego, California
Peter Mansbach PhD, Bethesda, Maryland
Erik Maronde PhD, Scientist, Frankfurt, Germany
Girish Melkani MS PhD, Associated Research Professor, San Diego, California
Martha Meroz PhD, Professor of Chronobiology, Ludwig Maximilian University of Munich, Germany
Matt Metzgar PhD, Clinical Professor of Economics, University of North Carolina, Charlotte
Ralph Mistlberger PhD, Professor, Simon Fraser University, Vancouver, British Columbia
João Nunes PhD, Biochemistry Researcher, Dresden, Germany
Marie Paroissaud PhD, Postdoctoral Associate, Scripps Research, La Jolla, California
Ketema Paul, PhD, University of California, Los Angeles
Linda Petzold PhD, Professor, University of California, Santa Barbara
Frank Powell PhD, Professor of Medicine, University of California, San Diego
Kendall Satterfield PhD, San Diego, California
Dorothy D Sears PhD, San Diego, California
Benjamin Smarr PhD, Professor of Bioengineering & Data Science, University of California, San Diego
Andrea Smit PhD, Researcher, Simon Fraser University, Vancouver, British Columbia
Barbara Sorg PhD, Legacy Research Institute, Portland, Oregon
Melissa A St Hilaire PhD, Instructor, Harvard Medical School, Boston, Massachusetts
Andrew Steele PhD, Associate Professor of Biological Sciences, California State Polytechnic University
Jennifer Thomas PhD, Professor, San Diego, California
Gianluca Tosini PhD, Chief Scientific Research Officer, Morehouse School of Medicine, Atlanta, Georgia
Roger Tseng PhD, Biological Scientist, USDA, Ames, Iowa
Judy Village PhD CCCPE, President, Association of Canadian Ergonomists, British Columbia
Daniel S Whittaker PhD, Los Angeles, California
Anna Wirz-Justice PhD, Professor Emeritus, Centre for Chronobiology, University of Basel, Switzerland
Irving Zucker PhD, University of California, Berkeley
Mariah Baughn MD, San Diego, California
Richard E Cytowic MD, Washington, DC
Mona Ezzat MD, San Diego, California
John F Gottlieb MD, Clinical Assistant Professor of Psychiatry & Behavioral Sciences, Chicago, Illinois
Royan Kamyar MD, Physician, La Mesa, California
Jack Kruse DMD MD, Neurosurgeon, New Orleans, Louisiana
Beth Malow MD MS, Medical Doctor & Researcher, Brentwood, Tennessee
Tessa Sugarbaker MD MFT, San Francisco, California
Nathaniel F Watson MD MSc, Bainbridge Island, Washington
Dr Archana G Chavan, University of California, Merced
Dr Chelsea Gustafson, Assistant Professor, Portland, Oregon
Dr Paul Kelley, Milton Keynes, United Kingdom
Dr Irving Lebovics, Los Angeles, California
Prof Stacey Harmer, University of California, Davis
Betty C Jung MPH RN MCHES, New Haven, Connecticut
Fabian Mohedano, President of Catalan Council for Vocational Training, Former Member of Parliament

Oppose SB-840 (Permanent DST) Amend to Permanent Standard Time For Health, Safety, Learning, & Productivity

“Permanent, year-round Standard Time is the best choice to most closely match our circadian sleep–wake cycle.

Daylight Saving Time results in more darkness in the morning and more light in the evening, disrupting the body’s natural rhythm.”

**Muhammad Adeel Rishi MD
Mayo Clinic & American Academy of Sleep Medicine**

<https://aasm.org/american-academy-of-sleep-medicine-calls-for-elimination-of-daylight-saving-time/>

 SAVE STANDARD TIME

“The human circadian system does not adjust to Daylight Saving Time.

Sleep becomes disrupted, less efficient, and shortened. Permanent Standard Time is the healthier, more natural choice.”

**Nathaniel F Watson MD MSc
Neurology Professor, University of Washington, Seattle**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6557642/>

 SAVE STANDARD TIME

Most work/school starts at 8am.

How would you rather start your day half the year?



Permanent Standard Time is the safest, healthiest, quickest end to clock change.

 SAVE STANDARD TIME

8:03am average school start in the US. CDC, US ED, SASS, 2015. <https://www.cdc.gov/mmwr/preview/mmwrhtml/mm6430a1.htm>
7:55am median work arrival in the US. 538, ACS, USCB, 2014. <https://liveright.com/features/which-cities-sleep-in-and-which-get-to-work-early/>

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 SAVE STANDARD TIME

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7:55am median work arrival in the US. 538, ACS, USCB, 2014. <https://liveright.com/features/which-cities-sleep-in-and-which-get-to-work-early/>

“Cancer rates significantly increase when sunrise is later.

“Permanent DST would make sunrise later, while permanent Standard Time would make sunrise closer to body time.”

**Nicolas Cermakian PhD
President, Canadian Society for Chronobiology**

<https://www.theglobeandmail.com/opinion/article-turn-back-the-clock-on-daylight-savings-why-standard-time-all-year/>

 SAVE STANDARD TIME

“National PTA is opposed to Daylight Saving Time during the winter months because of the safety factor.”

**Heidi May Wilson
Spokesperson for the National Parent Teacher Association**

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

 SAVE STANDARD TIME

SENATE BILL 840 – SUGGESTED AMENDMENT

By: **Senator Ready**

Introduced and read first time: February 9, 2021

Assigned to: Education, Health, and Environmental Affairs

A BILL ENTITLED

AN ACT concerning

General Provisions – Standard Time – Exemption from Daylight Saving Time

FOR the purpose of exempting the State from Daylight Saving Time; making this Act subject to a certain contingency; and generally relating to the State standard time.

BY repealing and reenacting, with amendments,
Article – General Provisions
Section 1–301
Annotated Code of Maryland
(2019 Replacement Volume and 2020 Supplement)

SECTION 1. BE IT ENACTED BY THE GENERAL ASSEMBLY OF MARYLAND,
That the Laws of Maryland read as follows:

Article – General Provisions

1–301.

(a) The standard time in the State shall be that of the 75th meridian of longitude west from Greenwich.

(b) The standard time described under subsection (a) of this section shall regulate all courts, banking institutions, public offices, and legal or official proceedings.

(c) The State shall be exempt from the advancement of time as provided by 15 U.S.C. § 260a.

SECTION 2. AND BE IT FURTHER ENACTED, That:

(a) Section 1 of this Act is contingent on enacting of a similar act by all of the states, including the District of Columbia, whose geographic boundaries are completely within the eastern time zone.

SECTION 3. AND BE IT FURTHER ENACTED, That, except as provided in Section 2 of this Act, this Act shall take effect December 1, 2021.

SS MD SB840 DST.pdf

Uploaded by: VanBuskirk, Lisa

Position: UNF



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.

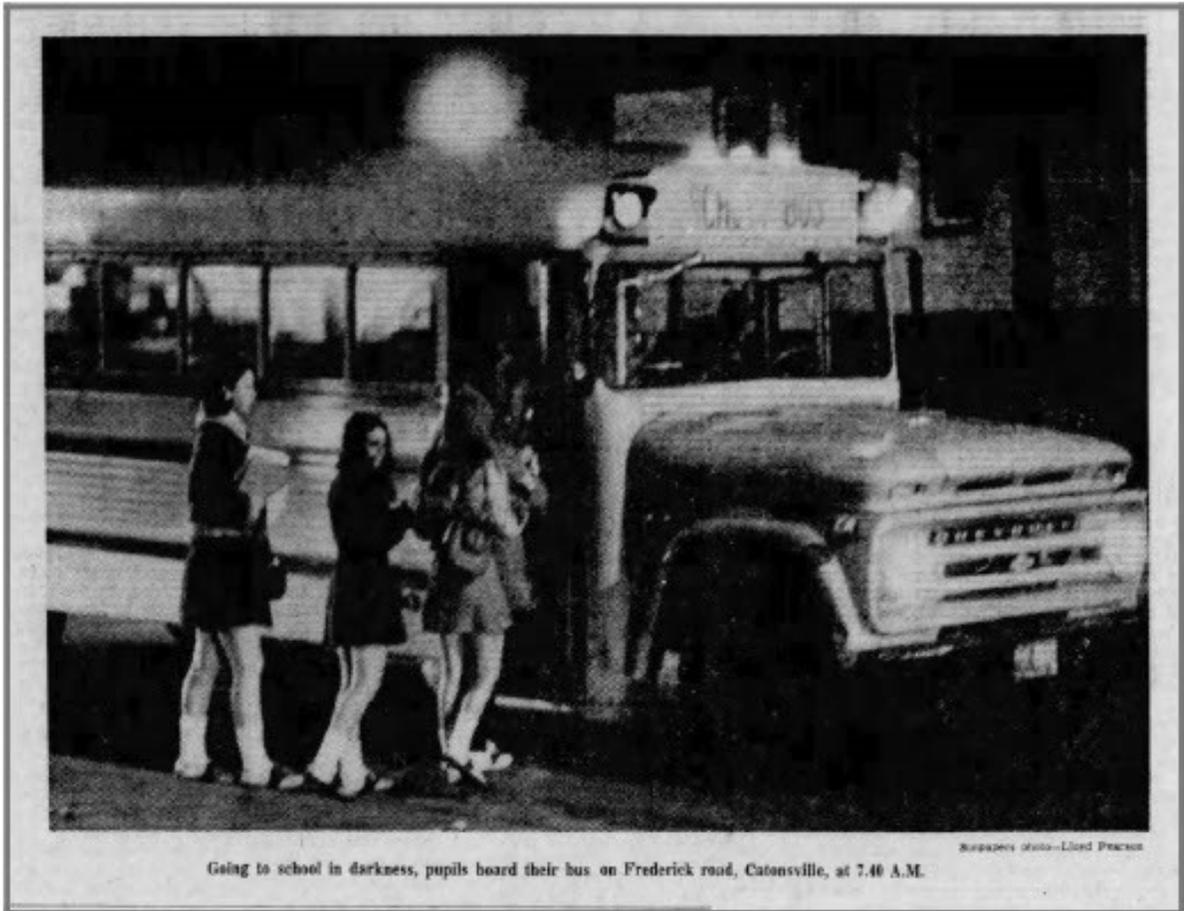
The switch to daylight time could create some problems for drivers, the American Automobile Association said. The AAA said millions of pedestrians will be on the streets in partial or total darkness during the morning hours, including children on their way to school.

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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