

General Provisions – Standard Time – Year–Round Da

Uploaded by: Brian Crosby

Position: FAV



THE MARYLAND HOUSE OF DELEGATES
ANNAPOLIS, MARYLAND 21401

Testimony for HB126: General Provisions – Standard Time – Year–Round Daylight Saving Time
Health and Govt. Operations Committee

Good afternoon Chair, Vice Chair, and distinguished members of the committee. I am Del. Brian Crosby and it's an honor to present House Bill 126 entitled General Provisions – Standard Time – Year–Round Daylight Saving Time.

This bill would formalize Maryland's intent to remain on Daylight Saving Time, or "spring forward time," year-round, and is contingent upon similar legislation passing in each state that is entirely located within the Eastern Time Zone, plus the District of Columbia. The federal government would also have to amend the uniform time code, which only permits states to remain in their respective time zone's Standard Time.

On Sunday, March 13th, our clocks will move forward an hour until November 6th. During the week after this change, emergency rooms across the country will see an increase in heart attack and stroke patients, workplaces will see lowered productivity and increased injuries, and first-responders will see a spike in suicides and fatal car accidents. These are all well-documented consequences of shifting our clocks forward, and they are entirely avoidable. The practice of shifting our clocks backwards during the winter was originally adopted during World War I to conserve energy, but recent research suggests that the conservation levels are negligible at best. An additional daylight hour in the evening, however, is correlated with lower crimes rates and increased levels of exercise.

Time changes are not universal. Most countries do not observe clock changes, and the EU voted in 2019 to abolish the practice by 2021. Domestically, Arizona and Hawai'i do not observe clock changes, and California and Florida recently approved language to follow Daylight Saving Time year-round. In total, 42 states have considered, or are considering this change.

For these reasons, I urge the committee to offer a favorable report on HB126, and I'm happy to take questions at this time.

HB0126_Daylight_Saving_Time_MLC_FAV.pdf

Uploaded by: Cecilia Plante

Position: FAV



**TESTIMONY FOR HB0126
GENERAL PROVISIONS – STANDARD TIME – YEAR–ROUND DAYLIGHT-SAVING
TIME**

Bill Sponsor: Delegate Crosby

Committee: Health and Government Operations

Organization Submitting: Maryland Legislative Coalition

Person Submitting: Cecilia Plante, co-chair

Position: FAVORABLE

I am submitting this testimony in favor of HB0126 on behalf of the Maryland Legislative Coalition. The Maryland Legislative Coalition is an association of activists - individuals and grassroots groups in every district in the state. We are unpaid citizen lobbyists and our Coalition supports well over 30,000 members.

Our members were excited to see that the General Assembly would finally look at the cost of changing the clock every spring and fall. It increases the number of heart attacks and traffic accidents as people adjust to a temporary sleep deficit. It is dangerous and unnecessary and universally hated by school children, parents and working people.

We do note that this change is dependent on having all of the states that border Maryland, as well as the District of Columbia conform. This is unnecessary. Arizona already does not change their clock every year, whereas all the states bordering Arizona do. We believe that this change should be made without waiting for other states and the District to agree.

We support this bill and recommend a **FAVORABLE WITH AMENDMENTS** report in committee.

Oppose HB-126 Save Standard Time.pdf

Uploaded by: Jay Pea

Position: UNF



SAVE STANDARD TIME

The best clock for health, safety, education, economy, environment, civil liberties, and lasting approval.

2022 January 14

House Government Operations Committee
Maryland General Assembly
Annapolis, Maryland 21401

Re: Oppose HB-126 (Crosby, Permanent DST)

Dear Honorable Committee Members,

Please oppose Delegate Crosby's HB-126, a bill to retry permanent Daylight Saving Time in Maryland. Permanent DST is longitudinally incorrect and federally prohibited, it darkens mornings and forces earlier start times, it harms health and viral immunity, it increases accidents and lowers productivity, and it is opposed by current and historical polling.

Scores of organizations representing thousands of scientists and doctors, and millions of teachers and parents, oppose permanent DST and endorse longitudinally correct, permanent Standard Time. Among these are the Maryland Sleep Society, Southern Sleep Society, National PTA, National Safety Council, American Academy of Sleep Medicine, American College of Chest Physicians, National Sleep Foundation, American College of Occupational & Environmental Medicine, Start School Later, Society for Research on Biological Rhythms, Canadian Sleep Society, and Association of Canadian Ergonomists (example expert statements enclosed).^{[AASM][CSS][NSF][SRBR]}

Other bills in the US seek permanent Standard Time, which is the quickest way to end clock change. The Uniform Time Act (15 USC §260a) pre-approves any state's self-exemption from DST and restoration of its permanent Standard Time. Current scientific polling shows strong public support to end clock change, with preference for permanent Standard Time.^[AP]

Permanent DST is federally prohibited. It would delay Virginia sunrises to 8:46am, and past 8am up to 4.0 months (photos enclosed). Its dark mornings would reverse the benefits of starting school later, disrupt parents' work schedules, and hinder farm work.^{[Borisenkov][Cell][Schlanger][Skeldon]} History shows support for permanent DST reverses into strong opposition once its forced early waking in dark, cold winter mornings is experienced. Permanent DST has failed several times worldwide; it was a deadly disaster in the US in 1974.^{[BBC][Ripley][Yorkshire]}

Sleep is essential to viral immunity,^{[Meira][Panda][Ray]} and for years the CDC has classified sleep deprivation as a nationwide epidemic.^[Jin] Springing clocks forward to DST acutely deprives sleep. Leaving clocks forward on DST chronically deprives sleep (estimated average 19 minutes nightly).^{[Giuntella][Roenneberg]} Continually maintained artificial delay of sunrise by one hour manifests as statistically significant increases in accidents, disease (certain cancers up 12–36%), and healthcare costs, and as statistically significant decreases in learning, productivity, and earnings (individual wages down 3–5%).^{[Gibson][Giuntella][Gu][Roenneberg]} It's not just clock change that

harms, but also DST's forced early waking. Permanent Standard Time instead preserves morning sunlight and lets people sleep later.^{[AASM][Juda][SRBR]}

Please hear the consensus of scientists, doctors, teachers, polling, and history. Save time, money, and lives. Oppose HB-126 and reject permanent DST.

Sincerely,



Jay Pea

Founder & President

jay@savestandardtime.com

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REJECT PERMANENT DAYLIGHT SAVING TIME

Forces early waking. Decreases immunity and alertness. Repeat failure.

Most work/school starts at 8am.
How would you rather start your day half the year?



7am
Daylight Saving Time
Nov 26, Greencastle, Pennsylvania

7am
Standard Time
Nov 26, Greencastle, Pennsylvania

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/mm6430e1.htm>
7:55am median work arrival in the US. 538, ACS, USCB, 2014. <https://fivethirtyeight.com/features/which-cities-sleep-in-and-which-get-to-work-early/>

The US tried permanent DST in 1974.

Several children's lives were taken by sleep-deprived drivers.

<https://www.nytimes.com/1974/01/31/archives/schools-ask-end-to-daylight-time-pressure-follows-success-in-easing.html>



7:35am Daylight Saving Time, New York City
Photographer Unknown

Why repeat bad history? Permanent Standard Time is the safest and quickest way to end clock changes.



SAVE STANDARD TIME

RESTORE PERMANENT STANDARD TIME

Improves sleep. Best for health, safety, education. Federally pre-approved.

"Permanent Standard Time is the only fair, viable option.

"...Permanent Daylight Saving could create real health/safety issues.

Humans require adequate morning light so that our internal biological rhythms synchronize properly to local time. Lack leads to metabolic disorders, depression, cardiovascular disease..."

**Chancellor Gene Block PhD, UCLA
Prof Johanna Meijer PhD, Leiden University**

<https://newsroom.ucla.edu/stories/who-wants-to-go-to-work-in-the-dark>



SAVE STANDARD TIME

"Permanent Standard Time is the best choice to match our 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

"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



SAVE STANDARD TIME

The best clock for health, safety, education, economy, environment, civil liberties, and lasting approval.

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)

American College of Chest Physicians	National Safety Council
American Academy of Sleep Medicine	National Sleep Foundation
National PTA	American College of Occupational Medicine
American Academy of Dental Sleep Medicine	Start School Later
American Academy of Cardiovascular Sleep Med	National Education Association
American Federation of Teachers	National School Boards Association
Rabbinical Council of America	Agudath Israel of America
Florida PTA	Northwest Noggin Neuroscience
California Sleep Society	Wisconsin Sleep Society
Kentucky Sleep Society	Missouri Sleep Society
Tennessee Sleep Society	Maryland Sleep Society
Regional Adolescent Sleep Needs Coalition	Southern Sleep Society
Capitol Neurology	Michigan Academy of Sleep Medicine
Dakota Sleep Society	Rabbinical Council of California
Agudath Israel of California	California Islamic University
Agudath Israel of Florida	Cuyahoga Astronomical Association
Ohio Bicycle Federation	Adath Israel San Francisco
Stephens Memorial Observatory	Campaign to Opt Out of DST in Texas
Agudath Israel of Chicago	Canadian Sleep Society
Association of Canadian Ergonomists	Canadian Society for Chronobiology
Solaris Fatigue Management	World Sleep Society
Society for Research on Biological Rhythms	Society of Anesthesia & Sleep Medicine
Society of Behavioral Sleep Medicine	Society for Light Treatment & Biological Rhythms
Daylight Academy	B-Society
Good Light Group	International Alliance for Natural Time
European Biological Rhythms Society	European Sleep Research Society
Australasian Chronobiology Society	

Individuals (non-comprehensive list)

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
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 Merrow 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 Pariollaud 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
Lori L Shemek PhD, Health Expert & Bestselling Author, Dallas–Fort Worth, Texas
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
Steven M Croft MD FAAN, Neurologist, Houston, Texas
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
Melody T McCloud MD, Obstetrician-Gynecologist, Atlanta, Georgia
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
Lisa Alexia PA-C, Physician Assistant, Alaska
Prof Stacey Harmer, University of California, Davis
Betty C Jung MPH RN MCHES, New Haven, Connecticut

HB126 Daylight Saving 1.18.22 .pdf

Uploaded by: Jeanette Ortiz

Position: UNF



HB126 GENERAL PROVISIONS – STANDARD TIME – YEAR–ROUND DAYLIGHT SAVING TIME

January 18, 2022

HEALTH AND GOVERNMENT OPERATIONS COMMITTEE

OPPOSE

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

Anne Arundel County Public Schools (AACPS) opposes **HB126 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 (DST) in the State. This change is contingent on (1) similar legislation being enacted by Delaware, the District of Columbia, Pennsylvania, Virginia, and West Virginia and (2) the appropriate federal law being amended to allow the states or a state, individually, to observe a year-round standard time that is consistent with Eastern Daylight Time. The Secretary of State is required to (1) monitor which states enact similar legislation and any related changes to federal law and (2) notify the Department of Legislative Services (DLS) when the contingencies are met. If DLS receives such notice by December 31, 2026, this change will take 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 the contingencies being met 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. AACPS recognizes the importance of developing a healthy school environment which promotes student health, well-being, and the ability to learn. Accordingly, AACPS is moving 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 with respect to both in-school and out-of-school obligations and activities, 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 HB126.

SSL MD HB0126 DST.pdf

Uploaded by: Lisa VanBuskirk

Position: UNF



Maryland | Statewide

health, safety and equity in education

Testimony in Opposition to HB0126 - General Provisions - Standard Time - Year-Round Daylight Saving Time

January 13, 2022

Good Afternoon Chair Pendergrass, Vice Chair Pena-Melnyk, and Members of the Health and Government Affairs Committee:

Thank you for the opportunity to **testify in opposition to HB0126, 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.

This bill is contingent upon neighboring states passing similar permanent Daylight Saving Time legislation. Legislation is mixed in Pennsylvania where there are bills supporting permanent Standard Time and supporting permanent Daylight Saving Time. In Virginia there is legislation supporting permanent Standard Time.¹

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 regarding school bell times (2014's HB 883 and 2016 HB39).**

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 hearing for the 2020 Senate's version of the bill, 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

¹ <https://savestandardtime.com/bills>

altogether, the complete opposite of this proposed legislation.² In 2020, the Baltimore Sun Editorial Board opposed this bill.³

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. 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 same year. Enclosure 1 and 2 are articles from the Baltimore Sun covering the 1974 DST fiasco.

In 1974, Anne Arundel County Public Schools and Baltimore County Public Schools delayed their school start times by 30 minutes due to safety concerns and several “near-miss” accidents (Enclosure 3, 4, and 5). Forty-eight years later, Maryland’s schools start even earlier and many Maryland students of all ages already have bus pick-ups well 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.⁴ 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 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.”⁵ Many Maryland students ride buses for an hour, coupled with having to be at the bus stop 10 minutes early and 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.

² https://www.wsj.com/articles/heres-why-health-experts-want-to-stop-daylight-saving-time-11583340645?fbclid=IwAR0YLjCfiS_D7RMQj55jqaXYUuKUORnk-o5GmmiQCgdOKbzAkLjyijB1Wmc

³ <https://www.baltimoresun.com/opinion/editorial/bs-ed-0309-daylight-savings-blues-20200306-o3dst4scwzchhgu7ywtuzpdk4-story.html>

⁴ <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.

⁵ https://www.ctnewsjunkie.com/upload/2017/11/Special_Commission_Commonwealths_Time_Zone.pdf

Last year, Anne Arundel County Public School opposed permanent Daylight Saving Time, because of safety concerns and the impact on school bell times, from later winter sunrises.⁶ I hope they, and other school systems, will provide written comments on this bill to the committee and their state delegates and senators.

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, National Safety Council, and the National PTA which “... is opposed to daylight saving time during the winter months because of the safety factor.”^{7 8}

Please vote for an Unfavorable Report on SB 840, amend the bill to Permanent Standard Time, 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
sslaaco@gmail.com

1053 Carrs Wharf Rd, Edgewater, MD 21037

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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⁶ https://mgaleg.maryland.gov/cmte_testimony/2021/hgo/1WBJpvrwRrlekEtn3RqvxWZcr_R3sSi2N.pdf

⁷ https://www.washingtonpost.com/lifestyle/wellness/sleep-daylight-saving-time-end/2020/08/28/213d3a0c-e8b8-11ea-bc79-834454439a44_story.html

⁸ <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.

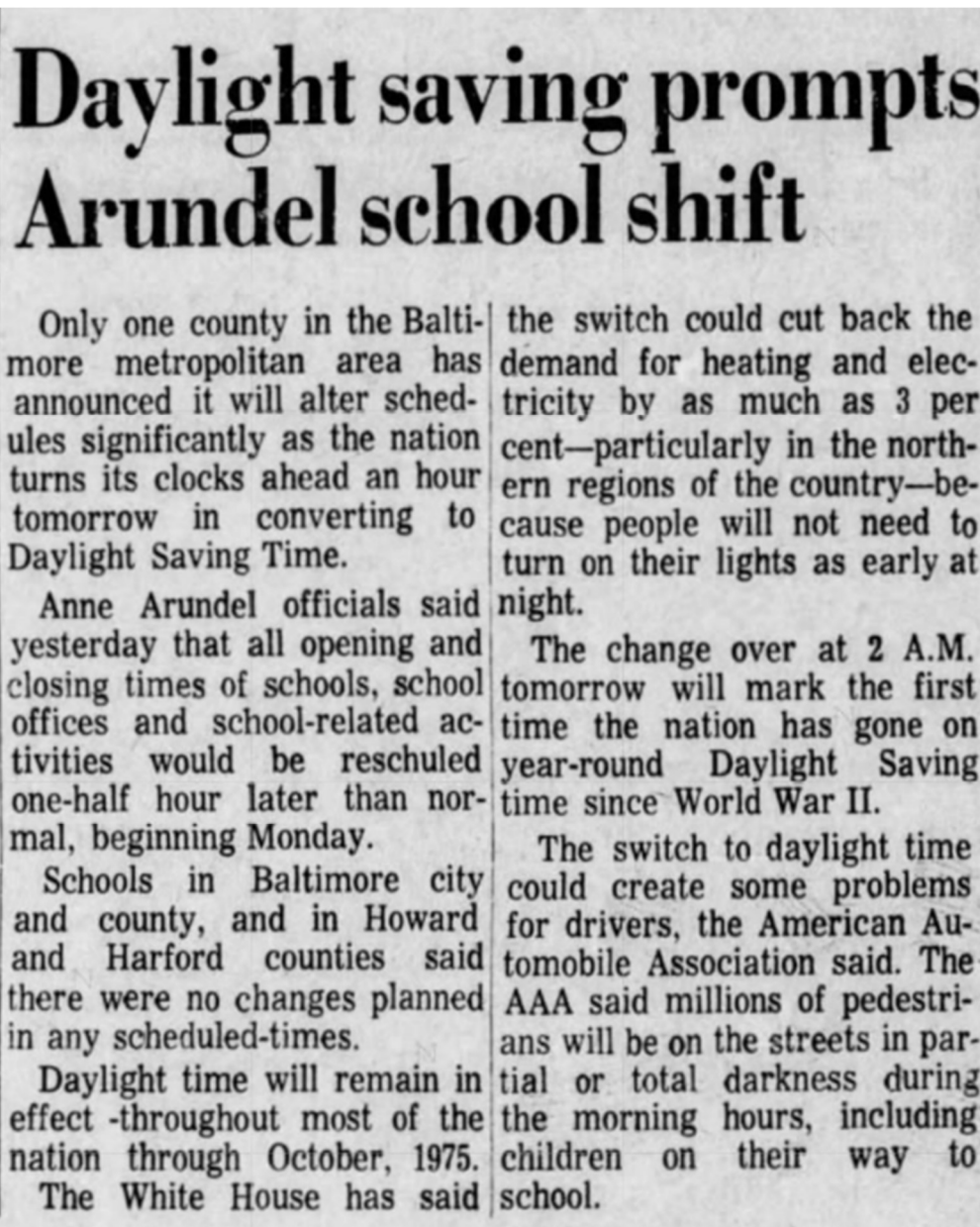
Mr. Ottinger acknowledged that there was an increase in child fatalities during the winter months through February, but not in March or April.

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."



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.

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 Charlestown, 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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