

79TH HOUSE DISTRICT

PARTS OF CLARK COUNTY

INCLUDING: SPRINGFIELD, NEW CARLISLE,
SOUTH CHARLESTON, AND ENON

COMMITTEES

CHAIR: AGRICULTURE & CONSERVATION
PRIMARY AND SECONDARY EDUCATION
TECHNOLOGY AND INNOVATION



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State Representative Kyle Koehler Ohio House of Representatives

Chairman Wiggam, Vice Chair John, Ranking Member Kelly and members of the State and Local Government Committee, thank you for allowing Rep. Creech and me to give sponsor testimony on House Concurrent Resolution 13.

Every year, twice a year, for the last 7 years, I've heard from my constituents about one issue over and over - to stop changing our clocks twice a year. This simple request has come from so many people in my district, including the most important constituent – my wife.

House Concurrent Resolution 13 does one very simple thing: Asks Congress to support The Sunshine Protection Act of 2021. The bill currently introduced in this 117th session of Congress, like a similar bill we supported in their last session, would make Daylight Saving Time permanent across the country.

You will find as we discuss this resolution, there are two sides to this argument. Some of your constituents will want to have the United States and Ohio stay on Standard Time - which we observe from early November to March of each year. Others will want our clocks to stay on Daylight Saving Time, which we just moved to in March and will remain until November.

However, both sides agree on one thing: stop switching the clocks twice a year.

I am not here to argue for or against the reasons we have been switching the clocks back-and-forth for most of my lifetime. I am here to say that in 2021, we need to stop thinking that cutting off the top of a blanket and sewing it to the bottom... somehow lengthens the blanket. No matter what we do... there are still 24 hours in each day and the tilt of the earth still changes the length of time the sun shines in each season.

I am certain that because we have been observing Daylight Saving Time for most of my lifetime, very few of us remember what Spring, Summer and Fall is like without it. Few of us remember a June where the sun rises at 5 AM in Ohio. If we abandon Daylight Saving Time permanently, that will be our new reality throughout the summer months.

Studies clearly show that moving our clocks forward in the Spring and back in the Fall cause a number of work, school, and sleep related issues.

Moving to Daylight Saving Time year-round will allow for more light in the evenings during the colder months. Studies show that more daylight in the evenings results in fewer car crashes and pedestrian accidents. It reduces the number of robberies by 27%. Continuing to change the time results in a higher number of cardiac issues and strokes and prolonged seasonal depression. More daylight in the evening increases physical activity and reduces childhood obesity¹.

¹ <https://www.almanac.com/content/stopping-daylight-saving-time#:~:text=As%20of%20March%202021%2C%20fifteen,and%20dozens%20more%20are%20looking>.

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Ohio House of Representatives**

One of the best arguments for not changing clocks came to me from a school superintendent last week. The legislature just unanimously passed House Bill 67, a law reducing the impact of end-of-year tests in Ohio. Tests that *were* scheduled to begin the third week in March of this year. High-impact, end-of-year tests.

Yet, when do we change the clocks forward each year, thus disrupting the sleep pattern of our students? The 2nd week in March.

This is 2021. We need to stop doing this to our children and our students.

Chairman Wiggam, I will admit that if I had my druthers, I would pick what I will call "Koehler Time," which would be a permanent one-half hour shift in the clocks so that we could split the argument between Standard Time and Daylight Saving Time.

That is not the option before us because that is not the bill that is currently pending in Congress.

As of March 2021, fourteen states — Arkansas, Alabama, California, Delaware, Georgia, Idaho, Louisiana, Maine, Oregon, South Carolina, Tennessee, Utah, Washington, and Wyoming — have passed laws, resolutions or voter initiatives for permanent DST, and dozens more are looking.

I am asking this committee to pass House Concurrent Resolution 13 just as we did a similar resolution in the 133rd GA.

Thank you for your time, Rep. Creech and I are available for any questions.