Honorable Senators:

I oppose S.C.R. 6 for reasons of health, safety, tradition, and states' rights.

The acute effects of clock changes are obvious. Less obvious but no less real are the chronic effects of circadian misalignment. Morning light promotes alertness, and evening darkness promotes sleep. Living out of step with that natural rhythm increases the risk of cancer, diabetes, and fatal accidents, as shown by several studies comparing the eastern and western edges of time zones. Standard treatment for seasonal affective disorder is bright light in the morning, not the evening.

It is fashionable to say time is a construct, but let us consider how time is constructed. One hour is 1/24 of a mean solar day. The middle of the daylit period is traditionally called 12 o'clock. On average, local mean time achieves this by definition and was common practice for the first 80 years of Ohio statehood. Standard time rounds the difference from GMT or UTC to the nearest whole hour, making midday 12:26 PM EST in Akron for example. Daylight saving time is another hour ahead, making Akron's average solar noon 1:26 PM EDT.

Current US law gives states an option to observe standard time year round, as Arizona, Hawaii, and several territories do. If Congress passed the Sunshine Protection Act, states not already exercising that option would lose it. If the people of Ohio found darker winter mornings unacceptable, this body's only recourse would be to petition the US Department of Transportation to move the Eastern/Central zone boundary, presumably in concert with Indiana and Michigan.

The dark winter morning problem is not hypothetical. The same public which had supported year-round DST to mitigate an oil embargo in 1973, demanded that the experiment be cut short in 1974 due to safety concerns. Since then, energy usage has changed but our need for morning light has not. Ohio winters are challenging enough on standard time.

Please vote No on S.C.R. 6.

Respectfully,
Michael Garrahan
Board member, Save Standard Time