

November 4, 2019

REGARDING: SB119

Dear Senators:

First, thank you for your time and consideration regarding this letter and the opportunity to help this bill become law.

Secondly, in the aspect of the Bill itself, I would first like to bring up the medical benefits this bill could render. Many of you have probably heard of SAD (Seasonal Affective Disorder). For many years I have personally experienced this condition. In fact, thanks to my closest friend, several years ago I finally put my finger on it. My friend could not understand my mood swing to the edgy, depressed state every winter. Thanks to doctors and those that care about me, I could put my finger on the yearly culprit, SAD. The probable cause, darkness brought about by Standard Time.

As I am sure you all know, there are many more “theories” out there regarding our health including, but not limited to, disruption of our sleep cycle, Vitamin D production, etc. Even heart attacks seem to increase when we switch times. Are all of these items really affected, we may never really know that. I do believe, however, that stopping the time change could only help and not hurt, my friends, neighbors, and others state wide.

Lastly, the argument has come up that Standard Time is outdated. Unfortunately, for anyone my age and over, a lot of things have become outdated in our time. I do believe that this is one of the items that needs to be looked at as being on that long list.

I do know that the one thing in my life most affected by the bi-annual time changes, beside all the conditions listed in this letter, is my general enjoyment of looking out the window and seeing daylight. Personally, when the daylight isn't there, especially in the late afternoon to evening, I feel like hibernating. I don't even want to go outside.

This is just one of many issues you work with every day. I do feel that it is important enough to myself and many other Americans, that I take the time to let you know that this is important and not frivolous. All your decisions are important as they affect and bring changes to the whole state and not just yourselves personally. And this is a great responsibility that we are grateful for.

Again, thank you for your time. Please consider SB119 in a positive light.

Tarik Grabowski

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