

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 Peterson, Vice Chair Cirino, Ranking Member Craig and members of the Senate General Government Budget Committee – Thank you allowing Rep Creech and me to bring you 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 just moved to in November and will remain in until March. Others will want our clocks to stay on Daylight Saving Time, which begins in March and ends in 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. Continuing to change the time results in a higher number of cardiac issues and strokes and is shown to prolong seasonal depression. More daylight in the evening increases physical activity and reduces childhood obesity.

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Ohio House of Representatives**

One of the best arguments for not changing clocks came to me from a school superintendent. Earlier this year, we unanimously passed House Bill 67, a law reducing standardized tests in Ohio. Tests that *were* scheduled to begin the third week in March of last 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 2022. We need to stop doing this to our children and our students – and for that sake... our employees.

In the last four years, nineteen states, including Ohio, have passed laws, resolutions or voter initiatives in support of permanent daylight savings time.

Next month, our students will undergo another round of end-of-year tests. Teachers in my district have shared the struggles they are experiencing as they help their students catch up – academically and socially – after almost two years of online and hybrid classes.

Let's do our part in making sure our students aren't further disrupted by an antiquated and unnecessary time change.

Thank you for allowing me to testify here Chairman Peterson. If it is ok with you, I will now hand it over to my joint-sponsor before we take questions.