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**Proponent Testimony**

Senate Bill 119

General Government and Agency Review Committee

November 13, 2019

Thank you for allowing me the opportunity to provide a proponent testimony on Senate Bill 119. By aligning Ohio’s clocks with DST all year, this legislation would eliminate the need for Ohioans to switch their clocks twice a year - which affects our internal clocks more than our digital clocks that automatically reset.

I was on a trip several years ago in Punta Cana – and there was an article in the hotel magazine about how the Dominican Republic voted in 1975 to end Daylight Saving Time… the article outlined many reasons why… But my main takeaway that day was, that we could actually vote and do away with Daylight Saving Time. There were great reasons why but again my BIG takeaway was we could end something that doesn’t serve a purpose in today’s world. The Dominican Republic did away with Daylight Saving Time in 1975.

I read this article in 2016 and began talking with friends and neighbors. No one knew why we change our clocks. No one seemed to like Daylight Saving Time, and no one thought we could change it.

Then I saw the State of Florida was working on a Sunshine Protection Act. On a state level, it passed.

Again, as I talked and surveyed friends and neighbors about Daylight Saving Time, I found overwhelming interest in eliminating DST. Many were surprised that maybe we could do away with DST – because they aren’t like you, in a public office, knowing that change can happen – and in fact, you also know how to make change happen.

I am a City Councilperson in Twinsburg, and our Council passed Resolution 43-2019 on April 9, 2019 to support an Ohio Sunshine Protection Act. As I have talked with other City Councils and Mayors, I believe there is widespread support for this in Ohio.

State Senators Kristina Roegner and Bob Peterson have done a great job providing you with the research. I have provided some additional articles as well… but really, in Ohio, we just need to talk to those around us –

I think Ohio is ready to lead the way on this and I believe more states will be on board.

As referenced in the bill, voting on this legislation would not cause Ohio clocks to be changed immediately but helps to bring attention and possible support on a Federal level.

Thank you for your sincere consideration of Senate Bill 119.

<https://m.phys.org/news/2015-10-daylight-linked-injurie-heart-scrap.html>

this article refers to the effect of “one single hour” on an already sleep deprived population including heath, mood, and productivity (referencing heart attacks, workplace injuries, road traffic accidents).

<https://www.learningliftoff.com/daylight-savings-time.com>

this article discusses with “the proliferation of electronic devices, power consumption doesn’t necessarily go down as the sun sets” and that “the use of electricity goes up during the day as people use TV’s, computers, air conditioners and more”. Also, the article refers to the fact that it is unlikely that the US will ever end DST due to the challenges of changing policy once in place.

<https://salon.com/2019/11/10/daylight-saving-time-is-bad-for-your-healthpartner>

this article discusses how are bodies work on an approximately 24-hour cycle and how our internal clocks regulate the “physiology of our body in several way” and that “we are now gaining insight into the importance of keeping a healthy biological clock as a way to prevent, slow down and even treat disease”.