

November 11, 2019

Senator Kristina Roegner
One Capital Square
Columbus, OH 43215

RE: In support of Ohio Sunshine Protection Act, Senate Bill 119


Dear Senator Roegner:

Please continue to fight to pass Senate Bill 119 for permanent daylight saving time. Everywhere I have visited the last nine days, people are complaining about how early it now gets dark since the time has changed back to standard time. When I ask the question, "What would you rather have it be, lighter in the morning or stay lighter in the evening?" the majority of folks say they rather have it lighter when they drive home from work. After a long day in the office, it seems logical that this would reduce motor vehicle accidents as well, since most people are fairly tired from working all day.

Summers in Ohio zip by quickly and in late August, you already begin to feel the precious minutes of daylight fading. It's bad enough knowing gray skies and cold weather are coming, but what so many of us despise is the darkness. You leave for work in the dark and come home in the dark. What is even more depressing is the fact that it is going to continue to become darker earlier, since we do not hit our darkest day until December 21st. Keeping the time on permanent daylight saving time would help minimize the seasonal transition. Those people with Seasonal Affective Disorder (SAD) are even more strongly affected from the time jolt back to standard time and dread the autumn for this reason. A recent article by the Associated Press (10/31/2019) published in the New York Times, cited a study in Scandinavia that found an increase in people seeking help for depression after turning the clocks back to standard time in November.

Please make the March 2020 daylight saving time to "spring forward", Ohio's last time change. President Trump has stated he is in support of permanent daylight saving time.

I appreciate your initiative to enact this change,



Beth Stokes
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