Bill as Introduced

HB 85 - AS INTRODUCED

2021 SESSION

21-0211 05/08

HOUSE BILL

85

AN ACT

relative to using Atlantic Standard Time in New Hampshire.

SPONSORS:

Rep. Yokela, Rock. 33; Rep. Yakubovich, Merr. 24; Rep. A. Lekas, Hills. 37; Rep.

Schultz, Merr. 18; Rep. Hill, Merr. 3

COMMITTEE:

Executive Departments and Administration

ANALYSIS

This bill provides that New Hampshire will use Atlantic Standard Time throughout the calendar year if Massachusetts and Maine also move to Atlantic Standard Time.

Explanation:

Matter added to current law appears in bold italics.

Matter removed from current law appears [in-brackets and struckthrough.]

Matter which is either (a) all new or (b) repealed and reenacted appears in regular type.

STATE OF NEW HAMPSHIRE

In the Year of Our Lord Two Thousand Twenty One

AN ACT

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relative to using Atlantic Standard Time in New Hampshire.

Be it Enacted by the Senate and House of Representatives in General Court convened:

1 Standard Time; Change to Atlantic Standard Time. Amend RSA 21:36 to read as follows:
2 21:36 Standard Time. The standard time within the state, except as hereinafter provided, shall
3 be [based on the mean astronomical time of the seventy-fifth degree of longitude west from

4 Greenwich, known and designated by the federal statute as "Eastern-Standard Time." At 2 o'clock

5 ante-meridian of the second-Sunday in March of each year, the standard time in this state shall be

advanced one hour, at 2 o'clock ante-meridian of the first Sunday in November of each year, the standard time in this state shall, by the retarding of one hour, be made to coincide with the

astronomical time hereinbefore described as Eastern Standard Time, so that between the second

Sunday in March at 2 o'clock ante meridian-and the first Sunday in November-at 2 o'clock ante

meridian in each year the standard time in this state-shall-be one hour in advance of the United

11 States Standard Time] known and designated by the federal statute as Atlantic Standard

Time. In all laws, statutes, orders, decrees, rules, and regulations relating to the time of

performance by any officer or department of this state, or of any county, city, town, or district

thereof, or relating to the time in which any rights accrue or determine, or within which any act

shall or shall not be performed by any person subject to the jurisdiction of this state, or of any

county, city, town, or district thereof, and in all contracts or choses in action made or to be performed

in this state, it shall be understood and intended that the time shall be as set forth in this section.

- 2 Application to the United States Department of Transportation. Within 180 days of the adoption of similar legislation by the states of Maine and Massachusetts, or on the date specified for similar action by either the state of Maine or Massachusetts, whichever is earlier, the governor shall petition the United States Secretary of Transportation to move the state of New Hampshire to the Atlantic Time Zone.
- 3 Contingency. Section 1 of this act shall take effect on the first July 1 after section 2 takes effect or the effective date specified by similar action by either the state of Maine or Massachusetts, whichever is earlier. Section 2 of this act shall take effect on the date that the states of Massachusetts and Maine enact similar legislation moving from the Eastern Time Zone to the Atlantic Time Zone. If Massachusetts and Maine do not adopt such legislation, sections 1 and 2 of
- 28 this act shall not take effect.
- 29 4 Effective Date.
 - I. Sections 1 and 2 of this act shall take effect as provided in section 3 of this act.
 - II. The remainder of this act shall take effect 60 days after its passage.

Committee Minutes

SENATE CALENDAR NOTICE Executive Departments and Administration

Sen Sharon Carson, Chair Sen John Reagan, Vice Chair Sen Denise Ricciardi, Member Sen Kevin Cavanaugh, Member Sen Suzanne Prentiss, Member

Date: April 14, 2021

HEARINGS

Wednesday	04/21/2021	
(Day)	(Date)	

Executive	Departments and	Administration	REMOTE 000	9:00 a.m.
(Name of C	Committee)		(Place)	(Time)
9:00 a.m.	HB 72	relative to ratification of amendments to the state building code and state fire code.		
9:15 a.m.	HB 85	relative to using Atlantic Standard Time in New Hampshire.		
9:30 a.m.	HB 130	relative to administration by the retirement system of certain health care premium deductions.		
9:45 a.m.	HB 186	repealing certain inactive committees and revising the membership or duties of certain committees, councils, and boards.		
10:00 a.m.	HB 218	repealing RSA 320 relative to itinera	0 relative to hawkers and pent vendors.	ddlers and RSA 321

Committee members will receive secure Zoom invitations via email.

Members of the public may attend using the following links:

- 1. Link to Zoom Webinar: https://www.zoom.us/j/94468229006
- 2. To listen via telephone: Dial(for higher quality, dial a number based on your current location):
- 1-301-715-8592, or 1-312-626-6799 or 1-929-205-6099, or 1-253-215-8782, or 1-346-248-7799, or 1-669-900-6833
- 3. Or iPhone one-tap: +13126266799,,94468229006# or +19292056099,,94468229006#
- 4. Webinar ID: 944 6822 9006
- 5. To view/listen to this hearing on YouTube, use this link:

https://www.youtube.com/channel/UCjBZdtrjRnQdmg-2MPMiWrA

6. To sign in to speak, register your position on a bill and/or submit testimony, use this link: http://gencourt.state.nh.us/remotecommittee/senate.aspx

The following email will be monitored throughout the meeting by someone who can assist with and alert the committee to any technical issues: remotesenate@leg.state.nh.us or call (603-271-6931).

EXECUTIVE SESSION MAY FOLLOW

Sponsors:

HB 72

Rep. McGuire Rep. McWilliams Rep. Pearl Rep. True

Rep. Pitre Rep. T. Lekas Rep. Edwards

Rep. DeLemus

Rep. Mason

Rep. Ankarberg

HB 85

Rep. Yokela Rep. Hill

Rep. Yakubovich

Rep. A. Lekas

Rep. Schultz

HB 130

Rep. Schuett

Rep. P. Schmidt

Rep. McGuire

Rep. S. Pearson

HB 186

Rep. Ebel

Sen. Rosenwald Rep. Heath

Sen. Carson

HB 218 Rep. Yokela

Cameron Lapine 271-2104

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Sharon M Carson Chairman

Senate Executive Departments and Administration Committee

Cameron Lapine 271-2104

HB 85, relative to using Atlantic Standard Time in New Hampshire.

Hearing Date:

April 21, 2021

Time Opened:

9:16 a.m.

Time Closed:

9:49 a.m.

Members of the Committee Present: Senators Carson, Reagan, Ricciardi,

Cavanaugh and Prentiss

Members of the Committee Absent: None

Bill Analysis: T.

This bill provides that New Hampshire will use Atlantic

Standard Time throughout the calendar year if Massachusetts and Maine also move

to Atlantic Standard Time.

Sponsors:

Rep. Yokela

Rep. Yakubovich

Rep. A. Lekas

Rep. Schultz

Rep. Hill

Who supports the bill: Representative Josh Yokela (Rockingham – District 33), Scott Yates, Representative John Potucek (Rockingham – District 6), Bill Alleman, Charles Spangler, Kate Coon, Representative Carol McGuire (Merrimack – District 29), Alvin See, Eric Pauer, Matthew Philips, Jean Kimball, Michael Kimball, Kathleen Wikstrom, Timothy Comerford, Representative Bob Greene (Hillsborough – District 37), Representative Erica Layon (Rockingham – District 6), Representative Chris True (Rockingham – District 4), and Daniel McGuire.

Who opposes the bill: Jay Pea (Save Standard Time), Scott Spradling (NHAB), Representative Sallie Fellows (Grafton – District 8), Joseph Graham (NHAB), Matt Houseman, Representative Dianne Schuett (Merrimack – District 20), Representative Jeff Goley (Hillsborough – District 8), Patricia Anastasia, Paul Worsowicz (Motion Picture Association), Elizabeth Ellis (Motion Picture Association), and Kathleen Daigle.

Who is neutral on the bill: None.

Summary of testimony presented in support:

Representative Josh Yokela

Rockingham - District 33

- Representative Yokela said that HB 85 will set in motion the beginning steps of addressing the twice-per-year time changes, during the "fall back" and "spring forward" daylight savings time (DST) periods.
- Rep. Yokela said that HB 85 came out of the November 1, 2017 Report of the Special Committee on the Commonwealth's Time Zone from the Massachusetts General Court. He said that the Special Committee found it to be a great economic and health benefit for New England to move as a group towards Atlantic Standard Time (AST), rather than state by state.
- Rep. Yokela said that HB 85 is contingent upon other states adopting the same policy.
- Rep. Yokela said that the federal government is not likely to allow DST to be adopted year-round. He said that one option is to move to AST, which would keep New Hampshire in the same time it was in at the time of the hearing. Rep. Yokela said that this solution only requires approval from the federal Department of Transportation and not the entire U.S. Congress.
- Rep. Yokela said that HB 85 passed the House with a veto-proof majority. He said that many
 people feel the issue of standard time versus DST is a big issue and there is a lot of support
 for HB 85.
- Rep. Yokela said that passing HB 85 does not mean that the "fall back" and "spring forward" changes would be killed. He said that the change is contingent on other states and it is more of a signal that New Hampshire believes it is an important issue to address and will give more credence to bills at the federal level.
- Senator Cavanaugh asked if New Hampshire did not nothing and federal law changes, would New Hampshire have to comply anyway.
 - Rep. Yokela said that most of the bills on the federal level would allow DST to be in place year-round. He said that a change would not be forced. He said that the current federal rules allow DST during the specific times that DST is currently in place or to be on standard time year-round. He said that those are the only two options currently and Hawai'i and Arizona both use standard time year-round.
- Senator Prentiss expressed a concern over things like dispatch centers, hospitals, radio stations, and other "time-stamp specific" groups, especially those operating across state lines.
 - o Rep. Yokela said that the Massachusetts special committee addressed that issue with their recommendation that the region move together, rather than individual states moving. He said that some states are in multiple time zones currently and people address these issues daily. He said that people do not want to be out of synch with their economic hub, which is why HB 85 is contingent on Massachusetts enacting similar legislation. Rep. Yokela said that the Eastern Time Zone is the widest time zone and covers one hour and 45 minutes of sun time in total.
- Senator Prentiss said that, in her opinion, changing the time was an all-or-nothing proposition. She said that she thinks it is a federal issue and everyone that she works with, because of Washington, D.C., works off of Eastern Time. She said that she appreciates HB 85 and is not afraid of change, but believes this issue needs to be handled sensitively.
 - Rep. Yokela said that he would not be opposed to a Committee Amendment that adds more states to the contingency plan. He said that once New York moves, he feels that everyone else will move. He said people do not want to be out of synch with the financial markets.

Scott Yates

Lock the Clock Movement

- Mr. Yates said that Senator Marco Rubio has a bill in Washington, D.C. now that has bipartisan support and would put the whole nation on permanent DST.
- Mr. Yates said that there are 16 states that have passed something similar to HB 85, and three more that are likely to pass bills in the coming weeks – Montana, Georgia, and Nebraska.
- Mr. Yates said that HB 85 is not too far reaching and not overwritten.
- Mr. Yates said that it is a common misconception that pedestrians would be more unsafe in
 darkness in the morning, as pedestrians are six times more safe during the morning than in
 the afternoon. He said that, based on a study in Washington, pedestrians would be more safe
 with more daylight during the more dangerous afternoon.
- Mr. Yates said that heart attacks and strokes are an issue for one week per year after the
 "spring forward" change but, overall, the health effects are a wash. He said it is silly that the
 sun goes down at 4:15 PM in New Hampshire due its location in the East.

Summary of testimony presented in opposition:

Representative Sallie Fellows

Grafton - District 8

- Representative Fellows encouraged the Committee to reference her written testimony and the chart she provided on relative sunrise and sunset times.
- Rep. Fellows said that switching to AST would make winter mornings darker, especially in December and January. She said that in December and January sunrise would not be until between 8:00 AM and 8:15 AM.
- Rep. Fellows said that students would be walking to their school buses in total darkness, up to two hours before sunrise, which would be very dangerous if there were no sidewalks.
- Rep. Fellows said that the heavy commuter period of 7:00 AM to 8:00 AM would be completely in the dark in December and January under AST and mostly dark in November and February. She said that it would make difficult commutes after snowstorms even worse.
- Rep. Fellows said that it is often said that eliminating DST will reduce heart attacks and strokes but, she said, the causes of heart attacks and strokes are blood pressure, cholesterol, and diabetes, not losing an hour of sleep once, once per year.
- Rep. Fellows said that it is often said that the extra afternoon sunlight can be used for
 exercise, but the cold and snow in New Hampshire keeps people indoors during that time
 anyway.
- Rep. Fellows said that there are hormonal changes in adolescents that have led doctors to recommend school start times shift to 8:30 AM. Under AST, that recommendation would be 9:30 AM.
- Rep. Fellows urged the Committee to have a plan in place for the impact of AST on schools before passing HB 85.

Scott Spradling

NH Association of Broadcasters

Mr. Spradling said that HB 85 is a conversation every couple of years. He said that it started
with frustrations over DST and, while he understands the purpose, the process is flawed and
dangerous.

- Mr. Spradling said that HB 85 would only need Massachusetts and Maine for New
 Hampshire to move to AST. He said that those three states would be an hour ahead of the
 rest of the region some months but not for others, leading to understandable confusion.
- Mr. Spradling said that a fifth national time zone would pose severe economic challenges to radio and TV stations. Knowing that the busiest hours for those stations are drive time in the morning and prime time in the evenings, Mr. Spradling said that AST would shift those windows by a full hour, interrupting or fully removing critical revenue time.
- Mr. Spradling urged a federal solution, citing syndication problems. He said that existing
 time zones were developed in the 1880s, well before current technologies were developed, and
 said that HB 85 is changing courses midstream, which he compared to shoving a pineapple
 into a tailpipe.

Jay Pea

Save Standard Time

- Mr. Pea said that there is a strong scientific consensus that DST is not the correct clock to keep. He said that standard time is the longitudinally correct time. He said that AST is defined as 60 degrees West, more than 500 miles East of Eastern Time.
- Mr. Pea said that DST would force everyone to wake up an hour earlier than they are
 accustomed to during winter months. He said there was not enough daylight to shift around
 in mornings during the winter. He said that the National Safety Council, national parent
 teacher associations, and sleep academies all oppose AST.
- Mr. Pea said that DST experiments were attempted during the 1970s oil crises and World War II, both of which were abandoned very quickly.
- Mr. Pea said that "saving daylight" and "protecting sunshine" are corporate marketing terms
 to increase evening sunshine for shopping purposes. He said that people should stay with
 their longitudinally correct time.

Joseph Graham

iHeartMedia NH

- Mr. Graham said that HB 85 would make it harder and more expensive for broadcasters to serve their local communities.
- Mr. Graham said that most syndicated programs do not offer an AST option, meaning an
 additional fee would need to be paid by the broadcaster or they would have to offer a
 different program.
- Mr. Graham said that many programs are offered free to the public and need advertising revenues to be able to serve their local communities.

Matt Houseman

Vice President of Programming for Great Eastern Radio

- Mr. Houseman said that Great Eastern Radio has nine different stations that broadcast in both New Hampshire and Vermont and it would be a logistical nightmare for those stations if New Hampshire and Vermont were in different time zones.
- Mr. Houseman reiterated comments made by Mr. Spradling and Mr. Graham.

Neutral Information Presented: None.

cml Date Hearing Report completed: April 22, 2021

Speakers

Senate Remote Testify

Executive Departments and Administration Committee Testify List for Bill HB85 on Support: 18 Oppose: 9 Neutral: 0 Total to Testify: 6

<u>Name</u>	Email Address	Phone	<u>Title</u>	Representing	Position	<u>Testifinş</u>
Pea, Jay	jay@savestandardtime.com	415.484.3458	A Member of the Public	Save Standard Time (nonprofit volunteer)	Oppose	Yes
Spradling, Scott	scott@spradlinggroup.com	16037248092	A Lobbyist	NHAB	Oppose	Yes
Yokela, Joshua	josh.yokela@leg.state.nh.us	603.722.0501	An Elected Official	Rockingham 33	Support	Yes
Fellows, Sallie	sallie.fellows@leg.state.nh.us	Not Given	An Elected Official	Myself	Oppose	Yes
Graham, Joseph	Josephgraham57@gmail.com	Not Given	A Member of the Public	NHAB	Oppose	Yes
Yates, Scott	SCOTT@YATES.NET	202-742-6842	A Member of the Public	Myself	Support	Yes
Potucek, John	potucek1@comcast.net	603.432.9049	An Elected Official	Myself	Support	No
Goley, Rep. Jeff	Not Given	Not Given	An Elected Official	Myself	Oppose	No
Alleman, Bill	gencourt@allemanse.com	Not Given	A Member of the Public	Myself	Support	No
Spangler, Charles	mdak06@gmail.com	603.854.9027	A Member of the Public	Myself	Support	No
Coon, Kate	Not Given	Not Given	A Member of the Public	Myself	Support	No
McGuire, Carol	Not Given	Not Given	An Elected Official	Merrimack 29	Support	No
Anastasia, Patricia	patti@pattianastasia.com	Not Given	A Member of the Public	Myself	Oppose	No
See, Alvin	absee@4Liberty.net	Not Given	A Member of the Public	Myself	Support	No
Worsowicz, Paul	Not Given	Not Given	A Lobbyist	Motion Picture Association	Oppose	No
Ellis, Elizabeth	Not Given	Not Given	A Member of the Public	Motion Picture Association	Oppose	No
Pauer, Eric	secretary@BrooklineGOP.org	603.732.8489	A Member of the Public	Myself	Support	No
Daigle, Kathleen	kmd7982@yahoo.com	Not Given	A Member of the Public	Myself	Oppose	No
Philips, Matthew	Not Given	Not Given	A Member of the Public	Myself	Support	No
Kimball, Jean	Not Given	Not Given	A Member of the Public	Myself	Support	No
Kimball, Michael	Not Given.	Not Given	A Member of the Public	Myself	Support	No
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intra01/senate/remoteComMgt/

4/21/2021 Senate Remote Testify

Wikstrom, Kathleen	kjwikstrom@gmail.com	Not Given	A Member of the Public	Myself	Support	No
Comerford, Timothy	tim_comerford@yahoo.com	603.583.2464	A Member of the Public	Myself	Support	No
Greene, Bob	bob.greene@leg.state.nh.us	Not Given	An Elected Official	Hillsborough 37	Support	No
Layon, Erica	erica.layon@leg.state.nh.us	603.479.9595	An Elected Official	Myself	Support	No
true, chris	chris.true@leg.state.nh.us	603.887.2793	An Elected Official	Myself	Support	No
McGuire, Daniel	danmcguire@gmail.com	603-782-4918	A Member of the Public	Myself	Support	No

intra01/senate/remoteComMgt/

Testimony

HB 85 moving to the Atlantic time zone and discontinuing daylight savings time.

Public Hearing Wed. 4/21/21

Rep. Sallie Fellows. OPPOSING

Switching to the Atlantic time zone will make winter mornings darker and afternoons lighter. From November through March, the sun will rise one hour later than it does now. In December and January, the sun will rise between 8:00 and 8:15. This extended morning darkness poses a real safety threat to both school children and morning commuters.

Children, especially in rural areas, will be walking to the bus stop as early as two hours before sunrise. Where there is no sidewalk, they will be standing in the road. This is extremely unsafe.

The heavy commuting hours of 7:00-8:00am are now nearly all after sunrise. In the Atlantic time zone, those hours will be completely dark in December and January, and mostly dark in November and February. After a snow storm, this darkness will make a treacherous morning commute more dangerous.

HB 85 Switch to Atlantic Time and Discontinue Daylight Saving

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Manchester	Sunrise Present	HB 85 Sunrise	Sunrise Present	HB 85 Sunrise
NH	Eastern ST/DST	Atlantic ST	Eastern ST/DST	Atlantic ST
1/15/2019	7:14am	8:14am	4:36pm	5:36pm
2/15/2019	6:43am	7:43am	5:16pm	6:16pm
3/15/2019	6:58am	6:58am	6:51pm	6:51pm
4/15/2019	6:04am	6:04am	7:28pm	7:28pm
5/15/2019	5;22am	5:22am	8:02pm	8:02pm
6/15/2019	5:06am	5:06am	8:26pm	8:26pm
7/15/2019	5:20am	5:20am	8:22pm	8:22pm
8/15/2019	5:51am	5:51am	7:48pm	7:48pm
9/15/2019	6:25am	6:25am	6:56pm	6:56pm
10/15/2019	6:59am	6:59am	6:03pm	6:03pm
11/15/2019	6:37am	→ 2 7:37am	4:22pm	5:22pm
12/15/2019	7:09am	8:09am	4:11pm	5:11pm

Proponents of this bill claim pushing us east into the Atlantic time zone and eliminating daylight savings time will reduce the number of heart attacks and strokes. But of course, we all know that the risk factors for heart attack and stroke are high blood pressure, high cholesterol, and diabetes, not the loss of one hour of sleep once a year.

Everyone would like an extra hour of light on winter afternoons, but the trade-off is one more hour of darkness in the morning. Extra afternoon light could be used to exercise outside, but the winter cold and snow keeps most people inside anyway. Hormone changes make adolescents want to sleep long past dawn, so some doctors have recommended that high school start at 8:30 instead of 7:30. For the Atlantic time zone, the recommend would be 9:30.

Also, students in the two interstate NH-VT school districts will be in different time zones.

2021 April 15

Committee on Executive Departments & Administration New Hampshire Senate Concord, New Hampshire 03301

Re: Oppose HB-85—Deprives Sleep, Increases Illness/Accidents, Endangers Children

Dear Honorable Committee Member,

Please oppose HB-85 until amended from Atlantic Time to permanent Eastern Standard Time. Atlantic Time at your longitude is a veiled name for permanent Daylight Saving Time (DST). Both Atlantic Time and permanent DST are federally forbidden and more harmful than clock change. Permanent Eastern Standard Time instead can improve viral immunity with better sleep, protect start times with morning sunlight, and be enacted without Congressional action.

Scores of organizations representing thousands of scientists/doctors and millions of teachers/parents oppose permanent DST and endorse longitudinally correct, permanent Standard Time. Among these are the National PTA, National Safety Council, American Academy of Sleep Medicine, American College of Chest Physicians, National Sleep Foundation, American College of Occupational & Environmental Medicine, Start School Later, Society for Research on Biological Rhythms, Association of Canadian Ergonomists, and Canadian Society for Chronobiology (example expert statements enclosed). [AASM][CSC][ESRS][NSF][RIVM][SRBR]

Permanent Eastern Standard Time is the quickest way to end clock change—the Uniform Time Act permits any state to opt out of DST and restore longitudinally correct Standard Time simply by internal declaration. Recent scientific polling shows strong public support to end clock change, with slight preference for longitudinally correct Standard Time. [AP] History shows support for permanent DST reverses into strong opposition once its forced early waking in dark, cold winter mornings is experienced. Permanent DST has repeatedly failed around the world; it was a deadly disaster in the US in 1974. [BBC][Ripley][Yorkshire]

With Eastern Standard Time, your sunrises are never after 8am (when most work and school days start^{[CDC][Silver]}). Permanent DST (Atlantic Time) would delay sunrises in New Hampshire to 8:24am, and past 8am up to 2.3 months (comparison photos enclosed). It would depress and endanger hundreds of thousands of schoolchildren and workers. It would undo the benefits of starting school later. [Borisenkov][Cell][Skeldon] Permanent Eastern Standard Time instead preserves morning sunlight, when human biology needs it most. [AASM][CSC][Curtis][ESRS][Juda][RIVM][Roenneberg][SRBR]

Sleep is essential to viral immunity (including COVID), [Meira][Panda][Ray] and for years the CDC has classified sleep deprivation as a nationwide epidemic. [Jin] Springing clocks forward to DST acutely deprives sleep. Leaving clocks forward on DST chronically deprives sleep (estimated average 19 minutes nightly). [CSC][Curtis][Giuntella][Roenneberg] Artificial delay of sunrise by one hour

each day (such as by DST or Atlantic Time) manifests as statistically significant increases in accidents, disease (certain cancers up 12–36%), and healthcare costs, and as statistically significant decreases in learning, productivity, and earnings (individual wages down 3–5%). [CSC] [Curtis][ESRS][Gibson][Giuntella][Gu][Juda][RIVM][Roenneberg] It's not just clock change that harms, but also DST's forced early waking. Longitudinally correct, permanent Standard Time lets us sleep. [AASM][SRBR]

Please oppose permanent DST (Atlantic Time) and restore permanent Eastern Standard Time—as supported by doctors, teachers, and history for health, safety, education, and economy.

Sincerely,

Jay Pea

Founder & President

jay@savestandardtime.com

American Academy of Sleep Medicine (2020). "Call for Elimination of Daylight Saving Time". Journal of Clinical Sleep Medicine. https://aasm.org/american-academy-of-sleep-medicine-calls-for-elimination-of-daylight-saving-time/

AP-NORC (2019). "DST vs Standard Time". Center for Public Affairs Research. https://apnorc.ora/projects/daylight-saving-time-vs-standard-time/
BBC (2014). "Russia: Putin Abolishes 'Daylight Savings' Time Change". BBC News. https://www.bbc.com/news/blogs-news-from-elsewhere-28423647
Borisenkov et al (2016). "Seven-Year Survey of Sleep Timing in Russian Children and Adolescents". Biological Rhythm Research. https://www.re-searchgate.net/publication/307547013 Seven-year survey of sleep timing in Russian children and adolescents chronic 1-h forward transition of social clock is associated with increased social jetlag and winter pattern of mood seasonality

Canadian Society for Chronobiology (2019). "Turn Back the Clock on Daylight Savings: Why Standard Time All Year Round is the Healthy Choice". The Globe and Mail. https://www.theglobeandmail.com/opinion/article-turn-back-the-clock-on-daylight-savings-why-standard-time-all-year/.

Cell Press (2019). "Permanent Daylight Savings May Cancel Out Changes to School Start Times". EurekAlerti. https://www.eurekalent.org/pub re-

leases/2019-04/cp-pds041819.php

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Curtis (2019). "Daylight Saving Time: Harmed by Hands of the Clock". The Irish Times. https://www.irishtimes.com/opinion/daylight-saving-time-harmed-by-hands-of-the-clock-1.4064179

European Sleep Research Society (2018). "Joint Statement". EU Commission on DST. https://esrs.eu/joint-statement-to-the-eu-commission/
Gibson & Shrader (2015). "Time Use and Productivity: The Wage Returns to Sleep". Williams College Department of Economics Working Papers.
https://econpapers.repec.org/paper/wilwileco/2015-17.htm

Giuntella & Mazzonna (2017). "Sunset Time and the Economic Effects of Social Jetlag Evidence from US Time Zone Borders". Journal of Health Economics. https://www.sciencedirect.com/science/article/abs/pii/S0167629618309718

Gu et al (2017). "Longitude Position in a Time Zone and Cancer Risk in the United States". Cancer Epidemiology, Biomarkers & Prevention. https://cebp.aacrjournals.org/content/26/8/1306

Jin & Ziebarth (2019). "Sleep, Health, and Human Capital: Evidence from Daylight Saving Time". The National Bureau of Economic Research. https://ideas.repec.org/p/yor/headg/15-27.html

Juda et al (2019). "An Open Letter to the BC Government in Support of Permanent Standard Time". Simon Fraser University. https://vault.stu.ca/in-dex.php/s/sAny3Z4bcSwY4Gm

Meira e Cruz et al (2020). "Putative contributions of circadian clock and sleep in the context of SARS-CoV-2 infection". European Respiratory Journal. https://eri.ersjournals.com/content/55/6/2001023

National Sleep Foundation (2021). "Permanent Standard Time: A Position Statement from the National Sleep Foundation". NSF Issues. https://www.thensf.org/wp-content/uploads/2021/03/NSF-Position-on-Permanent-Standard-Time.pdf

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SAVE STANDARD TIME

The best clock for health, safety, education, economy, environment, civil liberties, and lasting approval.

Endorsements of Permanent Standard Time as the Better Year-Round Clock

The following parties reject permanent Daylight Saving Time and endorse permanent Standard Time as the better year-round clock. These are not implied to be endorsements of the Save Standard Time entity.

Organizations (non-comprehensive list)

National PTA

National Safety Council

American College of Chest Physicians

National Sleep Foundation

American College of Occupational/Environmental Medicine B-Society

Start School Later

Rabbinical Council of America

Society for Research on Biological Rhythms

Florida PTA

World Sleep Society

European Biological Rhythms Society

French Society for Sleep Research & Medicine

National Commission for Rationalization of Spanish Hours American Academy of Cardiovascular Sleep Medicine

California Islamic University

Agudath Israel of Florida

Francophone Chronobiology Society

Association of Canadian Ergonomists

Good Light Group

Catalunya Advisory Council for Timetable Reform

California Sleep Society

Michigan Academy of Sleep Medicine

Ohio Bicycle Federation

Wisconsin Sleep Society

Canadian Society for Chronobiology

Southern Sleep Society

Normal Time All the Time

German Society for Time Policy

Missouri Sleep Society

Solaris Fatigue Management

Sleep Medicine Association Netherlands

Chronobiology Lab Groningen

Better Times Platform

National Education Association

American Academy of Sleep Medicine

American Federation of Teachers

National School Boards Association

American Academy of Dental Sleep Medicine

European Sleep Research Society

Aaudath Israel of America

Society of Anesthesia & Sleep Medicine

German Teachers' Association

International Alliance for Natural Time

Society of Behavioral Sleep Medicine

Portuguese Sleep Association

Society for Light Treatment & Biological Rhythms

Rabbinical Council of California

Agudath Israel of California

Northwest Noggin Neuroscience

'Agudath Israel of Chicago

Daylight Academy

Kentucky Sleep Society

Maryland Sleep Society

Australasian Chronobiology Society

Cuyahoga Astronomical Association

Adath Israel San Francisco

Tennessee Sleep Society

Curtis Clock Lab

Capitol Neurology

Stephens Memorial Observatory

Dutch Society for Sleep-Wake Research

Dakota Sleep Society

Barcelona Time Use Initiative for a Healthy Society

Individuals (non-comprehensive list)

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Mona Ezzat MD, San Diego, California

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Royan Kamyar MD, Physician, La Mesa, California

Jack Kruse DMD MD, Neurosurgeon, New Orleans, Louisiana

Beth Malow MD MS, Medical Dactor & Researcher, Brentwood, Tennessee

Melody T McCloud MD, Obstetrician-Gynecologist, Atlanta, Georgia

Tessa Sugarbaker MD MFT, San Francisco, California

Nathaniel F Watson MD MSc, Bainbridge Island, Washington

Dr Archana G Chavan, University of California, Merced

Dr Chelsea Gustafson, Assistant Professor, Portland, Oregon

Dr Paul Kelley, Milton Keynes, United Kingdom

Dr Irving Lebovics, Los Angeles, California

Atlantic Time in New Hampshire Is Permanent DST HB-85 forces early waking-decreases immunity and alertness.

Experts Urge Eastern Standard Time Instead Lets us sleep—for health, safety, and education.

"Permanent, year-round Standard Time is the best choice to most closely match our circadian sleep-wake cycle.

Daylight Saving Time results in more darkness in the morning and more light in the evening, disrupting the body's natural rhythm."

Muhammad Adeel Rishi MD Mayo Clinic & American Academy of Sleep Medicine https://assm.org/american-academy-of-sleep-modicine-colls-for-standard-on-of-daylight-saning-time/

SAVE STANDARD TIME

"The human circadian system does not adjust to Daylight Saving Time.

Sleep becomes disrupted, less efficient, and shortened. Permanent Standard Time is the healthier, more natural choice."

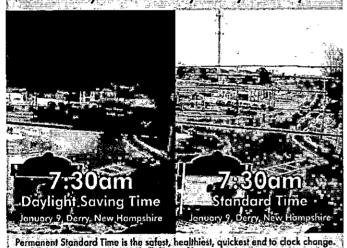
Nathaniel F Watson MD MSc

Neurology Professor, University of Washington; Seattle https://www.ncbi.nlm.nih.gov/pmc/ontcles/PMC6557642/

SAVE STANDARD TIME

Most work/school starts at 8am.

How would you rather start your day half the year?



SAVE STANDARD TIME

Most work/school starts at 8am. How would you rather start your day half the year?



Permanent Standard Time is the safest, healthiest, quickest end to clock change.

SAVE STANDARD TIME

"[Standard Time's] light in the morning not only makes you feel more alert, but helps you go to bed at the right time at night."

Beth Ann Malow MD MS

Sleep Neurologist, Vanderbilt University

® SAVE STANDARD TIME

"National PTA is opposed to Daylight Saving Time during the winter months because of the safety factor

Heidi May Wilson

Spakesperson for the National Parent Teacher Association

SAVE STANDARD TIME



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1600 Eye Street, Northwest Washington, D.C. 20006 (202) 293-1966

MEMORANDUM IN OPPOSITION TO NEW HAMPSHIRE HOUSE BILL 85

- The Motion Picture Association of America, on behalf of the broadcast affiliates of its member companies, which includes NBC, ABC, CBS, and Fox, respectfully opposes House Bill 85.
- This bill would put New Hampshire residents woefully out of step with the rest of the states in the Eastern Time Zone, by requiring them to conform permanently to Atlantic Standard Time.
- Broadcasters may be forced to air their current programming one hour earlier than New Hampshire residents have come to rely upon.
- The well-ingrained viewing habits of New Hampshire residents would likely be disrupted. Viewers accustomed to watching their favorite news and other programming would have to adjust to their much-anticipated and relied-upon programming occurring at different times, times at which they may be unable to view because of unalterable work schedules and other previous commitments.
- Many people plan their lives around their favorite TV programming. To have the timing of it changed would not only disappoint New Hampshire residents, but it would disrupt viewing habits and patterns, and lead to decreased viewership in many cases.
- It would be impossible for broadcasters to compensate for the decline in advertising revenue that such a decline in viewership would certainly precipitate.
- We respectfully submit that such a move to permanent Atlantic Standard Time is bad for New Hampshire residents and bad for the broadcasters who serve the state, and we urge the New Hampshire legislature to defeat this bill.

Cameron Lapine

From:

Sharon Carson

Sent:

Friday, April 16, 2021 3:05 PM

To:

Cameron Lapine

Subject:

FW: HB85 relative to using Atlantic Standard Time in New Hampshire

From: Scott Snyder <scottsnyder4@gmail.com>

Sent: Friday, April 16, 2021 2:59 PM

To: Suzanne Prentiss <Suzanne.Prentiss@leg.state.nh.us>; Denise Ricciardi <denise.ricciardi@leg.state.nh.us>; Sharon Carson <Sharon.Carson@leg.state.nh.us>; Kevin Cavanaugh <Kevin.Cavanaugh@leg.state.nh.us>; John Reagan

<john.reagan111@gmail.com>

Subject: HB85 relative to using Atlantic Standard Time in New Hampshire

Hello NH Senators,

My name is Scott Snyder, home owner in Concord, NH 03303.

A few days ago, I was on a reddit and saw a post "I would be fine with never having to change my stupid clocks again" where they mentioned the NH House Bill 85, of which you are all on the Senate Committee "Executive Departments & Administration" and there will be a hearing April 22nd at 9:15 a.m. on this bill. If you read some of the fellow redditors comments, it appears there is widespread support of this kind of bill here in the Granite State. I, too, am in favor. I would argue the general U.S. population would be in favor and hope we can make a change on the federal level (see also H.R. Bill 69 in the 117th U.S. Congress).

I reached out earlier this week to the House Representative who sponsored this Bill, and one replied, "This is the 3rd bill going to the Senate on this issue since 2017 and all of them have died because of the Broadćasters Associations opposition." What is this entity and how is it they can "kill" the NH policy that affects our citizens? What can be done to not repeat the past, so that we can actually get a Bill like this passed?

Let **US** be the change.

Thank you for your time! Kindest regards, Scott Snyder

Voting Sheets

Senate Executive Departments and Administration Committee

EXECUTIVE SESSION RECORD

2021 Session

			Bill#Hg 89	5
Hearing date: 4-2 -1		,		
Executive Session date: 4-)8	71			
Motion of:			Vote:	NIA
Committee Member Sen. Carson, Chair Sen. Reagan, Vice Chair Sen. Ricciardi Sen. Cavanaugh Sen. Prentiss	X X			
Motion of: \\\ \frac{1}{2} \]		<u>.</u>	Vote:	3-1
Committee Member Sen. Carson, Chair Sen. Reagan, Vice Chair Sen. Ricciardi Sen. Cavanaugh Sen. Prentiss	<u>X</u>			Yes No
Motion of:			Vote:	<u></u> _
Committee Member Sen. Carson, Chair Sen. Reagan, Vice Chair Sen. Ricciardi Sen. Cavanaugh Sen. Prentiss Reported out by: Sen. Reh.				Yes No
	<u></u>			

Committee Report

STATE OF NEW HAMPSHIRE

SENATE

REPORT OF THE COMMITTEE

Wednesday, April 28, 2021

THE COMMITTEE ON Executive Departments and Administration

to which was referred HB 85

AN ACT

relative to using Atlantic Standard Time in New Hampshire.

Having considered the same, the committee recommends that the Bill

IS INEXPEDIENT TO LEGISLATE

BY A VOTE OF: 3-1

Senator Suzanne Prentiss For the Committee

Cameron Lapine 271-2104

EXECUTIVE DEPARTMENTS AND ADMINISTRATION

HB 85, relative to using Atlantic Standard Time in New Hampshire. Inexpedient to Legislate, Vote 3-1. Senator Suzanne Prentiss for the committee.

7/20/2021 Bill_Status

General Court of New Hampshire - Bill Status System

Docket of HB85

Docket Abbreviations

Bill Title: relative to using Atlantic Standard Time in New Hampshire.

Official Docket of HB85.:

Date	Body	Description
1/4/2021	Н	Introduced (in recess of) 01/06/2021 and referred to Executive Departments and Administration HJ 2 P. 34
2/3/2021	н	==RECESSED== Public Hearing: 02/11/2021 10:00 am Members of the public may attend using the following link: To join the webinar: https://zoom.us/j/91078617911 / Executive session on pending legislation may be held throughout the day (time permitting) from the time the committee is initially convened.
2/11/2021	н	==CONTINUED== Public Hearing: 02/18/2021 10:00 am Members of the public may attend using the following link: To join the webinar: https://zoom.us/j/97238685330 / Executive session on pending legislation may be held throughout the day (time permitting) from the time the committee is initially convened.
3/10/2021	Н	Majority Committee Report: Ought to Pass (Vote 14-5; RC) HC 18 P. 44
3/10/2021	Н	Minority Committee Report: Inexpedient to Legislate
4/8/2021	Н	Ought to Pass: MA DV 250-117 04/08/2021 HJ 6 P. 66
4/13/2021	S	Introduced 04/08/2021 and Referred to Executive Departments and Administration; SJ 12
4/14/2021	S	Remote Hearing: $04/21/2021$, $09:15$ am; Links to join the hearing can be found in the Senate Calendar; SC 20
4/28/2021	S	Committee Report: Inexpedient to Legislate, 05/06/2021; SC 22
5/6/2021	S	Inexpedient to Legislate, RC 22Y-1N, MA === BILL KILLED ===; 05/06/2021; SJ 14

NH House	NH Senate

Other Referrals

Senate Inventory Checklist for Archives

Bill N	umber: $ hline $
	include all documents in the order listed below and indicate the documents which have been ed with an "X" beside
X	Final docket found on Bill Status
Bill H	earing Documents: {Legislative Aides}
×	Bill version as it came to the committee
XXXXX	All Calendar Notices
×	Hearing Sign-up sheet(s)
<u>×</u>	Prepared testimony, presentations, & other submissions handed in at the public hearing
\overline{X}	Hearing Report
<u> </u>	Revised/Amended Fiscal Notes provided by the Senate Clerk's Office
Comm	nittee Action Documents: {Legislative Aides}
All am	endments considered in committee (including those not adopted):
	amendment # amendment #
_ /	- amendment # amendment #
关	Executive Session Sheet
X	Committee Report
Floor	Action Documents: {Clerk's Office}
All floo	or amendments considered by the body during session (only if they are offered to the senate):
	amendment # amendment #
	amendment # amendment #
Post F	Floor Action: (if applicable) {Clerk's Office}
	Committee of Conference Report (if signed off by all members. Include any new language proposed by the committee of conference):
	Enrolled Bill Amendment(s)
-	Governor's Veto Message
All av	ailable versions of the bill: {Clerk's Office}
	as amended by the senate as amended by the house
	final version
Comp	leted Committee Report File Delivered to the Senate Clerk's Office By:
GM	eron M. Japine 7/20/21
Comn	nittee Aide Date

Senate Clerk's Office