

From: Mike Garrahan <mgarraha@yahoo.com>
Sent: Tuesday, January 16, 2024 7:36 PM
To: House State Affairs <housestateaffairs@sdlegislature.gov>
Subject: [EXT]: Oppose HB 1009 (observation of time)

I oppose HB 1009 because it would be detrimental to the safety and health of South Dakotans. Morning light, though some take it for granted, it is just as important as evening light. This bill would put sunrise in Sioux Falls at 8 AM or later for 124 days and as late as 9:00 in early January. Pierre would have 145 days with sunrise between 8:00 and 9:17. Americans experiencing such dark mornings in the winter of 1974 found them unsafe and demanded a return to standard time that fall.

Contrary to popular belief, DST does not benefit farmers; they led the postwar drive to repeal it in 1919 and continued to oppose it until the Uniform Time Act of 1966. Nor is the health impact of DST limited to the transitions; recent research (reviewed by Roenneberg et al. 2019, *Frontiers in Physiology*, <https://doi.org/10.3389/fphys.2019.00944>) also finds that chronic circadian misalignment has negative long-term effects. Furthermore, with today's efficient lighting and widespread air conditioning, DST no longer saves energy.

States passing laws for year-round DST have been stuck waiting for a change in 15 USC §260a, which requires that states either observe seasonal DST on the national schedule or keep standard time year round. The workaround proposed in this bill gets a point for originality, but it's reasonable to doubt that the US Department of Transportation would find a recurring time zone change suitable to the convenience of commerce.

On the other hand, year-round standard time can be implemented without federal action of any kind, puts nearly equal shares of daylight in the AM and PM hours, and is recommended by the American Medical Association. Please choose that instead.

Sincerely,
Michael Garrahan
Manassas, Virginia
Board member, Save Standard Time