

Good morning Senator Davis, Rep. Martin, and esteemed members of the committee. My name is Donna Bailey and I represent the ocean side of Saco. I stand before you to ask for your support for LD 203 and have the State take the lead in opting out of Daylight Saving Time and to remain on Atlantic Standard Time year round.

As you know, the effect of my Bill, if passed, would be that Maine would remain on what is currently Daylight Saving Time, year-round. As you also know, Maine already observes DST 8 months out of the year, so this Bill only extends that out the additional 4 months of the year.

This would not be the first time in recent history that DST has been extended year round, since it began in the late 1960s. It was extended year round on a National level in 1973-1975, in response to the oil embargo. The Department of Transportation studied the results of those years of extended DST and concluded that extended DST saves energy, reduces crime, saves lives and reduces traffic accidents.

Conversely, numerous studies have shown the detrimental effects of changing our clocks instead of remaining on DST year round. I have given you all a list of some of those studies documenting the negative effects, along with links to the articles. I have also provided some of the articles that I would highlight for you. Those articles are the studies that have shown, in addition to the DOT conclusions found in the 1970s above, that "Springing Forward" increases fatal car crashes, as well as heart attacks.

I know you have already heard testimony on LD 71, so I hope I did not repeat what you have already heard, and have instead provided additional helpful information.

With all the negative consequences of changing our clocks, and the positives of staying on DST year round (Atlantic Standard Time) one has to ask why do we keep doing it?

If you are concerned that Maine will be an outlier, note that the NH House voted to approve its Bill to move to year round DST if Massachusetts does, and the Massachusetts Commission to study the issue is due to make recommendations next month. Quite possibly, if Maine does not act, we may find ourselves the outlier 4 months out of the year being an hour behind NH and Mass. How odd would that be for the easternmost State in the Nation to be an hour behind its neighbor? I would also point out that I am unaware of any Maine law that was tied to other States passing similar legislation that has ever been successful. By waiting for another State to make the decision for us is, in my opinion, a way of passing responsibility and leaving it to others to make a decision we alone should make for our State and our citizens.

There are no documented negative consequences to neighboring States being in different time zones. Some States even have different time zones within their own borders without any negative consequences. Arizona, which has never observed DST, borders one of the largest economies in the world, and yet, suffers no negative consequences by not being in sync with CA year round.

In summary, there are many negative effects for Mainers to remain under the current system, and many more positives to going to extended Daylight Saving Time (Atlantic Standard Time) year round, and I would urge you to recommend passage of LD 203.

Maine should take the lead on this issue and show NH and Mass the positive effects of being on extended DST. I am confident that if they have not already passed legislation, they will soon follow our lead. After all, our State motto is Dirigo, not Sequero.

