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House of Representatives

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Kristey S. Williams
Representative, 77th District

PROPONENT TESTIMONY – HCR 5008

Feb. 11, 2021

Dear Honorable Chairman Barker and Esteemed Members of the Federal and State Affairs Committee:

It's my privilege to offer my enthusiastic endorsement of HCR 5008 that would urge "the U.S. congress to extend daylight saving time throughout the year for the whole nation." The history of changing from Standard Time and Daylight's Saving Time (DST) is wrapped in well-meaning attempts to consider safety and energy for our Nation. Those issues, and time changes, date back to WWI and WWII. Those concerns are no longer, through modern studies and practices, relevant today. In fact, there are even more studies available that contradict the original intended purpose of the time changes. Many of the most recent studies indicate moving back and forth from two times is harmful for health, safety, and our economy due to lost hours of productivity, increased health costs, and other factors. Today we have the Uniform Time Act of 1968 that dictates how we switch from one time schedule to another.

This resolution is needed to encourage Congress to act. Currently, states are not allowed to observe DST all year due to the Energy Policy Act of 2005. This Act prohibits states from remaining on DST time, but does allow states to opt out of DST – which is a more popular option than standard time. Only two states have opted out of DST – Arizona and Hawaii (both states get plenty of sunshine and have no need to extend daylight hours for when people are active and awake).

I'm a supporter of the movement that says 'ditch the switch' or 'lock the clock.' Let's remove antiquated and harmful policies whenever given the opportunity.

Thank you for your consideration.

Sincerely,

Rep. Kristey Williams

77th District