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On Behalf Of: astronomers

Committee: Senate Committee On Veterans, Emergency Management, Federal and World Affairs

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I worked twenty eight years as an air traffic controller in a Center. There are several ways to schedule a workforce to cover 24 hour, always open businesses but nearly all ATC facilities across the US dictate a rotating schedule throughout each week (swing, swing, day, day, mid, 32 hour weekend, repeat). This artificial timeline is so harmful to our bodies that many controllers quit and those who don't often end up with major health issues just like mine: obesity, type II diabetes, sleep apnea, chronic kidney failure, and ulcerative colitus leading to multiple abdominal surgeries and a curtailed quality of life. I'm all for any schedule that lets our bodies face each new day naturally. Imagine a life with no alarm clocks.

I prefer the Standard time all year round because the best time to view the night sky and share our culture of celestial navigation, agronomy, hunting with others to feed the clan, and the re-telling of stories that shaped all our lives is during the evening.

Those who live near the equator, not only are they healthier, but experience nearly every day of the year with sunrise at six am and sunset at six pm. They get so many more hours of warm nighttime skies. Oregon is roughly 45 degrees north of the equator and during northern summers celestial sunset is already nearly 10 pm, cutting into the time of sharing the night sky. Daylight Savings Time delays that a further hour during the best time of year for sharing.

Let's help bring back the stars that enrich our culture leading to the blossoming of young minds for every science we've ever known or will develop. Admit it - you wanted to be an (fill in the blank) when you saw your first constellation or your first lunar mountain shadow or the rings of the gas giants, right?