

Janet Heimlich
Rockland
LD 1934

I am a resident in Rockland who fully supports LD 1934. I hope this committee will vote it out, because passing this bill can make a significant difference in people's health and that of our ecosystems. This isn't just about wanting to watch the stars at night -- although that is a huge bonus considering how much of our night skies are light-polluted -- it is a matter of preventing disease and allowing our insects, plants, and animals to thrive. Research shows that thoughtful use of artificial light can improve health outcomes, including better sleep and reduced risk of heart disease and other problems. Interference of our circadian rhythms has even been linked to Alzheimer's. Every town and city in Maine can improve health outcomes by taking reasonable steps to reduce light pollution. Sincerely, Jan Heimlich, Rockland, Maine