

Kimberly Radley  
VINALHAVEN

I strongly support "Springing ahead" and not "Falling behind."

Not having to turn lights on earlier in the evening would be a huge energy savings. That extra consumption adds up over several months so this would be advantageous for the environment as well as financially.

School aged kids spend approximately 7 hours daily inside. Also, many working adults spend much of the day inside so having an extra hour to be outside in the natural light at the end of the day would be so beneficial. It is proven that Vitamin D is essential for optimal health and sunlight plays such an important role in making this happen.