



HOUSE OF REPRESENTATIVES

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TESTIMONY BEFORE THE JOINT STANDING COMMITTEE OF STATE AND LOCAL GOVERNMENT

LD 3 - An Act to Adopt Eastern Daylight Time Year-round Contingent on Federal Approval

LD 4 - An Act to Adopt Eastern Standard Time Year-round

February 5, 2025

Senator Baldacci, Representative Salisbury, and Members of the Joint Standing Committee on State & Local Government:

I am Representative Chris Kessler, and I represent District 121, part of South Portland and part of Cape Elizabeth. I have sponsored or co-sponsored a bill to end the practice of Daylight Savings Time since the beginning of my time in the Legislature. This is a perennial bill that needs to be brought over the finish line, and we shouldn't wait any longer for others to take action. I can't believe we are still doing this.

When I introduced LD 144 in the 129th Legislature, the only testimony in opposition was from traditional radio and television broadcasters. Reviewing the testimony today, the concerns about its impact on these platforms feels like reading ancient history. Today, news and entertainment is largely consumed on-demand via the Internet on your preferred website or streaming platform. Live sports broadcasts are scheduled by Greenwich Mean Time (GMT), which would not change. Advertising is on our screens constantly, custom-tailored to our geolocation, search history and viewing habits.

Some concerns may be raised by our colleagues bordering our neighboring states and how it will impact commerce. We live in a world where technology allows us to interact and trade with people across time zones in real time. It is not rocket science; it is simple math. +1 or -1. That's it. People will adjust, as we have every year for decades. Moving forward, our neighbors who are still changing their clocks will be looking at us and asking themselves, "Why haven't we done this yet?"



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If we are to be bold enough to take action, there is a chance that these concerns will be irrelevant. There is still a bi-partisan attempt in Congress to pass The Sunshine Protection Act, establishing DST as the permanent standard time. President Trump has stated publicly that he supports it. However, given that the federal government is in the midst of a Constitutional crisis, I have little faith that Congress will be able to come together to end the practice of DST. I do have a glimmer of hope, however, that if Maine were to take the leap, it may trigger Congress and President Trump to finally take action and get it done.

Since I began advocating for this, I have changed my tune to prefer adopting a permanent Standard Time due to being more in tune with the natural rhythms of the sun and its impact on health. However, I know many of us like more daylight in the evening hours. We have two bills before us: just pick one and let's move on.

We've studied it. We know the negative health impacts of changing the clocks back and forth every year. We know the vast majority of the public hates the practice. Let's be done with this once and for all and give the people of Maine something to feel good about. Dirigo!

Sincerely,

Rep. Christopher Kessler