
★ ARGUMENT IN FAVOR OF PROPOSITION 7 ★

What does it cost us to change our clocks twice a year? Here are some facts to consider.

University medical studies in 2012 found that the risk of heart attacks increases by 10% in the two days following a time change.

In 2016, further research revealed that stroke risks increase 8% when we change our clocks. For cancer patients the stroke risk increases 25% and for people over age 65 stroke risk goes up 20%. All because we disrupt sleep patterns.

And every parent knows what it means when our children's sleep patterns are disrupted twice a year.

Now consider money. Changing our clocks twice a year increases our use of electricity 4% in many parts of the world, increases the amount of fuel we use in our cars, and comes with a cost of \$434 million. That's money we can save.

Changing our clocks doesn't change when the sun rises or sets. Nature does that. Summer days will always be longer. Winter days will stay shorter.

Since 2000, 14 countries have stopped changing their clocks. And now 68% of all the countries don't do it. They allow nature to determine time, not their governments.

Lowering health risk. Reducing energy consumption. Saving money.

A YES vote on Proposition 7 allows California to consider making Daylight Saving Time or Standard Time our year-round time—changing things that are more important than changing our clocks.

Proposition 7 will require a two-thirds vote of the Legislature before any final decision is made.

ASSEMBLYMEMBER KANSEN CHU

California Assembly District 25

ASSEMBLYWOMAN LORENA GONZALEZ

California Assembly District 80

DR. SION ROY, M.D., Cardiologist

★ REBUTTAL TO ARGUMENT IN FAVOR OF PROPOSITION 7 ★

The proponents of permanent Daylight Saving insist it will save us energy. It will not. Many studies have been conducted on this topic and there is no conclusive evidence that full-time daylight saving will save us a dime. Any brief potential increase in certain medical conditions needs to be weighed against the dangers of it being dark later in the morning in the winter.

Changing our clocks twice a year may be inconvenient. But requiring days to start in the dark during winter is more than inconvenient—it's dangerous. It's dangerous for children heading to school or waiting for the bus in the dark and for adults who have to start their commutes in darkness as well. The same failed experiment in 1974 to have Daylight Saving Time year-round confirmed this dangerous reality.

The advantages of maintaining the present system of Daylight Saving Time in the spring, summer, and fall with Standard Time in the winter are clear:

- daylight into the evening in the summer
- daylight in the morning in the winter
- avoids putting us an hour ahead of neighboring western states and Mexico four months of the year

Increased danger for children and adults in winter, different time than the states around us. It's not worth it. Vote No on Prop. 7.

SENATOR HANNAH-BETH JACKSON

19th Senate District

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Please vote “No” on Proposition 7. Proposition 7 will result in California switching to permanent Daylight Saving Time. We’ve tried this before and it was a disaster. In 1974, an energy crisis led President Nixon to declare emergency full-time Daylight Saving Time. It was supposed to last 16 months but was stopped after 10 months because people hated the fact that in the morning, the sun rose too late. Daylight Saving Time does not create more hours of daylight. It just changes when those daylight hours occur. If you live in Anaheim, the sun will rise at 6:55 a.m. on Christmas morning this year. With Daylight Saving Time, it would be 7:55 a.m. We have Daylight Saving Time in the summer so it is light after we get home from work. And we switch to Standard Time in the winter so it’s light in the morning. What will it mean to have permanent Daylight Saving Time? The sun will rise an hour later than if we were on Standard Time. If you live in Eureka or Susanville, it would still be dark at 8 a.m. on New Year’s Day. If you live in Los Angeles or Twentynine Palms, the sun won’t rise until 7:30 a.m. or later from November to February. Those of you who like to wake up with the sun will wake up in the dark. You’ll be getting your family ready for the day in the dark; your kids will be walking to school or waiting for the school bus before the sun rises. For those of

you who get your exercise or attend religious services before work, you’ll be doing it in darkness. Some make the argument that Daylight Saving Time saves us energy or makes us safer. But there’s no scientific evidence of that. It’s just a question of convenience. We now have Daylight Saving Time in the summer so we can have extra light in the evening, when we can enjoy it, rather than having that daylight between 5 and 6 in the morning when we’d prefer it were dark. And then in the winter we switch back to Standard Time so it’s not so dark in the morning. Being on permanent Daylight Saving Time will put us out of sync with our neighbors. While we’ll always have the same time as Arizona, part of the year we’ll have the same time as the other Mountain Time states and the rest of the year we’ll be in line with Nevada, Oregon, Washington, and Mexico. Yes, it’s a minor inconvenience when we “Spring ahead” and we lose that hour (even though it’s great to get that extra hour when we “Fall back”). But avoiding these transitions is not worth the confusion with other states’ times, and the months of dark mornings we’ll have to endure if we have permanent Daylight Saving Time.
SENATOR HANNAH-BETH JACKSON
19th Senate District
PHILLIP CHEN, Assemblymember
55th District

★ REBUTTAL TO ARGUMENT AGAINST PROPOSITION 7 ★

Opponents of Proposition 7 can’t dispute the scientific and economic facts showing that the changing of clocks twice a year is hazardous to our health and our economy. Proposition 7 is about keeping our communities, workplaces, schools and roadways safe and productive. Whenever there’s a time change, studies show that heart attacks and strokes are more likely to occur. Children are knocked off their usual sleep pattern and become more unfocused in the classroom. Traffic accidents and workplace injuries increase significantly after we change our clocks.

Not to mention, our economy takes a \$434 million hit in lost productivity when clocks are set an hour forward and back every year. California can unwind the dangerous time switch by voting Yes on Proposition 7. Please join parents, medical professionals, and workplace safety advocates by voting Yes on Proposition 7.
www.YesProp7.info.
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