

**MINUTES OF THE MEETING
OF THE
ASSEMBLY COMMITTEE ON LEGISLATIVE OPERATIONS AND ELECTIONS**

**Seventy-Eighth Session
February 26, 2015**

The Committee on Legislative Operations and Elections was called to order by Chair Lynn D. Stewart at 4:02 p.m. on Thursday, February 26, 2015, in Room 3142 of the Legislative Building, 401 South Carson Street, Carson City, Nevada. Copies of the minutes, including the Agenda ([Exhibit A](#)), the Attendance Roster ([Exhibit B](#)), and other substantive exhibits, are available and on file in the Research Library of the Legislative Counsel Bureau and on the Nevada Legislature's website: www.leg.state.nv.us/App/NELIS/REL/78th2015. In addition, copies of the audio or video of the meeting may be purchased, for personal use only, through the Legislative Counsel Bureau's Publications Office (email: publications@lcb.state.nv.us; telephone: 775-684-6835).

COMMITTEE MEMBERS PRESENT:

Assemblyman Lynn D. Stewart, Chair
Assemblywoman Shelly M. Shelton, Vice Chair
Assemblyman Elliot T. Anderson
Assemblywoman Michele Fiore
Assemblyman John Moore
Assemblyman Harvey J. Munford
Assemblyman James Ohrenschall
Assemblywoman Victoria Seaman
Assemblyman Tyrone Thompson
Assemblyman Glenn E. Trowbridge

COMMITTEE MEMBERS ABSENT:

None

GUEST LEGISLATORS PRESENT:

Assemblyman Chris Edwards, Assembly District No. 19
Assemblyman Derek Armstrong, Assembly District No. 21



STAFF MEMBERS PRESENT:

Carol M. Stonefield, Committee Policy Analyst
Kevin Powers, Committee Counsel
Patricia Hartman, Committee Secretary
Olivia Lloyd, Committee Assistant

OTHERS PRESENT:

None

Chair Stewart:

[Roll was taken.] We have one bill today, Assembly Joint Resolution 4, and one of our colleagues is going to present that bill. Assemblyman Edwards, please come forward along with Assemblyman Armstrong.

Assembly Joint Resolution 4: Urges Congress to enact legislation allowing states to establish daylight saving time as the standard time throughout the calendar year. (BDR R-583)

Assemblyman Chris Edwards, Assembly District No. 19:

Thank you, Mr. Chair, and I would like to thank all of you for the opportunity to speak to you today about Assembly Joint Resolution 4, which urges the extension of daylight saving time year round. The end result that we are seeking is to have the sun set later during the winter months, as well as not messing up everybody's schedule twice a year, as it often does.

Here is a brief history of daylight saving time for the Committee members. Benjamin Franklin is credited with first proposing daylight saving time in 1784 while he was in France. Our forefathers sadly did not buy into it. About 120 years later, a Brit named William Willett saw the shades still drawn at houses after the sun had been up for quite a while, and he felt that it was a waste of daylight. He wrote a pamphlet reiterating Ben Franklin's idea of daylight saving time. Initially it did not have much of an impact, but apparently one of the article's readers kept it in mind during World War I and convinced the government to implement daylight saving time as an energy-saving measure.

In 1918, several months after the United States entered the war, the U. S. Congress also implemented daylight saving time for the war effort. Lucky for us, the doughboys helped to win the war and Congress repealed daylight saving time, which was hated fairly universally by Americans. Possibly the reason was how hard it was to change the clocks with keys in those days.

Nothing happened with daylight saving time in America until 1942, when we found ourselves in yet another world war. Daylight saving time was again employed to save energy for the war effort. After the war, the country stopped time changes, and instead we let local communities observe whatever time they desired. This led to a lot of confusion around the country. As we became more and more interconnected through television, radio, phones, buses, trains, and planes, the numerous time changes caused problems for multiple industries. It was hard to schedule television shows, such as those starring Steve Allen and Lucille Ball, and travelling by rail and plane got more complicated the farther you travelled.

In 1966, the U.S. Congress enacted the Uniform Time Act to establish a system of uniform daylight standard time around the country to end the confusion. At first, daylight saving time started at the end of April and went to the beginning of October. Just as the country was figuring out when to change the clocks, daylight saving time changed in 1980 to early April to the end of October. Then, just when we figured it out again, they changed it in 2005 to late March to early November.

We can talk about how daylight saving time saves energy, reduces traffic fatalities, or reduces crime. Frankly, some of the statistics are not as impressive as we would hope, but there are some benefits. There is credible evidence that seniors are negatively impacted by the time changes by having to change their daily schedules about every six months. There is also credible evidence that women suffer from seasonal affective disorder (SAD) much more than the rest of the population.

A fellow Nevadan sent her testimony today since she is fighting a snowstorm in Elko. [Referred to letter from Janine Hansen ([Exhibit C](#)).] She writes to me:

I support A.J.R. 4 because of the many benefits included in the bill...However, my greatest concern is regarding the health benefits of staying on daylight saving time all year. I suffer from "seasonal affective disorder" as do 20 percent of other Americans who live in the northern regions of the country. Women are most likely to suffer from SAD.

It is caused by fewer hours of sunlight in the winter. When the time change happens in the autumn and it is dark in Elko at 4 p.m., I feel just like I have been put in prison. For me, as for many, SAD causes depression, anxiety, inability to sleep, a lower functioning immune system, and just overall problems of not feeling well.

I do all I can to help myself by using a special light, taking natural supplements, and getting out in the sunlight every day...I feel that this change with daylight saving time would be very helpful to people like me suffering from seasonal affective disorder.

While campaigning last year, I kept meeting constituents who asked me to end the changing of the clocks. I was surprised how many people just hate having to change their clocks and usually find their schedules are messed up. I know that Assemblyman Armstrong, sitting next to me, found the same thing as he was campaigning throughout the year, and we were talking about this shortly after the November election. I thought he was going to put the daylight saving time proposed legislation in the bill draft request (BDR) list, but when he did not, I did. I know he fully supports this effort, and I am hoping that you will as well. We both wish that our Legislature and Governor could simply pass this into law and make the change on our own. However, the U.S. Congress in its infinite wisdom has passed laws to require us to seek their permission because it would also change our time zone.

So today we present this resolution for your approval to start that process and help move Nevada closer to what our people want. We could come up with a lot of reasons to do this, but I think we should focus on two: daylight saving time really does not help anyone anymore, and our people want this change. Thank you.

Chair Stewart:

Thank you very much. Are there any questions from the Committee?

Assemblywoman Seaman:

Thank you, Assemblyman Edwards. I would like you to tell me how would this affect our neighboring states, like California, from where we receive all our tourism, and people who might be commuting from other states. Also, would this cause a bit of a problem?

Assemblyman Edwards:

There is going to be confusion. Just as if Californians went to Mexico or Californians went to Texas; they are just going to have to learn how to deal with the time zone changes. With digital times on our phones and other devices, it is really not that hard anymore.

Assemblyman Ohrenschall:

This is more of a comment. I do support the measure, and I have talked to constituents who support it. I am a parent, and come winter, by the time I get home, it is dark. Even though we have a lovely climate down in southern

Nevada—Assemblyman Edwards and I are neighbors on Sunrise Mountain—it is hard to do much outside with my kids when it is dark. I think if this does pass, it will be good for families and people with kids.

I hope the Committee will keep an open mind concerning this resolution. I think this has tremendous potential to save energy. If there is more light at the end of the day, there is less use of electric lights and heating. So I think there are a lot of benefits.

Assemblyman Thompson:

Have you talked at all with the business community? Are there some businesses that rely on it becoming darker earlier? Could this be hurtful to their business?

Assemblyman Edwards:

Assemblyman Thompson, I have had no negative comment on that from businesses. I believe Assemblyman Armstrong would like to add something in this regard.

Assemblyman Derek Armstrong, Assembly District No. 21:

From knocking on doors, campaigning, and talking to business owners as well as parents in the community, the one thing that was a constant is there are many benefits to this proposed legislation. There were not very many detractors. The one thing for parents was that they had to change their kids' sleep cycle to wake them up when daylight saving time changes. That was an issue I heard on the campaign trail. If we got rid of it, it would make it easier for us to get our kids up at a standard time throughout the year, and we would not have to worry about the change in their sleep cycle.

I did hear from quite a few workers that once you lose that hour of sleep throughout the day, the next day is not the same. I am submitting a study published by *The New England Journal of Medicine* ([Exhibit D](#)). This study shows that on the first Monday after daylight saving time, the hour of sleep you lose is meaningful for health risks. Other researchers have found an eight percent spike in car accidents on that day. A U.S. study indicates an increased risk for heart attacks when seniors' sleep cycles change, even by an hour ([Exhibit E](#)). In the week after daylight saving time, there is a 5 percent increase in heart attacks. So in addition to the possible energy savings and helping parents and workers with their schedules, the chance to minimize health risks makes this a great bill.

In reference to Assemblywoman Seaman's comment, we live in an age where no matter where we go there are differences. This would actually put us at the

same time as Arizona. We do have some tourism from other places, as well, even though California is a major avenue for tourism. This issue was something that the voters and our constituents in our two districts wanted, and we thought it necessary to bring this resolution forward.

Assemblyman Trowbridge:

I wish that we could legislate the seasons, but I do not think we are going to have any luck. The fact is that during the winter, days are shorter, and when you get off work at 5 p.m. and it is dark, it is not because of anything except that the season is different. If you want to get off work while it is a little bit lighter and put in eight hours, you have to get up earlier. If you want to have two or three hours of sunlight in the winter, you would need to get up at 3 a.m. to go to work and put in your eight hours. We do not do that; we just change it by one hour. During the summer, daylight lasts almost up until 9 p.m., and you can still see without light. Therefore, they flip the time back and say get up later. That is the reason for the switches.

Saying we are going to go to standard time one way or the other is not going to change the length of the day. There is no impact on that whatsoever. I rise and go to bed with the sun, so I know exactly what you are talking about, but it is just a lifestyle thing.

I am persuaded primarily by the potential impact on California tourism and how accustomed they are to dealing with our time. Every time I go to Arizona or Utah and make travel arrangements, I say is that Arizona or Nevada time? It is just an element of confusion that I do not think needs to be compounded.

Assemblyman Armstrong:

I thought about the California tourism aspect of daylight saving time. The hour tourists would be losing is when they are arriving. They are gaining an extra hour when they are here. If they are planning on that three-hour drive back to California in the morning, this gives them an extra hour to be here. This might have a positive effect where people would stay an extra night and leave in the morning because they have that extra hour to get back to California.

Chair Stewart:

Are there any other questions from the Committee?

Assemblyman Ohrenschall:

This is more of a comment. I think 20 years ago, the argument that it would be harmful for our friends from California who would come to visit Nevada might have held some water because not everybody had cell phones. Cell phones were not like they are today, because in this day and age almost everyone has

one of these amazing devices, or a computer or tablet. Even our car clocks automatically change time. I cannot imagine someone who wants to visit Las Vegas, Reno, or Lake Tahoe not coming here because of the time zone. I understand the concern, and I think it would have been more valid 20 years ago. I do not think it is as much of a concern as it used to be.

Chair Stewart:

Is there anyone else in favor of A.J.R. 4? [There was no one.] Is there anyone opposed to A.J.R. 4? [There was no one.] Is there anyone neutral to A.J.R. 4? [There was no one.] Assemblyman Edwards, would you like to make a final statement?

Assemblyman Edwards:

I will simply say this. Our constituents asked us to bring this legislation forward. I am hoping all of you will support it for their sake, because I am sure you will find just as many people within your own districts who will love the idea, will support it, and will come out in favor of it. It is a very simple thing to do, and at this point the best thing we can do is set forth the resolution to Congress in order to give us the authority to start doing this. We are going to have to ultimately go back and get the final approval to do so, and that will probably have to come next session. I would like to move our state in the right direction so that our people can get what they desire from us. After all, that is why we are here: to give them something that is simple and easy to do, and make their lives better.

Chair Stewart:

One of my interns did some research on this, and of course Arizona already does it, and Hawaii, and parts of Indiana. How did they do it without the approval of Congress?

Assemblyman Edwards:

Those states did it earlier on, and they did have to go through Congress to do it. The other thing I would mention is if you look around the world to find out how confusing it can be, you will find that the European Union (EU) instituted its own time zones. However, Russia which has 11 time zones, has two time zones between north and south, and in the winter months they change it so that their northern communities have a totally different time zone from the rest of the country. In today's modern world, we can definitely make this work for everybody.

Assemblywoman Seaman:

I go back and forth to Arizona periodically, and I am always late for appointments because I can never remember the time difference. It is the only state I go to that has a change in regard to daylight saving time.

Assemblyman Edwards:

This proposed legislation will actually help you then.

Assemblywoman Seaman:

I do not think so. I walked my district three times, and not one constituent mentioned it, but again, I am in a different district than the two of you are.

Assemblyman Munford:

I will take this to my district and see what reaction I get from my constituents. This has never come up for discussion in my district. My constituents have never brought it up.

Assemblyman Edwards:

I was surprised at the number of people in my district who brought up this subject. I was also surprised that the Legislature has tried to put this through three different times, but it always failed in one house or the other. It would probably be eye-opening to find out how many people would like to have daylight saving time all year around. Since the time change is coming up on March 8, now would be a good time to find out what the folks in your district think about it.

I would like to recommend that you check with your constituents on either March 8 or 9, after they have had to change their clocks, change their schedules, and lose sleep. Those would be the optimal dates to check with them.

Assemblyman Trowbridge:

I, too, will listen and maybe next time, I will be sitting down there with you.

Chair Stewart:

I commend you gentlemen for your work and your presentation. The hearing on A.J.R. 4 has concluded. Is there any public comment? [There was none.] The meeting is adjourned at [4:24 p.m.].

RESPECTFULLY SUBMITTED:

Patricia Hartman
Committee Secretary

APPROVED BY:

Assemblyman Lynn D. Stewart, Chair

DATE: _____

EXHIBITS

Committee Name: Committee on Legislative Operations and Elections

Date: February 26, 2015

Time of Meeting: 4:02 p.m.

Bill	Exhibit	Witness / Agency	Description
	A		Agenda
	B		Attendance Roster
A.J.R. 4	C	Janine Hansen, private citizen, Elko, Nevada	Written letter in support
A.J.R. 4	D	Assemblyman Derek Armstrong	New England Journal of Medicine-article on daylight saving time and myocardial risk
A.J.R. 4	E	Assemblyman Derek Armstrong	Article, Daylight Saving Time Linked to Heart Attacks Study