Q7 JOIN THE CONVERSATION - What are your thoughts on Daylight Saving Time in Utah? Why do you prefer the option you selected above? We will post a selection of comments representing all points of view.* We reserve the right to remove any comments that contain explicit language or information that is otherwise inappropriate for the discussion.

Answered: 13,762 Skipped: 13,259

#	Responses	Date
1	If this is an Energy issue, it takes more electricity at night where as in the morning, we quick to get up, get feed and head out to work. With less light at night, the whole house will be lite up. I personally like more daylight in the evening to work in the yard and garden-thus caring for my family needs. As far as sleep goes, we are free to go to bed at anytime, and night owls will still be night owls. Conclusion, the more "free" daylight we have to work in, the less energy consumed and evening outdoors with family is a great benefit to the stability of our nation. Thanks	8/29/2014 1:43 PM
2	When the sun is straight up it should be noon, Standard Time. Please, NO Day-light Saving Time. Changing the time repeatedly is bad for people's health and is really a problem for the elderly. If businesses want more daylight in the evening they should just start business an hour earlier and quit work an hour early. Problem solved.	8/29/2014 12:30 PM
3	We need to conform to the other mountain states.	8/29/2014 9:52 AM
4	More opportunity to spend outside rather than indoors. Perhaps it will encourage youth for recreational activities than entertainment. Winter is depressing enough, add more light to it!	8/28/2014 10:44 PM
5	I like it because we have more daylight to spend with family and friends.	8/28/2014 5:31 PM
6	I've got small kids. Their sleep is already a challenging thing to manage. Daylight Saving Time makes it worse.	8/28/2014 1:49 PM
7	I went to Arizona for two years, and the lack of changing times was very nice. I didn't have to adjust my sleeping habits twice a year. What practical reasons are there for DST today? If agricultural workers need to wake up earlier/later, how much is the percentage of population that are those workers compared to non-agricultural workers, as it seems like the only practical reason is for agricultural purposes? They can adjust their sleeping schedule for DST, if they want to, but why should rest of us have to follow suit? Also, I'd prefer to have permanent spring forward, as it results in more daylight after work/school (kids will have more time to play outside, and parents have more time to work outside on projects). Another reason is that it'd favor agricultural workers more than falling back, so the impact should be minimal all-around.	8/28/2014 1:36 PM
8	I just hope the people reading the responses see how many people say to "Align with Arizona" because they like more light in the evening. Arizona has LESS light in the evening because they stay on MST - that means light earlier in the morning (4-5 a.m. in mid-summer) and dark earlier at night. The comments don't align with the poll numbers due to how many people are saying to align with AZ for more light at night.	8/27/2014 9:46 PM
9	I hate fall back. Why would anyone want it to get light and dark earlier in the winter? Having a time change causes so many problems and is pointless with electricity. I think it would be great if it was always DST (it's already that time for almost 8 months of the year).	8/27/2014 8:30 PM
10	It's just weird to change the time when we all have electricity - why interrupt the sleep patterns people are used to unnecessarily. It causes negative impacts with no upside.	8/27/2014 7:35 PM
11	We no longer have need of Daylight Savings time in the modern world. It should have ended a long time ago.	8/27/2014 9:40 AM

12	I like this better. Fall back one hour is too dark outside.	8/27/2014 9:04 AM
13	I think we should end the practice of DST. In the summer, without DST changes, the sun would set an hour earlier, and on hot days, it would allow people to venture outside again when the sun sets and it cools. Businesses would profit more from this. I, personally, don't venture out again because it is too late when it begins to cool down after the sun sets. Our family has often talked about what it would be like if we didn't have the extra hour of sunshine. It served it's purpose in the past, but we are no longer limited to using daylight as a means of governing our lifestyle. When we are camping, we follow the "sun clock." When we are home, we tend not to, and our bodies don't work the same. By quitting the DST changes, we would also alleviate that awful transition every spring when we skip an hour. It takes a toll on the body and the mind! It makes for irritable kids for about a week, making me irritable as well! Although I do look forward to gaining the extra hour in the fall, it doesn't make up for the experiences of each spring. Also, children celebrating Halloween can go trick or treating earlier, and actually get to bed at a decent time! And doorbells would stop ringing an hour earlier. Something that is truly appreciated when Halloween falls on a weekday!	8/27/2014 8:04 AM
14	Daylight Saving Time hasn't been practical since the Industrial Age. We don't rise with the sun anymore; we rise with our work schedules, thanks to artificial lighting. All DST manages to do is make us extra tired for a couple of weeks every spring. It's not worth it for one bonus hour of sleep in the fall.	8/27/2014 7:53 AM
15	In the summertime we need more hours in the day to work in the fields and other related work and unrelated recreational activities. Daylight savings time allows this by giving us more light to accomplish the much needed agricultural work needed to reap the harvest and feed the state.	8/27/2014 4:14 AM
16	I think Daylights Savings makes it harder on people's bodies and its harder to adjust each fall and spring. Children have harder time with this, especially their schedules are messed up. Also, when I go to school, then DST in middle of the school semester makes it harder, especially driving out there too. Accidents are higher during this time of year too. It's better to stay with one set time. Please seriously consider this!!	8/26/2014 10:44 PM
17	Summertime: there is absolutely no reason in the world that it needs to be light at 9:30pm. I mean, really??? Too many car accidents the weeks following time change, both directions. Why are we screwing with people's circadian rhythms? Why are we causing more people to have health issues, like insomnia and stressing their bodies? Schools: they say it's so kids don't have to walk to the school in the dark. Um.... they do anyway, even after the time change. What's the point? I lived in Arizona over time change one year. It was GLORIOUS.	8/26/2014 10:11 PM
18	It is past time to go to Mountain Standard time on a permanent basis. Our kids are walking to school on dark mornings risking life and limb with traffic on dark streets. There have been resulting school children fatalities because of the darkness. Arizona has it right, get rid of the hot sun sooner on summer afternoons. Utah needs to do this also so we can begin to open windows and cool down rather than using air-conditioning until after bedtime. Hawaii does not change the clock and it does not seem to affect the tourism trade as some in Utah seem to claim it will. With modern energy efficient lighting folks will play until it is time for them to go home. They don't go home just because the sun went down so soon. Dairy farmers report milk cows that are milked two times a day see a considerable drop in milk output of the cows for nearly two weeks every time the milking time changes. Critical time constraint professions such as health care where meds must be given at specific intervals are subject to errors with the possibility of jeopardizing a patient's health. All organizations that operate on a 24/7 schedule must twice a year deal with the add an hour take an hour on payroll issues. This results in added costs of doing business. Clocks, many still set by hand, must be reset every spring and every fall. There are probably hundreds of thousands of clocks in business throughout Utah. The labor cost is significant. Most folks report not feeling as rested during the day for most of a week in the spring when clocks are set forward. When one feels tired one is not at productive at work or school, as alert on the road, or as responsive to our children who are also tired. We need to stop this nonsense of changing the clocks all the time, It may have had a place in Benjamin Franklin's time but in today's world it is wasteful.	8/26/2014 10:02 PM
19	I think it is hard on myself and my kids having to change time twice a year. I have friends in the medical profession that say it is very hard on patients and overnight shifts, etc. It is not needed. I also like sunlight in the evenings and would like to have more light then. Thanks!	8/26/2014 9:56 PM
20	DST is non-sense and inconvenience to all people in Utah.	8/26/2014 1:31 PM

21	As a teacher, I could see many benefits of letting the time change, "falling back," one last time this fall and leaving the time on that schedule. The students never quite recover in the spring after the time changes. Students are tired. Every year, Daylight Savings issues-in a new round of student illnesses and absences. With Daylight Savings now occurring earlier in the school year, coincidentally at the time high stakes testing is taking place. It would be a great benefit to the children for their health and education for test performance if the time were to be unaltered in the spring. I also have concerns for the children who, with the time change, are again forced to walk to and wait at bus stops in the dark when Daylight Saving occurs in the spring. The students comment on how they enjoy the beautiful, spring sunlight as they walk to and wait for the bus. When Daylight Saving occurs, comments change to how "depressing, cold and scary" it is to once again be in the dark on their way to school. It is my vote to cease participation in Daylight Savings.	8/26/2014 10:48 AM
22	You lose so much productivity with all the switching. It is estimated that the U.S. Economy took a $433 million loss due to the sudden change in time. keep it the same. and I feel like the summer hours year round are best.	8/26/2014 8:42 AM
23	Day light savings is a joke. No matter how it is sliced the daylight hours are shorter during the winter and longer in the summer. Shifting the time one hour does not buy anything!	8/26/2014 4:46 AM
24	Permanently springing forward is the best solution I can think of. +1 for the permanent summer time solutions. It gives my kids and I time to do things outside before dark creeps up. Having lived in Juneau most our lives, we're used to getting up in the dark.	8/25/2014 9:14 PM
25	Daylight savings time is no longer needed in todays world. It increases energy use by increase in air conditioning use. It disrupts health twice a year. Year round daylight savings time would be even worse. Kids would have to go to school in the dark. We would be actually later than states to our east in the winter such as wyoming and colorado who would be on MST while we would still be on MDT. When we would cross the border to Nevada to our west we would have to turn our watches back 2 hours in the winter. (the difference between MDT and PST is 2 hours). that would be ridiculous. By far the best solution is to align with arizona and be on MST year round.	8/25/2014 5:16 PM
26	Daylight savings time is no longer needed in todays world. It increases energy use by increase in air conditioning use. It disrupts health twice a year. Year round daylight savings time would be even worse. Kids would have to go to school in the dark. We would be actually later than states to our east in the winter such as wyoming and colorado who would be on MST while we would still be on MDT. When we would cross the border to Nevada to our west we would have to turn our watches back 2 hours in the winter. (the difference between MDT and PST is 2 hours). that would be ridiculous. By far the best solution is to align with arizona and be on MST year round.	8/25/2014 5:16 PM
27	The sudden change in schedule at Daylight Savings time is difficult to deal with, disrupting my circadian rhythms and resulting in a loss of productivity for at least two weeks afterward. I've never found Daylight Savings Time to have anything but a negative effect on me or my acquaintances.	8/25/2014 4:17 PM
28	I like to have a few hours of daylight after work which allows me to do some yard work during the week, freeing up some weekend time for short trips with my grandkids.	8/25/2014 3:21 PM
29	I prefer it to be light in the evenings when most of the population is actually awake.	8/25/2014 10:01 AM
30	It takes my family weeks to adjust whenever we change to or from daylight savings time.	8/25/2014 9:25 AM
31	Please don't change things. I enjoy having more light during the summer, so that I can actually get out and enjoy the sun after working an 8-5 shift. During the winter, I start feeling depressed because I go to work before the sun, and I get off work after the sun goes down.	8/25/2014 8:26 AM
32	Moving the clock both forward and backward affects students for at least a few weeks if not several. Not sure what is being gained by moving the clocks.	8/25/2014 7:32 AM
33	It is a real nuisance with zero benefit. It does not create/give anyone more light during the day. There is always x number of daylight minutes, man cannot change that.	8/25/2014 6:54 AM
34	The concept of "saving" daylight has never made any sense to me. For 50+ years, for me, it has only been a nuisance. Computers and other electronics take care of the "falling back" and "springing forward" but I still have a number of mechanical clocks that have to be set by hand. If springing forward one hour each spring is beneficial for Utahans then maybe springing ahead 2 hours and 12 minutes or 5 hours and 16 seconds should be even more beneficial.	8/25/2014 3:30 AM
35	I like to have more light after I get home from work. Extra light in the morning does me no good as I'm on my way to work anyway.	8/24/2014 8:18 PM
36	It sounds be beneficial for the winter months	8/24/2014 7:37 PM

37	I prefer leaving it at Mountain Standard full time, but would be fine with Daylight time year round as long as the clock change was removed. The clock change is the main issue, we should not have to change our clocks every 5-7 months. Please pick one time and stick with it year round.	8/24/2014 5:13 PM
38	It is hard to keep adjusting to time changes. We spend so little time on a time change that when your body finally adjusts to it, the time changes. We need to choose a time schedule and stay on it.	8/24/2014 5:07 PM
39	Please keep it to Mountain Standard time only.	8/24/2014 4:56 PM
40	Life would be less complicated if we would just stay on Mt. Standard time and not switch back and forth. Every time we shift it takes weeks to readjust your body clock. This is especially true for those who have chronic illness...	8/24/2014 4:54 PM
41	We fail to see any benefit. Kids safety .. in spring goes back to dark when going to school, no benefit. Health more detrimental on DST, several studies, first Monday of DST has an 8% increase in heart attack (Dr. Ash article) and stroke than any other day. Changing sleep schedule is very health detrimental similar to going from day shift to graveyard and back. It takes weeks for your body to adjust to a new schedule. Business: doesn't matter if dark or light people shop, the best Christmas shopping day is after the first snow regardless if it is light or dark, Lagoon ... we can't wait for the sun to go down to cool off and then they close due to time, add lights and stay open til midnight+, sports there are lights at all the parks and golf is by light not by time but they close before its dark, so the benefit is lost. Farmers work by light not by clock. We honestly don't see any benefit we hear "we can do more after work cause it is still light" but we don't see it. It appears that people do things by light and heat regardless of the time. It was designed for golf after work but we don't really see that either. Small children need to go to sleep in the light per schedule (healthy) but very difficult to sleep with it still light outside. It doesn't save money either, the air conditioner works by temperature not light, turn on the lights in the morning or night, no difference. Driving safety, whatever benefits are gained in the morning or night are negated by the opposite morning or night demands. Driving with the sun in your eyes at dawn or at dusk, so lets move it so it's there prime time. Whatever financial benefits there may be there is a far greater health detriment.	8/24/2014 3:38 PM
42	It's nice to sit outside after sunset. As it is now that isn't until 9:30 in July. Most people have to get up to go to work in the morning and sometimes it's still light out when going to bed.	8/24/2014 9:36 AM
43	The most compelling argument I have heard is the one from a working father who stated that daylight savings time allowed him to come home and spend time with his children outdoors after work. Utah summers are very short. Why not keep taking advantage of this time leap forward so that everyone can enjoy the out-of-doors. If you are retired it does not matter as you can get up and do whatever you want. But those of us who work enjoy getting off and feeling like there is still part of the beautiful day ahead.	8/24/2014 9:01 AM
44	Changing the clocks is pointless. Given our latitude, when changed in winter, only daylight while I am at work. I also like permanent MDT.	8/24/2014 6:58 AM
45	Utah is at the far western edge of the Mountain time zone and so to a certain effect uses double daylight time when moving the clock forward an hour in March.	8/23/2014 11:10 PM
46	leave it one way I don't care which	8/23/2014 2:11 PM
47	any changing of the time forward or backwards cause our bodies to need time to adjust being over tired is part of our society and this adds to it . there are so many more accidents and mistakes when we have to adjust. leave it people go out when they want to anyway we have a 24 hr a day society	8/23/2014 2:02 PM
48	I, and my body, hate the spring forward and fall backward. We should either not have dst or have it 12 mo a yr.	8/23/2014 6:58 AM
49	I would like the sunlight after I get home from work.	8/21/2014 3:56 PM
50	Having daylight savings time makes after-school & after work sports practice possible for volunteer coaches. Without daylight savings time, our mountain bike team practice would require the coaches to take time off work. This would be a significant hardship and imposition on our families.	8/21/2014 3:27 PM
51	I like the light in the evenings.	8/21/2014 10:10 AM

52	I vote to leave it how it is right now for a few reasons. 1: utah winters are long and hard and when the time the sun sets is so early in the evening it makes it that much harder. If the evenings stayed lighter for longer it would really help those people that are effected by winter depression, myself included. 2: changing the time clock twice every year really effects our body clock and disrupts natural sleep patterns which is very hard on human health. Staying on a normal to you sleep pattern can make all the difference in how often you need to make a trip to your doctors office during the winter months. 3: having more sunlight in the evening hours during winter would help more people get out and do physical activites after school/work. 4: most students already have a hard time getting the required amount of sleep the brain needs to function at optimal capacity and as I stated above changing your sleep pattern you are already used to further exasperates the problem. 5: lastly, it would also help reduce fatal winter car accidents because more people won't be so tired and there would be better lighting for drivers to be more aware of their surroundings while commuting to and from work/school/day to day errands.	8/21/2014 8:42 AM
53	I would prefer to stay on Daylight Time, but would be OK with staying on Standard Time as a second option. I prefer DST over MST because of the extra daylight in the evening when I spend time with my family or enjoy time outside. Artificially changing the clocks twice per year disrupts sleep patterns, and it takes several weeks to recover. This is a nightmare with a house full of grouchy kids, and as it is now I have to re-live that nightmare twice a year!	8/20/2014 3:05 PM
54	My husban & I enjoy the long daylight evenings in the summer do get more done around the yard.	8/19/2014 8:19 PM
55	This would be amazing! I absolutely loathe Fall Back every year. I want that extra hour of sunlight so very badly.	8/19/2014 6:49 PM
56	The change in daylight savings time each spring and fall is an antiquated procedure that is unnecessary in the current culture. In fact, the lost productivity due to workers being late, or getting used to the difference in times is not compensated by any measurable benefit.	8/19/2014 4:56 PM
57	would support create or retain. they are both good options - but i had to pick one. align is a terrible option and virtually assures that most of us return from work in the dark much of the time with no time left to enjoy our families and lives in the sun until the weekend.	8/19/2014 10:25 AM
58	i think it needs to be left a lone	8/18/2014 10:24 PM
59	Daylight savings time is an outdated practice and it is no longer necessary for the farming culture of the present day. Technology is sophisticated and people are evolved enough to be able to wake up when they need to and go to bed accordingly without the government having to literally change the time.	8/18/2014 2:58 PM
60	I came from AZ to Utah. I have lived with both times and much prefer standard time. I believe we have plenty of daylight in the summer without savings time.	8/18/2014 2:34 PM
61	Most people are active / doing things in the evening versus in the morning. Daylight in the morning before the majority are even awake is wasted.	8/18/2014 2:05 PM
62	Arizona is ridiculous in so many ways. Why would we ever want to become more like Arizona? I'm all for non conformity, but in this respect we should stick with the rest of the mountain time States and keep time as standardized as we can. Doing this would cause all kinds of issues with keeping time with the rest of the country. Also, The sun coming up at 5AM is terrible.	8/18/2014 11:29 AM
63	Enjoy the extra hour of daylight to do activities and work around home after work in the summer. It has worked for a long time. Leave it as is. It ain't broke, so don't try to fix it.	8/18/2014 9:53 AM
64	I have tried to submit a "vote" and comment here before but it seemed to get cutoff. So, trying again. I am TOTALLY in favor of the current system. I really like being able to get yard work and recreation done outside in the evenings after work. Stuff that would be much harder to do at 5 a.m.	8/17/2014 10:58 PM
65	It takes the biological clock many days to adapt to the time change -- causing drowsy driving and low performance on the job.	8/17/2014 9:35 AM
66	Please, listen to me, I spent half of my life in Arizona, with no time change. I moved to Utah 5 years ago, so I know the difference more than most. Time change sucks! Stop it for safety reasons, we all work 3 shifts in a modern world. Farmers were right, changing time is WRONG! People DIE because of time change and driving in different conditions. We can ALL adjust slowly as nature intended it, it is just wrong and un-natural. If you ever lived in a place where time did NOT change, and then moved to where it did, you would know better. At least try it for two years, I can guarantee you will NEVER go back. I promise you! Thanks!!!	8/17/2014 2:04 AM

67	I love the ability to come home after work in spring and summer and still have plenty of light to enjoy the outdoors. I have lived in other states and I truly love that Utah stays light so long in the summer. It is one of my greatest joys.	8/16/2014 11:00 PM
68	I teach school and have a child still at home and the "Spring Forward" is hard on kids. It takes time for adults to adjust to say nothing of the difficulty of adjusting for children. There really is no reason for us to go back and forth these days and I like the idea of it getting dark a little earlier in the summer.	8/16/2014 3:10 PM
69	I already voted (for standard time all year) but I can't submit my comments without voting again so I have now voted twice. I attended the meeting at the planetarium and was interested to hear the reasons given in favor of using DST during the summer. I have thought about it a lot and I have found that there are solutions that do not require forcing everyone in the state to get up an hour earlier. In the case of Lagoon having to turn on lights an hour earlier and having people leave earlier since it gets dark earlier if we keep standard time all year; the opening time can easily be moved an hour earlier and they can close an hour earlier. In that way, the sun will be in exactly the same position in the sky at the time that they open and at the time they close. Many other businesses could use this option if they wish to have a different amount of time with light or darkness before or after work in the summer. Mowing lawns for golf courses is a little more tricky. The light and coolness would come earlier in the day, but there is a noise ordinance so they can't work until it is later and hotter. I think it is a bit silly to think that it is somehow better to force me to get my family out of bed and off to obligations an hour earlier in order to avoid waking me up early. How about having summer hours for the noise ordinance and allowing noise an hour earlier. The noise might wake me up an hour earlier, but I won't have to get out the door until the usual time. I might even gradually get to the point where I am getting up earlier anyway because the sun is up. Now we come to people who want to exercise in the evening. I guess they are not overwhelmed by the heat, but I suggest that they might find it much more pleasant to exercise in the morning. It is light while it is still cool, rather than hot even as it is getting dark. In any case, I don't think their preference for exercising at night should mean that everyone needs to get up earlier. Perhaps they can talk with their employers about changing to an earlier work schedule. Many employers are more flexible these days about such things. In the summer it stays light well past 5:00 even on standard time so those with regular "business hours" shouldn't have a problem finding some time after work to exercise anyway, that would only be a problem in the winter when it is already standard time. After hours farming (which might take many hours) would be a case where the employer would need to help out. I still don't think it is appropriate to force everyone in the state of Utah to change their clocks and their lives in order to accommodate the farmers who want one hour after work instead of one hour before work. Daylight Saving Time is hard on my family. I am not saying that the act of changing a clock is difficult (I change them on New Year's Eve to celebrate earlier and get to bed sooner after watching the ball drop in New York so switching clocks isn't the problem.) What is difficult is changing my life to match the new time on the clock rather than gradually adjusting to the summer sunlight in the way that works for me and for my family. Please consider alternative adjustments instead of springing everyone's life ahead by an hour each year and then letting it fall back again later so it can be done again the next year. Thanks, Loree Miles - Orem, UT	8/16/2014 9:11 AM
70	I prefer Mountain Standard Time, not only because it has been proven to save energy and reduce traffic accidents and fatalities, but also because I just feel better when living on that time standard.	8/15/2014 11:42 PM
71	I grew up with standard time so somehow I physically feel better on standard time naturally. After working in the business world however I know how much you appreciate having daylight for a few hours when you return home. Therefore my suggestion is to not change the time but to change the business working hours so that we have summer working hours and winter working hours. Also if you have animals to care for, the animals don't care what time it is but they come to eat at the time their biological clock says its time to eat. The thing is that we humans have to keep changing the feeding time when we have to keep switching back and forth with the time. I prefer that we stay on one time or the other permanently. But my real opinion is that I think we should get rid of time altogether and get rid of the stress. Thank you governor for giving us the chance to express our opinions.	8/15/2014 11:35 PM

72	I grew up with standard time so somehow I physically feel better on standard time naturally. After working in the business world however I know how much you appreciate having daylight for a few hours when you return home. Therefore my suggestion is to not change the time but to change the business working hours so that we have summer working hours and winter working hours. Also if you have animals to care for, the animals don't care what time it is but they come to eat at the time their biological clock says its time to eat. The thing is that we humans have to keep changing the feeding time when we have to keep switching back and forth with the time. I prefer that we stay on one time or the other permanently. But my real opinion is that I think we should get rid of time altogether and get rid of the stress. Thank you governor for giving us the chance to express our opinions.	8/15/2014 11:34 PM
73	When daylight saving time is still in effect, children are leaving for school when it is dark outside. This can be very dangerous. It is also hard on our bodies to change time. It should just be left on standard time. Arizona has it right!	8/15/2014 10:46 PM
74	The two-three days following both Spring and Fall changes are challenging because of change of sleep and routine patterns.	8/15/2014 10:39 PM
75	The two-three days following both Spring and Fall changes are challenging because of change of sleep and routine patterns.	8/15/2014 10:38 PM
76	I feel a lot of deaths could have been prevented if we stayed on standard time. I had six babies and found that when changing it broke up the feeding routine and was hard on them and me. Now in my latter years it takes me a whole month to routine my body and I don't think the benefits out weigh the use of extra daylight time. Just get up earlier as my grandfather did to do farm work. Standard time was a lot better than daylight savings time.	8/15/2014 10:14 PM
77	It's so hard for my family and our animals to adjust to the time changes. When I was working, it seemed that I had more illnesses around the time changes. The energy savings aren't that great. Farmers still have to deal with animals at the "same" time, no matter what the "real" time is. People can do as the Arizonians do and get up early to do yard work, exercise, etc., in the cool of the morning. So PLEASE stop this insanity!!	8/15/2014 6:53 PM
78	I dislike daylight savings time, I like to a bail my hay with some dew on it, and since I have a different job in the mornings I have to do the bailing at night, after dark. The only time you bail hay is during the summer, when we are on daylight savings time. Since the clock is pushed forward an hour it is lighter an hour longer, which means I must wait an hour longer to bail my hay. This means I must stay up later into the night, and get less sleep. While some claim DST helps farmers, I say it hurts. Plus having the sun up longer in the summer makes it hotter once bedtime comes around, and harder to sleep. Get rid of DST and go to standard time all year long.	8/15/2014 5:39 PM
79	It is hard on my body to change times.	8/15/2014 4:30 PM
80	I hate going to work in the winter time and it's dark, and leaving to go home and it's dark.	8/15/2014 12:39 PM
81	it is absolutely ridiculous to change time twice a year. There are still just 24 hours in a day. The whole "it helps the farmer" is beyond belief. Keep the time the same all year wether aligned with Arizone or a permanent spring forward, just stop the silly changing. It is very disruptive and inanne!	8/15/2014 12:35 PM
82	Permanent Standard Time (Fall Back) will allow schools and businesses to function on a predictable schedule and will eliminate the negative health affects of changing one's sleep schedule every six months. It will also lower the high summer demand for electricity because air conditioners will not be needed as much during evening hours.	8/15/2014 11:31 AM
83	Change to the permanent Daylight Savings. No more dark fall and winter days!!!!	8/15/2014 11:10 AM
84	Best of both worlds. Keep daylight savings year round and save energy but not loose sleep. :)	8/15/2014 11:07 AM
85	People do not understand there is a 3rd option CREATE that is best of both worlds! Change to permanent daylight savings time and get benefits of the sun, saving energy without changing sleep patterns!	8/15/2014 10:53 AM
86	Permanent Daylight Savings time is progressive. It will save energy and not affect sleep patterns. It has so many obvious benefits. I vote for the change. We should utilize our natural sunlight to its maximum benefit!	8/15/2014 10:26 AM
87	Please keep Daylight Savings Time I really enjoy the extra hour of light in the evening.	8/15/2014 10:22 AM
88	It saves energy and let's us enjoy our sunlight. It just makes sense. Thank you	8/15/2014 10:21 AM

89	I was pleasantly surprised to see how progressive Utah was on this matter. I have always thought it logical to change to Daylight Savings Time PERMANENTLY. The only argument against Daylight Savings time is that it affects sleep patterns. However by changing the time to keep Daylight Savings Time permanently, you eliminate that and just allow all of the benefits. Permanent or “CREATE” Daylight Savings Time will allow us to utilize less energy, which has so many obvious benefits. It also has been proven that daylight helps increase happy and healthy moods whereas obviously less depression occurs. Day light is a natural “light therapy”. Also, by maintaining a PERMANENT Daylight Savings Time, it will not affect sleep patterns. Let’s be progressive. Make a shift for our future to CONSERVE ENERGY! Let Utah be the one to make that shift and hopefully others will follow. It is about the future and this is such a simple, simple way to conserve our precious natural resources and conserve our energy and help keep all Utahns happy with day light!	8/15/2014 10:12 AM
90	I'm not a fan of changing my clock 2x per year, but it's best to be in sync with the rest of the nation. I also enjoy the later sunsets in the summer so there is more time to do things.	8/15/2014 8:51 AM
91	I find it disruptive to family routine to have the time change. Also it would be unsafe for children to walk to school in the dark! Which is what would happens more frequently if there it was daylight savings time all year.	8/14/2014 9:44 PM
92	Like extended daylight	8/14/2014 8:03 PM
93	I am so happy that this topic is up for discussion! One more hour of light on the winter evenings would be a priceless gift to me.	8/14/2014 6:50 PM
94	Studies have proven that it takes 6 month to realign sleep habits and patterns. The constant change back and forth does nothing but mess with everyone's ability to get a peaceful night's rest. Do away with Daylight Savings Time. It is an antiquated concept that accomplishes nothing useful anymore.	8/14/2014 4:13 PM
95	Making this change is long overdue. The reasons are endless, but the major problem personally is my struggle with seasonal affective disorder. The darkness comes way too early in the day.	8/14/2014 3:11 PM
96	Day light savings was put into place for a reason Lets leave it that way! People are just lazy and don't want to take a few days to adjust to the time change twice a year! I have to say I love the extra light in the summer and I sure as heck don't want my kids going to school in the dark in the winter time!	8/14/2014 3:10 PM
97	An extra hour of daylight in the winter would make my walk to the bus stop after work safer. I imagine it would be beneficial for others who take alternate modes of transportation in the daylight as well.	8/14/2014 2:41 PM
98	A permanent spring forward would be a life altering option for me. I work full time from 8-5 but also have horses that are my family's whole world after work. In the wintertime, this means never seeing our horses in the daylight. Having a desk job in a dark office in the winter means getting virtually no daylight 5 days a week for a huge portion of the year. I have been diagnosed with seasonal affective disorder, and despite using a sun lamp and trying to get out as much as I can on weekends and on breaks, it's not enough. 1 extra hour at the end of the day would truly change my life. Please consider letting Utah pave the way into a healthier, more logical time zone that matches our outdoor and recreational values!	8/14/2014 2:32 PM
99	We don't need dst.	8/14/2014 2:25 PM
100	Maximizes the usable day light	8/14/2014 1:02 PM
101	I don't feel the cost it takes to change our time twice a year warrants and benefit from doing it. It is a real pain to continue to change our clocks. Look a Arizona, they seem to be doing just fine.	8/14/2014 12:57 PM
102	The twice a year change is disruptive, and it does not bring much in the way of benefits - having the sun set at 9pm instead of 8pm in the summer is not that much of a benefit. The time change in the spring is horrible for kids - adjusting to getting up earlier is very painful.	8/14/2014 11:43 AM
103	I WOULD RATHER GET TO WORK EARLIER AND HAVE SOME DAYLIGHT WHEN I GET HOME AFTER WORK.	8/14/2014 11:32 AM
104	I would prefer a permanent spring forward. I love having the extra hour of light after I get off work in the evening.	8/14/2014 11:31 AM

105	I would like to see us on daylight savings time year round. I know the argument has been that kids will be going to school in the dark, and that is dangerous, but school could flex their hours to work around that. I dont believe the average school teacher works late enough to effect their families that much, maybe I am wrong, but most of the people I know say I wish we would stay on daylight savings time year round. That is what I would like to see	8/14/2014 10:47 AM
106	Align with Arizona we don't need to be jumping back and forth just have time be time it is a hard adjustment on my kids when we spring forward. Please change it.	8/14/2014 6:55 AM
107	Changing back and forth ruins at least a week of sleep and productivity as adults and children try to adjust to the new time.	8/13/2014 10:27 PM
108	It is too hard on the body to keep switching around. Choose one or the other and keep it all year round!	8/13/2014 8:41 PM
109	Decades later, there is no use for DST. Suthern Utah should be aligned with AZ/NV	8/13/2014 7:45 PM
110	I like the change that we experience twice a year.	8/13/2014 6:44 PM
111	Stay permanently forward - that way it won't be a 5am (or earlier) sunrise in the summer and there will be more sun for extra curricular activities after school year round.	8/13/2014 6:23 PM
112	Just keep it one way or the other but no change every six months. We should be smart enough to schedule our meetings etc. to suit our life.	8/13/2014 6:05 PM
113	I love the long summer evenings. It's a great time to do yard work after a long day at the office.	8/13/2014 4:15 PM
114	I would like to see a standard time year around, Changing the time does not gain anything you still only have 24 hours in a day.	8/13/2014 4:14 PM
115	I grew up in Arizona which does not practice daylight saving time. I never had to deal with the change in time. Moving to Utah, I have found it difficult to get used to. It usually takes me a week or so to adjust to the change in time every six months and I have on multiple times been late or very early to appointments as a result. In todays age, with current technology, we are not as dependant on the time the sun rises or sets as we were 30+ years ago. I believe that DST is an unnecessary practice that causes more problems than it solves.	8/13/2014 3:16 PM
116	I like permanent spring forward, but mostly just want it one way or the other, without changing in spring and fall.	8/13/2014 2:33 PM
117	The time has fast become for Daylight Saving Time to go the way of the Dinosaurs. Today's attempts at reasoning for DST doesn't add to a hill of beans..	8/13/2014 2:28 PM
118	As retired Utah Public School's classroom teacher and administrator I became a witness of the difficulties that the changing of time brings to school aged children. It is impactful upon the students in a negative way. The children of our state are better served to have a standard time for school attendance.	8/13/2014 2:16 PM
119	I do not want daylight saving time at all leave nature alone and do not spring ahead or fall back it messes everything up in my thinking also in my husbands .	8/13/2014 2:03 PM
120	Because for me the time is better for my body not to mention that I like the fact to just keep the time alone. Going with the choice that I made puts children going to school more in the light in the winter.	8/13/2014 1:46 PM
121	I live in Arizona I liked no time change you do not have to change your life style by the time you can work still long hours.	8/13/2014 12:08 PM
122	I believe it more normal to remain attuned to natural events rather than governmental decree.	8/13/2014 11:55 AM
123	Daylight savings time change is one of the most ignorant things the Nixon admin ever thought of.	8/13/2014 11:15 AM
124	I see no reason for the "daylight saving time" it is time to have all the states to be the same pertaining to " no daylight saving time". It's ridiculous!!!	8/13/2014 11:07 AM
125	Coaches and teams need daylight to practice. Evening family outings, hiking, etc. are safer during daylight. Current daylight savings time provides it. Without daylight savings time, you wouldn't have as much daylight during the evening to accomplish these activities. School children need daylight to make travel to school safer. If we went to perpetual daylight savings time, there would be a lot more school days with children traveling in dark or dusky light conditions. Not a good idea. Current daylight savings time provides a nice balance for both of these needs. That's why I'm for keeping the current Daylight Savings Time schedule.	8/13/2014 10:51 AM

126	Keep the time standard with no changes, as AZ has. As a former school teacher, the changing times were very disruptive. Still hate it today!	8/13/2014 10:18 AM
127	I find the "changing time" ritual associated with Daylight Saving Time frustrating and foolish. It shouldn't happen!!! What ever time selected - pick one and stick with it.	8/13/2014 9:42 AM
128	I like aligning with AZ, we need more light, I always hate it in October when the time changes, it's bleak! At 4 pm it's so dark I fear for the Halloweeners!!!!!	8/13/2014 9:40 AM
129	I prefer more daylight in the evening hours. I dont care if there is daylight in the morning when I go to work. I prefer to have more daylight when I get home from work and want to do stuff with my family.	8/13/2014 8:23 AM
130	I find the "changing time" ritual associated with DST frustrating and foolish. It shouldn't happen!!! Remember, cutting 6" off one end of a blanket and sewing it on the other end does NOT make the blanket longer. Remember, we can schedule events, including school and meetings to start or end at a time that works best for attendees.	8/13/2014 7:16 AM
131	Regardless of which way we move, remaining on a daylight savings timetable is archaic as well as not beneficial as it once was. Our lives are already too hectic to be experiencing "jet lag" symptoms twice a year with no real benefit.	8/13/2014 6:59 AM
132	Itrue is proven that time change doesn't save electricity. It disturbs people and their health and it should change so we have a better live again. When farmers have to get up an hour earlier in the summer to melt the cows on time before it's painful for the cows where is there the sense to keep it going?	8/13/2014 12:16 AM
133	There are many of us that suffer from Seasonal Affective Disorder who benefit greatly from the extra daylight that DST provides. A permanent spring forward would allow all of us to enjoy more sunlight in the dark winter months. But if that's too radical of a notion, I'm 100% in favor of keeping the current system. We live in Utah to enjoy the outdoor recreational opportunities. And often that can only happen after school or work. And those opportunities are drastically cut short if we lose a whole hour of sunlight in the summer evenings. That's a huge setback not only for those who enjoy the outdoors but for those whose jobs depend on it. Plus, DST is SO SO SO important to conserve energy. I think the very best things President Bush did while in office were to extend DST and to establish the Do Not Call registry. Polls at the time indicated that the vast majority of Americans LOVED the idea of more DST. I am FIRMLY one of them. US News and World Report called the extension of DST Bush's greatest domestic achievement. And why in the world would Utah go against that?! As for those who say that they want to get rid of DST simply because it's hard to get little kids to bed in the summer, I also have little kids and say a) get some blackout curtains and b) they won't be little forever. Don't cut DST and ruin the sunshine for the rest of us.	8/12/2014 11:27 PM
134	Would rather go to work in the dark and come home in the light.	8/12/2014 10:30 PM
135	DST was improved when it extended it from March through the first Sunday in November. Let's keep the current system.	8/12/2014 10:14 PM
136	Under the current system (RETAIN), we have 213 days with sunset after 7 p.m., or about 60%. If we keep MST (ALIGN) we would only have 145 days, or about 40%. This negatively impacts numerous evening activities including golfing, biking, hiking and LDS youth activities. Maintaining DST (CREATE) is not an option because it is too dark for schoolchildren to walk to school. For these and many other reasons, RETAIN is the best option.	8/12/2014 10:00 PM
137	Daylight Savings Time allows me to get outside after work in the summer when the day starts to cool down and enjoy the amazingly accessible outdoor activities Salt Lake City and its surrounding areas have to offer. It something I value most about living here.	8/12/2014 9:12 PM
138	I hate the time changes; they always mess up my children's sleeping schedules (and as a result, my husband's and mine).	8/12/2014 8:46 PM
139	I live in Utah and work in Arizona. It would be nice to get off work at 4:30 and not lose an hour driving eight miles from Fredonia, AZ to Kanab, UT.	8/12/2014 7:38 PM
140	I prefer the Align option because I like the extra hour of daylight to be in the morning. I think this is safer for children going to school and some people going to work. Switching times back and forth is hard to get used to each time you change. So I hope you will adopt the Align option and the time be like it used to be. Thank you.	8/12/2014 2:22 PM
141	I think it is very hard on your body to switch back and forth the older we get. God made daylight - just stick with it -- no changing back and forth.	8/12/2014 11:34 AM

142	I am happier with more daylight in the evening	8/12/2014 9:41 AM
143	While there are some minor disruptions that occur during the semi-annual changeover for daylight savings time, these are well understood and are not a serious problem. Our issues are not the same as Arizona's; we do not have the same climate (except in the southern part of the state), and our recreation economy actually benefits in the summer from the shifted clock. At this point, placing us out of step with the rest of the country, and creating an unsupported timezone will actually create far more headaches than it will solve.	8/12/2014 9:14 AM
144	Day light savings time change the length of time that the sun shines. Our clocks may change but the position if the sun/earth does not change.	8/12/2014 7:45 AM
145	Get Rid of it	8/12/2014 12:50 AM
146	I want to enjoy more of the evening hours	8/11/2014 9:25 PM
147	It has been shown that it is harmful on everyone, especially young and old to switch back and forth. It chemically messes up you bodies systems. If you want more daylight get up earlier. It is simple. Do it like Arizona!!!	8/11/2014 8:35 PM
148	I have always liked it to be lighter longer in the day. I feel depressed when it is dark at 6pm.	8/11/2014 6:33 PM
149	My family and I are very active in the evenings during the summer biking, playing softball, hiking and walking. We and many others would really miss the extra hour to enjoy these activities.	8/11/2014 3:51 PM
150	I feel that having the extra time in the evening gives more time for families to do things--work in yards, activities etc. It also saves on electricity..... I love it!!! I hate coming home from work when its dark and then I feel that it is bedtime too soon or the evenings arent long enough.	8/11/2014 1:59 PM
151	As a middle school teacher and mother of five, I know that every time the clock is changed, we lose ground with our students. It is difficult for them to adjust to the time change and the sleep loss which occurs. If the time is changed permanently, it will be a win win for all of us, whether business or education.	8/11/2014 1:32 PM
152	I stand by nature. We're in trouble while we try to manipulate nature!	8/11/2014 1:10 PM
153	Having an extra hour of daylight in the spring, summer and fall promotes outdoor activities which results in better health for Utah citizens. Also people are not awakened by sunlight at about 4:00 AM in the summer like we used to be. And the extra hour of daylight means we do not use more electricity to light our homes in the evenings. Please keep daylight saving time the way it is!	8/11/2014 12:01 PM
154	Body clocks don't change - causing sleep deprivation in the spring - causing an increase in workplace injuries, heart attacks and strokes. We are on the edge of the Mountain Time Zone so we already get more evening daylight than the rest of the zone - no need to increase that with the create option. Daylight savings no longer saves energy costs - it actually increases them. Personally, I have to cover the windows in the summer in order for the children to go sleep so they will be rested in the morning. This results in bedrooms that are dark ALL the time, with no natural wake-up light and a need to use artificial light in the daytime if I don't want to live in the dark. Daylight Savings Time is an all-around pain in the neck. For a great explanation, go to youtube and watch CGP Grey's Daylight Saving Time Explained. https://www.youtube.com/watch?v=84aWtseb2-4 The whole world would be better without it. Utah can be an example of this.	8/11/2014 9:42 AM
155	We have a huge population of children going to school, from preschool to high school. I prefer more daylight in the winter mornings and more daylight in the summer evenings. Knowing it plays havoc with my internal clock each time Daylight Savings changes, I still prefer the safety of our younger generation. It's a big deal. Thank you for asking our opinions.	8/11/2014 7:59 AM

156	Even though a small adjustment needs to happen twice a year and it may not be the most enjoyable thing to do. I believe that daylight savings is a wonderful thing. Especially in a state like Utah, where there are such extremes in weather. Summers are wonderful, having extra daylight is fantastic. Especially after a whole winter of going to the office in the dark and going home when it's dark. I know that myself and others enjoy being able to have more time to enjoy the outdoors after working 8+ hour days. This leads to a more happy, healthy and fulfilling life. In the wintertime it is hard to be able to enjoy the outdoors since daylight is limited and as I stated earlier people go to work in the dark and come home in the dark. I definitely look forward to the summer every year because I enjoy having sunlight until 9; it helps me not feel like a machine with limited hours in the day. I definitely have a few scenarios that I think could result of the changes: Permanent Fall Back- In the summertime people wouldn't have extra time to enjoy their days after a long and stressful day at the office which could lead to depression and lower work effectiveness. I think that you should also consider how this may affect tourism, especially since there is so much more to do in the summer in Utah. Permanent Spring forward- In the wintertime it would be so dark in the morning, many kids walk to school on their own, or they walk to the bus stop, what parent will want to allow their children to walk to school in the dark. Also, it would be not enjoyable to have to wake up when is so dark and go to work (this applies mostly to those who work 8-5 work hours). Also, everyone knows how bad traffic is during commute hours. There are many accidents in the summer already and many more in the wintertime, with Fall Back at least there is some sunlight and you can see the road better. Please think about the increase of commute accidents that would occur if there was a permanent spring forward and people were driving in the dark. I have read why some people want a permanent change, but most of those people who have the time to protest and want to make changes to things like this are older and are retired, or aren't working. "Menlove said she's running the bill because older residents and young mothers have told her they have difficulty with the time change." (Deseret News, "Utah may study daylight saving time", March 5, 2014). Please think of those of us who are professionals who don't have a lot of time in our hands to fight this battle. Please leave Utah's day light savings as they currently are. Adjusting to the change twice a year is not painful, we have been doing it successfully for many years, and our society will not collapse if we have to continue changing our clocks twice a year.	8/11/2014 7:52 AM
157	Daylight savings time is nonsense. Solar noon in Salt Lake is at 1:33 pm right now. That is too late. Since we are already on the edge of our time zone (nearly Pacific Time), it is so silly to bump us over to Central Time for the summer. Last January, I signed up my son for preschool that started at a time that would work for him. Then March and Daylight Savings came and my preschooler showed up 30-45 minutes late the rest of the school year. (Because sleep is more important than school for brain development, in my opinion.) Kids eat and sleep in a biological rhythm. The idea that we can just change everything we do suddenly one day because the government decided so seems an odd idea to me. http://www.timeanddate.com/news/time/russia-abandons-permanent-summer-time.html	8/10/2014 11:49 PM
158	DST all year just makes more sense.	8/10/2014 10:51 PM
159	For working parents it's nice to have more daylight to spend outside with our families upon getting home from work	8/10/2014 9:09 PM
160	This is something that affects our family twice a year. For a week, two times a year, we have to recalibrate our bodies. We're sluggish and tired, no matter which change it is. It's tough. Please just keep our clocks the same year round.	8/10/2014 8:30 PM
161	Please stop the jumping back and forth, one way or the other. Preferably regular Mountain Time all the time.	8/10/2014 7:54 PM
162	According to Native Americans, only the white man could cut an inch off of one side of a blanket, sew it to the other side, and claim the blanket is longer. While Arizona and Hawaii have been the only States in the Union to realize this native wisdom, Utah would be smart to join them.	8/10/2014 7:18 PM
163	I prefer to remain on Mountain time. However, would be satisfied with the option to create a new permanent Daylight savings. The problem with the current system is the constant switching back and forth. This is the part that is unacceptable to me switching once in the spring and then switching back in the fall.	8/10/2014 6:58 PM
164	It is very hard to adjust the time twice a year. My husband and I want the time to stay year round without messing with the clock!	8/10/2014 6:10 PM
165	When it first started, I thought it was absurd. Just another example of trying to legislate....what time the sun comes up & goes down. Like trying to legislate climate. Nope! toss it.	8/10/2014 5:59 PM

166	Daylight Savings simply takes us out of coordination with the natural cycles of the sun. It forces an artificial late sunrise, by the clock, in the spring, and artificial late sunset in summer. Being retired I am not personally affected. However, I well-remember strongly resenting having my time artificially reset twice per year.	8/10/2014 5:11 PM
167	Prefer to be aligned with natural earth rhythms	8/10/2014 5:10 PM
168	I'm ok to adjust but sometimes hard to work with people when they can't adjust. I work with children on sometimes and they can't adjust to daylight savings. They get hungrier and more tired and cranky during each adjustment. It seems to take them a month to adjust. I don't see any difference in my personal spending power and economy. It has stayed the same no matter if I have more hours to do anything or spend more money. I hope that made sense.	8/10/2014 5:04 PM
169	Even though a small adjustment needs to happen twice a year and it may not be the most enjoyable thing to do. I believe that daylight savings is a wonderful thing. Especially in a state like Utah, where there are such extremes in weather. Summers are wonderful, having extra daylight is fantastic. Especially after a whole winter of going to the office in the dark and going home when it's dark. I know that myself and others enjoy being able to have more time to enjoy the outdoors after working 8+ hour days. This leads to a more happy, healthy and fulfilling life. In the wintertime it is hard to be able to enjoy the outdoors since daylight is limited and as I stated earlier people go to work in the dark and come home in the dark. I definitely look forward to the summer every year because I enjoy having sunlight until 9; it helps me not feel like a machine with limited hours in the day. I definitely have a few scenarios that I think could result of the changes: Permanent Fall Back- In the summertime people wouldn't have extra time to enjoy their days after a long and stressful day at the office which could lead to depression and lower work effectiveness. I think that you should also consider how this may affect tourism, especially since there is so much more to do in the summer in Utah. Permanent Spring forward- In the wintertime it would be so dark in the morning, many kids walk to school on their own, or they walk to the bus stop, what parent will want to allow their children to walk to school in the dark. Also, it would be not enjoyable to have to wake up when is so dark and go to work (this applies mostly to those who work 8-5 work hours). Also, everyone knows how bad traffic is during commute hours. There are many accidents in the summer already and many more in the wintertime, with Fall Back at least there is some sunlight and you can see the road better. Please think about the increase of commute accidents that would occur if there was a permanent spring forward and people were driving in the dark. I have read why some people want a permanent change, but most of those people who have the time to protest and want to make changes to things like this are older and are retired, or aren't working. "Menlove said she's running the bill because older residents and young mothers have told her they have difficulty with the time change." (Deseret News, "Utah may study daylight saving time", March 5, 2014). Please think of those of us who are professionals who don't have a lot of time in our hands to fight this battle. Please leave Utah's day light savings as they currently are. Adjusting to the change twice a year is not painful, we have been doing it successfully for many years, and our society will not collapse if we have to continue changing our clocks twice a year.	8/10/2014 5:00 PM
170	Staying in one mode, without changing, allows the human body to retain it's natural rhythms. NATURAL HEALTHCARE!!!	8/10/2014 4:26 PM
171	My original thought was it would be nice to have DST all the time ~ create a new standard time for Utah ~ but then we would actually put our state on Central time when the Central time zone moved back to their standard time, which I think would be very confusing… Just as confusing as it is when Arizona isn't on DST ~ are they the same time zone as me? or not? I have no idea. But I do like the idea of not changing times twice a year ~ and for St George, to increase the early morning light hours when it's nice & cool outside would be an added benefit. Thank you for considering.	8/10/2014 4:02 PM
172	I respect farmers a lot. But day light savings effects a lot more people than just farmers. I know nobody who likes daylight savings. I know nobody who thinks it is beneficial.	8/10/2014 3:57 PM
173	Daylight savings was created for the benefit of the agriculture and farmer industry. Daylight needed extension at the time. We no longer need to extend daylight for benefit of anyone. Pacific time is perfect for everyone, especially those who enjoy the long hours of the sun.	8/10/2014 3:24 PM
174	I love it and wish that it was year round .	8/10/2014 3:05 PM
175	Our bodies, like the rest of nature, follow natural rhythms, very much oriented to the sun and seasons. Let's honor our bodies and stop artificially shifting times around. I can't think of one person who says, "isn't daylight savings lovely?" Most, including me, are the opposite--never really understanding the need (even when explained). Fred	8/10/2014 3:03 PM
176	I feel that the twice a year readjustments are detrimental physically and economically	8/10/2014 2:49 PM

177	As an older person I enjoy being able to drive later when there is still daylight.	8/10/2014 1:16 PM
178	Opportunities to extend summer daylight hours keeps families and friends together and gives them opportunities longer. It also has to diminish crime, as daylight stays longer.	8/10/2014 1:13 PM
179	For me, it's not about changing the clocks twice a year. It's about the beautiful, long evenings we enjoy here in Utah during the summer. I'm not originally from Utah, and it's one of the many reasons I came here to visit over the years, and then eventually moved here. I could care less about spring forward and fall back, and suffer no adverse effects from it. Those who do had better not get on a plane and fly anywhere. It's a very small price to pay for those beautiful summer evenings. Eliminating daylight savings time will adversely affect life here in Utah in ways I feel many people have not really thought through. My wife and I like to go picnicking and/or hiking during the summer after work, as do the many other people we see up in the canyons. Those activities would likely be over without daylight savings time, because without that hour of daylight, I doubt we'd be able to get off work early enough to get up there in time. Not to mention the many people I see out walking, jogging, or biking every evening. There will be 1 less hour of daylight EVERY NIGHT to enjoy those activities. And how about those folks who like to get out in the coolness of the evening to mow the lawn, work in the yard or garden, or maybe wash the car. Maybe not anymore, without those longer evenings given to us by daylight savings time. In addition, the negative impact on many other recreation activities would be huge! The many organized activities (soccer, softball, football to name a few) that play on unlighted fields might just become a thing of the past without that hour of daylight. Not to mention the affect on swimming pools, amusement parks, and the golf industry! I'm also not sure many people have thought about the fact that that hour of daylight doesn't just go away. It gets tacked on to the early morning. It's quite a waste of that hour of daylight, and those of us who have a tougher time sleeping once it gets light in the morning will love it when daylight starts hitting their window at 4:30am (even earlier during the longest days of the summer)! Think about it folks. Daylight Savings Time is a good thing! John B, Salt Lake City	8/10/2014 12:22 PM
180	When I was 10 rears of age I considered daylight saving time ridiculous. Now I'm 90 and it seems more ridiculous than ever. Please drop it.	8/10/2014 10:54 AM
181	Two times a year my life is interrupted by changing the time on the clock. It takes a while for my body to adjust and along with the time it takes to change the clocks. I work in an industry where time is critical and we have to idle our tools then change the time two time and this takes about one hour. Our company of about 1000 employees also pays for one hour of work we didn't work or pay us overtime because we are open 24 hours so that cost them also. It seems like many of us suffer for a few to have the benefit of changing time twice a year.	8/10/2014 9:28 AM
182	Tired of having to remember to change the clocks. I don't think saving a little bit of time is worth the headache.	8/10/2014 8:18 AM
183	I am concerned mainly with school children. When we "Spring ahead" children are going to school in the dark. There is no real benefit to changing the clocks twice a year other than giving golfers more daylight.	8/9/2014 11:12 PM
184	I like having the morning light because I have a far commute to work each morning. I feel safer driving in daylight. I also find it easier to put my school age children to bed when its dark outside. I can't blame my kids for wanting to be out as long as its light.	8/9/2014 10:51 PM
185	I lived for 19 years in Arizona, which always has standard time. That practice caused massive confusion--people from other states had trouble tracking what the time was in Arizona, and some Native American Reservations followed the Arizona's model, others did not. This made the confusion even worse. It is far easier to just go along with the practice of most other states, which is to observe Daylight Savings Time. On a national level, I would favor moving DST back to its pre-2007 schedule--but only if such a change is made nationwide.	8/9/2014 9:50 PM
186	As a teacher, I feel that Daylight Savings has not benefitted me or my students. The natural progression of light with time would make more sense.	8/9/2014 9:41 PM
187	helps save energy costs	8/9/2014 7:33 PM
188	Please do ANYTHING but keeping the current system - the back and forth is incredibly hard on myself and especially my children.	8/9/2014 6:32 PM
189	I never seem to adjust when we spring forward. I always feel like I am behind schedule.	8/9/2014 1:46 PM

190	To Whom It May Concern: Subject: Daylight Saving Time I've often wondered why Arizona was smarter than we are. After all we're both next to the time line and our eastern borders are exactly the same. We have one of the latest sunsets in the nation! It makes the highest heat of the day an hour later! I was a young mother when daylight savings time came to be. All of a sudden I had trouble getting my kids to bed because of the extra hour of light. I feel for the young mothers now because of this problem. Lagoon is not a reason for daylight savings time! When your kids are really small you go home earlier any way. When they get older you close it down anyway. At least we did and I know many who do now no matter of the light. To me and many others, feel that sunset at 8:03 is plenty of light. You can also enjoy the evening more because of it being cooler. It is a proven fact that there are more heart attacks and strokes when the time changes. I hope to keep our time on Mountain Standard Time. Thanks, Phyllis Burton These people agree with me: Ted & Jeannie Burton Fawn & Bryan McNeal Brenda Memmott Russell Memmott Heather Memmott Geri Schmidt Nelia & Bob Storey Judy Vincent Kay Conti Ryan Forgy	8/9/2014 10:40 AM
191	Every fall before we "fall back" children are going to school in the dark. A fatality in our neighborhood happened when a bus driver didn't see a student crossing ahead of the bus during those dark hours. Every year accidents happen because drivers didn't see Children. Children shouldn't be going to school in the dark. Studies show adults' alertness/health is also adversely affected by when clocks are adjusted by only one hour. An hour change is not a minor disruption to many people. Arizona has the backbone to do what's best for their people. We should do likewise.	8/8/2014 9:07 PM
192	I work for a large global corporation (+120,000 employees). The headquarters is located in New York and a large branch office is located in Salt Lake City. It is critical that Utah remain as close to New York time as possible.	8/8/2014 6:48 PM
193	I work for a large global corporation (+120,000 employees). The headquarters is located in New York and a large branch office is located in Salt Lake City. It is critical that Utah remain as close to New York time as possible.	8/8/2014 6:47 PM
194	Seems every fall there are some fatalities due to the time change; either school children or bike riders in the dark. It would be simpler without the change.	8/8/2014 4:59 PM
195	There is no reason why the time needs to change twice a year, keep it the same and simplify life.	8/8/2014 3:13 PM
196	At the very least, this action is justified by the fact that the changes in time result in sleep disruption and are bound by statistics to be the cause of accidents and death. If people and businesses wish to adjust activities based on actual daylight, they have that right and can adjust the hours they do things.	8/8/2014 8:39 AM
197	First, my business is in both Utah and Arizona, so it would be nice to not always have to specify which time one may be referring to. Second, as it get older, it seems to take more time for my body to make the adjustment in the spring, although it is a welcome change in the fall	8/8/2014 6:27 AM
198	It just feels like the "right" time. MDT feels artificial to me - the sun goes down too early.	8/7/2014 6:08 PM
199	Changing times twice a year is very hard for both children and adults alike. I don't think it benefits the majority of people in this day and age.	8/7/2014 5:56 PM
200	The disruption of aligning with a new time standard twice a year is not necessary in today's society.	8/7/2014 5:16 PM
201	I think we should either align with Mountain/Arizona or rid of it altogether.	8/7/2014 2:40 PM
202	I am a parent with small children and find it IMPOSSIBLE to deal with tired and cranky children due to the time change twice a year. I also feel I am flirting with grave danger when I am driving my children to school in the pitch dark and seeing my neighbor children walking in darkness. SO DANGEROUS. Please let's align with Arizona and have MST year round!	8/7/2014 1:13 PM
203	I am a huge fan of permanent fall back and aligning with Arizona. It seems unnatural to me to have sunshine at 8:00 pm as my body has no interest in even thinking about sleep until it becomes dark. I have to get up at 5:00 AM for work and, if I am going to get 8 hours of sleep, that means going to bed around 9:00 pm but when it is still light outside it makes it nearly impossible to unwind. The human body is conditioned to sleep when it is dark and awake when it is light outside. I am SO SICK AND TIRED of my body being tired and "off" 6 (or more!) months out of the year. As much as I feel this is a health concern, I primarily oppose the DST change because children are killed every year while commuting to school in the dark. Utah has more children, per capita, than most states and THE CHILDREN must be our top priority when weighing this critical decision. Let's use common sense and DISCONTINUE DST ONCE AND FOR ALL!!! (Thanks for letting me finally let off steam...)	8/7/2014 1:01 PM

204	I am a huge fan of permanent fall back and aligning with Arizona. It seems unnatural to me to have sunshine at 8:00 pm as my body has no interest in even thinking about sleep until it becomes dark. I have to get up at 5:00 AM for work and, if I am going to get 8 hours of sleep, that means going to bed around 9:00 pm but when it is still light outside it makes it nearly impossible to unwind. The human body is conditioned to sleep when it is dark and awake when it is light outside. I am SO SICK AND TIRED of my body being tired and "off" 6 (or more!) months out of the year. As much as I feel this is a health concern, I primarily oppose the DST change because children are killed every year while commuting to school in the dark. Utah has more children, per capita, than most states and THE CHILDREN must be our top priority when weighing this critical decision. Let's use common sense and DISCONTINUE DST ONCE AND FOR ALL!!! (Thanks for letting me finally let off steam...)	8/7/2014 1:01 PM
205	Altering the notion of "standard time" into any other concept of this phenomena implicates profound interruptions to the human body. Adjustments may include leaving from place of residence to employment, specifically in rural parts of Utah it may be as far as 50 miles; this increases safety on the rural two lane roads (darkness and open range is a factor). School buses are hugely impacted, students must travel earlier (lethargic pupils??). Economic implications to our tourism efforts are interrupted I.e. business hours are different between Arizona and Utah. These are a few ideas to consider, so please do not mess with STANDARDS of how our Sun journeys through time/space!	8/7/2014 11:44 AM
206	Daylight savings time is a boon to all who like to be outdoors in the spring, summer and fall. It allows families to picnic together, workers to bike and hike our beautiful canyons and mountains, weekend travelers to come home in daylight (thereby avoiding more dangerous driving conditions) and urban runners and bikers to practice there sport during safe daylight hours. More people exercise after work, so the extra hour in the evening is worth more in terms of safety than the extra hour of light in the morning. Fortunately even with daylight savings time it is light in Utah for the morning commute. The arguments against DST can be refuted quite easily: Lost sleep: there is no need to lose sleep, just don't set the alarm for Sunday morning. Perhaps churches and other Sunday meetings could be postponed an hour that first weekend so that we do not lose over 200 hours of sunlight for one unpleasant morning. Sunlight is important to our mental well being and our physical well being so insuring that people have adequate time to enjoy it is vital to health. We can avoid the "lost Monday" syndrome by starting DST on Friday night instead of Saturday night. That would give people the entire weekend to adjust. Utahns travel extensively to other time zones and are able to adjust and enjoy their vacation or conduct business, so it should be easy to cope with this single event on a weekend. The lost productivity study doesn't mention that once DST is in effect it is more likely that workers would be able to stay and finish a project because the home commute and the after work activities could still be accomplished in daylight. At worst there are as many good reasons to keep DST as there are suggestions as to why to change it. At best all the arguments against DST can be refuted by showing the benefits of DST and/or changing the start to a Friday evening. When change has uncertain ramifications the conservative thing to do is maintain the status quo.	8/7/2014 11:10 AM
207	the only argument i've heard for daylight saving was from the owner of lagoon saying he would make less money if we changed to a static time schedule. not a compelling argument for the rest of us.	8/7/2014 11:06 AM
208	I enjoy having long evenings and cool mornings in the summer, yet realize that Standard Time is necessary in the winter months for school to start in time. Otherwise, I would be for permanent DST.	8/7/2014 10:41 AM
209	Should change time half-hour this fall and leave it there. No more changing the time. If this is not possible, then select either standard or saving time for year round. Should not be changed.	8/7/2014 10:34 AM
210	I like the "extra" hour of sleep in the fall. Also, I have more available darkness for my voodoo rituals. I often sacrifice yard fowl and dance around with white chalk on my face. But in all honesty, I don't really give a hoot about what time schedule is employed. I think this whole thing is ridiculous.	8/7/2014 10:33 AM
211	Keep Daylight Savings Time. If you walk, run, play tennis, fish, garden or just sit on the patio after work, the elimination of DST would rob you of 216 hours of enjoying these activities after work. Why? Because some grumpy old legislator doesn't want to get up an hour early for church one Sunday a year?	8/7/2014 10:11 AM
212	I really don't see the need for DST.	8/7/2014 7:50 AM
213	Enough with the clocking moving. It accomplishes nothing more than throwing body rhythms off.	8/6/2014 11:12 PM

214	Moving to Arizona time (permanent fall back) would mean earlier sunrises and sunsets in the summer which would seriously curtail the outdoor activities I enjoy (cycling, climbing, hiking,...) after work. Aren't there more important issues (education, infrastructure, etc) that the legislature should be focussing their limited amount of time in session on?	8/6/2014 9:43 PM
215	We are not permanent Utah residents but spend a great deal of time with family who are. We would like to see the currents system remain to allow more time for outdoor activities after the workday is done.	8/6/2014 7:11 PM
216	Studies have shown that DST is not helpful economically nor environmentally. It is also detrimental from a health and emotional standpoint.	8/6/2014 4:56 PM
217	Other than the time zones around the world, the time standard should remain constant throughout the year. Daylight savings time has never worked for me, my family, and most everyone I know. Whether the state adopts MST or MDST it should not be adjusted for the summer/winter months. Just pick a time and stick to it throughout the year! Please!	8/6/2014 4:30 PM
218	leave it as is. Don't fix what isn't broken.	8/6/2014 4:19 PM
219	Just stop the switching back and forth. PLEASE!	8/6/2014 4:03 PM
220	I support Daylight Saving Time but I feel that we should only be on it during the winter months. It's ridiculous to spend 8 months of the year on DST. We should be on MST until mid-late April and then return to MST in early Oct. It's unsafe for children to be going to school in the dark and I am a morning runner/cyclist and it's much safer for me to be out in the early dawn light as opposed to complete darkness. I don't get up later because the sun rise isn't until 7:30, I get up at 6 and have to use my lights in my house. I can't imagine there's a significant cost savings associated w/ being on DST 8 months of the year. We should be on DST fewer months.	8/6/2014 3:21 PM
221	I feel it is safer for the children when coming home from school. And I like more light in the evening to be outside doing things.	8/6/2014 2:08 PM
222	I strongly want to stay on day light saving time. You would think no one ever stayed up late for an hour. It is a shame that some looses an hour of sleep once a year. Do they never cross a time zone during the year? I enjoy having longer evenings. I lived in Arizona for five years and I hated having the sun come up before 5:00 AM. Rather than being lined up with Arizona, I would rather be lined up with the other 47 states.	8/6/2014 1:56 PM
223	I strongly want to stay on day light saving time. You would think no one ever stayed up late for an hour. It is a shame that some looses an hour of sleep once a year. Do they never cross a time zone during the year? I enjoy having longer evenings. I lived in Arizona for five years and I hated having the sun come up before 5:00 AM. Rather than being lined up with Arizona, I would rather be lined up with the other 47 states.	8/6/2014 1:54 PM
224	Patients who rely on machines to deliver timed doses of medication or nutrition are at risk twice a year when there is a greater possibility of under or overdose if the machine does not make the switch. A constant time would remove that aspect of mechanical error.	8/6/2014 1:30 PM
225	I like the summer nights with more light to golf, be outside, etc.	8/6/2014 1:16 PM
226	The reasons for instituting it are long gone, and the hassle and expense of changing clocks twice a year are not worth it. Pick one time and stay with it year round.	8/6/2014 12:01 PM
227	We are NOT Arizona. They have more light simply by being much farther south than Utah, so it makes more sense for them to stay on standard time. With so many bigger issues in this state, we have to address this one? Probably has more to do with ego and thumbing our Utah noses @ the Fed. I say constituents of Menlove & Urquhart make contact and demand they introduce more meaningful legislative bills! Another waste of time and $$$ by Utah legislation!	8/6/2014 11:54 AM
228	I enjoy daylight time as it gives families evening time during the summer to have activities, especially when one or both parents are working. It also provides an opportunity to do outdoor activities in the cooler evening hours.	8/6/2014 11:13 AM
229	For the many residents and tourists of our state, the 'spring forward' and 'fall back' times associated with Daylight Saving Time allows for before and after work outdoor activities that would be hindered or outright eliminated with a change. Hunting time tables would be impacted as well.	8/6/2014 10:44 AM
230	Due to the Outdoor recreational advantage. As a full time employee I enjoy waking up before work to ski. Please do not take this away from the Utah residents.	8/6/2014 10:36 AM

231	Keeping daylight savings time with teh rest of the mountain time zone creates effeciencies that allow for better commerce and a business. Changing to a unique or AZ based system would lead to confusion and impact the economy of UT.	8/6/2014 10:30 AM
232	Stay aligned with rest of the country! One hour does not cause jet-lag - give me a break! It is really nice to have long summer eves after work to enjoy summer.	8/6/2014 10:18 AM
233	Daylight savings is beneficial because it provides structure and balance throughout the year according to regular schedules. It is better for children, helping them maintain a regular sun up/sun down regiment with the seasonal changes.	8/6/2014 9:35 AM
234	I want to play with my friends until late in the summer!	8/6/2014 9:05 AM
235	It is nice to have sunlight until late in the summer	8/6/2014 9:03 AM
236	Although dst is a pain getting used to the time change twice a year, the thought of the sun setting in the summer at 8pm is terrible!	8/6/2014 7:45 AM
237	Use of outdoor facilities for soccer, baseball and other sports would require much more extensive lighting to accommodate all users at a huge cost to communities. More play time would need to be during the heat of the day when it is dangerous and the air is the worst. Also important for skiing and avalanche control in the winter.	8/6/2014 7:45 AM
238	I like to enjoy my evenings and to recreate with daylight. I can't imagine why a 4:30am sunrise is necessary.	8/5/2014 11:06 PM
239	Aligning or Retaining The existing structure is fine if you need to be up at 4 AM to milk the cows and do the farm chores. In our modern age in which the majority get up later and work later, having the daylight shift later permanently makes sense.	8/5/2014 10:06 PM
240	The main reason I live in Utah is for the close proximity to outdoor recreation. It's rare to live in a place where you can work a normal weekday work schedule AND do adventure sports before or after work. The current time system keeps the sunrise and sunset at times that allow for this. For example backcountry skiing in the winter, mountain biking, hiking and rock climbing in the summer. Every year I look forward to getting out in nature after work and witnessing beautiful summer sunsets with enough light to get back to the car and home before 10pm. Don't take that away! At a minimum do NOT put us on DST all year... Sunrise at 8:52 am in the winter??? Utah drivers are dangerous enough. We don't need them commuting at rush hour in the dark!	8/5/2014 9:14 PM
241	Having lived in Arizona it's a pain in neck to have to change the offset of hours to the rest of the country. When the rest of the country is on DST, you're effectively on Pacific time.	8/5/2014 8:28 PM
242	We need to align with Arizona for business clarity. The school kids need the daylight to WALK to school. We need fireworks to start before 10 PM. There is absolutely no value to daylight wasting time. Just wait a few weeks and it will be light later in the evening.	8/5/2014 8:12 PM
243	It's difficult enough to adjust to fall and spring without the added inconvenience of the clock changing times.	8/5/2014 8:11 PM
244	I wake up when it gets light even though I work at night. I would get even less sleep in the summer with std time than I do now.	8/5/2014 7:47 PM
245	The people who recreate before and after work rely on this time change to get their workouts in. AND, if Utah is going to continue to ignore the pollution issue, folks need to be able to get out before work in the summer in order to avoid damage to their lungs. It's also the way most of the rest of the country does business and would be extremely confusing to people who deal with other states. It is important to remember that Utah is, in fact, part of a larger entity called the United States and in order to normalize the state a bit, we should stay on the same time schedule.	8/5/2014 7:44 PM
246	Ben Franklin got it right!	8/5/2014 7:30 PM
247	Why do we need sunrise at 4:40a? The longer days in the summer are magical, giving more daylight opportunities to spend in our amazing outdoors. Why do we want it to get darker soon? It isn't like Utah is exactly known for its nightlife. Give people the maximum # of daylight hours to experience the "Right" Place.	8/5/2014 7:15 PM
248	Keep it simple. No need to change for the farmers. It's tough for kids when the time changes.	8/5/2014 7:06 PM
249	A 4:30AM sunrise is a wasted hour of light. However, a 9:30PM sunset enables thousands of people hours after-work recreation opportunities all summer long.	8/5/2014 6:41 PM
250	Children have a hard time going to bed and if it is still light out, it is even harder.	8/5/2014 6:38 PM

251	I would rather we keep sunrise and sunset times along similar lines as they are now. There's no advantage in having the sun rise at 5am in summer. Spring forward permanently ties us closer to the Midwest and further from West Coast, which does not make sense for Utah's location.	8/5/2014 4:41 PM
252	The changes twice a year are brutal, especially if you have kids. Getting them to adjust to the time change is always really hard. I also hate the winter months when it gets dark so early in the evening. It feels really depressing every night.	8/5/2014 3:24 PM
253	The extra hour of daylight at the end of the day is more beneficial for recreation and energy conservation.	8/5/2014 12:59 PM
254	I dont mind changing forwards and backwards. Keep it as is.	8/5/2014 7:14 AM
255	Get rid of daylight savings time! Also do not go to year-round daylight savings time (aka permanent Spring Forward Time). I just purchased a new clock this week, which syncs with the atomic clock through a radio signal. Guess what, the clock has no option for permanent spring forward time; it only has an option for no daylight savings time like Arizona, and regular summer only daylight savings time like we currently use. Going to permanent "Spring Forward Time" would screw up alarm clocks, time clocks, etc. which sync with the atomic clock and are very expensive. My employer has a time clock set by the atomic clock, which cost over 200 bucks, changing to permanent spring forward time would require him and numerous other businesses to purchase new time clocks.	8/4/2014 5:55 PM
256	DST throws the body off when you change the time, accidents go up, tardiness goes up.	8/4/2014 3:59 PM
257	I believe the only way this would work is if every State eliminated Day Light Savings Time. The time zone change from Las Vegas to Southern Utah causes it share of problems.One does have to consider the impact of traveling from the Pacific Time Zone to the Mountain Time Zone if Nevada has Day Light Savings Time. The impact on business and traveling in and out of the Las Vegas Airport could be severe.	8/4/2014 1:00 PM
258	Changing from daylight savings to regular time or vice versa, causes me a bit of seasonal stress	8/4/2014 12:48 PM
259	Daylight savings time as it is now configured is ideal for work over the summer months as well as family activities. Sadly I have to say that a lot of the opposition comes because people are to lazy, busy or whatever to take the time to change their clocks. What does following Arizona and Hawaii have to do with anything? We should at most stay with daylight savings time year round if the complainers have to be acknowledged. I can't believe the legislature and editorial boards are actually wasting time on this subject.	8/4/2014 7:47 AM
260	Spring forward/fall back is the least problematic option for dealing with the time complexities of living on a spinning globe. It is also the most regionally compatible/friendly option as far as commerce and connections with contiguous states.	8/3/2014 11:27 PM
261	I prefer things kept the same, as it is right now. Keeping more light in the winter helps with so many things.	8/3/2014 9:31 PM
262	The extra daylight during summer activities is extremely important to me to enjoy same. the added confusion to communicate with the rest of the majority of US and other international countries, will become problematic. We don't need to add complexity in life today.	8/3/2014 2:13 PM
263	"Springing forward" is a personal inconvenience each year, but that's much less important than keeping the whole mountain time zone unified for business and community scheduling purposes. Let's leave things the way they are now.	8/3/2014 12:05 PM
264	Having more daylight when I get home from work is so important to our family. For example we go boating once a week during the summer.	8/3/2014 10:33 AM
265	I find changing the time to be very disruptive to the schedule. I found it even more so when my children were school age - it was very difficult to make the adjustment.	8/3/2014 9:22 AM
266	I dislike the time change. Prefer to eliminate dst or have it all year long.	8/3/2014 7:36 AM
267	Opting out of Daylight Saving Time when the vast majority of the country hasn't is just going to unnecessarily complicate things when one has to deal with people outside the state.	8/2/2014 9:00 PM
268	for winter months nice to drive home while it is still light outside and not dark at 05:00 p.m. Summer months it's great to get outside early morning to do yard work or exercise or whatever needs to be done to avoid heat exhaustion also when it gets dark at 5 o'clock when we are not on daylight savings I think is difficult for depressed individuals it is better to have that extra hour of light at night keep it on daylight savings time	8/2/2014 6:10 PM

269	for winter months nice to drive home while it is still light outside and not dark at 05:00 p.m. Summer months it's great to get outside early morning to do yard work or exercise or whatever needs to be done to avoid heat exhaustion also when it gets dark at 5 o'clock when we are not on daylight savings I think is difficult for depressed individuals it is better to have that extra hour of light at night keep it on daylight savings time	8/2/2014 6:09 PM
270	Switching of time is detrimental to ones health. It is also hard on animals. Frankly there is no valid reason to spring forward and fall back every year. Select a time and leave it alone.	8/2/2014 4:56 PM
271	I'd prefer daylight savings year round to have more light in the evenings. Working all day only allows time to do thing, sports, activities, dining in the evening hours and saying light later is a benefit to staying active. Playing tennis matches after work needs light until 8:30 or 9 to complete a match. Driving in the winter months is benefited with staying light later and reduces traffic accidents from driving in the dark. Who needs to have light at 4am, disturbs sleep getting light that early. I'd much rather have light in the afternoon than the morning. Utah is close enough to Pacific time zone, just make Utah Pacific time and get rid of daylight savings. Make everyone happy.	8/2/2014 3:28 PM
272	DST has become an irrelevant inconvenience. People will be up when they need to be up for whatever activities fill their days without the hassle of changing time.	8/2/2014 8:38 AM
273	Evening sun is too hot too long	8/1/2014 6:52 PM
274	My body cannot adjust to the change.	8/1/2014 4:20 PM
275	It's an outdated concept that intrudes on sleeping patterns twice a year.	8/1/2014 3:41 PM
276	I hate changing the clocks. I don't want the kids to walk to school in the dark, so that is why I like standard, rather than Daylight Savings.	8/1/2014 3:38 PM
277	Discarding it means 5am sunrises and 8pm sunsets in summer. Creating it means 9am sunrises in winter. It's a good idea, keep it in place.	8/1/2014 3:00 PM
278	To go against the grain of the entire country to align with one stat is ridiculous. Adjusting time twice a year hasn't hurt anybody other than those that like to complain about everything. Keep the late summer nights, I know I do more business when there is more daylight in the evening.	8/1/2014 2:51 PM
279	I prefer having permanent Mountain Standard Time because when the time changes twice a year it is always unsettling to have to reset one's physical time clock. It is especially difficult for children. Also, it makes travel more difficult. Airlines and travel agencies, etc. have to constantly update and change schedules and it is very confusing for tourists traveling from other countries. Daylight Savings time may have been a good idea for specific reasons in the past. It has outlived its purpose and is an outdated concept. Please go back to ONE constant Mountain Standard Time for the state of Utah. Thank You!!!	8/1/2014 12:17 PM
280	Please keep it the way it is, for those families who like to spend time with their family in daylight hours after the workday is over.	8/1/2014 11:30 AM
281	I prefer my body clock, it seems to adjust and coincide with nature's clock. I personally do not like changing to DST.	8/1/2014 10:37 AM
282	DAYLIGHT SAVING TIME IS A WASTE OF TIME	8/1/2014 9:09 AM
283	I believe if we stay in our current time, it would benefit the tourism and outdoor industry. This continues into the winter for skiing and other winter sports. Aligning with Arizona will not truly help here because business would not benefit from the lack of daylight savings for 8 months out of the year.	8/1/2014 8:53 AM
284	I feel that DST is needed more in the winter months than the summer. so, if we keep it year round that would make more sense to me.	8/1/2014 6:01 AM
285	Please keep daylight savings. The long summer evenings are nice. We would waste the starlight sleeping if we abandoned daylight savings and the sun comes up at 4:30. The long summer evenings are great for outdoor activities, dinners outside, playing with kids. Don't ruin it. And, if we stayed on daylight time all year, we would all wake up in the dark all winter long. Utah's population is fairly far north. We have a large swing and daylight and should move the time twice a year to make sure we capture the benefits of the sunlight. The change twice a year is a minor inconvenience. It wouldn't be as annoying if it occurred later, in late April like it used to. It wouldn't be dark quite as late then. But it's important to stick to the national standard. It's a pain to do business with Arizonans because no one can ever remember what their time zone is when setting up meetings and calls. Please don't mess up daylight savings. Sincerely, rob scott	7/31/2014 10:47 PM

286	The last thing we need in S. Utah in the summer are longer days. It takes forever for the sun to finally set and some relief from the daytime heat to finally begin. Please, please stop this nonsensical fiddling with the time!	7/31/2014 9:53 PM
287	It is disruptive to one's natural rhythm to have to switch back and forth between time slots. The change is of no benefit to our household or our children.	7/31/2014 8:21 PM
288	I prefer to stay on daylight savings time as during winter months it will still be light at 5 o'clock p.m. And also makes the commute home in the winter months easier in the snow as with staying on daylight savings. in the winter month regardless it's dark in the morning it is better to have that hour of light at the end of the day I think it also helps being light at the end of the day for those who suffer depression	7/31/2014 6:54 PM
289	I prefer to stay on daylight savings time as during winter months it will still be light at 5 o'clock p.m. And also makes the commute home in the winter months easier in the snow as with staying on daylight savings. in the winter month regardless it's dark in the morning it is better to have that hour of light at the end of the day I think it also helps being light at the end of the day for those who suffer depression	7/31/2014 6:53 PM
290	The country should create two time zones to bring the east coast and the west coast closer together. This would help in coordinating business across the country. Our time zone would be a hybrid with Central time.	7/31/2014 6:22 PM
291	I work all day long throughout the year. I have always hated not having time to work on my yard and with my animals after work; during the winter this is impossible. Thank you for looking into this possibility!	7/31/2014 5:19 PM
292	It's the change that people find objectionable. The DST scale relative to the sun is preferable year-round to standard time scale year round. While it will result in dark winter mornings it will keep summer evenings as people know and love and will provide more winter sunlight in the evenings.	7/31/2014 5:16 PM
293	Please consider the safety of pedestrians and bicyclists (especially school children) commuting in the morning and evenings. Commuting by bike or on foot is much safer during daylight than in the dark. Please provide year round daylight during work and school commute times (7:00 to 9:00am and 4:00 to 6:00pm) for the safety of bike and pedestrian commuters, especially school kids.	7/31/2014 4:18 PM
294	For my entire life, I have struggled with the twice a year time change. It takes me 2 weeks to make the adjustment each time. Not to mention my personal happiness and comfort, I would be MUCH more effective in my work if time was kept constant. Our society has developed way beyond the need to have more daylight hours for office workers who leave the workplace at 5 PM.	7/31/2014 4:15 PM
295	Younger children going to school in the dark	7/31/2014 4:14 PM
296	I, like thousands of people in Utah, have multiple sclerosis (MS.) Though everyone with that disease has a different disease manifestation, many of us are troubled by disease-caused changes to our internal time clock (circadian rhythm.) link:http://www.nber.org/papers/w14429 We have a hard enough time living in the world when our clocks are off by several hours anyway. Having semi-annual disruptions wreaks havoc with us beyond what happens to healthy people. All of us (MS or no) are entrained by daylight, and when we disturb nature's season shifts so unnaturally, our bodies pay the price. link: http://www.sciencecodex.com/daylightsaving_time_leads_to_less_sleep_more_injuries_on_the_job Daylight saving time has no purpose in this world anymore. It was originally created in Britain during WWII to ensure that women had enough time to work a job and still take care of their homes after work. That presentation would never fly in America, so here it was presented as a way to save energy. That has been proven to be untrue in this age of air conditioners. link: http://www.physorg.com/news187946326.html It actually increases energy use and pollution. link: http://www.nber.org/papers/w14429 I sincerely applaud Utah for making efforts to consider joining the ranks of the wise states and countries that have opted out of such an unnatural, debilitating and expensive practice. Ask any group of people you're with how many of them have MS or have friends or loved ones with MS. If you had them raise their hands, you would be astonished at how many hands went up. Leave the clocks alone. Pick a time and keep it. We will benefit more than anyone can comprehend. Everyone will benefit.	7/31/2014 2:48 PM
297	Prefer having light in the morning to light in the evening.	7/31/2014 1:52 PM

298	I LIKE THAT IT DOES NOT GET AS DARK AS EARLY IN THE SUMMER TIME SO WE CAN STILL HAVE FUN OUTSIDE IN OUR BACK YARD. AND EARLY MORNING HOURS ARE COOLER FOR WORKING IN OUR YARD. MY HUSBAND FINES THAT BY IT STAYING LIGHTER IN THE EVENING HE FEELS BETTER WHEN HE GETS HOME AND STILL HAS DAYLIGHT TO DO SOMETHING.	7/31/2014 12:06 PM
299	I don't like the short 4 month change of time. I would like to see it either stay Daylight or Standard time permanently. It is hard on my body and it takes a while for my kids to adjust to the time changes. I don't see the benefit to changing time back and forth.	7/31/2014 10:17 AM
300	It seems out dated and causes more disruption then benefits	7/31/2014 9:37 AM
301	Considering how hot the average temperature is getting during the summer, it seems it would be beneficial, from an energy conservation standpoint, to remove ourselves from normal DST procedure. It would be nice to have time during the cooler part of the day to be active. This would help keep household energy costs down, as well as allow people to help conserve overall energy usage.	7/31/2014 9:25 AM
302	keep it the same year around.	7/31/2014 7:18 AM
303	the change is terrible each year, leave it one way or the other, I chose to to be the same as Arizona another western state	7/31/2014 7:13 AM
304	Scientists have connected a number of health consequences with the start of day light savings time. Springing forward causes a sharp increase in early morning heart attack rates because of the earlier-than-usual wake times when the body's cardiovascular sates is least steady. Even one hour of lost sleep affects many areas of functioning - decreased motor function, memory and mood. Several years ago my husband was on his way to work in the morning and saw a young teen hit and killed on Redwood road on his way to school in October because it was too dark outside and the driver did not see the young man. Another study shows that after the spring time change, there are more workplace injuries.	7/31/2014 7:01 AM
305	Consistency for children	7/31/2014 7:01 AM
306	This especially taxing on little children, babies, their moms, school teachers, people with IBS (not kidding), etc... there is no point to DST. It's a tradition and a bad one. Let's get rid of the penny and paper dollar while we're doing sensible things.	7/30/2014 11:06 PM
307	Very hard on people to change time. Research shows more accidents, less work productivity due to the change.	7/30/2014 9:39 PM
308	-Gives variety to the year (we get enough monotony in the normal work year) -Preserves a traditional quirky heritage	7/30/2014 7:52 PM
309	I have 4 school-age children and with every time change they drag for a week trying to catch up on sleep, so I'm opposed to changing times in general. I'd rather have more light in the morning than the evening, so I'm in favor of keeping MST all the time.	7/30/2014 7:02 PM
310	I prefer to not have to adjust clocks and schedule twice each year.	7/30/2014 6:33 PM
311	Since I hail from the quintessential state of Arizona and know the benefits of not having daylight saving time I have submitted my vote for aligning with Arizona. I might be just a little biased though.	7/30/2014 1:48 PM
312	It takes almost two weeks to adjust to a time change. This is especially difficult with school age children. I don't think it helps us.	7/30/2014 11:51 AM
313	I have worked in a hospital where changing the time can have a negative effect on the hospital workers and patients. It alters schedules and makes employees who work long hours work even longer (during fall forward). I am rather impartial as to whether we should align or create, but I do feel that it would be helpful for environments such as a hospital setting to do without daylight savings.	7/30/2014 11:40 AM
314	As hard as the time change is, I don't want my kids waking up any earlier, and my husband needs the after-work daylight hours to get farming done.	7/30/2014 7:30 AM
315	I appreciate the extra light at night in the summer. I'll never take advantage of 4am daylight but I do every day in the evening. I don't own a clock that I have to manually change so DST is effortless and very worthwhile for me. I notice the sleep pattern change for me and children but it's not a big deal	7/29/2014 10:16 PM

316	Mornings are much safer, especially for school children and pedestrians (fewer accidents, etc.) with daylight, & it is easier for most people to get up in the light rather than darkness. The days are still longer for everyone's enjoyment. It's also difficult for most people to readjust to the time change, so productivity is lost there. Getting kids to go to bed in the daylight and get up in the dark is a real bear. Please, please, please ditch daylight savings time!!! --p.s. it's hard to say utilities are saved because there are the same number of hours of daylight no matter if you call them a.m. or p.m.--Thanks for taking up this problem. Our family hates daylight savings time!	7/29/2014 9:24 PM
317	I would like it to stay the same year round. It takes me a while to adjust each time there is a change.	7/29/2014 4:51 PM
318	I do not see the benefit in leaving for work in the dark and returning home in the dark .	7/29/2014 4:28 PM
319	Most of us do not get up at 5a.m. and have more hours of daylight to work and enjoy various activities if sunrise is around 6 a.m. Many sports are enjoyed in the summer which would not be if darkness came earlier. My first choice would be to just stay on daylight savings. 2nd choice would be to spring forward and fall back.	7/29/2014 4:28 PM
320	Aligning with Arizona gives equal preference to people who need/want light in the morning and those who need/want light in the evening. Personally, I see absolutely no value to changing the clock--nature has already extended the daylight in the warmer months and moving the hours around doesn't magically create more time. Given that Utah is on the western border of the Mountain Time Zone, we are very short on morning light and very long on evening light during the summer. I would prefer a little more light in the morning to increase safety for those (like me) who exercise in the morning.	7/29/2014 4:14 PM
321	Aligning with Arizona gives equal preference to people who need/want light in the morning and those who need/want light in the evening. Personally, I see absolutely no value to changing the clock--nature has already extended the daylight in the warmer months and moving the hours around doesn't magically create more time. Given that Utah is on the western border of the Mountain Time Zone, we are very short on morning light and very long on evening light during the summer. I would prefer a little more light in the morning to increase safety for those (like me) who exercise in the morning.	7/29/2014 4:14 PM
322	Align or create are acceptable, just get rid of time changes.	7/29/2014 3:59 PM
323	It really doesn't make any difference to me.	7/29/2014 3:18 PM
324	I've never really understood the point of DST. Don't take away my morning hours just so I can stay outside without lights for a little extra time at night. As a mom, standard time is better all around--enough light to walk to school in the morning, and dark early enough to do night games or fireworks without keeping the kids up so late.	7/29/2014 1:27 PM
325	With the perminant spring forward we will have more time to recreate, more time to spend money on activities like skiing. We will have the latest opening for ski resorts because of the time difference.	7/29/2014 12:00 PM
326	Let's keep properly aligned with most states. I provides cooler mornings and usable time in both am and pm for Utah.	7/29/2014 11:39 AM
327	Prefer the time-frame (sunrise/sunset) we are on. Switching back and forth is difficult and no longer seems necessary.	7/29/2014 11:34 AM
328	My heart jumped for joy at the chance to remain on MST all year long. I HATE changing time and losing the morning light.	7/29/2014 11:11 AM
329	As a teacher and mother, I have seen the effects the time change has on children as well as myself. The main concern for me is how seep cycles are disrupted causing sleepy students at both time changes. I remember as a mother with infants and small children how frustrating and upsetting to family schedules it was. Let's leave the clock alone! Aligning to Arizona makes the most sense. Summer evenings are naturally longer and still gives plenty of time for evening activity.	7/29/2014 9:21 AM
330	Daylight saving time is another government mandate that is not necessary. The same amount of work can be completed in a day on Mountain Standard Time without the stress of switching back and forth.	7/29/2014 1:19 AM

331	The location of Utah does not give a full hour difference of daylight during daylight savings time. It is approximately 38 minutes The safety issues for children is demonstrated each year when a child is not seen and hit by autos and buses due to early morning darkness. Having children walk to school in the dark is a safety issue. Of all of the issues, this one ranks at the top or close to the top since children are a prime concern with everyone. In addition, as happened with one of our teachers, she fell asleep behind the wheel and died in a rear end crash with a truck. It puts an additional burden on teachers since they must teach to tired and restless, and sometimes sleeping children. There are reports that heart attacks increase during the change to daylight savings time. The economic losses are exaggerated. There is the idea that having the younger golfers come in the evening gives golf courses a distinct financial advantage due to the numbers which I would argue is not true since those who would enjoy playing in the morning have the money and time. They could come at sunrise when it is cool and stay longer which equates to greater spending. With the changing demographics the golf courses are catering to the wrong individuals. I believe people are going to shop no matter whether it is twilight or a little earlier. The aspect of going home early due to darkness as with Lagoon when based on the days when daylight savings was not in existence comes from those who have never experienced anything but daylight savings time. There is a misconception that Arizona doesn't have daylight savings due to the summer heat which is false. It is hot all of the time whether at noon or 2 a.m., it is over a 100 degrees. Governor Goldwater elected not to include Arizona in daylight savings due to his dislike for federal government intervention. Some have said that it would be a burden for an airline to have to make "special" schedules. Not so since Arizona has been doing that for years. It is difficult for those with eyesight problems to wake up to darkness as has been expressed to me. It impedes their ability to see. Those in agriculture tend to hate it since it throws off the schedule for animals and milking schedules. Even the roosters have difficulty determining what time they should crow. (Joke, but could be.) There have been studies on the energy savings and that has been exaggerated and is questionable. The idea of changing to daylight savings year round is a bad idea due to the cold temperatures involved and President Nixon failed miserably in doing it. I do business with those in the Eastern Time Zone and I never have any problem dealing with them while they are still in their offices during the time. To have the idea that the change would be difficult for others living elsewhere is not based on a thinking person, but due to habit. As per my presentation on the Utah House Floor in 1997, daylight savings time should have been ended long ago. The benefits were few then and continue to get less with time. My clients in Arizona love it and make fun of other states every year due to the fact that they do not lose sleep nor have to be messing with their clocks and other electronic devices.	7/28/2014 11:42 PM
332	I don't think most of the advocates of abandoning DST understand exactly what it is they're asking for.	7/28/2014 10:00 PM
333	I like having more daylight in the evening in the spring and autumn. This allows me to have more time outside with my children. Keep the traditional daylight savings time.	7/28/2014 5:40 PM
334	It is nice to have time after work with day light, even in the winter.	7/28/2014 3:01 PM
335	being able to work in the yard or on the house after work is a great benefit	7/28/2014 2:48 PM
336	Longer days are better. Recreation is a huge part of Utah. Less daylight will kill economic growth and will cut out millions of Revenue dollars to precious businesses and citizens.	7/28/2014 2:44 PM
337	I would like either just get rid of daylight savings	7/28/2014 1:38 PM
338	It is hard for my children to adjust to the time change. I think it is unhealthy for them while in the school months to adjust their sleeping schedule.	7/28/2014 1:27 PM
339	Please end this.	7/28/2014 12:02 PM
340	Stop the nonsensical practice of changing clocks twice a year.	7/28/2014 11:04 AM
341	I am all for the simplicity of keeping the time the same throughout the year.	7/28/2014 10:25 AM
342	I lived in Arizona for 7 years before moving to Utah in 2012. I really liked not having to worry about changing clocks and the sleep adjustments that go along with them. I would like either to align with Arizona on Mountain time or be on permanent Daylight Savings Time. I would be happy either way, but strongly prefer going to a system where we don't have to adjust the clocks.	7/28/2014 10:07 AM
343	I like evenings after the sun goes down. If people want more time in the sun, they can get up earlier. I do wonder about the Navaho nation. Will they want to continue going to DST like those in Arizona?	7/28/2014 10:00 AM

344	Actually, I would support permanent standard time or permanent day-light-savings time. It is changing the clock twice a year that is so frustrating and not good for children. My wife is a retired school teacher and she saw the negative effects in her students each day.	7/28/2014 9:44 AM
345	Simplicity. The need for daylight savings time no longer exists.	7/28/2014 5:07 AM
346	I find changing the time disrupts my children's sleeping patterns. It takes months for my children to adjust. Next if we hold the time constant, I prefer to have more daylight in the evening when I'm home from work and can enjoy playing with my children in the evening. Thanks, Mark	7/27/2014 11:23 PM
347	I love what we have now. Especially the long summer nights.	7/27/2014 10:01 PM
348	Let's stop the madness of playing with our clocks twice a year and by so doing will end the negative effect it has on our bodies.	7/27/2014 6:02 PM
349	I would prefer Utah go back to regular (fall back) time permanently like Arizona. No annual change please.	7/27/2014 3:16 PM
350	Let's just let the time be the same all year long	7/27/2014 1:51 PM
351	Utah must keep/retain DST; some of the alternative consequences would be: • Children walking to school • Commute to and from work • Tourism Industry (which is really big in Utah with five National Parks) • Family time • Business benefits • 4 AM Summer sunrise	7/26/2014 10:16 PM
352	DST is a pointless waste of everyone's time. I don't care if we permanently go forward an hour or stay back with Arizona, as long as we don't expend any more effort changing our clocks twice a year for absolutely no reason.	7/26/2014 9:38 PM
353	Changing clocks every 6 months is timeconsuming and no longer necessary since we live in a 24 hour business world now. The first few weeks of change are disruptive to natural sleep/wake cycles and disrupt productivity while trying to adapt to the change.	7/26/2014 9:28 PM
354	I would just like to see the time change go away. It affects children and old people in the same way, it takes about 2 weeks to get their schedule back on track sleep and waking, eating. I just feel it would be better to stay consistent. Thanks	7/26/2014 8:41 PM
355	Year-round DST would provide the consistency many people clamor for, but with reasonable sunset times all year round. With year-round standard, there are many very early sunsets (around 5pm) which can cause lethargy and travel anxiety as many end their work day. With year-round DST, sunset always happens after 6pm which abates that issue. With spring forward / fall back we get the worst of both worlds -- the earliest sunsets around 5pm and the latest sunsets around 9pm.	7/26/2014 8:34 PM
356	I wish you could be in a nursing home or care facility for the elderly when Daylight Saving's Time kicks in. The care takers have to come in an hour early and get the residents up and going for breakfast, etc. an hour earlier than usual. It isn't fun!!! Elderly people really hate Daylight Saving's Time, and many of them don't get why all of a sudden they have to get up so early in the morning. It is my opinion that the time change is hardest on school children and older people. Please just leave the time alone.	7/26/2014 8:07 PM
357	It is very jarring to my body to change back & forth. My 2nd choice would be just to stay on Daylight Saving time. I burn very badly & also take medication that warns me to stay out of sunlight so I have to spend most of the summer inside. Please let us just stop switching back and forth.	7/26/2014 4:40 PM
358	I have liked the long summer evenings since I was a kid in elementary school. I am a supporter or Benjamin Franklin's idea!	7/26/2014 3:34 PM
359	Just get up an hour early if you like. Why make everyone suffer because of you preference? You can't make an extra hour of day light it is always the same. If you want to start work early take a vote at your work. If most people don't want to, then don't do it. If they vote to start early then do. Why mess with the time?	7/26/2014 2:08 PM
360	Daylight savings is unnecessary.	7/26/2014 12:45 PM
361	More daylight when more people are awake is only common sense!	7/26/2014 11:14 AM
362	I prefer the sun rising and setting later in the summer. If you're too lazy and bitter to change your clocks, then that's your problem, not the government's.	7/26/2014 9:39 AM
363	Traveling to Arizona is super confusing. Don't make it confusing to travel to Utah.	7/26/2014 8:35 AM

364	Why create confusion as to what time it is? Nearly every other state in the Union observes DST, we should stay with the norm. Hawaii is in its own time zone and Arizona can enjoy cooler evening weather without observing DST. If the whole country wants to change, fine. But there is no reason to be an outlier.	7/26/2014 7:05 AM
365	One reason is that there would be more time in the summer morning hours to exercise outside when it is cooler rather than when it is hotter.	7/25/2014 8:51 PM
366	DST steals the best part of the day from us and sends us off to school and work. Then in the evening it's still light and we should be retiring.	7/25/2014 2:19 PM
367	Mornings are the best time to be out and about especially when the sun would be ascending over the mountains at about 5 AM.	7/25/2014 1:42 PM
368	I am not in favor of changing wall clock time twice a year. Though the option of creating a permanent spring forward will probably make current business hours better match daylight, aligning with our neighboring state of AZ and staying in the Mountain time zone is more important. Businesses and others can adjust their own hours of operation to achieve safety and energy usage goals. Creating a new time zone that is essentially the same as Central Standard Time is a bad idea, especially if Wyoming, Colorado, and New Mexico don't do so too.	7/25/2014 11:46 AM
369	I like the extra hour of daylight in the evening, and I don't like changing the clock.	7/25/2014 11:06 AM
370	in the summer, the sun comes up early. with daylight saving time, we have light until late, which is better than having sunshine even earlier in the morning.	7/25/2014 9:49 AM
371	It is so difficult for mothers of small children when their sleep schedule gets messed up twice a year. Also very difficult to get children to sleep in the summer when it is light so late.	7/25/2014 8:39 AM
372	It is the going back and forth that I dislike. The whole thing reminds me of the story of the man who cut the top off of his blanket and sewed it onto the bottom to make it longer.	7/24/2014 10:48 PM
373	I used to work in a High School. For two weeks after Daylight Saving's Time began, teachers often complained that they weren't able to accomplish much in their first period class because many of the student's were asleep at their desks since it seemed like 6:30 am when school started instead of the 7:30 am they were used to. I would just be able to go to school as the sun was coming up, when it was back to going to school in the dark!! It seemed dangerous for so many sleepy drivers, both students and teachers. Plus it takes HOURS to change all the clocks at home, school, church, etc. I really wish we could just keep the same time year round. THANK YOU for a place to voice our opinions!!	7/24/2014 10:39 PM
374	Most of my comments concerning my point of view to eliminate DST in Utah have probably already been expressed by others. However, one thing that may not have been said already is that Utah has 2 major holidays for setting off home fireworks, July 4th & 24th. People don't necessarily restrict their burning of fireworks to those two days - or at least my neighborhood does not. Fireworks are often set off from 1 week before each holiday to 1 week after, basically making July Firework Month. This makes July a difficult month to go to bed & get to sleep early. I know I'd be fighting an uphill battle to eliminate fireworks, but without daylight savings time, people could start setting them off at an earlier hour, getting it over and done with earlier at night so that the rest of us who want to sleep, could.	7/24/2014 8:30 PM
375	For two to three weeks after each time shift I am either: ("Spring Forward") still tired and unable to focus on the work I do, and find it difficult to get to sleep with full sunlight, or ("Fall Back") exhausted near the end of the shift, again not able to fully focus on my work, and for the rest of the evening. For most of the working class I'd expect the same response, since we operate on a standard schedule, and the time shifts inevitably disrupt that schedule.	7/24/2014 7:48 PM
376	I think it's ridiculous to change the time of the day and think you are getting an extra hour of sunshine. I think it's particularly hard for school age children who go to school often times too early anyway. I don't care so much if we stay with AZ time or stay on 12 months of daylight savings but switching twice a year is the dumbest thing we, this nation and other countries, have ever done!	7/24/2014 5:43 PM
377	I think it's ridiculous to change the time of the day and think you are getting an extra hour of sunshine. I think it's particularly hard for school age children who go to school often times too early anyway. I don't care so much if we stay with AZ time or stay on 12 months of daylight savings but switching twice a year is the dumbest thing we, this nation and other countries, have ever done!	7/24/2014 5:42 PM
378	I would like to remain on Utah standard time year round. The reasoning behind this is that: 1 you foul up the circadian rhythm of the human body. 2.It appeared that daylight savings time not only messed up farm animals as well	7/24/2014 4:37 PM

379	Standard time is my preferred time. There is no savings to the economy to switching to DST which was the original purpose of it.	7/24/2014 11:52 AM
380	My internal clock functions better on MST	7/24/2014 11:48 AM
381	This is long overdue!!!	7/24/2014 10:58 AM
382	Josh Christensen, JDMBA told me what to do and I am doing it with the hope he will invite me hiking one day and cause he taught me to ski, bro.	7/23/2014 9:49 PM
383	I LOVE DST. I have my whole life. But what I really love is light at night in the summer. I don't much care in the winter so I'd be happy to have a permanent spring forward and stop hearing all the whiners. But it would be weird to be out of synch with the rest of the USA in the winter. Bottom line, I would be forced to move out of Utah after 20+ years if sunset were at 8 pm in the summer.	7/23/2014 8:08 PM
384	Changing time is hard on the body. It disrupts sleep for about 2 weeks. Changing time causes stress that is not necessary.	7/23/2014 7:55 PM
385	I would like to stay on daylight savings. I do not want it getting light at 5:am. Our government should either leave it the way we are. If you have to change leave us on daylight savings all year. More time for family isn't that what you is all about?	7/23/2014 7:08 PM
386	i really don't care but i would like to see it left one way and not change and it don't matter to me which way it is but i would like the arizona time where i have relatives there and we are always messed up when it comes to phone calls or emailing so that would be my choice, people don't realize we only have so many hours in a day no matter what and by juping ahead or falling back it is the same exact amount of time.. it messes with your mind trying to figure out when to get up for work etc.please make it one way or the other please!!!!!	7/23/2014 7:08 PM
387	It's hard to get up earlier in the summer to take advantage of the earlier daylight (without daylight time). It's helpful to have daylight into the evening in the summer.	7/23/2014 6:17 PM
388	I am Vice President of Concrete for Geneva Rock Product, Inc. DST is a huge benefit for us and our customers. As a normal part of our operation we start large concrete pours in the middle of the night and most of these jobs are during the period that DST is in effect. If we go back to MST it forces us to start the pours even earlier in the morning than we already do because of the need to have the concrete finished and completed before sundown on the day of placement. We are required to have our drivers off for at least 10 hours before they can begin a new shift which means that we would need to release them from the prior day's work 1 hour earlier than we currently do so they can get the 10 hour break before returning for the new pours. This will also greatly impact our ability to service our other customers during regular business hours.	7/23/2014 4:15 PM
389	my second choice would be to pick one, DST or MST and stick with it.	7/23/2014 3:57 PM
390	I believe current daylight practice is very great	7/23/2014 2:35 PM
391	I would say either retain or create a new daylight savings time that is (permanent spring forward). This allows me to spend more time with my family after work and school.	7/23/2014 2:30 PM
392	I would say either retain the current daylight savings time or just always stay on daylight savings (permanent spring forward). I feel like the daylight later in the day enables me to spend more time with my family after work and school.	7/23/2014 2:29 PM
393	I prefer a permanent fall back, but would be thrilled with anything that gets rid of the archaic switching of time twice a year. What a nuisance! The many costs of the current system far outweigh any benefits.	7/23/2014 2:19 PM
394	It's a HUGE hassle!!! I hate changing twice a year. I loved as a kid "watching" the seasons come and go from the sunlight. Now, it jumps on us twice a year. I'm anxious to just have it normal and excited to think that maybe fireworks and productions can start earlier in the summer :) because it will be dark at a reasonable hour! Thx	7/23/2014 1:47 PM
395	Please keep day-light savings time.	7/23/2014 1:43 PM
396	END DST in Utah	7/23/2014 1:10 PM
397	Let's align with Arizona and get rid of DST	7/23/2014 1:08 PM

398	1. This concept has long since outlived its original purpose of saving energy. In fact, some reliable studies show that in our modern world setting, it INCREASES energy consumption. 2. It is difficult for employees and students to adjust to and effectively ROBS them (and all of us) of needed rest hours. Our bodies like all living things, are programed to adjust themselves according to the gradually changing daylight of the 4 seasons. Interfering with these natural cycles causes untold personal stress. With DST, parents of young children and teens pay a dear price in getting them up and ready for school, etc when they have been up so late the night before when its still light until 9:30 or 10. 3. As a state, let's just go back to MST's natural time and never return to DST again.	7/23/2014 12:43 PM
399	Ditching DST will only create headaches in the future.	7/23/2014 12:33 PM
400	Shift to Daylight savings all year round. The time change is disruptive for people with small children and the energy savings are negligible in this day and age.	7/23/2014 12:30 PM
401	We really don't gain anything but frustration by the change.	7/23/2014 11:44 AM
402	I think we should retain daylight savings to have more usable daylight after work. I think we spring forward a few weeks too early but unless the country changes I think we will have to live with that. Arizona makes sense because of the heat but that is not and as much of an issue here.	7/23/2014 11:44 AM
403	More light in the morning ours for kids going to school. Les light in the evening getting kids to be easier.	7/23/2014 11:31 AM
404	I work in an office from 8:30 to 5:30. I love having a few hours of daylight after work in the summer. I ride bikes on roads and mountain trails. Without DST, the viable weekday riding season would be reduced by a few weeks in the spring and fall. In mid-summer, the sun would rise at 5:00 a.m. and set at 8:00 p.m. I don't need sunshine at 5:00 a.m. but I do very much make use of the hour of sunlight after work during the summer. It's a one-hour time shift twice a year. It's the same effect as driving to the next time zone over. It's not going to kill anybody.	7/23/2014 10:41 AM
405	This would allow for a healthier routine.	7/23/2014 10:38 AM
406	Daylight savings time is irrelevant in our global economy. Studies have shown it only causes confusion and inefficiencies among workers as they struggle to adapt to the constant time change. Abolish it. Keep it simple. Align with Arizona. Creating a new time zone is a bad idea. The goal is to simplify things, not complicate them. Aligning time zones aligns the works hours, making work across state borders more simple. If I am trying to schedule a conference call with someone in Arizona, I shouldn't have to consider what time it is there and if they are awake, at lunch, or have gone home for the day.	7/23/2014 10:34 AM
407	I'm a commuter, day light savings time messes with me and makes me fatigued which is dangerous to be driving.	7/23/2014 10:29 AM
408	I believe that having the mountain standard time being unchanged throughout the year would simplify communication with other time zones, reduce fatigue and confusion associated with daylight savings time, and allow people just as much access to sleep and recreational time. It is possible to adjust a schedule to agricultural needs without changing everyone's time schedule.	7/23/2014 10:28 AM
409	Daylight in the evening is productive time that also provides economic benefits to Utah businesses.	7/23/2014 8:32 AM
410	I feel that the time changing causes lack of efficacy in the work place for at least a week each time while employees adjust to the change. this is also true for my kids efficiency at school. The additional hour of daylight does not appear to affect safety as the days become lighter during the spring time anyway. I am a true advocate for leaving the state of Utah on Mountain Time throughout the year.	7/23/2014 7:56 AM
411	Life is easier on all humans and animals without adjusting to a time change twice a year. Please do away with DST. Thank you	7/23/2014 7:30 AM
412	My work day begins at 6:30 A.M. I would like to see DST eliminated to provide more daylight during the morning commute and to make it easier to get to bed early during the summer.	7/23/2014 6:50 AM
413	Please leave the time alone. Put Utah on standard time.	7/23/2014 6:20 AM
414	I see only how daylight savings time increases confusion and provides no real benefit. Let's get rid of it!	7/23/2014 6:10 AM
415	We don't need Daylight Savings anymore. And I'm certainly not the only parent around here who'd like to put their kids to bed at 9 pm and not have to get creative with blocking the sunlight coming in through the window. Such a hassle.	7/22/2014 10:40 PM

416	I actually prefer either of the permanent time options, but I voted align with Arizona because it would be too confusing and problematic, I'm afraid, to have three different time options in the western U.S. (Arizona on one time, Utah on another time, and the rest of the U.S. on a different time). I think there are advantages and disadvantages to either permanent time option, but I would love to stick with just one time and do away with switching clocks every spring and fall. I detest switching clocks and having to adjust to the new time every spring and fall.	7/22/2014 10:16 PM
417	I don't like the change in time that happens twice a year; if we can only be on one time I would like it to stay light later in the evening.	7/22/2014 9:51 PM
418	Switching times is hazardous to your health. It needs to stop.	7/22/2014 8:53 PM
419	My body stays on the same time frame whether we change or not so I would prefer to stay on the time we have now.	7/22/2014 8:52 PM
420	One of the biggest arguments to "keep" DST has been giving "ranchers and farmers more daylight time to complete work." Nobody has been able to explain to me why these "ranchers and farmers" are incapable of waking up an hour early to get work done in the daylight. I'm pretty sure they all own alarm clocks.	7/22/2014 6:42 PM
421	I love the long summer evenings. I look forward to the change of time each fall and spring. Just something to look forward to. The fall back in the fall: it is winter anyway and who wants to go out at night anyway. Might as well have it dark.	7/22/2014 6:19 PM
422	The change twice a year has out lived it's usefulness and aligning with another state that already refuses to practice the change is the only real alternative.	7/22/2014 5:55 PM
423	No need for Daylight Savings. Stop changing the clocks every year.	7/22/2014 5:20 PM
424	Let's go one way or the other but keep it the same year round.	7/22/2014 5:07 PM
425	Daylight savings time has no real purpose. I have 5 children and have found it to be extremely disruptive every time the clocks change. Utah is on the west side of the Mountain Time zone - it make zero sense for us to push daylight past 10 o'clock at night in the summer. I have now doubt that leaving the time at standard time will help us all. Please, please do away with daylight savings time.	7/22/2014 4:15 PM
426	We must either RETAIN what we have, or adopt a permanent SPRING FORWARD. The light at the end of the day cuts depression, aids in better health, and allows for us to complete more tasks before it gets dark. If the staus changed to what Arizona has, seriously, I would relocate to another state. Thanks	7/22/2014 3:55 PM
427	I dislike DLS intensely. I feel there is just no need for it. Particularly where I live, in Queensland Australia, I feel people should invest their time and energy into lobbying their individual workplaces for flexible working hours, rather than force a whole state or country to change the clocks.	7/22/2014 3:46 PM
428	It's better to have daylight occur earlier in the day when people are getting up and going to school, work, etc. With daylight extending later into the evening, it's time to go to bed as soon as you come into the house for the evening. It would just be so much simpler to stay with Mountain Standard Time. Arizona has been way ahead of us for a long time (no pun intended). Let's stay with Mountain Standard Time.	7/22/2014 3:45 PM
429	If we proceed with this debate, please put it to a popular vote, don't leave it up to the legislature.	7/22/2014 3:08 PM
430	As a mother, changing the clock was awful with kids. Working at a school, you see how the kids are so tired for several weeks after the time change. Please just pick a time and lets leave it at that. I am a morning person so I would love to keep daylight savings time all year round. But standard time is also fine, just as long as we pick a time and keep it all year round. Thank you for trying to do something about this, as I've hated this living in Utah all my life!	7/22/2014 2:55 PM
431	Retain daylight savings. More time for daylight outdoor activities. Loss of sleep not an issue.	7/22/2014 1:46 PM
432	Better to have lighter conditions for the school children in the mornings.	7/22/2014 1:44 PM
433	Eliminate the hassle and let the folks enjoy the sunsets!	7/22/2014 1:43 PM
434	I am a physician. Changing the times twice a year disrupts the natural circadian sleep rhythm, and is, therefore, detrimental to healthy sleep cycles.	7/22/2014 11:56 AM

435	I prefer to get rid of Daylight Saving Time and align with Arizona. If we don't do that we need to stay on the current Daylight Savings Time schedule during the summer only, please don't go to Daylight Saving Time all year long. I'm a morning person and it is already too dark in the winter mornings. I walk during that time and can tell you there is a big difference in how safe I feel on the sidewalks, crossing streets, etc. because of the amount of (or lack of) sunlight. In the winters myself and numerous school children I see are walking around without much light. If we go to Daylight Saving Time all year long, we will be on "spring forward time" which means it will be dark an hour longer in the mornings throughout the winter (sunrise will not be until almost 9am)! I see some comments from others hoping that hour of light be moved to the evenings with Daylight Saving Time all year long; many give the argument that their evening commutes during the winter happen in the dark. But if that hour is moved to the evenings it will be very dark in the mornings, so one commute has to be dark (it's just a fact of life that winter days are short). It is better the evening commute is dark, because that does not include school children. Also we rely heavily on sunlight to help melt snow and ice, which accumulated overnight, off the roadways. If we push that hour of light into the evenings it will take an extra hour in the mornings for the roads to become truly clear. I also wonder what effect a year-round Daylight Saving Time would have on businesses that cater to morning necessities (breakfast, hot coca and coffee, etc.) if it doesn't get light until almost 9am in the winters.	7/22/2014 11:07 AM
436	It is to hard for children and babies to adjust and I hate it as well. A big hassle for a little bit of light!!!!	7/22/2014 10:51 AM
437	I hate the one less hour in Spring, but the extra hour in Fall is alright. Better to just stay on the same time.	7/22/2014 9:47 AM
438	Daylight Savings messes up my sleep for school and makes it hard to stay on schedule.	7/22/2014 9:45 AM
439	I hate Daylight Savings. I have cousins in Arizona, and I wish we were the same as them.	7/22/2014 9:41 AM
440	There simply isn't a need for daylight savings time anymore. I understand why they used to have it-- as it helped certain industries get the most daylight out of the day. I just don't think that it is applicable at all anymore. Save us the headache and align us with Arizona.	7/22/2014 8:49 AM
441	I love having that extra bit of daylight at the end of the day when I get home after work. It would allow me the opportunity to walk my dogs while it's still light outside. Also I like that it would still be light when I'm getting home from work.	7/22/2014 7:46 AM
442	Please set the trend so more states will follow. I hate DST. It is not useful anymore.	7/21/2014 11:41 PM
443	I am definitely for keeping daylight savings time, but would also be open to having a permanent daylight savings (spring forward).	7/21/2014 11:08 PM
444	More light in the evening is the most practical option - that's when most people are home and can use the extra daylight for their activities. This is true especially in the winter when the days are shorter and night falls earlier.	7/21/2014 9:55 PM
445	We who benefit the environment by using UTA transportation all the time, very much appreciate NOT coming home in the dark - being able to make stops after work and still get home before it's too dark - and would really like to see daylight savings time either continue as is or become a permanent time point for Utah.	7/21/2014 9:48 PM
446	Daylight savings adds unnecessary complication to life.	7/21/2014 9:20 PM
447	Daylight savings allows me to enjoy the out doors more in the summer	7/21/2014 8:18 PM
448	As an Arizona resident, I love not having DST. It would also be super convenient when travelling for summer vacations to not have to worry about the time change.	7/21/2014 7:16 PM
449	I don't see a reason for DST.	7/21/2014 7:12 PM
450	I love daylight savings time	7/21/2014 7:05 PM
451	would love to have summer light in the cool MORNINGS, not when it's still 95 degrees at night! then we could exercise outside in the light early morning. DST is an outdated idea, change it!	7/21/2014 6:42 PM
452	Let's avoid the calendar confusion twice a year!	7/21/2014 6:35 PM
453	When Daylight Saving Time begins in April, it is still dark even at 7:30 am. This creates a serious danger to children going to school at that hour. When we reach the summer solstice, it is light beyond 9:30 pm - we just don't need daylight that late in the night. There are no studies showing significant cost benefits for Daylight Saving Time.	7/21/2014 6:24 PM

454	I am tired of the change twice a year. I lived in Arizona for awhile and liked not changing.	7/21/2014 6:23 PM
455	I am tired of the change twice a year. I lived in Arizona for awhile and liked not changing.	7/21/2014 6:22 PM
456	I don't like changing time twice a year. I am an "early to bed and early to rise" person and I like early morning light and darkness when I retire.	7/21/2014 4:58 PM
457	Keeping daylight savings time as it is now would be fine. I enjoy having daylight later in the evening, following the typical 5:00 pm closing of most businesses. If we were to have permanent spring forward, however, there would be greater daylight in the evenings through the winter as well, which I would personally prefer.	7/21/2014 4:38 PM
458	Prefer year-around DST for the outdoor activities and tourist economy.	7/21/2014 3:52 PM
459	I think we should create or retain daylight savings so that there is still lots of daylight after work to be able to do things outside. Our outdoor recreation is what makes Utah so special.	7/21/2014 3:52 PM
460	I think it is valuable to create or retain DST so that we have daylight after work and can still enjoy doing outside things- our outdoor recreation is what makes Utah so special.	7/21/2014 3:49 PM
461	Leave the clock alone and change work or school schedule if needed.Duh.	7/21/2014 3:42 PM
462	I normally do not get home until 6:30 pm or later. Daylight saving time allows me to spend time outdoors with my family and enjoy all that Utah has to offer.	7/21/2014 3:24 PM
463	Life disruption is unnecessary - LEAVE IT ALONE.	7/21/2014 3:12 PM
464	I enjoy biking, hiking, climbing and fishing. These activities are best done during the daytime. I'd appreciate very much longer days in the afternoon as I don't have time before heading to work to participate in activities. Also, those activities are better in the afternoon as the sun has warmed it up some.	7/21/2014 3:05 PM
465	Utah is greatly known for its outdoor recreation. A lot of full time employed Utah residents use the extended summer night to enjoy the outdoors. I think any change would greatly effect the tourism industry and well as the residents that take advantage of the after work summer light.	7/21/2014 3:04 PM
466	CREATE > RETAIN > ALIGN	7/21/2014 3:02 PM
467	You really need to think about what people who vote for "CREATE" want... they want at least some form of daylight savings.. so even if that category does not garner as many votes as "RETAIN" ... I am certain that the majority of those that voted for "CREATE" would rather "RETAIN" than "ALIGN"	7/21/2014 3:01 PM
468	DST disrupts normal biological rhythms that in one study showed a 24% increase in suicides on the day after the spring advance. The mountains add another 45 min or more depending on your local in any of the valleys to any sunrise. Lagoon should not dictate the most important parts of our lives, time and light	7/21/2014 2:45 PM
469	My wife and I enjoy staying on our patio until 9 or 10 pm.	7/21/2014 2:23 PM
470	Please get rid of daylight savings time!!! I don't care which way you permanently switch it just stop with the changing twice a year! It's so hard to switch especially with kids and I see no benefit! I understand 100s of years ago when people didn't have electricity but times have changed!	7/21/2014 1:47 PM
471	I grew up in Arizona, and it was so nice to live in a state that didn't require its residents to suffer "jet lag" twice each year! Besides, I like to wake up early to the light, and I like to put my kids to bed (and go to bed, myself) after it has been dark for awhile. Daylight savings is an annoyance!	7/21/2014 1:35 PM
472	This would be a mistake to take DST away. Many people and businesses make use of the longer daylight hours in the summertime	7/21/2014 1:26 PM
473	I do not fully understand why DST was incorporated in the first place--I believe it was to "save money" because we would use less energy?? I highly doubt any money has been saved, and moreover, it would be hard to prove. Mostly, I don't want DST because I hate it. I hate getting up earlier, I hate my body adjusting every 6 months, and mostly, I hate the GOVERNMENT adjusting TIME !! -- of ALL things they control, I feel adjusting the time of day the most insulting. Allowing our government to mess with the sunrise and sunset of life is just incredulous to me! Leave it be and let it go back to what it has naturally been since the beginning of time. Plain and simple.	7/21/2014 1:24 PM
474	I would prefer to have the sun up during waking hours. Under the Align option, the sun would be up at 5a.m. in the summer -- too early -- and not until 8:30 a.m. under the create option in the winter -- too late.	7/21/2014 1:24 PM

475	Retain the current system and/or go to daylight savings time all year. I would also like to see consideration of a "double DST" during June, July and August where we would spring ahead of the sun 2 hours for those three months.	7/21/2014 1:13 PM
476	It served its purpose during the War but now it just confuses the body clock !	7/21/2014 12:20 PM
477	My wife has seasonal affective disorder and the time change is always very difficult for our household. We prefer the natural, gradual change in light amounts as opposed to the sudden jump.	7/21/2014 11:49 AM
478	There is no need to be different from the rest of the country on this. Daylight savings means just that, longer daytime light, and that is good. Who needs a sunrise at 5am? Not me, for sure. I would much rather have more daylight at the end of the day, when it is needed and used by most people.	7/21/2014 11:41 AM
479	I like the additional daylight after work during the summer. I would also support staying with the current system, but my preference is to make the daylight saving time a permanent spring forward. I would enjoy not going to work and home at night both in the dark. Might help my wife with depression during winter months to have light available later in the afternoons.	7/21/2014 11:28 AM
480	I just feel this new daylight saving time would be beneficial to everyone.	7/21/2014 11:24 AM
481	It's important to keep hours in relative sync with The major markets,	7/21/2014 11:23 AM
482	Spring/summer days are lighter loonger	7/21/2014 10:50 AM
483	Please keep daylight savings. Daylight starting at 5:00 am in the summer is extremely early and is not substantially 'useable'. Summer daylight may be better utilized and enjoyed in the evening hours.	7/21/2014 10:39 AM
484	Leave time alone! Government ought not to attempt to govern time!	7/21/2014 10:34 AM
485	Love the summer spring and summer evenings with the sun staying out later, can be more active and not have to drive in the dark. Please do not get rid of Daylight Savings time for Utah. I also have no desire to have the sun waking me up at 5am.	7/21/2014 10:31 AM
486	More Daylight is always best option for a sports and outdoor enthousiats state like utah. Tough to enjoy all that Utah outdoors have to offer in the Dark!!	7/21/2014 10:29 AM
487	Utah tried NOT changing their clocks back several years ago and it was terrible. It didn't get light until at least 9:30 am and there were several accidents/problems with children walking to school in the dark. There was so much negative feedback that we didn't try it again. Please leave this subject alone. I would think that our legislators would have more important things to work on. It does not hurt anyone to change their clocks twice a year. What good would day light at 4:00 am be to anyone. I would much prefer to have the day light at 9:00 pm.	7/21/2014 10:16 AM
488	It's nice to get off work and still have time to pursue outdoor activities.	7/21/2014 10:10 AM
489	We love the later daylight to enjoy the beautiful outdoors in Utah.	7/21/2014 10:02 AM
490	when the new time change began it was hard on farmers, getting up an hour earlier to do milking, feeding ect, and we always work to dark and then supper. this was then in the summer 11:00 eating. driving school bus was huge now darker on the roads, more children were hurt ect. they tried to then have this new time year round, it was tragic, with kidnappings, sexual abuse and more money for more electric lighting. it was dangerous. since 1960 for us 54 yr marr. and 54 of us in our family, none of us like the changing of the clocks and DO NOT WANT THE NEW TIME PERMANENT. Please go with the old time permanent. For the sake of the children not the sports people. In the summer just sport people get up earlier and have your long day/ thank you.	7/21/2014 9:26 AM
491	It's very difficult to adjust sleep schedules for everyone, especially younger children with school schedules. Both changes for daylight savings (spring forward and spring back) occur during the school year. I feel having a permanent time schedule (doing away with daylight savings) will still give adequate time in the summer for people to do outdoor activities in the evening. Days are naturally longer in the summer without help from daylight savings. Personally, it takes my body a good month to get used to the daylight time savings change each time it springs forward and back. My sleep is disrupted for this month which affects all other aspects of my life. Let people keep a natural sleep cycle during the year rather than disrupting it twice a year.	7/21/2014 9:23 AM
492	The switch is awful. It needlessly messes with little kids body clocks, and my own. It's time to give this up.	7/21/2014 9:22 AM
493	I hate the switch. We need some consistency, and springing forward permanently would just be dumb. Let's align with Arizona.	7/21/2014 9:20 AM

494	Keeping daylight savings time all year will allow my husband to arrive home when it is light or just barely dark in the winter, something he would love.	7/21/2014 9:03 AM
495	We already lose 40 minutes of light every morning because of the mountains blocking the sunrise. Give us our mornings back!!!	7/21/2014 7:55 AM
496	current system makes my kids miserable twice a year	7/21/2014 7:54 AM
497	Leave it alone. I like the longer days during the summer. We can handle the two changes per year, but let's not change the dates again.	7/21/2014 7:54 AM
498	stop the craziness! stay on standard time all year for health and safety reasons.	7/21/2014 7:44 AM
499	Daylight Saving Time has no benefit to my life. It creates an inconvenience and deprives us of an hour of sleep once a year. Americans already fail to get enough sleep. Sleep deprivation creates a very real public safety risk, especially in Utah where you have to drive to get anywhere. There is no benefit to Daylight Savings Time, we should join Arizona on Mountain Standard Time all year.	7/20/2014 7:19 PM
500	I'm tired of the time change. Keep the same time year round	7/20/2014 7:08 PM
501	I think it is very hard for school age children to adjust their sleep to meet the change in spring and again in fall.	7/20/2014 4:47 PM
502	It is very beneficial for Utah to be no more than 2 hours time difference from anywhere in the continental US. Being 3 hours from ET for all or part of the year would hurt business.	7/20/2014 4:46 PM
503	When DST we (re)introduced in the 1960s, I was a strong proponent, based on the assumption that the move actually saved significant energy consumption for the country. However, as years have gone by, study after study fails to find enough "savings" to justify the considerable work that is needed to reset all the clocks in the country, upset airline and travel schedules, generate confusion with overseas partners etc. I am now fully convinced that we would be better off by simply leaving the clocks alone. Thanks for listening.	7/20/2014 4:43 PM
504	We should align with Arizona and not have to change time zones twice a year.	7/20/2014 2:47 PM
505	Plain and simple, it's what my family and other's prefer...It's just better to leave it at Mountain time....	7/20/2014 2:19 PM
506	Please do away with daylight savings	7/20/2014 11:14 AM
507	Leave time alone, I hate changing it every 6 months.	7/20/2014 8:39 AM
508	It is invigorating to have sunlight all evening; much can be accomplished and enjoyed with this dynamic. Changing back and forth is hard on everyone in many ways; the disruptive effects last for quite some time after each clock adjustment. Stop the back and forth and keep daylight savings time going all the time. Thanks.	7/19/2014 11:19 PM
509	Trying to adjust either direction takes me weeks to get used to. I think we should go back to our original MST based on the original Greenwich Time. It's what I grew up with and what my body seems to be most used to.	7/19/2014 5:22 PM
510	Let's stop subjecting ourselves to the lunacy of "jet lag" twice a year.	7/19/2014 4:46 PM
511	(Not about the issue - but why isn't Unemployed a choice on question # 5? Are we not suppose to have an opinion?) I have heard for my whole lifetime that, at least, in the Salt Lake valley DST made no sense. And I believe the only reason Utah continues to which times in because the Federal Government has pressured Utah to do so. My circle has no use for Daylight Savings Time. Please get Utah OFF this mad, crazy ride; Normalize the schedule of the residence, and the best option, in my opinion, is to stay on regular time or in other words ALIGN with Arizona. Thank you.	7/19/2014 4:30 PM
512	Daylight Saving Time only supports the Outdoor/Recreation industry in making more money. Utah businesses can adapt work schedules to allow personnel to have more daylight time off.	7/19/2014 4:00 PM
513	We already get up early for school and work at Standard Time. For what DST? Why do I have to get up earlier than early? If I don't look at the clock and live in my natural rhtyhm, I am close to Standard Time, but far away from DST!	7/19/2014 1:59 PM
514	The clock was intended to represent the mean or average position of the sun. Daylight Saving Time seems to be a way to force a different schedule on us. The clock should be left alone. If business wants more time after work let them change the working hours but let the clock represent the mean position of the sun at the center of the time zone. Let's stay on Standard time year round.	7/19/2014 1:57 PM

515	Safety of our children should be most important. Second getting them enough sleep. Daylight Savings time does neither.	7/19/2014 1:46 PM
516	I believe that changing to our current Mountain standard time is best for all ages. I have heard many older folks suffer from heart attacks and everyone has to adjust their biological clocks for one more hour of daylight that doesn't save us any energy. I would love it if the State of Utah would get rid of daylight savings and align our clocks with Arizona. No changing of all our household clocks, vehicle clocks and get back to a normal schedule. Thanks so much for an active interest in something that would be a major change and a great benefit to the State of Utah. I dislike the longer hours of daylight in the summer. It's so difficult to get kids to bed on time and those of us who like to go to bed sooner, well we have to deal with more daylight.	7/19/2014 12:04 PM
517	I prefer more daylight on the evening side of the day. I am not a morning person and I like to work in the evening hours. I don't like to change every year and shorten the evening daylight hours.	7/19/2014 9:38 AM
518	My children are thrown off for about a month, 2 times a year. It seems really unnecessary. It is outdated and needs to be done away with.	7/19/2014 9:14 AM
519	1. It takes my body so long to adjust to the change. 2. I hate changing my clocks 2x a year. 3. Sometimes I forget and am late for church. 4. It's harder to get my kids to bed when the fun is still up. 5. I don't believe it saves that much in energy cost. The sun is still up the same amount of time and in our day and age companies are open longer hours. It doesn't have the same cost benefit as it does for farmers and Utah isn't a big farming state.	7/19/2014 12:08 AM
520	I love daylight savings time! It allows me more daylight in the evening to work in my yard or spend time with my family. I actually wish we were on it permanently because I dislike it getting dark so early when we go back on standard time.	7/18/2014 11:57 PM
521	I think day light savings time in annoying. But I used to be a working parent and had to drive home in the dark during the winter months and was concerned for my safety. But now I am a stay at home mom and have learned what a challenge it can be to put kids to bed at 8:00 when it is bright as day outside. So I voted for us to alighn with standard time.	7/18/2014 11:27 PM
522	Utah should align with Arizona on permanent Mountain Standard time .....our summers are hot enough here that we need to do more outdoor activities in the morning when it is cool out versus "after work" hours when it is too hot!!!! We can also get to bed earlier if it starts to "cool down" an hour earlier in the evening !!! Thanks !!!! Gary	7/18/2014 10:35 PM
523	Utah should align with Arizona for permanent Standard time due to it's (relatively) HOT summers ! Like Arizona, I feel it is beneficial for most people on typical work/sleep schedules to have an earlier sunrise and earlier sunset....that way we can get up earlier, as necessary and do things while it is relatively cool....and we can get to bed earlier if we give ourselves an earlier hour of "cool down" time at night !!!!! Even if only for this MAIN reason we should permanently get rid of daylight savings (you don't save any daylight on it!!!)....Utah is an OUTDOORS state and in the summer it is far wiser to do outdoor activities when it is cooler verses when it is DANGEROUSLY hot out in the summer evenings !!! I am an avid mountain biker and hiker and I almost never do outdoors activities in the evening after work because it's just too uncomfortable, so I really wish we had an extra hour of daylight before work to do things like that!!! It makes for a GREAT start to your morning !!!! Thanks for letting me voice my opinion !!! JULIE	7/18/2014 10:30 PM
524	I have never understood the logic of dayligth savings. All the arguments for are simply not true.	7/18/2014 8:48 PM
525	More light in the morning benefits children going to school.	7/18/2014 8:44 PM
526	It gets confusing and makes me feel off track for at least a week each spring.	7/18/2014 6:38 PM
527	Eliminating daylight savings time would significantly impact my business by reducing recreational daylight hours during my busiest season.	7/18/2014 6:01 PM
528	As an arbitrary measure of the passage of something we don't control that has no real beginning or end, it simply makes sense to standardize on the simplest system, and let the interactions work themselves out.	7/18/2014 5:45 PM

529	Changing time by legislation is so silly to me. Time should never change, it's a cosmic reality, not a law of men. Fooling ourselves about the real time of day is a bit insane. Hey, I know, maybe we should have Weight Savings Time, to change how scales weigh things, you know, so our apples and oranges can weigh more in the winter, and weigh less in the summer. That way the prices will automatically increase when the produce is more rare, and it's just built-in the scale! Wow, to think of all good that we could accomplish -- we wouldn't even need the invisible hand of the market anymore! Just think, you could weigh less in the summer for your bikini without any work, thanks to legislation! And since you go back to standard weight in the winter, you might as well indulge in all that Christmas candy -- there's no use fighting it, Standard Weight Time is back! Maybe we should have Mile Savings Time, to change how long the mile is, you know, so we can have the illusion of going really far in our cars for part of the year. Think of how it would reduce our gas consumption during summer vacation time! People could drive so much farther on the same amount of gas! Or maybe we could have Watt Hour Savings Time, where a Watt does less work in the winter, and more work in the summer. That could offset the air conditioning costs! Or maybe we could have Gas Tank Savings Time, where for half of the year, the volume of our gas tank automatically reduces to half the capacity. If people have to go to the gas station more often, maybe they'll be more conservative with their gasoline! Maybe we should change the compass for half the year, too -- you know, put the N where the S goes, and the S where N goes. That way all the birds could stay here for the winter! Drat, if only we could get animals to obey our silly laws too. Of course, all those scenarios are sarcastic, but hey, they're all just as silly as Daylight Savings Time is to me. Perpetual Daylight Savings Time is even worse -- seriously, who are we fooling? Please, lets just have standard time all the time.	7/18/2014 4:53 PM
530	hate the change twice a year	7/18/2014 4:17 PM
531	I like not having to change twice a year but to stay the same all year long.	7/18/2014 4:15 PM
532	It has always seemed ridiculous to change the time. Keep it the same ALWAYS!	7/18/2014 2:29 PM
533	Daylight Saving Time provides extended dayight hours for business operations. It woyld certainly negatively impact my business ifit was removed. Thanks.	7/18/2014 1:40 PM
534	Put simply, DST benefits the economy. To 'align' would be right out. Logically, 'create' would retain the inherent benefit of daylight savings while eliminating the “hassle” of changing our clocks. To our potential detriment, it would also “create” a unique time standard that would no longer meet the DST standard that is practiced among the many nations and states. Maintaining a cohesive standard with our global partners is best. Utah’s government should lead by inviting those partners to a round-table discussion on the notion of ‘Year-Round DST’. ‘create’ is best. At a minimum, we should ‘retain’ so as to maintain the ‘standard’ that currently exists.	7/18/2014 1:10 PM
535	My young Children have a tough time adjusting to the change.	7/18/2014 1:08 PM
536	Serves no useful purpose and it causes family problems.	7/18/2014 1:07 PM
537	There is no useful purpose	7/18/2014 1:04 PM
538	I like the extra hour of light in the evening during the summer after I get home. I also prefer to mow to lawn and other noisy outside work in the mornings before it gets hot, but if the time doesn't change I would be waking up the neighborhood to do it before it is hot.	7/18/2014 1:03 PM
539	I like more light in the morning than evening	7/18/2014 1:02 PM
540	I don't like the children walking to school in the morning	7/18/2014 12:59 PM
541	When the time changes it's hard to get everyone one the same page.	7/18/2014 12:58 PM
542	jet-lag, school kids would not have to go to school in the dark at least not for	7/18/2014 12:51 PM
543	Daylight savings time serves no purpose in my life. The change made twice yearly is a difficult adjustment that I could do without. Please make the choice to align with Arizona and I truly believe other states will follow. Utah, be a leader!	7/18/2014 12:36 PM
544	As a student and veteran who suffers from sleep apnea, sleep hygiene is a constant concern of mine. Maintaining MST throughout the year ensures that sunlight dims at a time that would assist me and countless others like me to begin our lengthy "wind down" rituals at a more reasonable, not to mention consistent, hour to maximize our sleep potential.	7/18/2014 12:29 PM
545	I don't have especially strong feelings on the matter, but consistency is a good idea.	7/18/2014 10:41 AM
546	Because of daylight savings time I am going to work in the dark for nine months of the year.	7/18/2014 9:36 AM

547	Please don't take away our extra hour of daylight in the summer! It would be interesting to know how many Utahns are really awake at 4:30 am compared with 8:30 pm to take advantage of that hour of sunshine and potential activity. If the state really had an industry or occupation that could benefit from a change, that would be acceptable. But the simple answer is that we don't! If anything, places like golf courses, amusement parks, and other industries that derive their revenues during the summer daylight hours (except farming) would lose business. Most people are sophisticated enough to change their clocks and handle an hour of "jet lag." I mean really, who gets jet lagged over one hour? Please let us keep our daylight during the summer in useable hours!	7/18/2014 8:59 AM
548	Daylight savings time allows more activities after work in the summer. An hour of daylight swapped from 8:30 to 9:30 pm to 4:30 to 5:30 am would not be as useful for most Utahns. I only know a handful of people who wake up at 4:30 am, and nearly all of those do so for work requirements. One hour of "jet lag" twice a year should only take a day or two to recover from (at most) for most people or they need to travel more! If we had a significant industry in Utah that would be benefitted from the change to standard time, I would say yes to the change. However, I believe that the majority of people would prefer to keep DST or change to DST year round because of the extra hours of daylight for activities in the evening during the summer. I firmly believe a vocal minority is driving this initiative. To be certain, let's put it on the ballot this November and find out.	7/18/2014 8:52 AM
549	Springing forward lightens your spirits and can't help but do the same for the winter months. Working and having sunlight later in the evenings to accomplish the necessary work outside the home. Having light longer in the winter is a positive for everyone from young to the elderly. (When it gets dark at 5:00 p.m. no one is very ambitious and dreads the long nights of darkness). Staying with this time is a positive move and one that would be welcomed.	7/18/2014 8:48 AM
550	I dont like my jr high daughter walking to school in the dark	7/18/2014 8:34 AM
551	I agree that changing the time messes with your sleep and everything else. I really like having the daylight hours later during the summer.	7/18/2014 8:29 AM
552	Why change?	7/18/2014 7:24 AM
553	I like to go to bed early and rise early. Daylight sayings time makes this almost impossible.	7/18/2014 6:55 AM
554	I am both an employee and a mother and grandmother. I have felt from the very early begin inning that this has not been good, especially for children and their health!	7/18/2014 6:54 AM
555	I love daylight savings time. I don't get up at 5:AM, I am a night person and I enjoy more daylight in the evening.	7/18/2014 1:25 AM
556	same amount of daylight whether in morning or evening! Did anyone do a study when daylight savings time commenced to see if crime had risen because there was more light in the evening? Families have gotten away from going to bed at 9 due to the daylight savings time. Everyone suffers when switching back and forth! Business that deal with the different time zones have to realign their work to accomidate their customers and daylight savings makes it that more difficult. And sales people have a real problem determining when the 9:00 cutoff time to contact customers really is.....Many more thoughts on why we should not have daylight savings time...	7/18/2014 12:48 AM
557	I prefer to go to work during daylight. When the time was changed to daylight savings I was driving in the dark again. I have to go to work early and it is hard to go to sleep at 9:00 PM because it is still light outside.	7/17/2014 8:44 PM
558	get rid of it.	7/17/2014 8:26 PM
559	Changing time twice a year is detrimental. Just when you get used to the change, it is time to change again. It was started to help the farmers. Now, what farmers even care?	7/17/2014 8:07 PM
560	Changing time twice a year is detrimental. Just when you get used to the change, it is time to change again. It was started to help the farmers. Now, what farmers even care?	7/17/2014 8:06 PM
561	Please oh please do not get rid of the extra hour of daylight in summer evenings. For those with 8-5ish jobs it makes outdoor recreation possible. It is understandable that folks in Arizona would not think it worth the trouble. It is generally too hot there to do much in the outdoors anyway. But this is Utah. We live here for a reason. The summers are for being outside. The extra hour of evening daylight is wonderful. (Sticking on DST all year is only a second best option because it would be dark on winter mornings which is not good.)	7/17/2014 8:04 PM
562	I hate the whole deal of having to change our time twice a year,	7/17/2014 8:00 PM

563	Present system allows for maximum efficient use of dalylight hours during the summer months. More night time hours during summer months will give more opportunity for mischief by teens and young adults who are prone to get into trouble.	7/17/2014 7:58 PM
564	I love having more daylight at the end of the day from March to November. I do not think it is a hardship to adjust one time a year in the spring and who doesn't love the extra hour or sleep in November! Keep daylight savings time.	7/17/2014 7:30 PM
565	I struggle to wake up in the morning and fall asleep at night. When sunrise and sunset are earlier in the day (fall back schedule,) it is easier for me.	7/17/2014 6:18 PM
566	Daylight Savings Time is an out dated practice that is not needed in today's society.	7/17/2014 6:17 PM
567	light at night	7/17/2014 6:06 PM
568	I like the idea of not having to worry about setting clocks back and forward,	7/17/2014 5:52 PM
569	I do not have an issue with Daylight Savings Time. It is something I have grown up with, and while it may be a small adjustment once a year, I think it beneficial for businesses and people alike.	7/17/2014 4:21 PM
570	Daylight Savings is silly for a country which calls itself free. If you want to get up an hour earlier for an hour more of sunlight, then do it; it is your prerogative. But it is a form of totalitarianism to force everyone to get up an hour earlier.	7/17/2014 4:12 PM
571	My son is Autistic, so the last 30+years him and his parents have bin sleep deprived. It is time for the money hungery people to stop taking from the innocent, less fortunate to fill their pockets.	7/17/2014 4:10 PM
572	As a child, I wondered why we started with Daylight Savings and then delighted in the fact that I could stay out later. When the dates were extended, I was an adult and again wondered why? I did not care for DST as a single mother with a young child because my daughter could not understand why she had to go to bed (she had to get up early and go to the sitter) and her friends could continue to play. Now as an older adult I get up really early and go to bed when I am tired whether the sun is out or not. I guess I am just tired of the back and forth change during the seasons. Of course, if we go back to MST I may have to actually think about when it is time to change batteries on the smoke detectors, etc. :)	7/17/2014 3:39 PM
573	I feel that changing times is stressful for workers and families and is no longer needed. However, I feel that because of the generally higher elevations we should be on PST (permanent spring forward) without any changes fall/spring.	7/17/2014 3:16 PM
574	I do not like the biennial changes as at present. Match Arizona is my preference but a new DST would be OK. No practical reason for DST seems to exist.	7/17/2014 3:12 PM
575	Permanent fall back please!	7/17/2014 2:54 PM
576	Please keep it light at night	7/17/2014 2:53 PM
577	I like more afternoon/evening light	7/17/2014 2:53 PM
578	Arizona on Mountain standard time Please!	7/17/2014 2:52 PM
579	Please	7/17/2014 2:51 PM
580	Light is nice when you often work at night. please do Align	7/17/2014 2:50 PM
581	I really want Arizona time with mountain standard	7/17/2014 2:48 PM
582	Please keep the time the same. Align	7/17/2014 2:46 PM
583	Please keep the time the same. Align	7/17/2014 2:46 PM
584	Utah is big on the outdoors. Having permanent DST will ensure that we can all get out in the evening with our families when the weather is nice. Going home with light in the winter is also great!	7/17/2014 2:34 PM
585	There are some many reasons to go off Day light savings, safety of our children being the greatest. Many are walking to school in the dark, along roads that don't have sidewalks. Even on sidewalks the danger from strangers in the dark is great.	7/17/2014 2:28 PM

586	With the digital age and being able to reach people all across the globe, it's increasingly prevalent that daylight savings time is no longer necessary. When you consider that not only do we change our clocks, but other countries around the world have taken up the same practice it can cause time shifts of 2 hours, but only for 2-3 weeks out of the year. I see no reason in this day and age why we would need daylight savings time.	7/17/2014 2:27 PM
587	I think those other states that refuse to change just look out of place. I like that I have more time in the evening to do work in our yard, recreate, etc. I think it is a silly excuse when people talk about problems setting clocks, etc. It only takes a few minutes. The amount of daylight doesn't change, so people will just get up when the sun is up -- it doesn't matter about the time.	7/17/2014 2:19 PM
588	I have never liked daylight savings and now that I have a child I dislike it even more. It is so hard to adjust my son's schedule twice a year. I don't think it's worth it just to have an extra hour or so of daylight.	7/17/2014 2:18 PM
589	I love having a later sunrise and a later sunset. I work a standard 9-5, and don't need the sun to be sky high before leaving to work in the morning. Having afternoon and evening light, especially in winter, gives me time to enjoy the outdoors, get more work done outside the house, and enjoy a more fulfilling day. Winter time blues effect me strongly, driving home from work in the dark is depressing, while driving to work in the dark has never bothered me. I strongly supported permanently springing the time forward.	7/17/2014 2:16 PM
590	Daylight savings might be good for trick-or- treaters on Halloween, but otherwise it does nothing.	7/17/2014 2:07 PM
591	Morning light is much better than evening light. It helps everyone in my house wake up earlier and not sleep in. I'm tired (pun) of my body clock being off because of an outdated practice. Get up earlier, get more done.	7/17/2014 1:54 PM
592	Farmers work 24/7, & their stock can't read clocks. For the rest of us, an hour of extra daylight in the evening provides time to enjoy the outdoors. Young school kids will quickly adapt to the early morning darkness after MST is re-started.	7/17/2014 1:42 PM
593	If DST was a face, I would punch it as hard as I could.	7/17/2014 1:21 PM
594	I'm not as concerned with whether we spring forward or fall back as long as we get rid of DST.	7/17/2014 1:21 PM
595	I honestly think change the time twice a year is a hassle and we lose day light early in the evening in the winter. I prefer to have the same time throughout the year and have more day light in the evening. More daylight means more activates can be done during the day. Thank you.	7/17/2014 1:17 PM
596	DST is an antiquated concept that I'd love to see phased out.	7/17/2014 1:17 PM
597	I would like it if we picked one time and stayed with it. I prefer to stay on Daylight time, but would be fine if we chose to stay on Standard time.	7/17/2014 1:15 PM
598	If we stay on daylight savings time, we will benefit because unlike normal Mountain time, it will still be light outside as it is rush hour with traffic, instead of having it be dark. This will benefit people who can't drive in the dark for certain reasons, and they will feel more comfortable driving home at night. This will be much more enjoyable and relaxing compared to having adrenaline rushes when they get to drive home after the day. Also, when we with back and forth between daylight savings, people who's bodies have a hard time adjusting won't have to deal with that, helping them to be more awake and alert as they drive places in the mornings. So staying on daylight savings time would benefit two groups of people already. In addition to that, daylight savings will allow kids to be able to go outside longer in the summer time, as well as giving people more time and light to go outside and work on their yard, take a walk, or just enjoy nature. Also, people coming in to visit Utah coming from the east don't have such a big time shift, so they can enjoy their visit more. As for the people coming in from the west, they won't have to wait as long to be able to check into hotels, because it will be two hours later, making it so they can leave sooner in their time zone. Daylight savings benefits many people, and I believe that in the end result, everyone would be happier switching to daylight savings.	7/17/2014 1:11 PM
599	There is no purpose for DST anymore. The entire planet runs off of machines that don't care where the sun is in the sky. We should stop caring, too.	7/17/2014 12:54 PM
600	Because it is STANDARD time. I hate having to switch back and forth.	7/17/2014 12:51 PM
601	I lived in South Korea for two years, which doesn't participate in any sort of "daylight savings". I didn't miss the archaic process one bit. Daylight savings is little more than a nuisance--I can't see any real benefit to the practice.	7/17/2014 12:42 PM

602	I have selected the keep spring forward to give working people more daylight when they get home from work. As well as more time for children to do homework, then go outside and play. Thank You.	7/17/2014 12:25 PM
603	Opinions on both sides of the issue as to the benefits or liabilities concerning time of sunrise/sunset are trumped by the benefits of remaining consistent with the rest of the United States. Arizona is an outlier and Utah should not follow Arizona's example. Utah should remain on Daylight Savings Time to remain consistent with the vast majority of the Mountain Time Zone.	7/17/2014 12:20 PM
604	If we align with Arizona, it keeps the Mountain Time Zone in line and takes into consideration the entire discussion.	7/17/2014 12:11 PM
605	I love daylight savings time. Having extra light in the evenings when I get off of work greatly elevates my mood. A permanent spring forward would be the ideal solution, but to get rid of DST completely would be a terrible tragedy. A permanent jump forward is very positive for those that don't have flexible working schedules. Everyone likes having more light after they are off work. Please let this happen.	7/17/2014 11:54 AM
606	It's pointless in this day and age	7/17/2014 11:51 AM
607	DST is a huge hassle and its alleged benefits are dubious and controversial at best. Switching away from it will be another hassle, but it will be the LAST TIME we have to mess with it. I propose that we quit it once and for all.	7/17/2014 11:41 AM
608	I think the flip flopping of time to follow the sun is just silly in today's non-geocentric world. It would be better for the entire world to just standardize on UTC and quit flipping the clock around all the time. Going to a year-round standard time like Arizona is an acceptable compromise for now.	7/17/2014 11:35 AM
609	Whether we align with Arizona, or keep DST active all year is ideal. As long as we are not changing the time twice a year, causing sleep schedules to be interrupted is the ideal. It makes no sense to change. If a job relies on the sunlight, the workers will work when the sun is up regardless of the time the clocks say. Studies have shown that energy savings are minimal to non-existent by shifting the daylight hours, as people make up for the evening savings by using more in the mornings. The disruption to society twice per year isn't worth the trouble. Abolish the change, one way or the other.	7/17/2014 11:30 AM
610	DST is evil!! Having Twilight at 10pm in July is ridiculous and it's unhealthy to have to keep shifting sleep schedules to accommodate the new hours.	7/17/2014 11:28 AM
611	so sick and tired of the interruption that is DST.	7/17/2014 11:21 AM
612	I do not have a real preference for Align or Create, as long as we pick one and stay there. In Business (Including Hill AFB) we are ruled by the round thing on the wall (the clock) not the round thing in the sky (the sun). I was at the meeting at the planetarium. Plenty of people talked about tourism and entertainment. Tourism (Defined as theater, shopping and dining) is still ruled by a clock. I have never decided to NOT go to a movie or make reservations because the sun was up or down. I eat at 'this time'. I see a movie or a play depending on availability of my friends and the showing. The rebuttal to "Kids will be trick or treating in the dark" safety concerns is "Who is sending their kids out alone on Halloween? Which kids go door to door anymore anyway?"	7/17/2014 11:17 AM
613	I would like to stay on permanent Daylight Savings time because I enjoy the sun going down at 9:00 p.m. in the summer. I also hate it when it gets dark early in the winter, and this would mitigate that to some extent.	7/17/2014 10:38 AM
614	It's really great to have the extra daylight at the end of a work day to be able to get things done and be about to spend more time outdoors.	7/17/2014 10:31 AM
615	permanently lighter at night	7/17/2014 9:33 AM
616	everyone likes it lighter at night	7/17/2014 9:22 AM
617	The extra hour in the evening is far more valuable to me than the early hour in the morning trying to hide myself from the light, just to get a full night's sleep. Please keep Daylight Savings Time in Utah, or even continue it all year. It is much a much more productive use of time and light.	7/17/2014 9:06 AM
618	I like having sun until 9:30 pm in summer, and still having morning sun in the winter (not having to wait until 8 am for the sun).	7/17/2014 8:44 AM
619	I am an early riser, so earlier daylight doesn't bother me at all. I'd prefer that my children go to bed earlier in the summer as well--it's hard to get them to bed when they can see that it's still light outside. Also, the time change throws them and me in terms of sleep schedule.	7/17/2014 8:34 AM

620	I used to think we should eliminate DST but I like that we have the extra hour of light on a summer evening. And I cannot imagine sunrise before 5am.	7/17/2014 8:05 AM
621	I go to bed early and the light makes it more difficult to get to sleep. In general, I think keeping the time the same would be less adjustment.	7/17/2014 7:44 AM
622	I honestly don't care which one wins either AZ time or keep daylight savings time permanently JUST DON"T keep springing it back and forth	7/17/2014 7:41 AM
623	As I get older, my body seems to take longer to adjust to the time changes twice a year. I traditionally arise early and go to bed early, so I would appreciate more light in the morning. I favor doing away with Daylight Saving Time.	7/17/2014 5:30 AM
624	Either keep daylight savings as it is now or stay on daylight savings year round.	7/16/2014 11:15 PM
625	We need the extra hour in the evening during the summer, not in the morning. I usually wake up when it gets light outside and I don't want it getting light at 4:30 a.m...	7/16/2014 11:12 PM
626	I love the extra daylight in the evening.	7/16/2014 10:15 PM
627	I would like to have longer daylight hours in the summer so not align with AZ daylight saving.	7/16/2014 10:15 PM
628	I love feeling like there I'd more time in the day. I also love getting off work and it still being light outside!! Plus with having a baby it's easier not having to flop back and forth with time change	7/16/2014 9:47 PM
629	Go on mountain time.	7/16/2014 9:45 PM
630	I would rather the sun come up later and set later. More light in the evening works better for my family.	7/16/2014 9:40 PM
631	There is no need for Daylight Savings Time. Between the lost productivity and the energy that is used in the morning to compensate for springing forward there is no benefit to Daylight Savings Time (DST). We live in a global community now so DST only causes confusion when dealing with people from other countries When does it start; when does it end? Let's make it end now.	7/16/2014 9:36 PM
632	Quit changing! One way or another, decide.	7/16/2014 9:07 PM
633	Keep it the same. The later light hours are a boon to outdoor tourism allowing people to better utilize daytime hours during the month affected.	7/16/2014 8:27 PM
634	I like the time changes as they are. Not a big deal to change a clock or two.	7/16/2014 6:39 PM
635	don't change what works!!!	7/16/2014 6:33 PM
636	Just leave it alone. I like the longer period of light in the evening as it is now. I don't want to be like Arizona. What's wrong with just being Utah. Leave it alone.	7/16/2014 6:12 PM
637	I love the longer daylight hours in the evening in the summer.	7/16/2014 6:09 PM
638	Please keep day light savings time! Our family needs the extra light in the evening when we are out and about. Morning light (especially in the summer at 5am) is not as necessary because we are asleep or getting ready for school and work and don't have time to enjoy it!!!! An hour time change is not that big a deal. People go to sleep an hour later/ get up earlier on weekends/many other occasions all the itme. Please, please please keep our evening light!	7/16/2014 5:42 PM
639	I would like to see daylight savings time end and since we have a neighboring state that doesn't use daylight savings time we should align with them. Yes it would decrease the evening daylight activities but it would make other activities easier like movies in the park, outdoor theater, and fireworks.	7/16/2014 5:40 PM
640	I would like to have day light saves time year round. It's great, more day light during the even hours, I'd rather sleep in the dark, summer and winter.	7/16/2014 5:22 PM
641	I hate how it affects everyone negatively by having to adjust our inner clocks twice a year. It's unhealthy and can even be dangerous.	7/16/2014 5:10 PM
642	I like it to be light longer, especially in the middle of winter.	7/16/2014 5:08 PM
643	I really like having it be lighter longer and would like it all year instead of it getting dark at 5pm in the middle of winter.	7/16/2014 5:02 PM
644	Having previously lived in Arizona, it is really difficult to be out of sync with the rest of the country's practices on daylight savings time. I appreciate daylight savings very much.	7/16/2014 5:00 PM

645	Having my children go to school in the dark in the winter is and always has been totally unacceptable.	7/16/2014 4:54 PM
646	Pick one and stick with it. No springing or falling.	7/16/2014 4:25 PM
647	I voted to keep daylight savings time all year. I did not have the option for just not adjusting no matter what the adjument was. Either would be fine just leave it alone	7/16/2014 4:24 PM
648	I like that it stays light longer in the evening all year long.	7/16/2014 3:58 PM
649	People seem to be very confused about WHEN daylight savings is ON. I keep hearing the comment that the kids would be going to school in the dark if we don't eliminate daylight savings. They fail to understand that the school year falls almost completely during standard time. Daylight savings time is mostly over the summer months. The winter is dark because of standard time and because it's winter! Daylight savings allows us to be outside in the evenings longer during the summer. It allows dads to mow their lawn after work and dinner and still finish before the sun goes down. It allows kids to play outside safely in the summer evenings and get an extra hour of exercise. It is good for business revenue, spring and fall sports programs, etc. Do not change it just because of a bunch of complainers that aren't even sure when it's daylight savings or when it's standard time. As is pointed out on the website on today's date July 16th, I don't want to go to standard time and have the sun wake me up at 5am and go down by 8pm. My husband need to mow the lawn tonight after work. Keep daylight savings as it is!	7/16/2014 3:39 PM
650	The biannual change in clocks is practically meaningless in a 24-hour world society. Whether the sun is up or not does not change much in our activities now. Aligning with Arizona creates a consistent time-zone, while creating a permanent DST zone would have us in a time-zone with Kansas during the winter and completely different from every state around us.	7/16/2014 3:39 PM
651	I love to come home from work and enjoy several hours of daylight to go do things with my husband and family. I don't watch TV much, so I would prefer to be outdoors being active.	7/16/2014 3:35 PM
652	Ending Daylight Savings Time would only benefit the couch potatoes. Who cares if it's dark outside if you come home and watch TV. Those with active lifestyles would be robbed of an extra hour of daylight that allows them to bike, hike, golf, shop, etc. We need more time for recreation in our lives, not less. Eliminating Daylight Savings Time would be bad economically and bad for our health.	7/16/2014 3:32 PM
653	Consider business-- most of the international and national business world uses Daylight saving time. If you discontinue it, you will be out of sync in your business schedule. Only Hawaii and Arizona of the 50 states opt out of it-- 96% of the US utilizes daylight saving time.	7/16/2014 3:04 PM
654	As a young mother and some one who suffers from Seasonal Depression, adjusting my sleep/wake cycles (and that of a young child) is difficult and draining. Science supports maintaining a consistent sleep wake/cycle to keep everything running smoothly. (And in my case the hormones that effect my mood) The shift exacerbates my depression in winter, and leaves me overtired in the spring. I've told friends I'm going to live on Arizona time in jest, but this would be even better.	7/16/2014 2:51 PM
655	It is such a pain to go back and forth! Especially with little kids who get up at the same time despite what the clock says. I'd love to have a permanent schedule!	7/16/2014 2:48 PM
656	I've learned to use the switch to daylight saving time in my daily life at this time of year. I find it beneficial with no drawbacks or negative consequences of the change.	7/16/2014 2:40 PM
657	Keep it the same. The later light hours are a boon to outdoor tourism allowing people to better utilize daytime hours during the month affected.	7/16/2014 2:36 PM
658	Daylight savings time provides more light during the evenings in the summer months and more light in the evenings during the winter months. The majority of the country uses Daylight savings time.	7/16/2014 1:56 PM
659	There will always be 24 hours in a day, adding an hour or taking away an hour from my day does nothing but disrupt my childrens sleep patterns, because when you spring forward, you think you are losing an hour when your really losing two. The agriculture community has to farm regardless of what time we say it is. If the boss says be there at sunrise be there at sunrise. I have a corporate job, I have to work 8.5 hours a day regardless of what time the clock says.	7/16/2014 1:17 PM
660	I like having daylight at the end of the day. When the sun goes down at 5pm in the winter, it makes for a lot of darkness. I also don't think it's a good idea to have the sun rise at 4:30 am in the summer months.	7/16/2014 1:14 PM

661	I think a permanent spring forward would be very beneficial for the children. It is very hard on them and i think it impacts their school work.	7/16/2014 1:11 PM
662	The preference of creating permanent spring-forward status is two-fold. First, the twice annual time changes are very disruptive. In our household, we have to get young kids to bed at a certain time and then to school at a certain time in the morning. Their bodies take a long time to adjust to the change, and it seems unnecessary. I know every Utah citizen struggles with the time adjustment. Second, we experience darkness incredibly early in the evenings during the winter months. For most of us, our commutes home are in darkness. For safety, productivity and overall well-being, it would be better to have more daylight in the winter evenings.	7/16/2014 1:07 PM
663	It works! gives people the ability to "do things" after work in the summer, keeps us on a cycadian (sp?) schedule, and enables safer/lighter mornings in the dark of winter.	7/16/2014 1:00 PM
664	Springing forward and back again in the fall makes it difficult to adjust sleeping times for both adults and young children.	7/16/2014 12:41 PM
665	Smj	7/16/2014 12:36 PM
666	I vote to keep DST (spring forward). For myself and my employees who are in the service and construction industry, we normally work 8 to 5/6:00 p.m. The added hour of daylight allows us more time to spend outdoors with our children, allows us to play 9 holes of golf after work, provides enough daylight to enjoy our evenings outside with our families. Utah promotes outdoor activities. As a resident and a full time working parent, the added hour of daylight during DST is invaluable in giving myself and my family added outdoor physical activity time.	7/16/2014 12:34 PM
667	As a Realtor, the earlier it gets dark, the harder it is to show homes. When we spring forward every year, that's when the business picks up because buyers can go out and see homes in the daylight hours after work. When it's dark, you can't see the exterior of the home including the roof. Noone goes to see homes prior to 9 am. We should either keep daylight savings time or stay permanently ahead. Also, Arizona is very hot. People do more in the morning there because it's so hot during the day and late afternoon. I believe that's why they stay at the same time all year. Also, aligning with one or two states when 48 states do it the other way makes no sense to me either. It's bad for business to change away from DST IMO.	7/16/2014 12:14 PM
668	It's hard to make the adjustment for me and my pets as well. Just keep the time the same year round. No losing or gaining the hour.	7/16/2014 11:54 AM
669	I grew up on a farm. Farmers are the busiest of people. They need all the daylight they can get so they can get planting, irrigation, harvesting done. Not having daylight savings time would hurt the agriculture in our state.	7/16/2014 11:49 AM
670	I'd prefer to align with Arizona in rejecting the daylight savings changes, as a stay at home mother, I don't feel there are any true benefits to keeping it.	7/16/2014 11:48 AM
671	I think the time of daylight savings has past, it was a good idea 50 years ago, but now doesn't make sense, with the advancement of technology, there hasn't been any proven fiscal advantages to this continual bi annual change.	7/16/2014 11:47 AM
672	Quit changing the clocks. We aren't all farmers, and we don't use lanterns any more.	7/16/2014 11:27 AM
673	In a 24x7 world, daylight savings just doesn't make sense any more.	7/16/2014 11:23 AM
674	Daylight Saving creates early morning hours of light in the winter when it is needed and late hours of light in the summer when it is needed. CREATE would be my second choice; however I feel the loss of light on winter mornings would be dangerous. It would also be inconvenient and confusing for travel and business to be on a different time than the other states in our time zone. Conclusion: keep Daylight Saving so we can take full advantage of the sunshine hours as they are most needed throughout the year.	7/16/2014 11:20 AM
675	Lots of people like the fact that it stays light so late in the summer, another benefit to consider is that by having DST, in the summer the sun comes up between 530 and 6 AM. If we were on standard time, the sun would come up between 430 and 5 AM, making it harder to sleep in... just a thought.	7/16/2014 11:17 AM
676	I have never understood why we would want to put ourselves through the mess of springing forward or falling back. We get the same number of hours of daylight either way, seems like a way to fool ourselves like calibrating our scales to make us think we are ten pounds lighter. What's the point?	7/16/2014 11:14 AM

677	Changing clocks in one's house takes about 5 min max, so the issue is about sunlight. If Utah moves to a permanent fall back the sun would start to come up at 4 instead of 5 in the summer and we would lose the nice light evenings. If we move to permanent spring forward we wouldn't see the sun in the winter until almost 8. Utah is a lifestyle state - recreation is year-round - let's consider our lifestyles and stop worrying about alignment w/ Arizona or not aligning w/ the federal government. The Legislature needs to focus on more important issues than Daylight Savings	7/16/2014 11:04 AM
678	It seems to me the year-round standard would be detrimental to the tourism economy.	7/16/2014 10:55 AM
679	I don't see the point in changing the time around twice a year. There is no reason why it can't remail the same year round.	7/16/2014 10:53 AM
680	I selected permanent fall back and have several reasons why and included two of those reasons. The first is that each time we have a DST change, the readjusting of my body clock to the new time takes several weeks and this adjustment time causes me to experience some fatigue. The second reason is that the school district I belong to has a year round schedule for it's elementary schools so my children attended school during summer months. It was difficult to get my young children to bed early in the evening during the summer because it was still light outside. It is recommended that young children get more than 8 hours of sleep each day and that can be difficult to do during DST. I think returning to a permanent fall back would help take away these problems.	7/16/2014 10:44 AM
681	I prefer the permanent spring forward as it offers more recreational opportunities. WE NEED TO ELIMINATE DAYLIGHT SAVINGS! It is not good for our circadian rhythm and it disrupts business and social planning.	7/16/2014 10:38 AM
682	Tired of switching back and forth twice a year. Individuals who like daylight to last until 9:00 pm can certainly get their exercise in for the two hours available from 6:00 - 8:00 pm under Standard Time.	7/16/2014 10:31 AM
683	Many people and businesses enjoy the benefits of the extra hour of sunlight. The prolonged daylight promotes better mental health; encourages extended outdoor activities, which supports physical fitness; strenthens the family because of the lengthened time for activities; and boosts consumer visits to businesses. Ridding the state of this extra hour of sunlight, would harm our economy and our well being. Please opt to KEEP this vital ray of sunshine in our lives!	7/16/2014 10:21 AM
684	I much prefer having the added daylight in the evening hours during the summer.	7/16/2014 9:59 AM
685	Put it before the voters.....Thank You!	7/16/2014 9:34 AM
686	I'd prefer the time to stay at Mountain Standard Time all year. It's too difficult and cumbersome to keep changing the time back and forth and I think it's wise (and smarter) to have the same time all year round. Our bodies (adults and children) plus our precious pets' bodies would be alot better off and we'd be very grateful! Thank You!	7/16/2014 9:16 AM
687	Daylight savings time allows me to make the best use of daylight hours, both professionally and personally.	7/16/2014 9:05 AM
688	I chose constant spring forward because the longer the sun is out, the better. I can get so much more done in a day when it is light out as opposed to fall back when it is dark by 6:00 pm. I do not feel safe in the dark so I feel like a lot of my day is gone. Having a constant spring forward year round would be so ideal because we would have a full 15 hours of light to get what we need done. Also, it gives children the opportunity to be outside being active as opposed to being inside watching tv or playing video games because it is dark outside. Thank you for this opportunity.	7/16/2014 8:53 AM
689	I live on a small farm. I NEED the extra evening daylight hours.	7/16/2014 8:46 AM
690	I enjoy having light in the evening longer. I can enjoy the extra light at 9 pm rather than at 5 am.	7/16/2014 8:26 AM
691	Permanent standard time will balance the light and dark with the sun at noon being straight up. The changing of the time is my biggest objection. Everyone using the clock is tired during the switches. More accidents occur in the work force. More errors in the medical industry. Tired children in the classroom for two weeks until they adjust to the new time. Changing the time twice in the year, adjusting all of the time clocks of all the people in the state of Utah, everyone tired for 4 weeks of the year, is stupid for a smart state.	7/16/2014 8:07 AM
692	I have not changed my clocks in 4 years. I have hated daylight savings for years. What is the point.	7/16/2014 8:05 AM
693	I like spring forward it allows for more daylight after work to get things done.	7/16/2014 7:58 AM

694	The change is disruptive. To much light in the summer evenings makes it difficult to get a full nights sleep.	7/16/2014 7:20 AM
695	Activities during the summer make them more feasible when we switch to daylight savings each year.	7/16/2014 4:58 AM
696	That extra hour means more shopping, sports, gardening, yard work, car repairs, etc. This directly affects the economy.	7/16/2014 1:30 AM
697	I would much rather have the light available in the evening than in the morning. That allows people to do more under daylight conditions after working all day.	7/16/2014 12:05 AM
698	I would like to conform with other states and continue the practice as is. Thank You.	7/15/2014 9:58 PM
699	Costs to maintain dual computer program options, public services, education schedules, etc., etc., needs to prohibit anything but reverting to the Mountain Standard Time permanent fall back option. Light is nice, but cost prohibitive measures are nicer. Not having to adjust to time adjustments and lose or gain sleep twice a year is, also, nicer than light hours. Reversing to a tried and true MST standard is the only viable option cost-wise and health-wise. Give us this best option.	7/15/2014 9:05 PM
700	I don't want sunrise at 4:00 am or or summer nights starting at 8:00 pm.	7/15/2014 8:41 PM
701	Whatever is decided -- keep it the same -- don't keep changing it every 4 months or so. This idea is outdated and no longer needed.	7/15/2014 8:26 PM
702	I would support any effort to end daylight savings but my vote is fall back.	7/15/2014 8:26 PM
703	It's difficult for myself & everyone I know, to adjust to the change 2x a year. Also, I believe it's healthier to arise & retire earlier. When it's light outside at 9pm & beyond, we stay up later & have difficulty arising the next day, creating a vicious cycle. I prefer aligning with AZ, but having DST year round would be a better option than "Spring Forward, Fall Back" anyday!	7/15/2014 6:31 PM
704	I'd prefer to stay on the "spring forward" time year round, with no changes in Spring or Fall. Those times mess with my inner clock and make it tough to work or do other things for several days after the change.	7/15/2014 6:24 PM
705	I love Daylight Savings Time and wish we could keep it permanently. I appreciate the extra daylight after work to exercise outdoors, yard work, and enjoying our neighbors on our deck. I actually get slightly depressed in the winter during Standard Time when I go to work in the dark and come home in the dark. It is so hard to be inside working the entire time the sun is out. Please keep Daylight Savings Time - even consider making it permanent.	7/15/2014 5:42 PM
706	As a morning trail runner, it just starts to get light and the clocks change throwing us back into darkness for another month. The darkness that we experience is the same for school kids walking to school or waiting for the bus. Leave the clocks alone!	7/15/2014 5:24 PM
707	It makes sense to make it uniform through the year	7/15/2014 5:21 PM
708	I think leaving the time the way it is currently, would be very beneficial to both people and livestock.	7/15/2014 5:21 PM
709	Please just align with Arizona. Just keep ONE time.	7/15/2014 5:14 PM
710	I prefer light in the evening instead of mornings. If we were to fix it I would prefer permanent spring forward.	7/15/2014 4:59 PM
711	I hate changing times either direction. It is hard on little ones for nap/bedtime. I also do think it's makes that much difference on how much light there is or isn't. It seems to me that how it is makes it darker a lot earlier in the winter. I'd rather it be dark later in the evening then having more sunlight super early in the morning.	7/15/2014 4:58 PM
712	I have never liked it and the longer I live I like it even less.	7/15/2014 4:57 PM
713	keep things simple. There is no good reason these days to have daylight saving time in Utah.	7/15/2014 4:41 PM
714	I like the light at the end of the day to have time to work out side after work before it gets dark.	7/15/2014 4:34 PM
715	No reason to have day light savings out dated and useless.	7/15/2014 4:21 PM

716	I strongly enjoy the "extra light" during DST. I make use of it with many outdoor activities. I also see the problems associated with being the exception to the rest of the country. Each March and November, we have to make changes to software and experience technological challenges with those (AZ and HI) that do not conform to the rest of the country. At the very least, we should move to year round DST or stay where we are at with the rest of the nation. i don't support those arguments about changes to my "internal clock" because my schedule is always changing and in most jobs these days you rarely work the same schedule	7/15/2014 4:18 PM
717	1. Changing time has been proven to effect our health negatively. I have fibromyalgia and will attest that making these changes are hard on me, and I believe that they have an effect on other health conditions as well. Sleep problems have become a nation wide problem and I believe that putting off evening darkening contributes to our sleep problems. 2. Unrelated to health issues is the fact that our state is at the western end of our time zone and gets about an hour extra light naturally. I am from Colorado and when I visit there I am amazed at how much earlier they get dark compared to us. We do not need that extra hour.	7/15/2014 3:57 PM
718	Daylight savings has always been hard on me, but it's especially hard with young kids! I would choose to align with Arizona since our company does a lot of business with them, and it would make scheduling meetings easier.	7/15/2014 3:27 PM
719	I have a hard time adjusting to the change and I think we have plenty of sun during the summer without DST	7/15/2014 2:46 PM
720	I don't want a 5AM Tee time, Pickle Ball court time, etc. in order to take advantage of the cool of the morning here is St George. 6AM is early enough. Plus having it light until 9PM allows more of those same activities later into the evening.	7/15/2014 2:26 PM
721	Aligning our time with other near-by states is less confusing for our tourists travelling through Utah. Personally, I appreciate and extra hour in the evening for outdoor activities. I'm sure our tourists do as well.	7/15/2014 2:25 PM
722	The whole daylight savings concept is based on outdated, faulty research which Congress accepted, as it usually does, without any thought. Daylight savings accomplishes only two things: (1) It allows golfers to play a round after work; (2) Twice a year, it creates aberrations in people's sleep patterns, leading to fatigue and well-documented accidents. The allegations of reduced utility usage are specious. Where you don't have to turn lights on early in the evening, you have to have them on later in the morning. Air conditioning usage is the same, based upon temperature, and only varies because the time has been arbitrarily adjusted. All in all, the daylight savings myth has no redemptive values. It's time to face reality.	7/15/2014 2:18 PM
723	I don't want Utah to be alone with Arizona in not shifting to daylight saving time. I like the increased daylight in the evening; it allows later gardening, for one thing. But I'd hate to have daylight saving all year because it takes too long even with standard time for sunrise during winter mornings.	7/15/2014 2:16 PM
724	Keep spring forward. That is the one we want.	7/15/2014 2:04 PM
725	We mess with mother nature enough. We don't need to mess with it more than we already do. Let nature be our natural clock. The seasons change naturally on their own. Let us naturally adjust to the seasonal change and not try to make the seasons adjust to us.	7/15/2014 1:58 PM
726	Daylight savings time allows us to maximize daylight hours available for outdoor recreation (outside of working hours) in both the standard time and in the savings time. Please keep it the same. Your residents, your visitors, and your revenue from outdoor recreation will thank you.	7/15/2014 1:56 PM
727	Stop the time changing!!!	7/15/2014 1:41 PM
728	I prefer to have more day light hours in the evening. Brenda Smith	7/15/2014 1:34 PM
729	It's ridiculous	7/15/2014 1:29 PM
730	Keep the same system that we currently have. I enjoy being able to go outside after work and having it lighter longer during the summer. It also helps reduce energy costs on lighting during the winter months.	7/15/2014 1:26 PM
731	It would give businesses extra hours of daylight in the fall and winter, which would be very beneficial. Active people stay in during these times because it gets dark earlier and we would prefer more daylight. Anyone can go to work when it's darker in the morning, the twilight hours are much more valuable for families and residents.	7/15/2014 1:24 PM

732	Utilizing the current time system we do in the winter, many of us end up going to work in the dark and coming home in the dark. I personally would rather move to spring forward for a couple of reasons: - In the winter, I would rather have the morning be dark since I will ultimately be driving to an office and sitting inside where it makes no difference. However, I would potentially still be able to enjoy some light when I returned home. In the morning, I am rushing to get ready and to work. There is no time to enjoy the daylight - what little there is in the winter. - I would rather travel in the dark in the morning when I am most likely to be alert than travel in the dark at night after a tiring day.	7/15/2014 1:20 PM
733	I am 80 years old and have a hard time changing all my wall clocks every time I turn around. Also my health requires regularity and it takes months for my body to adjust to that one-hour change in scheduling meals and body eliminations. My poor little dog has the same problems. He expects his food on the hour and paces, barks and runs around expecting to be fed and when he is taken out for his walk he can't do anything because it is too early or too late. So I am not giving you economic reasons or entertainment reasons but I am speaking for the humans and animals that are physically impacted by this arbitrary change in time every spring and fall. WE VOTE FOR OUR TIME TO STAY THE SAME YEAR AROUND.	7/15/2014 12:47 PM
734	I think it's important to stay with the majority of the country on time. If we change it, it may become confusing.	7/15/2014 12:36 PM
735	Permanent daylight saving time means I'll be going to work in winter with two hours left to sunrise (ditto kids going to school). Permanent standard time means I'll get home with just an hour or so to get yard work done in summer. There's a reason why we shift times. I have no problem with switching between daylight saving time and standard time, but if I had to choose between sticking one way or the other I'd pick daylight saving time. I work indoors, so working before sunrise is not that big a deal. Not everyone is likely to see it that way.	7/15/2014 12:36 PM
736	I feel that is disrupts the family schedule too much switching back and forth. I also hate seeing children going to school in the dark and adults going and coming home in the dark.	7/15/2014 12:32 PM
737	I think that keeping it as a Spring Forward might help with all the wintertime blues and inactivity we have since it's dark at 5pm. I personally do so much less when it gets dark early.	7/15/2014 12:16 PM
738	I think it's hard on our system to have to adjust our sleep cycles twice a year; it's especially difficult on children (I've noticed this both as a parent and as a former teacher). It makes more sense to align with AZ, but I would support either permanent time.	7/15/2014 12:06 PM
739	It makes no sense to "fall back" to "standard time" in the fall, especially for only 4 months. It's dark in the winter anyway, no matter whether the clock says 5:30 or 6:30, and the time change is extra difficult on people with small children and pets. The extra hour of daylight in the summer is nice.	7/15/2014 11:58 AM
740	The winter days are too short. It is depressing to come to work in the dark and then only have an hour of light after work. And, I believe that any time change is too hard to adjust to so not changing it will be beneficial to children in school and adults working as well.	7/15/2014 11:54 AM
741	Day light savings results in too many Davis and Weber residents who commute to Salt Lake City driving in the dark.	7/15/2014 11:51 AM
742	We get SO little summer time in Utah, why not make the days as long as possible? If people are concerned about the change, then stick with DST year-round, then no one gets messed up with a change. PLUS that means in the winter we aren't driving home from work in the DARK at 5 PM. Thanks for the chance to weigh-in.	7/15/2014 11:31 AM
743	Many people who work lake have a difficult time getting projects completed at home it would be nice to have the extra daylight to be able to do them, also we would have more light and sun for those who thrive to be out doors.	7/15/2014 11:29 AM
744	It gets harder to adjust to the time change as I get older.	7/15/2014 11:20 AM
745	People talk about DST giving us daylight until 9 p.m. in the summer, but honestly most people will adjust, and they can go to work earlier so that they may take off earlier. The farmer's cow certainly doesn't switch its hours twice a year, the farmer gets up the same time every day.	7/15/2014 11:03 AM
746	Would just like to see the time stop changing.	7/15/2014 10:59 AM
747	Changing biological clocks twice yearly is not as easy as adjusting a clock.	7/15/2014 10:39 AM

748	I don't like the spring time change. I'm tired a dragged out the week after even if I try to get more sleep. It makes more sense to align with Arizona as opposed to being permanently on daylight savings time (spring forward) so that we will be on the same time as the rest of the country during the fall-to-spring standard time.	7/15/2014 10:12 AM
749	I like daylight savings time a great deal for the following reasons. 1. It's really nice to have more daylight time after I get home from work about 6:00 PM. It allows me to get stuff done that I would not otherwise such as lawn care, gardening, home repairs and maintenance, etc. 2. It makes it possible for me to get out and recreate. I can even sometimes get to ride my horse in the mountains after work, 3. It's a lot cooler in the summer after about 7:30-8:00 PM so it daylight savings time makes it much more pleasant to eat outside. 4. Daylight savings time makes it easier to find time to play outdoors with kids and/or grandkids after work and it is a lot more pleasant to do that later in the evening while it is still light but much cooler.	7/15/2014 10:09 AM
750	The change overs are horrible for my children's schedules. DST is an antiquated hold-over that only causes problems and headaches.	7/15/2014 9:51 AM
751	with modern technology, it no longer makes sense to continually change times	7/15/2014 9:40 AM
752	I have long felt that changing times is detrimental to health, safety and the economy, and so have wanted the time to stay the same year-round, whether DST or MST. After carefully considering the options of year-round DST or year-round MST, I chose MST for the following reasons: 1) As an educator, mother and grandmother, I see the impact that morning light vs. darkness has on our lives. Our school and work schedules don't change, so we have to be at work, school, etc. the same time regardless of the light. If we had DST in December, it wouldn't be getting light until children were in school for a minimum of 30 minutes (elem) and 90 minutes (high school). We are not biologically wired to wake up and be functional when it's dark, and it would require thousands of children to go to school in the dark. 2) During the summer, our family, and many others, revert to a summer schedule of sleeping a little later and getting up a little later. However, when it stays light until nearly 10:00pm, it skews this schedule even further. If it got dark an hour earlier in the evening, we would likely still stay up later than during the school year, but not as late as currently because our bodies would be winding down earlier. This would make it a smoother transition to the school schedule in the fall. 3) There are currently 2 other states that stay on standard time year-round.(Arizona and Hawaii.) It doesn't seem productive for Utah, and could add to the time zone confusion for businesses, travelers, etc. if a third option (DST year-round) were added to the mix. I am glad that the change is being considered again and strongly advocate for keeping MST year-round!	7/15/2014 9:32 AM
753	Changing from the time in Utah to be "out of sync" with the rest of the country would be counter-productive and confusing. It would be expensive to our "travel industry" to have to readjust all the scheduling affected by this change. I'm sure that the business community would also see adverse reactions to a change that would have Utah "out of sync" with the norms.	7/15/2014 9:25 AM
754	i would like to keep it. lets stay with the rest of the nation to aviod confusion trying to determine what time it is in each state	7/15/2014 8:56 AM
755	We all grew up with it so what is the sense of changing it now? To be honest, I am okay with whatever is chosen but why the big fuss over it now? People just have nothing better to do with their time... sigh	7/15/2014 8:48 AM
756	During the Daylight Savings Time (DST) period many families use the longer day for more outdoor and recreation activities. Having the longer days provides safer conditions for children and families attending evening events like Little League, Youth Soccer, walking and cycling. Doing away with DST will impact the safety of children in the evenings. DST provides greater family time during the longer evenings.	7/15/2014 8:46 AM
757	Health impact on the body making switches back and forth, dark early morninga for school children going to achool, etc.	7/15/2014 8:35 AM
758	It provides more time in the evenings after work	7/15/2014 8:26 AM
759	If it were a permanent fall back the sun would come up unreasonably early in the summer, and it would take away the light summer evening that's so enjoyable. If it were on permanent spring forward it would make it very difficult to get up for work in the winter, it would feel like the middle of the night.	7/15/2014 8:25 AM

760	I would like to see permanent daylight savings time (CREATE - a new daylight saving time) as I prefer it to be light later in the day in the winter (this would mean it stays light until 6:36 pm in December). I hate coming home from work in the dark and feeling like I can't accomplish anything else after I get home at 5:45 in the winter because it is already dark.	7/15/2014 8:18 AM
761	I like the idea of having more daylight, but do not like the change in time twice per year - it is disrupting to sleep schedules and confusing to many people. I would prefer to create a new, permanent (year-round) daylight savings time (permanent spring forward).	7/15/2014 8:13 AM
762	Changing to Daylight Savings is horrible for everyone, especially families with small children. It throws everyone out of wack for weeks. If we have a chance to align with Arizona, let's do it!	7/15/2014 8:13 AM
763	I would prefer to have more light in the evening and not have sunrise at 5am during the summer. I don't feel being aligned with Arizona is that important as we have several other neighboring states that would differ from us. I agree that switching times twice a year is annoying, so I would prefer to stay on Daylight Savings Time all year.	7/15/2014 7:54 AM
764	I think experiencing the seasons naturally its just fine. I don't need it to be light until 9:30 at night. I need the darkness at some point to wind down and get tired. It would be nice to just stay on a normal patter without the fall back and springing forward. Not to mention the older I get the harder it becomes to adjust. I think it would be better overall to just go with the flow of the seasons.	7/15/2014 7:53 AM
765	Just pick one and then leave it alone	7/15/2014 7:41 AM
766	DST time changes are very disruptive to personal and family routines, e.g. bed time and sleep patterns. The impact and adjustment lasts about one month each time. This is particularly difficult for families with small children who go to bed later but still get up early. Also, staying on MST year round would allow the temperatures to cool down closer to bed time.	7/15/2014 7:24 AM
767	Some theorize the switch helps save energy - but it seems we will either use the energy in the morning when its dark or in the evening when its dark. Agriculture related fields tend to get up with the sun no matter what the clock says - switching twice a year seems to have more harmful effects on our health than any other benefits.	7/15/2014 7:16 AM
768	If you made a change, keep it year round. That would be the best option.	7/15/2014 6:42 AM
769	When I was a child and there was no daylight saving time it was light early enough in the summer that my dad could go to work early and not have to work out in the heat. As children we could play night games outside before bedtime. Whereas with dst puts kids to bed before dark	7/15/2014 6:18 AM
770	Keep it at this time we have now please. Thank you	7/15/2014 5:20 AM
771	Our assignment of numbers to places the sun is in the sky is totally arbitrary. Out of habit back to the babylonians, we put 12 at the highest point; but that is as arbitrary as any other position. In today's world, more people are out and moving around in the evening than in the morning, so shifting the position by one 24th of the sky is both sensible and practical: It better matches the position of the sun to the movements of the people. The data on energy and fatalities concord. For this reason, the new position should be used all year round, not just in summer; and thus also removes the discomfort and costs of shifting twice a year. Please: Create.	7/15/2014 2:47 AM
772	I was born and raised in Utah. I have always disliked having to adjust to the time change. When I was 30 my husband and I and our two children moved to Arizona and lived there for 4 years. I loved not having to deal with the time change. I loved how it was dark by 9pm in the summer. Now we're back in Utah and I hate dealing with the time change again. It is so hard to get my kids to bed at a decent time when it's still light out until 10pm.	7/15/2014 12:31 AM
773	I do not like getting up when it is still dark and I do not like putting the little children to bed when it is still light. Each spring just as it is getting light when I need to leave the house, we switch to DST and I am leaving in the dark again. I prefer my extra hour of sunlight in the morning not the evening.	7/14/2014 11:44 PM
774	Every year DST begins earlier and ends later. The only people I know who love DST are the golfers, and they would golf at any time, in any weather. Each year I am angered. Please let's do away with it!	7/14/2014 11:00 PM
775	I prefer having more daylight into the evening. I believe this would alleviate some of the mental health issues we face in Utah. This would also allow for more outdoor activities. If more people were able to get more physical activity, it would be a preventive measure.	7/14/2014 10:39 PM
776	I like having an hour longer in the summer at night before the sun sets, especially if I have to drive. I and many others my age dislike driving in the dark.	7/14/2014 10:32 PM

777	It should be left one way or the other so we don't need to change our body clocks. Changing is also hard on animals, medication & etc.	7/14/2014 10:23 PM
778	Please retain. I cherish the extra hour of light after work in the summer. It allows me to recreate and get more things done around the house. That hour is so important to me! Please don't take it away.	7/14/2014 10:23 PM
779	I believe the permanent spring forward would be better for industry and generally those who need to get things done during the day that would be limited by noise ordinances. I believe that if its an issue with kids going to school in the dark then the schools could adjust the start time accordingly. I know in the morning it would be harder for a construction company to start earlier just cause it was light sooner and not have problems with noise ordinances and general complaints from the public.	7/14/2014 9:00 PM
780	It takes literally 2 months for my body to catch up on the change back and forth. Throws my permanent medications off. Am involved in raising grandchildren and can't get them to bed at night when it is so light outside. I absolutely hate springing forward. Also, have to run the airconditioner an extra hour in the summer months due to the sun setting an hour later.	7/14/2014 8:59 PM
781	Daylight savings creates confusion, especially in the young children who don't understand whats going on. it messes with our internal clocks. Daylight Savings is outdated and not needed anymore.	7/14/2014 8:49 PM
782	I just simply hate changing clocks. The older I get the harder it is for me to adjust my body time. I don't care which one you choose but please STOP making us change our clocks.	7/14/2014 8:42 PM
783	I find the change in time annoying. I don't find it helps me and there isn't much proof that it saves energy. It only is an aid to a small minority at the expense of most of us.	7/14/2014 8:41 PM
784	It was ok when I was young. Studies have shown that when the changes happen, that there is an increase in health problems such as heart attacks, strokes, and other health issues. Maybe the studies should be reviewed and think about what is best for peoples health.	7/14/2014 8:38 PM
785	It was ok when I was young. Studies have shown that when the changes happen, that there is an increase in health problems such as heart attacks, strokes, and other health issues. Maybe the studies should be reviewed and think about what is best for peoples health.	7/14/2014 8:38 PM
786	It was ok when I was young. Studies have shown that when the changes happen, that there is an increase in health problems such as heart attacks, strokes, and other health issues. Maybe the studies should be reviewed and think about what is best for peoples health.	7/14/2014 8:37 PM
787	Keep it. Summer hours of daylight are perfect.	7/14/2014 8:34 PM
788	All outdoor after work activities would suffer without DST.	7/14/2014 8:30 PM
789	I definitely prefer to either keep daylight saving time. In fact, so much that I would not mind keeping it year round. At minimum, keeping it as it is today is nice. This allows for families to engage into outdoor activities after work and school while using natural daylight. Most people who work inside in rices, do no get to see enought daylight during any time of the year. The daylight saving time allows for that.	7/14/2014 7:48 PM
790	i would rather have daylight later in the evening rather than earlier in the morning.	7/14/2014 7:39 PM
791	The abrupt time changes are jarring; it takes about a week to adjust. Also, I go walking for exercise in the evenings, and, when it is hot, I can't go until very late because the sun is up so long.	7/14/2014 7:32 PM
792	While I understand and share the dislike of the lost hour of sleep once a year (and love the extra hour of sleep once a year), that one night provides a whole summer of late evening daylight that I love. I'd hate to lose that. While I think I'd prefer to keep it the same as it is today, I think the permanent DST option is also very interesting.	7/14/2014 7:30 PM
793	I prefer dark late evenings	7/14/2014 6:43 PM
794	I don't like changing the time twice a year. I don't like it being light and hot until late evening.	7/14/2014 6:41 PM
795	moving the clocks forward & back is an inconvenience & makes my life miserable. In the summer when it's so hot, the long days just drag the hot days longer & makes the AC work even longer.	7/14/2014 6:38 PM
796	Children have a hard time adjusting to time change and adapting at school. I think it hinders their ability to learn to have to adapt to that change in the school year. I hate it for toddlers too that are on a schedule and then the time changes and they are thrown off causing cranky kids in a house for a couple months while they adjust. Please no more daylight savings time	7/14/2014 6:28 PM

797	I grew up in Arizona and so there was no problem with time changes. After living a long time in areas that use DST I have found no advantage and still have a problem adjusting - please show that Utah is progressive enough to get rid of an outdated concept. Thank you.	7/14/2014 6:19 PM
798	I've always wished we could have the same schedule year-round, and I've always greatly preferred the summertime schedule over the wintertime. From all that I've seen and read, staying on DST all year would have the best overall year-round sunrise/sunset times. If people are concerned about schoolkids leaving home while it's still dark in the morning, well... it's going to be that way some parts of the year no matter what we do, isn't it? If it's that big of a deal, they can change the time that the schools start in the morning.	7/14/2014 6:06 PM
799	A switch to permanent DST would be preferable to what we have now because we would have an extra hour of light in winter in the evening, when people are awake and interacting with their families. As for being dark later in the mornings, if there's snow on the ground it isn't all that dark and kids could still see to walk to school; most schools and businesses keep their lights on all day anyway because it's grey outside all winter, and if it's such a big deal the schools could change their start times. As for the permanent MST option that a majority seem to support(?), I think one summer of sunrise at 5am would change their minds. What a gosh-awful time for it to get light! Most people would still be sleeping at that hour, or wishing they could. We definitely need to make a change, so we can stop changing our clocks and our schedules twice a year. But permanent DST is obviously the best option.	7/14/2014 5:55 PM
800	The slight benefit that a few might gain from changing clocks every few months, is far overshadowed by the inconvenience and disruption it causes. Those who want to wake up early can set their alarm on their own!	7/14/2014 5:53 PM
801	I'm employed so I have to work core hours 9-5. I live in Utah because I love the outdoors, and my non-work life revolves around outdoor activities. Losing daylight time after work would be a big impact to my quality of life. Are there really more people who would get up at 5am to take advantage of the early morning hours? as opposed to me and all my friends who enjoy outdoor activities until 9pm in the summer? I understand that in the winter, parents don't want to send their kids off to school in the dark, so I'm fine with Retain. For me personally, Create would be best, but Retain seems like a good idea too, because of the school kids.	7/14/2014 5:46 PM
802	What's the problem? It's been this way since the conclusion of WWI. If it ain't broke, don't fix it.	7/14/2014 5:38 PM
803	Why not spring forward 30 minutes in the spring or fall back 30 minutes in the fall and call it good. A 50 - 50 compromise.	7/14/2014 5:10 PM
804	I think the time of day should align with the sun...when it is noon, the sun should be straight up as we were taught in scouting when we were younger.	7/14/2014 5:07 PM
805	Please be careful in how the data is translated. I believe this type of survey will draw more of the people that are against Daylight Savings while the silent majority that enjoy the status quo might not feel the urgency to fill out the survey and comment therefore, giving the noisy minority the appearance of being in the majority. I believe it would be poor judgment to have less light in the evening during the summer. It will have a real effect on the economy for restaurants and other entertainment establishments. It also penalizes the "worker" who comes home after work in the dark all year. That extra hour in the evening is valuable.	7/14/2014 5:00 PM
806	Being on daylight time all year would make it too dark in the mornings during the winter. In Southern Utah, during the summer months, it would be a benefit for the sun to go down earlier since the heat is a little less intense once the sun goes down in the evening.	7/14/2014 4:56 PM
807	I love the opportunity to enjoy long evenings in the out of doors. I also do NOT want Utah to be (once again) out of step with the rest of the country. It causes tremendous confusion for airline travelers and tourists, upon whom the state relies heavily for income.	7/14/2014 4:52 PM
808	I'm from Arizona. I have never seen the value in changing the clocks twice a year. I get up at 4:45 AM for my job and it's very difficult when I have to "spring forward".	7/14/2014 4:43 PM
809	I just do not see what real difference it makes. If it is so I don't have to turn the lights on as early. I still have to turn them on earlier in the morning. I love the analogy given by an old indian. " Only the white man would think that cutting off the end on the blanket and sewing on the other end will give him a longer blanket", I really just don't see the point. Working the graveyard shift it creates confusion. I say away with it all together	7/14/2014 4:29 PM
810	As a person who is by definition a senior citizen, I don't find the twice-annual adjustment in the time to be a problem. I enjoy having daylight after my work day is over, and I would miss the extra hour of daylight after work in the summer, since I am not a morning person.	7/14/2014 4:24 PM

811	I love the lingering light on summer evenings — I think it helps us all be more neighborly and more active. And, having visited Arizona many times, I'm not a big fan of the sun coming up at 5-something during the summer months. I do think, however, that the start of DST could be delayed a little longer in the spring, so that children don't have to walk to school in the dark.	7/14/2014 4:21 PM
812	Waste if time and energy changing everything. It's hard on kids and adults to adjust to the schedule and then change it again six months later!	7/14/2014 4:18 PM
813	Hard for my body to adjust. Too many clocks, watches, electronics, etc. to set back and forth. Used to be an even split; now DST gets longer and longer. My 95 year old mother said it best, "Turn the clocks forward 1/2 hr and leave them year round."	7/14/2014 3:35 PM
814	Like so many will tell you, it is difficult to transition for many people. Personally, I enjoy having the sun out longer in the evening so I can work my outdoor projects when I get home from work. I think we should leave daylight savings the whole year though. It just makes sense.	7/14/2014 3:33 PM
815	dislike the back and forth; dislike daylight savings because of long day light at night in summer and winter dark mornings/short daylight.	7/14/2014 3:16 PM
816	I prefer the light in the summer hrs after work, there is much I can accomplish without wasting energy on artificial lighting. (wasn't that the purpose of this business in the first place?) however I do not like or see the advantage of the change in the spring and the fall. Seems to me that the best of both worlds is to stay on "daylight savings time.	7/14/2014 3:16 PM
817	Do not like bouncing back and forth. Needs to stay constant so the body does not have to re-adjust twice a year. Aligning would be better in the winter when the days are shorter.	7/14/2014 3:09 PM
818	I prefer having more sunshine in the evenings than in the mornings. I don't feel comfortable being out alone after dark so I wouldn't be able to run errands when I'm awake in the evenings (and I am not someone that can wake up early in the mornings).	7/14/2014 3:05 PM
819	I don't like what the time change does to my sleep schedule. I feel that sunrise will be too early in the ALIGN option.	7/14/2014 3:02 PM
820	I like the idea of not changing the time. If the sun sets earlier in the summer time it will cool off an hour earlier than it does during daylight savings time and I can cool my house sooner with canyon breezes.	7/14/2014 2:51 PM
821	I hear about how daylight savings time forces people to leave home in the dark. I leave home at 6:00 myself and it is dark through the winter also when we are on standard time. I love the evenings spent with my husband outside. We can do yardwork, work in the vegetable garden, play with our dogs, eat dinner outside. After doing all that we have to get done each day we still have time for a walk in the daylight. It is getting dark or is dusk when it is time for me to go to bed in preparation for the next day so the evening light doesn't bother me. I like changing time as it is a sign that spring is on its way. But if too many are bothered with the change in time I vote for leaving it on the daylight savings time year around so we don't change and mess up those that are sensitive.	7/14/2014 2:50 PM
822	I am for Daylight Savings time because I work 9 - 10 hours a day. When I get off work I need/want the daylight in order to work around the house as well as to recreate. Daylight savings allows me to have daylight until 9:00 are even later so that I can spend time in the neighborhood mingling with neighbors and friends, keeping my yard in good condition, and playing with my dogs. This is after sitting on my desk relaxing while having dinner. I have always looked forward to daylight savings time as it allowed me to have fun in the evenings without having to do so in the dark. The evenings are nicer for the children as they can get out, meeting up with friends, and play games in the neighborhood getting much needed exercise that is lacking in society today. If we cannot have daylight savings all of the time I would love it if we could change times. The time change should not be complained about as most travel via air which allows for a different time zone when they land. Why is it okay to do it when traveling but not when at home?	7/14/2014 2:41 PM
823	I really like having the extra time in the Evening to do things especially outdoors.	7/14/2014 2:39 PM
824	Keep it. It makes sense to keep consistent with the majority of the nation. Arizona is out of sync which causes scheduling problems for the rest of the country.	7/14/2014 2:38 PM
825	I prefer permanent spring forward because of the increased daylight during evening hours.	7/14/2014 2:37 PM

826	Due to our western longitude within the mountain time zone, and our unusually high eastern skyline, most Utah residents experience very late effective sunrises, compared to the rest of the country, and daylight savings time exacerbates this, leaving very late dark mornings in the fall and spring. DST may make more sense for many areas of the country, but with our position and topography, it does not make sense in Utah.	7/14/2014 2:25 PM
827	It's fine as is - no need to change it.	7/14/2014 2:21 PM
828	Mountain Standard time would be safer for children going to school and people riding bikes to work.	7/14/2014 2:19 PM
829	I would prefer the time not to change twice a year. I would like to keep DST all year round, instead of Standard Time, for the sake of there being sunlight in the evening year-round. It's nice having my husband come home from work while it's still light outside.	7/14/2014 2:06 PM
830	We love the extra daylight in the evening! My husband and I both work full-time Monday-Friday 8a-5p & 9a-5:30p. Daylight savings maximizes the amount of daylight we have to exercise, garden, do outside chores, converse with our neighbors, and relax in our yard before the sun goes down. Such a welcome relief after a winter going to and coming home from work in the dark! Daylight savings is NOT a problem. Let's keep DST so we can enjoy our summers to the fullest.	7/14/2014 2:05 PM
831	Daylight Savings helps save electricity and also is good for school kids to not be in the dark. I think it would be a very bad idea to eliminate it in UT. WHBollinger	7/14/2014 2:03 PM
832	All my life DST has been confusing. As a child, I couldn't understand why sometimes it'd be light outside and sometimes--at the same hour--it'd be dark. It ALWAYS takes time to acclimate, a good week, regardless if it's spring forward or fall back. If we didn't participate (as AZ has always done), I don't think anyone would miss it. It'd be a permanent acclimation and life would go on without the confusion. I really believe it'd help test scores improve, as well as overall efficiency and productivity because no one would be preoccupied and distracted with whether their [body] clocks were set right.	7/14/2014 1:56 PM
833	When we go back to the standard time it's hard to get chores done in the dark. More daylight in the winter after my school teaching job is much more helpful than an added hour when the days are longer. Keep time the same all year - whatever is chosen.	7/14/2014 1:47 PM
834	I prefer permanently keeping the "spring-ahead" time because it will give us an extra hour in the evening in the winter. I get seasonal depression when there is not enough sun in the winter and having that extra hour of daylight in the afternoon/evening will be so helpful for my health.	7/14/2014 1:47 PM
835	I would love to do away with Daylight savings.	7/14/2014 1:44 PM
836	I don't know anyone who has a set 9-5 work schedule anymore.	7/14/2014 1:39 PM
837	I don't know anyone who has a set 9-5 work schedule anymore.	7/14/2014 1:38 PM
838	EITHER MST OR MDT - CHOSE ONE OR THE OTHER THEN MAKE IT ONE ONLY. NO CHANGES IN MARCH AND OCTOBER.	7/14/2014 1:18 PM
839	Mainly, I'd just like to not have the need to reset my body clock twice a year. However, I prefer to experience evenings in light, and late mornings. Hence my choice for a permanent spring forward.	7/14/2014 1:08 PM
840	Please please please! This messes me up every year, twice! Thanks for your consideration.	7/14/2014 12:59 PM
841	Mainly, I'd just like to not have the need to reset my body clock twice a year. However, I prefer to experience evenings in light, and late mornings. Hence my choice for a permanent spring forward.	7/14/2014 12:48 PM
842	There is no need to change our clocks every 6 months.	7/14/2014 12:34 PM
843	Please remove the artificial construct known as Daylight Savings Time. The twice-yearly jetlag extends for days and affects everyone's health. Moving the clocks doesn't create any more daylight, and the same amount of work can be done regardless. The larger agricultural-based economy that was a factor in the establishment of DST no longer exists in the Twenty-First century. Summer evenings would be slightly cooler, a bonus.	7/14/2014 12:28 PM
844	to maximize summer light.	7/14/2014 12:28 PM
845	I like it being lighter later on in the day--especially in the summer. It's nice to have it be light in the evening so that we can do yard work, hike, bike, etc.	7/14/2014 12:25 PM
846	Daylight Saving Time is an assault borne without recourse nor sufficient benefit to outweigh it, and creating a two-hour gap between adjacent zones is no better. Align and resign!	7/14/2014 12:19 PM

847	If we stay on normal time, like Arizona does, it will be lighter in the morning for children during the school year. If we must go on daylight savings time, we should wait till the end of the school year to do it; it should only be for the summer months.	7/14/2014 12:18 PM
848	I would like not to have to adjust twice a year and also I would like to spring forward permanently because I would like it to not get dark so early during the winter.	7/14/2014 12:07 PM
849	It's an unnecessary hassle for everyone involved, essentially giving the population jet lag on a biannual basis. It's bad for public safety (namely traffic), and just has no benefits.	7/14/2014 11:57 AM
850	I love to have light in the evening for as long as possible. We work in our yard, attend children's ballgames, and enjoy daylight as long as possible in the evening. Thank you for the consideration of changing. My husband and I comment often in the winter that we wish we could just stay on daylight savings and now we are even being asked. Thanks for the consideration of letting us enjoy the beautiful Utah evenings year-round.	7/14/2014 11:47 AM
851	Just get uses to the time and it changes. Can't get the sleep because of the changing of the time.	7/14/2014 11:41 AM
852	Isn't daylight savings time basically lying about the time and then believing that lie?	7/14/2014 11:34 AM
853	I do like the extended day light for showing Real Estate. I just don't like changing back and forth. Pick one Mountain Standard Time or Day Light Savings time and stick with it. I don't see any benefit in constantly changing the time. Just a way for employees to have an excuse to be late.	7/14/2014 11:28 AM
854	I like it one way no change. This way when we get home it is not yet dark so we are not leaving and coming home in the dark.	7/14/2014 10:59 AM
855	I prefer to go to work in the dark and go home in the light. However, above all, I prefer to pick one method and stay with it. The chart was very helpful.	7/14/2014 10:58 AM
856	I find that shifting on and off of DST is very disruptive, unhealthy, and generally a nuisance. I would prefer longer daylight in the evenings year around.	7/14/2014 10:52 AM
857	I've gone with the status quo for this reason - Though allowing residents an extra hour of light in the evening during the darkest days, permanent 'spring forward' would keep us in the dark of night until almost 9AM during this period. Permanent 'fall back' is an even worse idea as an entire summertime hour of daylight would be wasted as it moves from 8-9 PM to 4-5 AM - for the vast majority of residents that do not rise before 5AM. Most residents are not burdened by two Sundays of clock adjusting each year in contrast to the loss of daylight for almost everyone as described above. Thanks!	7/14/2014 10:08 AM
858	I'd actually prefer to return to 1st Sunday in April for the start date, but keep 1st Sunday in November for the end date.	7/14/2014 10:08 AM
859	End Daylight savings time for good! It is an unnecessary and archaic practice. No more changing the time!!!	7/14/2014 9:43 AM
860	Daylight Saving Time allows me to have another hour of safe driving time in the evenings because I don't see as well in the dark. I am never out driving at 4:30 in the morning. Daylight Saving Time makes it safer for Seniors.	7/14/2014 9:40 AM
861	We lose productivity at my workplace everytime we switch back and forth.	7/14/2014 9:21 AM
862	I would prefer having more daylight after I get off of work.	7/14/2014 9:18 AM
863	A farmer with 3 acres of corn and works a full time job gets up at the crack of dawn and gets all the heavy lifting done before he goes to work he does not like working in the 100 degree sun in the late afternoon, it would be nice to another hour in the cool of the morning. The farmer with 500 acres of crops, that is his job and does the same.	7/14/2014 9:14 AM
864	I'm a new mother, with 1 on the way, and I'm so happy that this legislation is being talked about. I would absolutely love not feeling tired from March to November. I would love to avoid taking time out of your day to change clocks. I would love having your body's natural circadian rhythm not messed up every 6 months. I would love not having to put our children to bed in the summer with the sun still blazing through the window. LETS GET WITH THE TIMES! Cheyenne Larsen Mother of 1, with 1 on the way	7/14/2014 9:12 AM
865	It is really hard to get a child to go to bed by 8:30 pm for school the next day (for those in year round school), when It is still so bright outside. It is also dangerous to send them of to school in the morning in darkness, especially if they have to walk to school.	7/14/2014 9:11 AM

866	To whom it may concern, Born and raised in Utah I never questioned the need for Daylight Savings, and figured that someone somewhere had provided analysis to justify the time change. However, then I moved to Arizona and realized that they didn't have daylight savings at all, and things seemed to work better. I'm back in Utah, now with a family and nothing is worse on a parents sleep than daylight savings. Just when you perfect your children or your own circadian rhythms, it gets messed up. I'm putting my daughter down at 8 PM and the sun still has 1hr+ of daylight, and it's blazing hot still. Maybe daylight savings was a valuable thing back when far more of us were in the agricultural business, but times have changed. Lets stop doing things as a state that aren't adding value to our citizens. Austin Larsen V.P. of Marketing for Monavie	7/14/2014 9:08 AM
867	do not like changing time, and its side effects.	7/14/2014 9:03 AM
868	I would love to align our time zone with mountain standard time. I don't like the physical and mental adjustment period...I'll express my thanks in advance!	7/14/2014 9:03 AM
869	Adjusting twice a year is a pain.	7/14/2014 8:45 AM
870	I wouldn't mind aligning with Arizona. I just chose the other option because I like to sleep later in the morning and prefer it to be lighter in the evening. I just don't like the changing twice a year. It's really difficult for a few weeks with my kids and my regular schedule. I would really like it to just stay the same all year.	7/14/2014 8:27 AM
871	I hate switching times. It throws everyone off for weeks after. It makes everyone tired. I don't want the time to ever change.	7/14/2014 8:24 AM
872	Either way, we only have 24 hrs in a day. I feel it is better to keep to one time instead of changing.	7/14/2014 8:18 AM
873	I have problems adjusting my sleep not worth it to me.	7/14/2014 8:16 AM
874	I believe it is safer for the children to have it light longer in the morning rather than in the evening. Mary Jane Phillips	7/14/2014 8:15 AM
875	Daylight savings isn't really a time saver. It makes our span of light-dark when we want it to be light, and our span of dark-light when we want it to be dark. The body is regulated to the natural response of when the sunrise and sunset happen naturally. Let us align ourselves with it. Our bodies will have a much better time adapting to the event. Thank you. Sincerely, Kevin Phillips	7/14/2014 8:11 AM
876	If changing to a single time zone, consider the the effects on those who work 9 - 5. Standard time puts them in the dark morning and night. School hours should align with the offical time zone, having 6 - 7 graders catching buses at 7:00 to start school early to get out by 2:30, is this just convenient for school administrators?	7/14/2014 8:11 AM
877	Although I have never investigated studies about time change with children, my experience as an educator and mom is that the adjustment required by children twice a year is quite disruptive! Personally, I'm not a morning person so I need light in the morning to help me motivate and would love to stay on standard time year round!	7/14/2014 8:02 AM
878	I love Daylight Savings time and wish it stayed year-round because in the winter it is dark by 5:30pm which is far too soon. There are days when I barely see the sun because it is just setting as I leave at 5:30pm. The daylight is of no value to me at 5:30am since all I'm doing is getting ready to go to work. I can do that in the dark. I need time after work to enjoy, not before.	7/14/2014 7:43 AM
879	I hate daylight savings time; it doesn't afford us more hours in the day, more hours of sunlight, or allow us more time to do all the things we say we want to do. It does however really mess with my internal ecology 2 whole weeks out of the year. Please stop changing the time back and forth, the illusion of cost saving, time saving, more sunlight is a delusion!	7/14/2014 7:40 AM
880	Like to have more time in the evening.	7/14/2014 7:25 AM
881	More light at night.	7/14/2014 7:23 AM
882	Like the idea of more light in the evenings.	7/14/2014 7:21 AM
883	Outdated.	7/14/2014 7:19 AM
884	This is a complete waste of time and money. 99% of the world runs on dlst and always will. the only benefit gained is the 15 min it takes to reset your clocks and most of that is automatic just try to set them to something else. that takes more time than just resetting to DST.	7/14/2014 5:21 AM

885	Please note that the "survey" is completely unscientific and a complete joke. Senior citizens who are sitting at home, constituents of the several legislators who have been frustrated for many years in their efforts to ram through a bill to do away with DST, can vote as often as they want and certainly don't have to be honest with the demographic information. Presumably they are retired and have a bit more time on their hands to do this multiple voting than those who work and actually don't have all day to do whatever they want and would like an extra hour of daylight in the evening. It is obvious that Utah legislators, representing their constituents, did not feel getting rid of DST was warranted, despite years of efforts to get a bill out of committee to be voted on. The legislators behind this bill are from places I never heard of (admittedly have only lived in UT for the past three years) but as wonderful public servants they have now a new stratagem getting a bill to just "consider " the options and then inventing a bogus survey to try to prove there is State wide support for their little pet project. The only thing that makes sense if you want to change, is to make DST permanent as Tennessee has done. Don't fall for these bogus statements that everyone in Utah is dying to lose an hour a daylight during prime recreational months.	7/14/2014 12:07 AM
886	Having read though some of the comments, I am not clear how some of these people who want to get rid of an hour of light at night function. One person said if you want to go play golf etc after work, just go to work earlier! Of course, what a perfect idea that will work for just about anyone-anyone who has a completely flexible work schedule. Another person urged the change so we could be like Hawaii. Have you ever been to Hawaii, and wondered why on this island "paradise" your beach/surfing time is over at 730pm in the winter (ie prime tourist season)? It's really a stupid system they have there and a stupid move if they did it in Utah. Wouldn't ski resorts be happier with an extra hour of daylight skiing? Some other bright individual said losing an hour of light won't effect family activities. Really? how do you know? Do you think it is more likely that I will go hiking/biking with my kids at 430am or 8pm? What do you think? Also, someone said there would be no cost savings. I am not sure if there are studies that have been done, but to me there clearly would be cost savings if DST was permanent. There would be less electricity for lights during the winter, and less heating bills because people generally turn their heat down at night, it is during the day they want to be warmer, and there would be an hour of extra sun during the day, requiring less heat being used. Although AC bills might have a slight savings if we moved to MST as with Arizona, this would really only be for the 2-3 months AC is really utilized in UT (unlike AZ!) Add that to the economic incentive that would exist by an extra hour of light in the evening all year around, and the cost savings could be significant.	7/13/2014 11:36 PM
887	Tennessee has made DST permanent. I don't know that I have heard of a more moronic idea than making a change which will cause a loss of an hour of light when people want it most. People get depressed when it gets dark at 5pm in December. So here is a great idea-let's make it darker by an hour in the evening the whole year in a state which relies heavily on outdoor activities. It makes perfect sense!	7/13/2014 11:03 PM
888	I still believe that daylight savings gives the most beneficial and moderate use of the daylight hours. It would be quite strange and ineffective to experience a sunrise at 9 AM. Even though the daylight savings time changes are hard to swallow the first few weeks, it would be much better in the long run. We are far enough from the equator that daylight savings truly does help.	7/13/2014 10:29 PM
889	I prefer the current daylight savings time system because it preserves evening daylight while keeping the morning sunrise times as a reasonable level. I also strongly oppose Arizona's decision to go against the accepted standard which makes doing business with that state unwieldy. It would be a huge mistake for Utah to join them.	7/13/2014 10:14 PM
890	I like to see the sun in the morning. I also like the sun to stay later.	7/13/2014 10:06 PM
891	We reside in a highly busy area of town; Schools for all ages are in this area. The streets are congested with school traffic, regular traffic and kids going in every direction. Day light savings make the streets that much more dangerous; In my opinion. Thank you for this opportunity. Richard W. Offutt. Vernal, Ut.	7/13/2014 9:56 PM
892	I like more light in the evening and less in the morning.	7/13/2014 9:35 PM
893	It just feels off when the sun is able to go down before 6:00, with the permanent fall back the sunset would always be closer to nighttime	7/13/2014 9:34 PM
894	It's physically exhausting to switch time schedules every 6 months. It's especially hard for families and school-aged children. Please reconsider this practice, and eliminate it.	7/13/2014 9:33 PM
895	We should keep DST in place, just like the rest of the United States. To not have DST, only puts us in the category of weird.....another time.	7/13/2014 9:24 PM

896	Why do I need it to start getting light at 430 in the morning. I would much rather have it stay lighter in the evening when there is something to do. There's not much to do at 4:30 A.M.	7/13/2014 9:15 PM
897	Health benefits are great. Natural sleep patterns occur when we go to bed at a decent hour. In the summer we always stay up way too late and don't get near as much sleep as we should. It throws off our normal sleep cycle and the health risks are huge.	7/13/2014 9:10 PM
898	I find that the older I get, the more difficult it is to adjust to DST when we "spring forward". It may take me a couple of weeks to feel like I'm back to normal on sleep patterns and I find myself clock watching at night. And why is it that the adjustment is always made on the weekend so that most people lose an hour of sleep or of their weekend, why isn't it adjusted during the normal work week, say on a Wednesday at 1:00 in the afternoon? Being facetious of course, but why must individuals suffer from its effect rather the industries who benefit from it's use.	7/13/2014 8:57 PM
899	I think that changing clocks has a significant cost, but I can see arguments for being GMT -6 or -7 as long as things don't change. I think it is most important of focus on what things look like during the winter, since that is when the days are shortest, and we can't create daylight from nothing. In my case, I go to work early enough that it is dark no matter which time zone we are in. However, if we remain in GMT-6 then it would still be light when I get home from work, which would be nice.	7/13/2014 8:56 PM
900	Being light later in the day alows people to actually have some time to be outside to do things after work.	7/13/2014 6:52 PM
901	The extra hour of sunlight better serves me after a days work. I can spend more time with my family out does	7/13/2014 6:27 PM
902	Daylight savings is great and should be continued in Utah	7/13/2014 6:25 PM
903	I think the legislature will chicken out and not fix this problem but we should stop changing our clocks!	7/13/2014 5:54 PM
904	No more DST. No more pennies. Convert to Metric system. Simplify the English language. Back our money with gold (get rid of the FED). Don't allow unbalanced government spending. Privatize. Everyone's quality of life will improve by these moves.	7/13/2014 5:52 PM
905	It is better for your body to stay in one time zone and I think the extra sunlight in the summer is beneficial so we should stay in the daylight savings time. But if others disagree, it is okay to fall back for the entire year. JUST STOP CHANGING BACK AND FORTH!! Times have changed and that is not necessary and studies show it is not good for your health. Thanks	7/13/2014 5:51 PM
906	It is harmful to the children when they have to get up earlier to go to school when it is totally unnecessary at this day and age.	7/13/2014 5:47 PM
907	Stop the jet lag twice a year	7/13/2014 5:08 PM
908	I like the extra evening sunlight in the spring to summer, and like the extra morning sunlight in the fall winter.	7/13/2014 4:36 PM
909	Get rid of it...just let the time stay the same. It really screws up so many things in our household it doesn't seem to effect farmers and ranchers around here.	7/13/2014 4:26 PM
910	I vote to stay in a permanent state of Spring fowardness. I dread falling back (DST) because it gets dark so early and you want to work/play in your after you get off work but, no, you cannot because some person, way back when, thought it was a good idea and now, in retrospect, maybe not so much. Let us take this opportunity to fix this mistake and be done with it.	7/13/2014 3:45 PM
911	I think DST should be terminated. It doesn't need to be light at 9;30 or 10;45. It confuses farm animals such as cows, and they don't give as much milk. It confuses little people especially children who want to still play because when they think because it is still light outside. And in the middle of summer it stays hot longer. Let's time back to Nature and back to normal or regular time.	7/13/2014 3:38 PM
912	I love the summer evenings where there is daylight until 9:00. I can play tennis or garden. by changing the time to 8:00, I would lose a lot of potential time outside. I don't get up at 5:00 a.m.	7/13/2014 3:23 PM
913	Why not think outside the box and have the whole country or world change by one-HALF hour to mellow out the swing in light vs. dark?!	7/13/2014 3:21 PM
914	Keep the time the way it is right now, it's the best for me and my business.	7/13/2014 3:16 PM
915	I love Daylight Saving's time, Even when i was working i loved coming home and it staying light until 9 pm. It is always to be gone 10 hours a day to work and come home and only have about 3 hours of daylight. I vote to keep Daylight Savings Time, it is awesome.	7/13/2014 3:12 PM

916	Adjusting to the time change in the spring and fall is no different than getting up and hour earlier for travel or other occasional differences or changing your bedtime relating to a late evening activity. Out family appreciates the longer evenings for outdoor avtivities in the summer. Let's not worry about Arizona and remain in sync with the other 47 states who obsderve daylight time.	7/13/2014 2:42 PM
917	The extra hour of daylight in the summer is a great bonus. It allows people to get more things done, especially after supper. As it is right now we wake up at daylight, about 6 AM, do not need to wake up at 5AM.	7/13/2014 2:22 PM
918	We need to stop 'adjusting' the time. The sun rises and sets every day. It doesn't make sense to try and turn the clock to 'gain' an extra hour. It affects everyone's health and welfare. The days get longer naturally in the Summer and shorter in the winter. Just pick one and stick with it. We are not saving any energy by changing back and forth. Thank you for even considering doing away with the 'daylight saving time' fiasco.	7/13/2014 2:20 PM
919	Daylight Savings Time is beneficial for those suffering from Seasonal Affective Disorder. The additional hour of daylight in the evening has great benefits for mental health and well-being. In addition, it provides extra hours of light for kids to enjoy outside activities in the summer. Personally, the sun rising at 5 AM offers me no benefit, and a lot of drawbacks. With Daylight Savings Time as it currently stands, darkness in the morning hours is only prevalent right after the time changes in March, and quickly resolves itself within 3 weeks. The shift of daylight to the evening hours is far more beneficial than it is detrimental.	7/13/2014 2:19 PM
920	For me its about sleep.. I love the extra hour of sleep and would love to have the extra hour to do things in the summer time. I feel springing forward is super hard to adjust to. Regardless what happens the time should stay the same.	7/13/2014 2:16 PM
921	Nothing was said about the increase in automobile accidents and injuries and actual loss of life due to the darkness from the time change. The biggest proponents are in favor because of financial gains. Is not a human life worth more than somebody's electric bill (e.g. lagoon)? It is time for common sense to guide this biased debate.	7/13/2014 1:44 PM
922	Daylight in the evening is very important to me. I've lived in arizona and find the loss of daylight in the evening very frustrating. Please consider keeping the current system or permanent spring forward.	7/13/2014 1:30 PM
923	No good reason to change the existing procedure.	7/13/2014 1:22 PM
924	I prefer to have more daylight hours, so that I don't to drive in the dark at night as much through the dangerous Utah canyons with deer hazards.	7/13/2014 1:10 PM
925	New Flash! WWI & WWII are over and have been for some time. Why subject people to having their sleep deliberately disrupted and skewed twice a year. Heart Attacks increase on Monday's following the DLST change. It takes me two weeks to adjust to both forward and back changes. This means that as a nurse I am not at my best for four weeks out of every year because of DLST. Who wants a nurse that is groggy, tired and not thinking clearly? DLST makes it much more difficult to get children to bed. They do not understand. As for farmers, the livestock still wake at the same time whether it is DLST or not. About 30 years ago the question of keeping or scrapping DLST came up. The Utah State Legislators decided to keep it so they could have more time on the golf course. How incredibly selfish (and typical) to misuse their power to serve their own interests and ignore the real needs of their constituents. Daylight Savings Time - SCRAP IT! http://www.medicalnewstoday.com/articles/274832.php	7/13/2014 12:02 PM

926	I have been around the country from coast to coast, and I can see places where Daylight Savings Time is an incredible benefit. However, I don't think Utah is one of these places. It could even be considered a detriment. Utah is literally right on the line when it comes to time zones. Indeed, 50 years ago half the state was in Pacific time. One point I haven't seen in discussions is that removing daylight savings time altogether will make our state sync with Nevada and California for most of the year. This would be an incredible benefit for people traveling out of state or do business on the west coast since we will share a time with Wendover, Las Vegas, Mesquite, Los Angeles, San Fransisco, Portland, and Seattle during that time. I have also worked with companies that do business in the east coast. Having daylight earlier makes it easier to get up and do business at 5:00 am which is 7:00 on the east coast, and when many people start their business day. Keeping DST year-round would mean that we would essentially be in central time during the winter, and anyone driving out of state during that time would have to adjust their clocks. Many of the same reasons why Arizona are exempt from DST apply to Utah: It gets HOT in the summer, and when the sun goes down at 9:00 it gets extremely hard to do any outdoor activities until late at night, making it harder for people whose schedules require them to get up early. It also begs the question of energy conversion: Does having the sun go do down later really save energy when people have to get up in the dark? When people have to use their coolers later in the evening during summer, and their heaters earlier in the morning during winter?	7/13/2014 11:41 AM
927	I grew up in Arizona and have lived here in lovely Utah for the last six years. I still have not gotten acclimated to the time change. Twice a year I have to deal with headaches and fatigue when adjusting to the new times of day. Daylight savings completely interrupts our lives! Enduring a time change twice a year is tough on the systems of our bodies and is completely unnecessary. The businesses that want to keep the biannual time change could easily develop summer/winter hours of business.	7/13/2014 11:41 AM
928	I have always been irritated by switching the clocks twice a year. I would like just one standard time all year long. Aligning it with Arizona seems to make sense, but keeping it at spring forward would be fine too. We're not all farmers any more.	7/13/2014 11:17 AM
929	Sunlight has a huge impact on moods and attitudes. Less sunlight in the day can make increase depression.	7/13/2014 11:17 AM
930	DST is great for almost everyone. Right now I enjoy the cooler mornings and extra light after dinner.	7/13/2014 11:10 AM
931	There is a story of an old Native American who said: "Only the government would think that you can cut a foot off one end off a blanket and sew it on to the other end and have longer blanket." Daylight Saving Time is ridiculous for heavens sake--there is already more daylight naturally in the summer, why would anybody need more?	7/13/2014 11:06 AM
932	Without daylight savings time I always hated coming home from work in the dark as you get closer and closer to the winter solstice. Having the extra hour in the evening was great while I was working and I still enjoy having the extra daylight in the evening now that I am retired.	7/13/2014 11:01 AM
933	People enjoy being able to do things after work. I sure did when I worked. Evening concerts would have to end earlier.	7/13/2014 10:35 AM
934	I prefer either keeping things in a permanent state of daylight savings or aligning with Arizona. The time that it takes to get used to things getting darker so much faster makes the idea of winter seem so much longer.	7/13/2014 10:27 AM
935	I frequently travel over Nephi Canyon in the evening. I feel much safer when this trip is made in the daylight as the deer, (yes, I've hit one before in the dark) are a very real problem after dark. The longer the daylight lasts in the evening, the better I like it.	7/13/2014 10:14 AM
936	Make either standard time or daylight saving time year-round.	7/13/2014 9:36 AM
937	I have depression and anxiety, and having the sun go down early is very, very bad for my health. I need as much sunlight hours a possible. This is very common among mental health patients, of which Utah has millions, especially for sufferers of Seasonal Affective Disorder. Not to mention sunset at 8pm in the height of summer will be bad for tourism.	7/13/2014 9:28 AM
938	The days of more daylight for farming and having family help in harvest are over. We are not a rural community anymore. Farm lands are disappearing and new homes and business is taking over the land. It may be beneficial to some, but not to others. The extra hour light in the summer for young families makes it harder to get children calmed down and to bed. It is confusing when to make the change, do I spring forward or fall back. On both ends it takes the body clock awhile to adjust. I am NOT for Day Light Savings.	7/13/2014 9:26 AM

939	I love daylight savings. Keep it as it is. Please don't mess with it!	7/13/2014 8:57 AM
940	Keeping DST (spring forward) allows those who have 8 to 5 jobs more time to spend outdoors with their families and encourages outdoor physical activities.	7/13/2014 8:56 AM
941	I see a lot of discussion both ways, if it is such an issue I have an idea... move the clock a HALF hour split the difference and then leave my clock alone. When I was a kid the clock was changed in April and October and now we change it in March and November so now we have more months for Daylight Savings then Standard, in my mind that is a bit of on oxymoron. However I really do not care if we go to Standard or Daylight Savings full time just pick one and then leave my clock alone!	7/13/2014 8:51 AM
942	I work 12 hr day shifts. I love the extra light in the evenings. I would like permanent spring forward at best. Changing back and forth is my second choice. Being like Arizona is too depressing to even think about. It would be dark too early all the time.	7/13/2014 8:26 AM
943	This is a long time coming. Get rid of daylight saving time!!!!!	7/13/2014 8:08 AM
944	I was told as a child if it is not broke don't fix it.	7/13/2014 8:04 AM
945	Four to five hours of daylight after work is in my top-three-things-about-living-in-Utah. An extra hour of daylight at 4:00am would be a waste of sunlight for me and for the majority of the human population--who is even awake at that hour?!	7/13/2014 7:42 AM
946	As a lifelong farmer/rancher I have always opposed Daylight Savings Time. In the spring just when it is starting to get light for early morning chores, the time changes and we face another six weeks of dark for morning chores. The so-called extra hours of daylight on the other end of the day are a complete waste and mean nothing as to how much work we can accomplish! We have always been blamed as the ones who have been in support of this silly move. But on the contrary we have always believed it is the city dweller with the 9 to 5 job, who wants to come home and have plenty of daylight to go out and play that is the biggest proponent of daylight savings time. I agree with the statement by the Utah Farm Bureau that the cows don't care if it's 5:30 or 6:30, but I care that it's cold and dark, when it could be light and a little warmer if the clocks hadn't changed. I deeply disappointed in their stand on this issue and I don't feel it represents the majority opinion of the agriculture community. We are not benefited by Daylight Savings Time and I strongly recommend that it be eliminated across the country, but I'll settle starting here in Utah. Todd Thackeray, Skull Valley	7/13/2014 7:41 AM
947	I do not have a preference, all I ask is that one time is decided upon and that is the time we will use from then on either MST or MDT. Stop having to change time twice a year.	7/13/2014 7:36 AM
948	I prefer having it lighter later in the summer. Although my second choice would be to align with Arizona. Switching is so hard on everyone.	7/13/2014 7:34 AM
949	Please align with Arizona. No more changing back and forth!	7/13/2014 6:23 AM
950	There are a lot of groups who will benefit from keeping daylight savings time (changing twice per year), or keeping the "spring forward" time year round. The desires of these minority groups should not be placed before the desires of the majority. Daylight savings time has seen its heyday, and it's time to be done. The argument "if it aint broke, don't fix it" is unrelated. We as a culture put up with several antiquated and outdated cultural norms, and daylight savings time is one of them. We need to go back to what nature intended (or as close as we can get with regional time zones), which is mountain standard time. Let's stop disrupting our internal clocks, putting ourselves and our children at risk for accidents, and align with Arizona. They've had the right idea for years. It would be great if the rest of the country would join us in abolishing daylight savings time, but regardless of what the rest of the country does, this is the right choice for Utah.	7/13/2014 1:26 AM
951	Daylight savings should completely be reversed.	7/13/2014 1:05 AM
952	Daylight savings time is useless. It helps no one, not even the farmers it was meant to help. There is tons of anecdotal evidence that it causes more crashes, injuries and workers comp claims. We should align with mountain standard time throughout the year. Nature determines the time, not a poorly-conceived notion meant to "save" daylight.	7/13/2014 12:50 AM
953	I work wirh healthcare data for a living. Flipping back and forth twice a year not only introduces issues with datasets that can be problematic at times. Also, in today's world, many people can adjust schedules as needed, and a universal shifting of the clock is no longer appropriate or relevant for all residents. Personally, my family's morning hours are used for outdoor exercise, and they must be pursued in more dangerous conditions in the dark when we begin daylight savings each year.	7/13/2014 12:20 AM

954	Changing the time twice a year does not really create a benefit to anyone. People will still do everything that needs to get done regardless of what the clock is reading. The physical toll is not worth springing ahead.	7/12/2014 11:55 PM
955	I dislike DST, but we need to remain on the time zone of most of our neighbors. Better yet would be to do away with DST for everyone.	7/12/2014 11:45 PM
956	Move it forward or let it fall back. Either is fine! BUT keep it the same ALL year. Switching in the middle of the year wrecks havock with everything.	7/12/2014 11:25 PM
957	Having MST all year reminds me when I was a kid. It gets confusing switching back and forth. We should stay constant.	7/12/2014 11:11 PM
958	Daylight Savings Time aligns the daylight with the hours when I most need it. I highly value long summer evenings as this is valuable family outdoor time and home project time. It is also important for me to have daylight in the winter before I leave for work as this provides more safety for my dog walks and my walk to public transit. Thank you.	7/12/2014 11:07 PM
959	I see no benefit with having day light savings. Especially now that I have children all it does is throw their schedule off. Having the same time all throughout the year would be the right thing to do.	7/12/2014 11:00 PM
960	Consistency is best for everyone. Businesses that would have to turn on their lights earlier like Lagoon? Easy fix. Change their hours to start and end one hour earlier. Safer for the kids. Easier on everyone than making the switch. Getting to sleep an hour more in the Fall may seem pleasant, but it is just as disruptive to your sleep schedule as the less sleep in the Spring. We shouldn't let tradition get in the way of common sense.	7/12/2014 10:58 PM
961	Changing the current daylight savings time frame would not only be a hassle and be confusion for the rest of the county but would have severe effects for my clients who have seasonal depression. Sunlight and vitamin D is a necessary part of our mental health, and it simply doesn't make any sense to take away any more daylight from the evening. -signed, a Utah Psychologisy	7/12/2014 10:48 PM
962	I would prefer to not have the change twice a year. And, I like the light in the morning.	7/12/2014 10:15 PM
963	I have lived in South Africa where they don't change times. I loved it and would appreciate no change in Utah.	7/12/2014 10:11 PM
964	Those working a full day get off work at around 4:30, commute home, change clothes and may want to go for a run, bike ride, cut the lawn, trim the bushes or numerous other activities that they would be doing in the dark if not for Daylight Saving Time. As a retired Captain for Northwest Airlines I would point out that aircrews flying international trips routinely fly 9-11 days that entail multiple 9 hour time changes. Aviation Physiologists say that it takes approximately 3 days to recover from these extremes. A one hour time change has a minimal effect on the vast majority of people.	7/12/2014 10:10 PM
965	I struggle for 10 - 14 days every spring at the time change. I feel awful and I know my productivity suffers. Daylight savings is a hardship for most of us. Ending daylight savings will result in better health and productivity for everyone.	7/12/2014 10:09 PM
966	Leave it as is. The daylight is much more valuable in the evenings than in the early morning. If it starts getting light at 4:30 a.m. then people will complain about that too.	7/12/2014 9:56 PM
967	Everyone feels lighter...the mood of the city and people lifts.	7/12/2014 9:48 PM
968	Move school starting time later Kids should sleep longer & later Sunlight in evening allow for family activity	7/12/2014 9:33 PM
969	This is a pointless endeavor and is an irresponsible use of tax-payer resources. I will bet my house and everything else I own that if brought to a referendum it will be soundly defeated (by more than 75%). Please stop wasting everyone's time.	7/12/2014 9:24 PM
970	Since we get up in the dark during winter, anyway, would prefer to get up even earlier to make what daylight there is go later into the day.	7/12/2014 9:24 PM
971	I does not make sense to keep changing every half year. Keep the same time is better for everyone.	7/12/2014 9:24 PM
972	Go on mountain standard time	7/12/2014 9:15 PM
973	As I enjoy golf, and working construction, I currently golf from April thru October after work, this would be dramatically cut to probably end of May through mid September, Not to mention other activities that the extra hour helps out.	7/12/2014 8:57 PM

974	We do not need to manipulate time, the sun comes up and goes down, get up and goto sleep	7/12/2014 8:51 PM
975	I think doing standard is best because it is less confusing. Having sunrise at 9 am if we switched to dst would be weird	7/12/2014 8:47 PM
976	It was really hot today, just getting nice outside and it is 8:22. In the winter it is not safe for children to walk to school in the dark, just because we set the clock	7/12/2014 8:24 PM
977	In the end, I'll get more sleep.	7/12/2014 8:21 PM
978	I have always hated Daylight Savings ever since I was a child. The changing of sleep patterns is really hard on a lot of people and reduces productivity in both the work place and school. I hate that it's light until 10:00 pm. It's impossible to get children to sleep when it's light out. I hate how it goes from light in the morning to dark and cold for morning commutes and school. That being said, the only other option is going to standard time all year. Standard time would put us in line with Arizona, which makes sense for business and travel. It also puts us on the same time as Nevada and California for half a year. Changing to daylight savings all year is not a viable option. The" extra" hour of daylight might be nice for recreation in the summer, but it would mean that winter mornings would be extra cold and dangerous. The sun would not come up until almost 10:00 the morning which would mean school children walking to school in pitch dark! Also, pitch dark morning commutes and extra icy conditions in the winter, which would lead to more traffic accidents. Staying all year on daylight savings would also mean a 2-hour time difference between Nevada and utah, which will be extremely difficult for those who commute between St. George and Mesquite.	7/12/2014 8:16 PM
979	oh my god have you ever lived in Utah in the winter when it started getting dark at 4 or 5pm? yes, let's permanently lose and hour and not see the sun for months cause it's only out when we're at work. SOUNDS GREAT. in case you missed the sarcasm--it's there	7/12/2014 8:06 PM
980	I enjoy the long summer evenings and I like the changes for the winter months.	7/12/2014 7:53 PM
981	I'm planning to move back to Utah in a year with my small family. To have schools and businesses permanently aligned with when the suns up and everyone is happier the more sun they experience in the hours when they're actually awake, let alone those people who suffer from seasonal and other types of depression. Please consider permanently falling forward into the sunlight.	7/12/2014 7:49 PM
982	I do not believe aligning with Arizona is in the state's best interests. First, it harms our state economically by cutting down on outdoor recreation time, which is a huge sector of our economy (especially when it comes to tourism). Second, it creates higher energy expenditures, since less daylight in the evening requires the use of electric lights for an extra hour. Third, this change would be detrimental to the members of our state who suffer from depression and Seasonal Affective Disorder, which is a startlingly huge percentage of our population. Especially for adults who work full time, daylight hours after work alleviate depression and contribute to emotional well-being. Eliminating one extra hour of evening daylight would be hugely detrimental to these members of our community, especially SAD sufferers, whose mental health drops considerably during Utah's winter. The best option for our state--economically and emotionally--would be to either maintain the current system, or stay on a spring-forward/fall-back system year-round.	7/12/2014 7:39 PM
983	I believe that the adverse health consequences of "springing forward" are well documented. I take no issue with commuting to work in the morning when it is dark. I do that already. I think it would be more convenient for the most people if the sun set closer to 6 pm rather than 5 pm in the darkest part of the winter. I feel like keeping Utah permanently on DST will have the most positive impact on the greatest number of people.	7/12/2014 6:07 PM
984	I prefer earlier daylight in the morning in Moab, especially in summer. Yes, that means earlier sunset as well, but that increases evening time when summer temps. are inviting, and it is nice to be out and about.	7/12/2014 5:14 PM
985	Really?!?! This is what is on the top of the to do list of my elected representatives?!?!?! Are there not more important issues to be considering?!?!?! This seems a pathetic waste of my tax dollars. You're not welcome.	7/12/2014 2:33 PM
986	The sun comes up and goes down on its own schedule. We as individuals should adjust our activities accordingly - if a person wants/needs to do more things in the daylight, then he/she should get up earlier or later, as the season dictates. Just don't mess with all our biological time clocks by switching back/forth twice a year with DST.	7/12/2014 2:31 PM
987	Either one way or the other but schools could change their starting time so children didn't have to go to school in the dark if that was an issue.	7/12/2014 2:30 PM

988	I definitely would not make it so it is light earlier in the morning. I like having the light in the evenings	7/12/2014 1:06 PM
989	I work during the day. After work hours are precious to me in accomplishing things (gardening and hobbies) that require daylight.	7/12/2014 12:16 PM
990	Creating a new daylight savings time (permanent spring forward) solves the problem on both sides of the issue of having to change times and in keeping daylight in the hours most will use it. We would permanently be an hour ahead of AZ, but we already are 8 months out of the year anyway. Second option would be to align on permanent mountain time. Please do not retain the status quo of daylight savings.	7/12/2014 11:36 AM
991	I have jet lag for days after the time change. Please stop changing it.	7/12/2014 10:47 AM
992	Changing the clocks twice a year is unnecessary and harmful to health and well being. Government imposed sleep deprivation every Spring benefits no one.	7/12/2014 9:01 AM
993	I've found that the time change in the spring usually results in weeks of reduced productivity for my clients. The system seems antiquated and unnecessary in our culture now.	7/12/2014 8:57 AM
994	Daylight savings time serves no purpose at all, they say it is for the extra hour of day light but your getting the same amount of daylight either way.	7/12/2014 2:28 AM
995	The change is physical and mentally to hard.	7/12/2014 2:00 AM
996	The initial reason for enforcing daylight saving time had nothing to do with, amusement parks, time with family or other trivial events. The point should be made to remain or unenforce the original items of this standard for its intention!	7/12/2014 1:39 AM
997	The light is most useful to me later in the day rather than early in the morning. The permanent spring forward time plan accomplishes this by pushing the light later into the day year-round.	7/12/2014 1:32 AM
998	I believe that the sun rising earlier helps you get up in the morning and boosts productivity. We should align with AZ and stay on MST year round.	7/12/2014 1:30 AM
999	My first choice is to leave things alone. My second choice would be to move to permanent DST. I like the extra hour at night. I'm a night owl and an extra hour in the morning don't do me any good because I'm asleep. Personally I think people who complain of severe physical effects have nothing much to worry about in their lives. I spent time in Germany where they did not have DST when I was there. It was daylight at 3:30 the in the AM, something that's very hard to tolerate for people who wake up at first light.	7/12/2014 1:22 AM
1000	My most pressing concern is that we no longer change times. It is a difficult transition for people in general, and it is especially difficult for people with various health concerns. I'd be happy if we choose to align or create. I strongly dislike the no change option. My reason for preferring MST over DST is that a 9:00 am sunrise during the winter sounds dismal. It is hard for me to get up before the sun, although I'm fine getting up after the sun.	7/12/2014 1:07 AM
1001	I like to have time to work in the yard or to play (golf) after work. Losing the evening light will lead to very boring evenings.	7/12/2014 12:59 AM
1002	I have seasonal affective disorder. The spring forward reduces the amount of sunlight I receive in the morning before work. This has an huge impact on how depressed I am. Getting more light before work will have a massive positive affect on my health. Thank You.	7/12/2014 12:50 AM
1003	I honestly just think it is quite silly to have to readjust sleep schedules at the spring forward / fall back points in the year. Being on a permanent clock setting just makes more sense.	7/12/2014 12:47 AM
1004	Daylight savings messes up our body clocks	7/12/2014 12:42 AM
1005	1st choice: Permanent, DST. because we need the light at night and it has been shown to save energy. 2nd choice. Permanent MST. Changing the clocks back and forth and losing sleep has got to go.	7/12/2014 12:37 AM
1006	Springing forward is always difficult on my children as they deal with school and testing. Being geographically aligned in the Mountain Time Zone, we should stay on the same time as Arizona to stay in the Mountain Time Zone.	7/12/2014 12:30 AM
1007	Changing the clocks never made good sense.	7/12/2014 12:25 AM

1008	I was a teacher and a principal in the education system for 35 years. I am also a father of six children. In the winter months the students had enough light to see and make it to school safely. It was still light when the students went home from school. Automobile drivers could see the children and the way to and from school would be much safer if we kept the daylight saving time as is, moving forward in the Spring and falling back in the Fall. Families who wish to play together will stay together. I especially like the long evenings to read, study, and play together. That extra hour of light, in my estimation makes a huge difference.	7/12/2014 12:13 AM
1009	I have some very serious heart problems, yet I still work. I tire easily, so when the time moves forward 1 hour in the spring, it is extremely hard on me! I suffer from being even more exhausted than I normally am. The other thing that I can't understand, is that it would be beneficial to have an extra hour of daylight in the winter when we need it most. It would help save many homes energy (and I thought that was what we are supposed to be all about), not to mention helping people with SAD, kids could be outside on nice days, etc., etc. In other words-LOOSE THE STUPID DAYLIGHT SAVINGS TIME! PLEEEEEEEAAAAASSSEEEE!!!	7/12/2014 12:06 AM
1010	I think being on the same schedule as the rest of the US makes time conversions easier (2 hours difference from EST, 1 hour CST, etc.). If the rest of the country intended to change, I'd probably support getting rid of it, but since it doesn't, I say continue to do what everyone else is doing to facilitate interstate commerce.	7/12/2014 12:05 AM
1011	Although light later in the day is nice, it interferes with my ability to settle down and sleep so I can have enough rest for work in the morning. Interferes with natural sleep rhythms	7/11/2014 11:58 PM
1012	Changing times is unnecessary and bothersome to our schedules.	7/11/2014 11:55 PM
1013	I taught school in Jordan School District for 14 years. I saw how parents could spend quality time with their children enjoying the outdoors together, going to the park, bicycling, playing sports, etc. after work because it stayed light longer in the evening. Also, changing back to standard time in the winter gives them more light time in the morning hours when they are going to school. It only takes a day or two to adjust to the time change. Just as it would to fly from one time zone to another. I would vote to keep the spring forward fall back schedule.	7/11/2014 11:50 PM
1014	I think that the whole concept of daylight savings time is obsolete. I think it just causes confusion.	7/11/2014 11:43 PM
1015	Changing the time by an hour twice a year is a hassle in that it takes a week or so to readjust to the same schedule that is now "earlier" or "later." This is particularly bothersome in the spring because even losing an hour of sleep can take time to recoup. Even if these are "small" issues, they're easily fixed by removing something that has no real purpose.	7/11/2014 11:40 PM
1016	Changing the time by an hour twice a year is a hassle in that it takes a week or so to readjust to the same schedule that is now "earlier" or "later." This is particularly bothersome in the spring because even losing an hour of sleep can take time to recoup. Even if these are "small" issues, they're easily fixed by removing something that has no real purpose.	7/11/2014 11:39 PM
1017	Changing the time by an hour twice a year is a hassle in that it takes a week or so to readjust to the same schedule that is now "earlier" or "later." This is particularly bothersome in the spring because even losing an hour of sleep can take time to recoup. Even if these are "small" issues, they're easily fixed by removing something that has no real purpose.	7/11/2014 11:39 PM
1018	Changing the time by an hour twice a year is a hassle in that it takes a week or so to readjust to the same schedule that is now "earlier" or "later." This is particularly bothersome in the spring because even losing an hour of sleep can take time to recoup. Even if these are "small" issues, they're easily fixed by removing something that has no real purpose.	7/11/2014 11:38 PM
1019	I feel that it would be much better at the end of a work day in December when I leave at 6:15 pm if the sun has just set, I feel less stressed more alert, and a lot less depressed. Yes the morning is a trade off but I think the overall benefit feels better.	7/11/2014 11:38 PM
1020	The argument to fall back is for the safety of the children in the morning. Start school later in the morning. I have a sleep disorder that makes changing times very difficult. Whichever time is chosen - just keep it one way or the other. Changing times is cruel and unusual punishment.	7/11/2014 11:37 PM
1021	My students underperform for roughly two weeks after spring forward. This happens close to standardized testing time and I believe that it impacts their test preparation and performance. Stop putting Lagoon's and car dealerships' financial interests before health and safety concerns.	7/11/2014 11:37 PM
1022	Get rid of daylight savings time. I'm in favor of either staying permanently on MSN or permanently on dec. I just want to stop changing the time twice a year.	7/11/2014 11:37 PM

1023	I lived in Utah for 2 years after having been an Arizona native, and I returned to Arizona after those 2 years. It makes no sense to me to bother with DST. Having people get up earlier during the summer and later in the winter is annoying at best. I see no benefits to doing this.	7/11/2014 11:36 PM
1024	Stop changing the time, all over the US.	7/11/2014 11:30 PM
1025	I despise daylight savings time. I always have, since I was a child. The whole idea is ludicrous.	7/11/2014 11:26 PM
1026	It's part of our culture!	7/11/2014 11:26 PM
1027	Day light savings in general is a farce. There is no savings, the sun rises and sets the same as it always does and changing the numbers does not add or detract from the rising and setting. It simply fouls up our natural rhythms and makes it difficult to ever know what the real time is. Please, let us align our numbers with the natural movements of the earth and sun and be done pretending. There is so much that is false in our society, can we at least not have our time of day be one of them?	7/11/2014 11:24 PM
1028	I would love to have a time that is permanently "spring forward". The extra sunlight in the evenings is very beneficial to getting tasks accomplished.	7/11/2014 11:24 PM
1029	I love either daylight savings, or a permanent spring forward...	7/11/2014 11:24 PM
1030	It's silly and outdated. It's an inconvenience to me. I say keep things simple and get rid of DST.	7/11/2014 11:20 PM
1031	It messes with my family sleep schedule! Plus I'm a morning person and as soon as it starts to get light enough to run outside they change the time.	7/11/2014 11:19 PM
1032	I hate changing, It is better for serotonin production to have morning light keep the time with an earlier dawn!!! keep the spring forward PLEASE! PLEASE!! PLEASE!!!!	7/11/2014 11:19 PM
1033	Studies have shown that more accidents happen after the time change. It is hard to change sleeping habits.	7/11/2014 11:18 PM
1034	I enjoy the Summer evenings with the later sunsets.	7/11/2014 11:18 PM
1035	I don't believe we fully understand the impact on so many people of changing their sleep/wake rhythms. Not to mention those with a mental proclivity requiring them to adhere to strict schedules.	7/11/2014 11:12 PM
1036	It is dangerous enough taking kids to school in the daylight (our daily walk or bike ride to school almost always involves a near miss), walking/biking when dark is not a better option. Please consider safety. Thank you.	7/11/2014 11:03 PM
1037	It makes no sense to bounce back and forth and its hard on the kids	7/11/2014 11:02 PM
1038	Clock switching has hurt me every year of my life. It is non-sensical, the promised benefits do not occur, but the obvious harms do. Politicians who are cowardly, greedy or stupid tried to get something for nothing politically by foisting upon us the deliberate dis-calibration of clocks, and hurt us all. The legislature should improve the system further by demanding all times be calibrated in 24-Hour format, as AM/PM is bad system for our global age, this was already true more than a lifetime ago.	7/11/2014 11:01 PM
1039	Daylight savings is really hard on kids. It would be better for my kids if it got dark earlier.	7/11/2014 10:57 PM
1040	I like more daylight at the end of the day so I can exercise outside after work.	7/11/2014 10:56 PM
1041	Please either retain the daylight savings or make it year round. We enjoy the evening activities that can be done with the extra hour of sunlight.	7/11/2014 10:52 PM
1042	Changing to MST during the summer months would mean that most people will be missing out on some of the valuable daylight, since most people wake up after 6 AM (if changed to MST sunrise would be approximately 5:01 AM). Additionally, if we change to DST during the winter months, kids will have to go to school in the morning while it is still dark outside. This makes walking to school less safe, and it does not create optimal conditions for children to learn.	7/11/2014 10:52 PM
1043	I really dislike time changes and manipulation of them	7/11/2014 10:52 PM
1044	It takes us weeks to adjust to each new time change. Such switches are annoying and counterproductive. We vote to leave the time stable.	7/11/2014 10:51 PM
1045	I hate daylight savings time!	7/11/2014 10:50 PM
1046	Once upon a time it made sense. If more states move away from it then eventually it will change across the nation.	7/11/2014 10:46 PM

1047	To me it is very important to have extra time in the evenings in the Summer months to spend more time with my family before it gets dark.	7/11/2014 10:44 PM
1048	Daylight Savings time was created to offer those in the farming and agriculture industry additional daylight hours to grow, cultivate, and harvest crops. Now that Utah has become more industrialized and modern farming has become more mechanized, it is no longer necessary to manipulate time.	7/11/2014 10:44 PM
1049	I oppose year-around daylight savings time because it makes children go to school in the dark in the winter. We tried that across the U S one year, and a number of children were killed by cars because of walking in the dark.	7/11/2014 10:43 PM
1050	It saves no daylight whatsoever. Arizona did the intelligent thing and rejected it. ARIZONA for Pete's sake! We should get rid of it. If some people want to have more time after work, let them get up an hour earlier, and leave the rest of us alone. And why isn't there an employment status of unemployed. We may not have to get up on time, but we still have opinions, and we have plenty of time to vote and to complain.	7/11/2014 10:40 PM
1051	When babysitting I have experienced difficulty in putting children to bed due to the brightness outside. The kids do not think it is bed time until it is dark and that is inconvenient and non-beneficial to their sleeping patterns. Not only this,but in the morning, when waking up, it is easier to be up and awake when the sky is awake with you, so when its dark when you get up, you stay groggy and sleepy, resulting in a not-so-good day.	7/11/2014 10:37 PM
1052	Daylight savings time made sense for an agrarian society, but now we operate 24-7 so the time has come to transition to a fixed time.	7/11/2014 10:32 PM
1053	I prefer being on a permanent schedule year round.	7/11/2014 10:30 PM
1054	I have the best reason of all for aligning with Arizona. My wife absolutely hates daylight savings time and I have to live with her.	7/11/2014 10:21 PM
1055	I prefer to do away with day light savings time. (1) I feel it does not help our sleep patterns and biological clocks to be switching times twice a year. (2) It is especially hard for young children to adapt. (3) It makes it more difficult to get children to fall asleep when it is so light outside and hard to get them to wake up when it is dark in the morning. In order to get adequate rest children need to go to bed fairly early in order to wake up and get to school on time. (4) It is dangerous to have children walking to school in the dark. We should be encouraging our children to exercise and walk to school, but what parent feels good about sending their children out into the dark? (5) I would much rather have it light in the cool of the morning in the summer, rather than in the heat of the evening. Much more enjoyable and refreshing to exercise in the early morning than the late evening. (6) Daylight Savings is a misnomer. It does not give us any more light or save us any light. It simply shifts when we get the light. I'd rather have the light where it naturally falls, early in the morning rather than later in the evening. I vote for Mountain Standard time all year round.	7/11/2014 10:17 PM
1056	Leave the clocks to mountain standard time.my parents are are getting old.	7/11/2014 10:16 PM
1057	Keep it!!!	7/11/2014 10:14 PM
1058	I run in the morning. In summer, it is best to run shortly after sunrise to avoid the heat, so a later sunrise is better. In winter, an earlier sunrise works best.	7/11/2014 10:12 PM
1059	Consider the people - not industry! Get rid of daylight savings! There will still be the same amount of sunlight. It's too hard to adjust - even for my pets. Industry can adjust. Let's get rid of this ridiculous time change!	7/11/2014 10:10 PM
1060	While there are studies out there that put aspirations on daylight savings time. I think that the studies that conclude it ultimately saves on energy costs, allows for more outdoor activities, and more light for returning commuters hold more weight with me.	7/11/2014 10:05 PM
1061	I prefer to keep Daylight Saving Time. With my children's school schedule, this works best for our area. If DST is not an option, then I prefer the spring forward schedule (the time we are currently on).	7/11/2014 10:05 PM
1062	It's very hard to change all the clocks, get your body to adjust to the change twice a year, it's hard for children to change their sleeping habits.	7/11/2014 10:04 PM
1063	It's really important for the farmers. They need those hours to be able to do their work.	7/11/2014 10:04 PM
1064	I like the daylight saving time hours but think we need to let nature be and not change it. All the states need to align with each other, not have 3 different schedules. It would make it easier for business and personal purposes.	7/11/2014 10:02 PM

1065	I think it's hard on all ages to adjust. Let's just leave it like Arizona	7/11/2014 10:01 PM
1066	I enjoy the extra light. I think if we just kept it, it would be perfect. Also wouldn't it save energy in the winter if it was lighter?	7/11/2014 10:00 PM
1067	It is an embarassment overseas. If you want more light, get up earlier.	7/11/2014 9:55 PM
1068	DST always causes a problem with our overseas business partners, especially as we now participate in a global economy. It now serves no purpose from its agricultural roots.	7/11/2014 9:55 PM
1069	Extra hours in evening during summer is good for people to enjoy outdoors. Being on standard time year around will impact businesses in negative ways and is a ad idea for Utah.	7/11/2014 9:54 PM
1070	I greatly dislike the jet-lag that day light savings gives me. please do away with it.	7/11/2014 9:53 PM
1071	I understand that there may have been a time when this was useful but I believe it causes unnecessary stress to the body to adjust your internal clock twice a year. It is time to drop it	7/11/2014 9:52 PM
1072	Bad for your internal clock. We have the same amount of daylight regardless of what the clock says.	7/11/2014 9:51 PM
1073	We are a healthier state because we can exercise outside longer in the summer evenings. It makes a big difference.	7/11/2014 9:50 PM
1074	I really do not care if we go to standard time year round or stay on daylight savings for 12 months. It is the changing back and forth that is terrible. We lived in Az. for 7 years and loved not being encumbered with the time changes. As a teacher I can tell you that the switching is rough on the kids and faculty. Finally, when we moved back to Utah I remember how hard it was to get our children to bed while it was still daylight outside,	7/11/2014 9:48 PM
1075	I prefer natural time that stays the same the year round.	7/11/2014 9:48 PM
1076	I would like to align with Arizona because it is very difficult to change my and my family's habits twice a year. We don't feel good (physically or emotionally) for about two weeks after the change.	7/11/2014 9:44 PM
1077	I really do not care if we go to standard time year round or stay on daylight savings for 12 months. It is the changing back and forth that is terrible. We lived in Az. for 7 years and loved not being encumbered with the time changes. As a teacher I can tell you that the switching is rough on the kids and faculty. Finally, when we moved back to Utah I remember how hard it was to get our children to bed while it was still daylight outside,	7/11/2014 9:43 PM
1078	I chose create, 1 - we do not need to change clocks. 2 - 5 AM is too early for daylight in the summer. 3 - Daylight until 6 PM is great for the commute home in the winter.	7/11/2014 9:43 PM
1079	I really do not care if we go to standard time year round or stay on daylight savings for 12 months. It is the changing back and forth that is terrible. We lived in Az. for 7 years and loved not being encumbered with the time changes. As a teacher I can tell you that the switching is rough on the kids and faculty. Finally, when we moved back to Utah I remember how hard it was to get our children to bed while it was still daylight outside,	7/11/2014 9:42 PM
1080	I hate it ! I think it causes more trouble than helps!	7/11/2014 9:38 PM
1081	I think changing times during the year creates more headaches and confusion. I like the idea of moving permanently to DST but I think it would make more sense to be on the same time as Arizona if we aren't following DST anymore.	7/11/2014 9:34 PM
1082	I hate the havoc it creates on your body. It may not seem like a lot, but losing an hour of sleep is tough. You spend the first month adjusting to the time difference. It seems like the day is going on forever, or you just went to sleep. We should just stay at the time we are on now.	7/11/2014 9:29 PM
1083	I love having longer evening hours, but not so late that my kids still want to stay up at 9pm. It's pretty annoying to have to change the clock twice a year and I don't like it getting dark at 5pm in the winter.	7/11/2014 9:26 PM
1084	I think that day light savings is a joke it does not save anything due to the fact that people maybe in their homes or they go to the late night movie or they are at a restaurant that is open 24 hours a day 7 days a week. If they are in there homes then they are with lights or television or on their home computer surfing the internet or their tables lap tops using electricity they are suppose to be saving and the proof is the news media has come out with many stories that we as people are tired due to not shutting down and always being connected that is why we do not need daylight saving anymore cause with modern technology we are using energy instead of saving it.	7/11/2014 9:22 PM

1085	I have always felt that daylight savings was disruptive. I've never heard anyone i know who likes to change the time twice a year. friends in AZ all like to stay the same. Any way I think its about time to do away sith daylight savings.	7/11/2014 9:20 PM
1086	The purpose of daylight savings time it to make it so we utilize the additional available daylight that exists in the summer. If we stay on standard time it will begin to get light by 4:30 a.m. An it will be getting dark shortly after 8:p.m. I will agree that there are small annoyances when we make the change from standard to daylight savings time and back but the benefits far out weight the annoyance. Having lived my youth without daylight savings time I know what standard time year round is like. I have always enjoyed daylight savings time in the summer. Jerry Ford tried daylight savings time year round in the 70's and it was a total FLOP!!!!	7/11/2014 9:19 PM
1087	I prefer the sun coming up earlier in the summer and the sun going down earlier in the summer. It is to light, to late.	7/11/2014 9:19 PM
1088	Daylight savings time is only observed out of force of tradition. It does not help with electricity outputs. It does cause more heart attacks, car accidents, and decreased workplace output by employees. It's time to get rid of DST.	7/11/2014 9:17 PM
1089	May one or the other be chosen and when it is let it stay that way. There are very few farmers who benefit from it in these days. Thank you.	7/11/2014 9:12 PM
1090	The most commonly heard plea heard on behalf of DST is all too familiar: "I like it being light later!" Claims of energy efficiency are being watered down as light sources become more efficient and the larger share of energy used goes to appliances that are used regardless of the hour of sunset (e.g. air conditioners). When it comes right down to it, DST is a personal preference. The government should not be in the business of adjusting everyone's clocks semi-annually to enforce a personal preference. Those who really want it "light later" can go to bed an hour earlier, as this is the real effect of DST.	7/11/2014 9:10 PM
1091	I love having more light in the evening hours. This is when most people are home from work and entertain. Please let us keep daylight savings time.	7/11/2014 9:06 PM
1092	Our area, in fact our entire state, depends on tourism. That extra hour of daylight for the Entire 8 months is a huge help in making our parks available to tourists and residents alike - thus bringing in more revenue for our state and in turn our residents.	7/11/2014 9:00 PM
1093	It's an outdated concept. It was put forth during WWII do the workers could stay later in the factories. It's not necessary anymore.	7/11/2014 8:56 PM
1094	Iwas born with DSL and I think it should be continued	7/11/2014 8:48 PM
1095	Please consider strongly, changing the current law to allow the time to be consistent throughout the year.	7/11/2014 8:43 PM
1096	Daylight Savings Time has never made a lot of sense to me - everyone I know has their sleeping schedules messed up twice a year, people show up to classes or work an hour late (or early), and so on. My mother hates her own birthday because it falls right around Daylight Savings Time and she knows she's going to miss that hour of sleep that she needs for her busy day. I think we should just get rid of the adjustment and keep things simple.	7/11/2014 8:39 PM
1097	I hate that it is dark so soon in the winter. Darkness onsets depression and I don't like being depressed. In fact, I don't think anyone likes being depressed or someone else being depressed for that matter. I also love playing outside in the summer and an earlier sunset would make that difficult. Whatever is done with the time, change it so that DST is gone. Thanks.	7/11/2014 8:38 PM
1098	I don't think it is necessary to change our clocks twice a year. I see no benefits in it besides messing up my family's schedule. It is just an unnecessary hassle not needed anymore. I want to keep the same time schedule all year.	7/11/2014 8:35 PM
1099	Standard Time works best in my life. The most important aspect to me is that it stay the same year around. I don't like the change.	7/11/2014 8:35 PM
1100	I would really like Utah to get rid of daylight savings time. The changing of the time is what needs to stop, whether we stay forward one hour or stay backwards one hour is not a real big concern to me. But we shouldn't be messing with the time every 6 months. The change is what throws off my entire biological clock and I feel terrible until my circadian rhythm adapts which usually takes several weeks. Thank you for your consideration.	7/11/2014 8:33 PM
1101	I like the extra daylight in the summers.	7/11/2014 8:28 PM

1102	In today's world we us electricity regardless if it's light or dark outside. This is not helping conserve energy and most people have a difficult time adjusting to the time switch. It's too much of a headache.	7/11/2014 8:23 PM
1103	I like the extra hour of daylight in the summer for recreational activities. In the winter I like it getting light earlier for school.	7/11/2014 8:21 PM
1104	When daylight savings happens, it really messes up internal clock and I have to keep readjusting to the time change. I become more moody, I would like to see a change.	7/11/2014 8:19 PM
1105	I do not think changing time every 6 months is a good idea. Keep one time and stick to it.	7/11/2014 8:17 PM
1106	I prefer our current daylight savings as it aligns my travel time to work more appropriately for me. I love the sun being up and shining during my winter or summer drives.	7/11/2014 8:17 PM
1107	Daylight savings time used to be great when it started in May and ended in September. Now it starts way too early and ends way too late. Since changing the start/stop date isn't an option in this survey, I voted to join Arizona, mostly to get extra daylight to jog in the morning. I hate it when we sprint forward because once again we are plunged into darkness in the morning. It if started in May like it did in the 1960's, there would be no harsh change in the morning.	7/11/2014 8:16 PM
1108	WE JUST BECOME ACCUSTOMED TO THE TIME CHANGE & THEN WE CHANGE BACK.....	7/11/2014 8:10 PM
1109	The discomfort from having to realign natural sleeping and waking cycles with the realignment of DST changes ought to be enough to let us know it is not a good thing.	7/11/2014 8:08 PM
1110	I would rather stop messing with the time. It is hard for children to get up in the dark to go to school and for those children that walk to school it is dangerous. retaining MST doesn't mean less daylight, it just means we can have more stability. Currently the time change moves every year, and it is hard to keep up with when to change the clocks. Why mess with it at all?	7/11/2014 8:04 PM
1111	There's no legitimate reason to flip the clocks back and forth twice per year, in fact, it's disruptive to humans and business at best and downright dangerous at worst.	7/11/2014 8:00 PM
1112	I am so tired of the switching back and forth. The extra daylight hours are helpful for students before school.	7/11/2014 7:59 PM
1113	The extra hour in the evening is good. If the schools don,t like the darkness in the morning ,just have them start an hour latter instead of making everyone else suffer through time changes. It doesn't really matter which time we use, just leave it one way or the other..... JUST	7/11/2014 7:58 PM
1114	It's an outdated system, it's not a requirement for today's society to function, as it was intended for the purpose agriculture.	7/11/2014 7:56 PM
1115	Just for the fact of changing is upsetting to baby's and children	7/11/2014 7:55 PM
1116	Changing our time every spring/fall is a hassle, and it makes it a pain to coordinate services in an increasingly globalized world, so I'm all for abolishing Daylight Saving. I'd honestly prefer the sunrise/sunset times from "creating a new daylight saving time," but it makes so much more sense to align with Arizona rather than be an hour off from the state to our immediate south.	7/11/2014 7:55 PM
1117	I prefer that we have a single time in Utah. However, I prefer that we always stay on daylight savings time so that we have more daylight in the evenings in both the winter and summer. Sunrise at 5 AM in the summer would be annoying, and while I am not a fan of a late sunrise in winter, even using MST it will be dark when most people get up anyway. And the extra daylight in the evening allows for increased productivity after normal work hours to clear driveways of snow and potentially include some kind of outdoor recreation, even if just a short hike/walk in daylight.	7/11/2014 7:54 PM
1118	Adjusting for daylight savings time is absurd. There was a time and place for it. Things have changed and need to be adjusted for the modern world. The ability to have the average day stay lighter later is only going to help productivity. The amount of people that stay out during the summer, when it is light longer, is significantly higher than during the winter, when it is dark at say 5 pm. People's productivity is only going to decrease. There is a possibility of crime increasing as well. Most crimes typically happen when people aren't around, at night/dark. If it is darker earlier, less people will be around during later times of the day, and leave more opportunity for crime to increase. It is logical to create the time zone to stay on one time. Keeping it lighter later each day is the only logical option.	7/11/2014 7:53 PM
1119	I picked create so that I could be outside at night and still have light.	7/11/2014 7:51 PM

1120	Safer driving when the sun is shining. It gets dark at 4:30 p.m. Dec. and Jan.We use more energy to light our homes. Let's save the energy and make driving safer.	7/11/2014 7:51 PM
1121	DLS provides more benefit than detriment and should I be messed with. We do not need to be on a different schedule than the rest of the country.	7/11/2014 7:51 PM
1122	I prefer the standard time. Put it there and leave it alone. There is plenty of light at the end of the day and for those of us that have to go to bed early and get up early, having that extra light in the summer really messes up sleeping patterns, which lead to not being very productive. School age children suffer with each change as well. It is not good for our health to mess with our internal clocks that way. I have always hated daylight savings, even as a child and would really appreciate getting rid of it. There is no valid reason to keep it. The entertainment people should not be the ones to decide for our state. Let the people go back to standard time and leave it there.	7/11/2014 7:49 PM
1123	I think it's an outdated practice that serves the few vs the many.	7/11/2014 7:49 PM
1124	I can count on getting sick twice a year...once when we spring forward and again when we fall back. Even now that I am retired and don't have a strict schedule, I still have a hard time adjusting to the time changes. I really dislike daylight savings time.	7/11/2014 7:48 PM
1125	I would rather have sunlight as late as possible. This allows a greater quality of life post work	7/11/2014 7:45 PM
1126	This video does a great job of pointing out how little good DST does. https://www.youtube.com/watch?v=84aWtseb2-4	7/11/2014 7:44 PM
1127	Leave the clock alone. Keep standard time all year long.	7/11/2014 7:41 PM
1128	There is no point to changing the time any more. I understand why it was in place but it isn't that important in society anymore. Pick a time and stick with it. MST makes the most sense.	7/11/2014 7:39 PM
1129	I prefer daylight in the evening. The comments in the news about farmers prefering standard time does not seem right to me. My grandparents were farmers and they worked in the daylight (sunup to sun down) the clock was a reference for dinner not a time to stop working.	7/11/2014 7:37 PM
1130	Many say that DST is to help the farmers. I've talked to them. Their work is from sun up to sun down. Changing the clock doesn't help them. The cows need to be milked at a consistent time. It doesn't matter to them what the clock says. For my health problems a schedule is so important. Twice a year that schedule is tampered with and it takes weeks to readjust.	7/11/2014 7:35 PM
1131	It is good having daylight longer. Keep it this way year round. Early morning sunlight won't benefit people as much as a later evening when people are out.	7/11/2014 7:34 PM
1132	I prefer it because I work late into the day & benefit from it being light longer.	7/11/2014 7:34 PM
1133	I detest the time change every year and the effect it has on my body and my family's bodies. We lived in AZ and loved not changing times and it never effected having to deal with other states as you always knew what the time difference was.	7/11/2014 7:31 PM
1134	I like it the way it is. My second choice would be to stay on Daylight Saving Time. I like having it light for longer in the evening when everyone is off work. I don't mind it being darker in the morning.	7/11/2014 7:31 PM
1135	DLS is only packaging and marketing. No reall benefit as was told us to sell the bill. Leave TIME alone, please. It really messes with biology. Not to mention the danger to school children!	7/11/2014 7:31 PM
1136	The few months we are on standard time are not the adjustment to my sleep patterns or those of my children or students. It takes a week on both ends and it is wasted time. When we were primarily an agricultural state it made sense. Now it doesnt.	7/11/2014 7:28 PM
1137	Seasonal Affective Disorder is worsened with the time change.	7/11/2014 7:28 PM
1138	DST is an antiquated system that serves no good purpose in our modern era. It disrupts more than benefits people's lives.	7/11/2014 7:25 PM
1139	The need for natural light for factories to stay open longer has long expired. DST is very disruptive. Abolish it. PLEASE!	7/11/2014 7:24 PM
1140	As a medical student I like/need to make things as simple as possible. This would be a step towards simplicity which is always a good thing.	7/11/2014 7:22 PM
1141	I prefer standard time, but permanent daylight savings time would be fine as long as we didn't have to switch twice a year. It is the changes that are most disruptive to our lives.	7/11/2014 7:22 PM

1142	I believe that an hour of light is more useful at the end of the day, especially during the warmer months of the the year. Hence, my support of a permanent forward shift. My second choice would be to keep the current DST system.	7/11/2014 7:21 PM
1143	bad for kids educationally to have to switch back and forth	7/11/2014 7:20 PM
1144	Due to our western longitude within the mountain time zone, and our unusually high eastern skyline, most Utah residents experience very late effective sunrises, compared to the rest of the country, and daylight savings time exacerbates this, leaving very late dark mornings in the fall and spring. DST may make more sense for many areas of the country, but with our position and topography, it does not make sense in Utah.	7/11/2014 7:20 PM
1145	I don't have a preference, so much as to which "time" we go with as I do with just picking one and staying with it! EVERY time we fall back or spring forward it takes a week for my kids to adjust. In my house, when my kids get overly tired they get physically sick (vomitting, etc) and it never fails that during the week following the time change at least 2 kids will miss school because of how tired they are (at least in the spring). In the fall they miss sleep because they aren't tired yet when the clock tells them they should be and then after a couple of days it finally hits. We HATE the week following the time change at my house. :-(	7/11/2014 7:20 PM
1146	order of preference: 1. Align 2. Create 3. Retain	7/11/2014 7:20 PM
1147	I enjoy having longer summer days. My second choice would be to stay on spring forward time all of the time. It is too cold to go outside very early in the winter anyhow. Evening daylight hours are far more important to me than morning daylight hours.	7/11/2014 7:20 PM
1148	I would like to see DST stay in place in it's current form. I drive a garbage truck and go to bed at 700 pm and am up at 230 am. Even with the summer time light until 1000 pm, I am not bothered with the late night light. The advantage for the rest of the people is great. I also see every sunrise and don't think that many people realize that moving to the Arizona time schedule twilight will be at 400 am and full on screaming sunlight at just after 500 am. People complaining now about the time change twice a year will really be up in arms when the sun comes streaming in the house at 500 am, waking up babies and small children who will eventually wake up the parents that don't want to be up just yet. I have travelled the world and changed time zones many times in both directions and have never been bothered by it, but I would prefer to keep things the way they are.	7/11/2014 7:17 PM
1149	More light in morning for sake of kids. As far as the Lagoon thing everyone talks about? To me the dark is the main reason I stay because riding the rides at night with all the pretty lights is awesome. Harder to get kids to go to sleep at night as well if light til 9 or 10 every night. Thus making school days harder	7/11/2014 7:13 PM
1150	I love the daylight! Switching twice a year is fine by me, so we can have the extra daylight. It's the same while traveling, I've traveled a lot - and over 7 time-zones. (no problem)	7/11/2014 7:12 PM
1151	From childhood I have always wished we didn't have to "Fall backward". It has been better since DLS time was adjusted for after Halloween and earlier in the Spring. It would also be a huge boost for people who struggle with depression to have more daylight hours in the afternoon all year.	7/11/2014 7:08 PM
1152	Changing the time forward and backward has been hard on my health and I am sure for others including children it just isn't right I wished it would have never happened in the first place	7/11/2014 7:07 PM
1153	I have always loved Daylight savings time and how I feel when the day is longer with light. I am able to work outside after work when it gets a little cooler. I am able to have recreation in the evenings. I am more physically active.	7/11/2014 7:06 PM
1154	It messes up everyone when you switch the time. It is too hard on the kids. No one can function.	7/11/2014 7:05 PM
1155	Changing the time forward and backward has been hard on my health and I am sure for others including children it just isn't right I wished it would have never happened in the first place	7/11/2014 7:03 PM
1156	I feel that light in the evening is more useful than in the morning, especially during the warmer months. I support a permanent forward shift. My second choice would be to keep DST as it currently is.	7/11/2014 7:02 PM
1157	I'm tired of feeling jet lagged for two weeks every spring. Stop changing the time!	7/11/2014 7:02 PM
1158	I don't really care as long as we just pick a time & stick with it. Stop changing!	7/11/2014 7:02 PM
1159	Permanently fall back. Get out of this jumping back and forth.	7/11/2014 7:01 PM

1160	I think it is better for young people, and others, to be headed to school and work when it is light outside. Research had demonstrated numerous times that it is more beneficial.	7/11/2014 7:00 PM
1161	it's a conservation joke; whether it's hot or cold, one uses power or gas as needed, regardless of the time on the clock. It's a hassle and hard on people to keep changing the time back and forth. Pick one and stick with it.	7/11/2014 6:59 PM
1162	I hate moving back and forth and I live in St.George, so the later the sun sets the later you have to wait to do anything in the back yard. Also, we are relatively close to Las Vegas, which would align us with them for the majority of the year.	7/11/2014 6:58 PM
1163	Daylight savings is an outdated concept. We don't have a large percentage of the population farming these days. People who are active outdoors will continue being active outdoors regardless of the clock change. Sadly, most people are so involved with their smartphones and technology (and I am an extremely tech-savvy guy) that they are only concerned about time of day and daylight info if they look it up on an app. I'm all for preserving tradition if it is useful, but this tradition is not.	7/11/2014 6:57 PM
1164	I'd perfer it to be permanent spring forward, I do not like it going back and forth. I want it to stay the way it is right now.	7/11/2014 6:47 PM
1165	I prefer to stay on one time year round. It think it makes most sense to align with Arizona, but would be ok with the create option as well. I really dislike bouncing back and forth. It disrupts sleep patterns for about a week going both ways and it is annoying to change all the clocks twice a year.	7/11/2014 6:44 PM
1166	Enjoy more daylight in the evening. When it gets dark early I find it depressing.	7/11/2014 6:43 PM
1167	I think it no longer is necessary. It was meant for farmers but they are an extreme minority these days. It is theorized that daylight savings actually costs the state money.	7/11/2014 6:35 PM
1168	I have to get up so early to go to work that I prefer earlier sunset and earlier sunrise.	7/11/2014 6:34 PM
1169	Creating our own time zone will create complexity for millions of people and computer systems worldwide. We'll just irritate people by becoming an exception. A poor choice--better to be normal than be come more unusual. Let's be like Arizona with no daylight savings time. Daylight savings times results in lost productivity as people adjust to the changes twice each year and lose productive morning time. It increases our energy costs by extending hours in buildings during high summer temperatures. Finally, it inconveniences Utah's families because children stay up later than usual and cannot fall asleep--and teens stay up later and get in more trouble. Daylight savings is a relic of a heavily agrarian economy; it no longer makes sense in our high-tech state.	7/11/2014 6:34 PM
1170	Keep the Daylight savings time and quit changing the clocks twice a year. Kids go to school much of the winter in the dark anyway.	7/11/2014 6:32 PM
1171	Outdoor recreation, enjoying evening daylight in warm weather, golf after work.	7/11/2014 6:30 PM
1172	I do not like Daylight Savings time because I want the time to remain the same. I like daylight in the morning. I do not like getting up in the dark.	7/11/2014 6:28 PM
1173	It is really hard on the children we teach in Elementary school to go back and forth.	7/11/2014 6:26 PM
1174	I absolutely hate the fall time change! Winter is already dark and depressing enough without making it dark in the morning and dark after work. Thanks	7/11/2014 6:26 PM
1175	Please consider changing to a permanent fall back	7/11/2014 6:21 PM
1176	I prefer Mountain Standard Time. I always feel tired and worn out with the change. My body misses that hour that is lost. I just have better health under Mountain Standard Time! Please, please stay with Mountain Standard Time.	7/11/2014 6:18 PM
1177	Just leave the clocks alone ... go with nature.	7/11/2014 6:17 PM
1178	Quoting testable results from the experience of other states such as Arizona and Indiana, "Daylight saving time reduces demand for residential lighting, yet increases demand for heating and especially cooling." Especially since the invention of compact fluorescent lights, residential lighting costs MUCH less than heating or especially cooling, and the low-hanging fruit is to significantly reduce cooling costs during the summer months.	7/11/2014 6:13 PM
1179	I don't like changing clocks and in my profession as an emt, I usually work those nights which puts me on shift longer	7/11/2014 6:09 PM

1180	Arizona is my home state. As a resident of Arizona I never experienced any problems with a lack of time change. It is inconvenient to change time and the physical/mental affects are felt for weeks. It is time to make the change and have one continuous time.	7/11/2014 6:08 PM
1181	As a teacher I see my students super tired after the time has "sprung forward" in the Spring. This is a time in the school year where we need our students to be focused. I think aligning with AZ would create more consistency for students (and teachers).	7/11/2014 6:08 PM
1182	Leave it alone. Let's not align ourselves with the oddballs.	7/11/2014 6:06 PM
1183	Daylight Savings Time does not help the farming industry. The animals have internal clocks...as do humans, both adults and children. When we have Daylight Savings Time come on, I am suddenly having to get up at 4:00 a.m. to get to work on time. That is much too early for any thinking person. It messes with my body clock for two months or better...and then it is time to readjust. The only people who are helped by DST are golf courses and such entities. I do not think we have to disrupt the whole population so that some have more time to play golf. Please consider this seriously. It is a serious issue. Put out some petitions and you will see how many people abhor DST.	7/11/2014 6:04 PM
1184	I have always dreaded the switch to daylight saving time. I never seem to get adjusted to it and feel a huge relief in the Fall when things go back to normal. In addition, there is no evening "transition" time when you can relax and prepare for bed. You cannot work right up to bedtime at a fast pace, as I tend to do, then go inside and calm down enough to go to sleep. That is what people who work have to do because they MUST get up early to get to work on time no matter how little sleep they have had. Mothers hate it because their children don't like getting up in the dark and going to bed with the sun still up. I have considered moving to Arizona just to get away from daylight saving time but I am too old to make the move now. Can't we just have some normalcy year-round and do away with it?	7/11/2014 6:03 PM
1185	my internal clock is very accurate, every time the the time changes, if messes up that clock and its takes a long time for it to readjust. I hate DST!	7/11/2014 6:01 PM
1186	I'm a psychologist. I watch the effects, on my clients, my family, my neighbors, for two weeks following the change. Kids struggle, adults struggle, everyone has a biological clock adjustment that far out-lasts the adjustments to the wall clocks. It's not worth the cost.	7/11/2014 6:01 PM
1187	DST is an antiquated system based on bad science. Just pick a time and stick to it. We can deal with it.	7/11/2014 6:00 PM
1188	DST during summer months aligns my body clock to the sunrise more than other proposed systems. Also, the extra hours of sunlight in the evenings of summer months is very appreciated. I believe these benefits outweigh the momentary inconveniences of switching times twice a year.	7/11/2014 6:00 PM
1189	leave as is. Good in winter and summer	7/11/2014 5:59 PM
1190	Please, please, please, do away with the changing of time. We need light in the evening, whatever that constitutes, permanent forward or back, just leave it alone. It wreaks havoc in mind, body, and soul when it changes back and forth twice a year, and very little else.	7/11/2014 5:56 PM
1191	I do not find it beneficial to have daylight savings.	7/11/2014 5:52 PM
1192	Please, let's stay on it year round. No switching, and the most daylight in the afternoon evening that is possible. Can't we come up with some way to make it safe for children in the morning when it's dark?	7/11/2014 5:51 PM
1193	The longer days in the summer are a benefit for families to spend outdoor time, able to allow for more activities out door, and then also allows more daylight when it is warm out so it can be enjoyed. I love the Summer daylight savings.	7/11/2014 5:48 PM
1194	While I would personally prefer changing to permanent Daylight Savings Time, I think permanently aligning with Mountain Standard Time (MST) will provide the best compromise of reducing the amount of biological and physical change for all people while providing morning light during the darkest time of the year (winter) for children to go to school and for others to go to work, etc... It also seems that communities and businesses would adjust schedules to allow those who desire to exercise or do other activities to do them whenever there is light even if it is in the morning during the summer. So I voted for permanently aligning with MST.	7/11/2014 5:48 PM
1195	Keep current system	7/11/2014 5:40 PM

1196	Think of the children walking to bus stops and waiting for the bus in the dark on the side of the road, especially in rural areas like where I live. As a former bus driver, it really is a concern. I also like to get p in the daylight and go to bed when it's dark. As a heart patient, it's also a concern for heart attacks because of messing with the body's natural circadian rhythm.	7/11/2014 5:40 PM
1197	I live on the border of Utah and AZ the time change is nothing but a problem!!! Do away with it	7/11/2014 5:40 PM
1198	Going to permanent spring forward time would give us at least a bit of daylight outside working hours. Daylight until 9-10 PM in the summer allows for more time outdoors, enjoying our parks, decks, etc.after work. My other choice would be to retain the current schedule. I hate to think about not having it at all!	7/11/2014 5:38 PM
1199	It is difficult to adjust when we fall back or spring forward. It's not just us humans who have to adjust, but our pets have a hard time adjusting to being fed at different times, in their minds, than usual. I don't particularly like the idea of a 5 a.m. sunrise, but it's only 21 days of sunrise before 6 a.m. I can live with that.	7/11/2014 5:37 PM
1200	just pick a time and a date and leave it alone. at one time it might have been a good thing but it is just not needed anymore. all it does is confuse a persons body and mind.	7/11/2014 5:37 PM
1201	If you want more daylight get up earlier before all the crazy people get out of bed and start bothering you.	7/11/2014 5:37 PM
1202	My poor body can't keep taking this switcher-roo routine.	7/11/2014 5:34 PM
1203	God knows best, leave it at His time.	7/11/2014 5:32 PM
1204	I do not like the change	7/11/2014 5:31 PM
1205	Standard time would be great year round. Those that want to see more daylight should get out of bed in the morning and enjoy the best part of the day.	7/11/2014 5:31 PM
1206	I have never felt "right" ever since the insanity of Daylight Savings came into being. It just isn't normal. Plus, we used to have half the year for the time we preferred. Now, we get only a few months. Please, Lagoon owner's greed aside, let's turn the clocks back for good this Fall!	7/11/2014 5:30 PM
1207	DST is important to the seasonal businesses. The longer it is light outside the longer people can patronize those business. The more they sell the more tax revenue Utah gets.	7/11/2014 5:29 PM
1208	The semiannual time change interferes with my ablilty for restful sleep. It takes weeks after each time change to get back in sync. This affects my work and personal life.	7/11/2014 5:28 PM
1209	If you want to get rid of daylight savings time because your too lazy to change your clocks. Move to Arizona. Things are fine the way they are.	7/11/2014 5:28 PM
1210	The more light we have after the working day the better. Most of us spend the morning and early afternoon indoors with the lights on anyway. This gives us as much time as possible for recreation and other activities after work.	7/11/2014 5:25 PM
1211	I prefer we stay with the rest of the country.	7/11/2014 5:24 PM
1212	I would prefer a permanent spring forward plan because otherwise sunrise would be before 5 am in the summer, but my main concern is the change. Whatever is done, please get rid of the change!	7/11/2014 5:22 PM
1213	KEEP REGULAR TIME YEAR ROUND! THANKS FOR LISTENING	7/11/2014 5:19 PM
1214	There is no reason for Daylight Savings Time. Let's end it while we can. Maybe we can start the ball rolling for the rest of the nation.	7/11/2014 5:19 PM
1215	You cannot fool Mother Nature. There are just fewer hours of daylight in the winter. Daylight savings time causes more problems by having to change all our clocks twice a year, causes us to adjust our bodies to the time change, upsets normal routines of bedtime and rising time. Kids are up too late during the summer (don't want to go to bed when the sun is still shining). This is a hardship to all concerned including animals whose time clocks are constant and do not move forward or backward as the world turns. Then we also have to set all our clocks after power outages including water softeners, microwaves, ovens, and etc. I really do not see any sense in observing daylight savings time at all.	7/11/2014 5:17 PM
1216	I've never understood the reason for daylight savings time and see no benefit to it. It strikes me as nothing more than an arcane habit that likely had good reason prior to accurate time keeping but no longer serves a useful purpose.	7/11/2014 5:17 PM

1217	I prefer to have a permanent spring forward. The winters get dark too early in the evenings preventing productive activities. Furthermore, DST no longer saves energy. It simply shifts energy usage to a different part of the day.	7/11/2014 5:11 PM
1218	.	7/11/2014 5:10 PM
1219	I love the extra daylight in the evening and the "darker" mornings pass quickly simply because of the changing seasons.	7/11/2014 5:10 PM
1220	It is to difficult springing forward and backwards. It needs to be changed.	7/11/2014 5:09 PM
1221	Daylight savings time is hard on younger people. It is hard for them to get up for school, wait in the dark for the bus, walk to school in the dark, etc. We need the morning daylight to encourage better school attendance than would happen with the "create" option. Changing times twice a year is hard on the kids too. Pick one time, and stick with it. I lived in AZ and much preferred their time system. I also lived in eastern Indiana, which also stayed on one time. It is much less disruptive to education, business and the elderly too. Thanks for listening	7/11/2014 5:07 PM
1222	I love daylight savings time! I look forward to it every spring. I thrive on daylight and love having long spring and summer evenings when it is light until 9:00 in the evening to enjoy being outside with my family or working in the yard. Please don't end daylight savings time. Having the sun rise at 5:00 a.m., which means it is light at 4:30 a.m. seems crazy to me especially when it means it gets dark at 8:00 when we finally have everyone home from school and work and can enjoy the evening together. It's nice to have the time more in alignment with when people sleep. Some people say it messes with their sleep, but that's only for a day or two and then we are used to it. I have children in school and it definitely isn't a problem for them. They bounce back quickly and enjoy having time to play in the evenings. Don't change a thing! Leave daylight savings alone!	7/11/2014 5:06 PM
1223	Against Option Two because it would create more use of energy. Also it would be so hot for outdoor workers during the day. Against Option Three because this is, after all, the "United States". Unless you just like anarchy.	7/11/2014 5:05 PM
1224	It messes with your body clock and we do not need daylight savings anymore.	7/11/2014 5:03 PM
1225	I prefer the spring forward as it gives more hours of daylight. I realize that it will natural get darker sooner in the winter season but feel that a permanent spring forward will help it stay lighter longer. I have ASD and coming to work in the dark and leaving in the dark really affects me.	7/11/2014 5:01 PM
1226	Early winter evenings causes depression. Also, I like not having the change of time for children's sleep patterns.	7/11/2014 5:01 PM
1227	It gives the maximum amount of daylight at the end of the day, when most of us need it.	7/11/2014 5:00 PM
1228	Please keep daylight savings time permanent. It needs to be year round. It gets dark before my husband gets home. It means he has less time to play with the kids outside.	7/11/2014 4:58 PM
1229	My boy is a 4.0 student in junior high, at least until spring-forward time, when is grades drop significantly. He is affected by SAD somewhat and he has a very rough go adjusting to the change in time. His grades drop significantly and his absenteeism goes up. It's terrible for him.	7/11/2014 4:58 PM
1230	I don't really care if it is daylights saving time or standard time, I just don't want to keep having to chang times.	7/11/2014 4:58 PM
1231	prefer sun setting later in the day/better visability for drive home (safer) and more light to get work done at home	7/11/2014 4:55 PM
1232	Because I rise around 6 AM, it's nice to rise with the sun, and start my day off feeling refreshed. I retire around 10 PM and I like to have as much daylight as possible in my day. I do not like the idea of setting the time an hour earlier, because my body would be all out of whack, and my brain would think it's time to get up at 5 AM instead of 6 AM. Thank you for your consideration.	7/11/2014 4:54 PM
1233	People talk about how making the "big change" twice a year is so disruptive but frankly I don't know that many people that don't do the same thing every weekend by getting up early to go on an adventure or sleeping in late. I like how we shift the time to keep it from being light at 5:00am in the summer and too dark in the winter. However, if people want to keep either MDT or MST then MST is the way to go. Something is right about keeping noon when the sun is straight up (I know the angle changes as one moves from the center of the time zone) and having the hours from sunrise to noon and noon to sunset about the same (symmetry!). If you had time symmetry then you have everything designed right and businesses and people can adjust themselves to deviate as they wished from the perfect system.	7/11/2014 4:54 PM

1234	There are many people who would still be alive if there were not Daylight savings time. It's time we recognize that and do away with this silly practice.	7/11/2014 4:52 PM
1235	Prefer more light later in the day.	7/11/2014 4:51 PM
1236	I hate jumping back and forth all the time. Leave it one way or the other, please.	7/11/2014 4:48 PM
1237	When my family was stationed in Arizona several years ago, the lack of DST made sense and is easier for everyone not having to put their clocks forward or backward twice a year.	7/11/2014 4:48 PM
1238	If you want to stay out til the sun goes down in the summer, then do it. Don't change the clock to dictate your summer nights. Leave the clocks one time year round.	7/11/2014 4:47 PM
1239	As others have pointed out, it messes with my internal clock. Also, I don't feel we're gaining an hour of daylight, we're just putting it at the end of the day. Why do we need light outside until almost 10pm in the summer?	7/11/2014 4:46 PM
1240	I believe having more hours of light would help with seasonal depression that usually occurs when we have lots of hours of dark.	7/11/2014 4:45 PM
1241	If we can't keep it as it is with the back and forth, the next best thing is to keep daylight savings all of the time. But then kids will be walking to school in the dark. No way is that good. I love the later sunny hours in the good weather for fun and work. I love the way things are now. So you have to change your clocks. Big deal. Most of them are automatic now anyway. Messing up your sleep a little is well worth the benefits!!	7/11/2014 4:45 PM
1242	DST changes are antiquated. I don't see the point anymore. Regardless of whether we align or create a new timezone it shouldnt change twice a year.	7/11/2014 4:45 PM
1243	I prefer more daylight in the morning.	7/11/2014 4:43 PM
1244	The extra hour at the end of the day should be in the winter. And if you are waking up after the Sun comes up in December and January, I would like to switch jobs with you so that I can sleep in a couple of extra hours.	7/11/2014 4:43 PM
1245	We should not have to make a big deal out of it. It is not necessary to have so why have it?	7/11/2014 4:42 PM
1246	DST is a waste of resources and not based on reality.	7/11/2014 4:40 PM
1247	We love the flexibility to work and allow our customers to work in the later evening hours of light throughout the spring and the summer months.	7/11/2014 4:39 PM
1248	I really don't care which way we keep it...spring forward or fall back... just stop changing all the time...it is ruining my life.	7/11/2014 4:39 PM
1249	I think for what it was intended for it was needed but now the needs of the world have changed and really there is no point to do daylight savings time. It was intended to help the farmers but with most farmers using machinery to do the things people use to do, it just not needed. I think we should align with AZ and do away with daylight savings time. Thank you.	7/11/2014 4:38 PM
1250	If you get rid of DST, I will probably leave the state.	7/11/2014 4:38 PM
1251	In the long run, I think it is just better to continue withDST-I work in education & the kids adjust just fine. Economically, it is more beneficial to retainDST I have lived where they don't participate & it's not all rosy there either!!	7/11/2014 4:37 PM
1252	waste of time and money ..	7/11/2014 4:37 PM
1253	More light in the afternoon year round! It'd be great for the economy! Shift school times, if needed.	7/11/2014 4:35 PM
1254	The spring time change is difficult and dangerous. Research has shown the cost significantly out weights any benefit.	7/11/2014 4:33 PM
1255	I like daylight extending late into the evening in the spring summer & fall under the current approach. I would like DST to start the first Sunday in April and end the last Sunday in October like it was several years ago. I do not want sunlight at 4:30 a.m.	7/11/2014 4:28 PM
1256	My preference is for year-round daylight savings, but barring that, PLEASE DON'T TAKE DAYLIGHT SAVINGS TIME AWAY!! I have SAD (seasonal affective disorder), and the lack of light during the evening can really depress my mood. I hate falling back every year.	7/11/2014 4:28 PM
1257	I like the sunlight at night when I'm off work and have time to do things with the kids while it is still light.	7/11/2014 4:28 PM

1258	Daylight Savings Time provides so many recreational opportunities in the evening during the Summer. Please keep Daylight Savings Time!	7/11/2014 4:27 PM
1259	Daylight saving time no longer presents any energy savings. It can be dangerous when it is dark and people are commuting and going to school. The companies that proclaim a profit from later light are dictating to all of us. Let us get some sleep.	7/11/2014 4:25 PM
1260	I perfer long daylight hours. Hate the change every year	7/11/2014 4:24 PM
1261	Switching back and forth from Mountain Standard Time to Mountain Daylight Time is more of a hassle than anything. If people want to make use of the daylight at certain times of the day, then maybe they should get up a little earlier or stay up a little later to take advantage of the light they want. Let's not burden everyone in the state with the pointless time-shift every six months.	7/11/2014 4:23 PM
1262	Makes the day seem longer, with more daylight after work to get things accomplished around home.	7/11/2014 4:23 PM
1263	I'm a Utah native who lived in Arizona for three years. I found that standard time just feels more natural, more real. Having to change clocks twice a year is a minor annoyance. Most of the comments for and against DST are really just minor matters. In the end, it comes down to personal preference with not many specific points that have any major import.	7/11/2014 4:20 PM
1264	The spring ahead and fall back are jarring to people's schedules, moods, and biorhythms, causing sleep deprivation, short tempers, and poor-quality work/learning for at least two weeks around the change. It's especially tough to get kids on a new schedule. It's an outdated ritual that needs to stop.	7/11/2014 4:20 PM
1265	Having grown up in a rural ranching community in Nevada where DST is not observed, I feel I can say with some clout that DST is absolutely ridiculous and makes no sense whatsoever. The change is completely arbitrary and should be done away with!	7/11/2014 4:15 PM
1266	I have been frustrated my entire life with the legislature being in charge of my clock. Having more daylight at the end of the day helps with taking care of matters at that time of day. I think the idea of keeping a permanent spring-forward time is great. Businesses would also benefit from such a decision.	7/11/2014 4:15 PM
1267	The twice-annual time change is very disruptive to us at our school (high school). Personally, I find it a challenge to my body clock, adjusting to which takes me about two weeks. During this time, I am not as productive as usual. Please take away this man-made yoke. I want to see the state of Utah step up and remove this annoyance from its citizens.	7/11/2014 4:13 PM
1268	I really don't see the point in it.	7/11/2014 4:12 PM
1269	The time change is very difficult to manage with kids. I prefer the time change after a spring forward, but realize it would be more difficult to do away with the time change but not align with Arizona but create a whole new time.	7/11/2014 4:07 PM
1270	I just prefer earlier sun. I do not feel nor like sunlight late into the evening. Nothing scientific, just preference.	7/11/2014 4:07 PM
1271	I love the long evenings for exercise and family time. We spend every evening outside on our patio as a family, relaxing after work. PLEEEEASE don't change it!	7/11/2014 4:06 PM
1272	I love the long hours of daylight in the summer months, and I really dislike having a time change during the year. Also, in the winter it is very depressing to walk out of work at 5:30 and it's pitch dark. Thus, I would prefer to keep the time we are on now all year round (which if I read the chart correctly is a vote of "create")	7/11/2014 4:04 PM
1273	I want to avoid having to make my body adjust to continuously changing times. Please just pick a time and keep it year round.	7/11/2014 4:04 PM
1274	Get rid of it.	7/11/2014 4:02 PM
1275	Thank you for offering choice to residents, having more daylight in the morning allows me to safely run outside, and spend time in the evenings with my kids and family. It supports my healthy lifestyle and family unit.	7/11/2014 3:59 PM
1276	I get up with the sun and go to bed with the sun. That is how I was raised.	7/11/2014 3:58 PM
1277	Time change has scientifically been proven to cause problems with our bodies, AND no one will be late once a year to work and once a year, no one will come in early and not get paid. :)	7/11/2014 3:57 PM

1278	I don't take much note to when it is light and dark we have the same amount of time to work with. I would prefer to stay on the same time year around. Farmers work dust to dawn not by the time, I know this because I grew up on a farm. The time it said on the clock was not relevant to when we were working. You don't change the amount of light and dark you have by changing the clock.	7/11/2014 3:57 PM
1279	My 3 reasons to do away with Daylight Saving time: 1) As a parent, I have always disliked how changing to/from daylight saving messes with my children's sleep cycles. 2) In the winter, I feel unsafe sending kids out to walk to the bus stop when it is completely dark. 3) As someone who has SAD (Seasonal Affect Disorder) the long dark mornings make for a hard and often dreary beginning.	7/11/2014 3:56 PM
1280	Although daylight savings time has advantage for adults It's a bad idea for folks with young kids. Try to get your grand kids in bed while it's still light outside and you'll understand what I mean and I just can't get behind having young children up until after 10PM. Old fashioned that way. It's murder getting them back in the habit of early to bed when school starts up again. Andy	7/11/2014 3:55 PM
1281	Daylight Saving Time is a huge burden for information technology. In the long run, aligning with Arizona will benefit this state greatly.	7/11/2014 3:55 PM
1282	The extra hour of sun in the evening yields the most production on home projects after a day at the office. It is dark in the morning regardless of which option you choose, but to have some light in the evening would be very nice.	7/11/2014 3:53 PM
1283	It doesn't make sense to have Daylight Saving Time anymore. I have lived in Arizona and it works just fine not to change our time!	7/11/2014 3:53 PM
1284	I love Daylight Savings time and wish it stayed year-round because in the winter it is dark by 5:30pm which is far too soon. There are days when I barely see the sun because it is just setting as I leave at 5:30pm. The daylight is of no value to me at 5:30am since all I'm doing is getting ready to go to work. I can do that in the dark. I need time after work to enjoy, not before.	7/11/2014 3:44 PM
1285	I prefer a permanent time for health and productivity reasons.	7/11/2014 3:43 PM
1286	I think that no matter what hour the clock says it is does not change how many hours there are in a day. It is also nothing new for people to spend time outdoors after dark. Business stay open late into the night and many are open 24 hours. High school events also stretch into the dark hours as well and this is not a problem. I think we, as a society don't need Daylight Savings Time. Having it get dark earlier is not going to affect the time parents can have with their families. They can still do things (and often do), even though it has gotten dark.	7/11/2014 3:42 PM
1287	DST was for farmers years ago, this is a new world and no longer needed.	7/11/2014 3:39 PM
1288	The current setup works fine. Eliminating DST would shift sunrise far too early in the summer; that works for Arizona as they are further south, therefore their summer days are shorter anyway. If any changes were to be made, one suggestion would be to introduce legislation in Congress to reverse the DST start/end date changes made during the Bush 43 administration; DST currently starts too early in the spring. I don't believe any energy savings have been realized from the change.	7/11/2014 3:39 PM
1289	It has always strongly been unbelievable that there are those who would not want light as long as possible! Arizona? What are their winters like compared to Utah - especially northern Utah! We deal with one of the coldest, darkest, most polluted winter seasons in the nation and it is a GREAT relief to have the joy of light that begins in the spring and goes into the fall. Has no one ever gone to bed later - by an hour or more -and still had to arise at the same early hour the next day? Or has anyone traveled outside of their time zone and had to come back and adjust? What is HARD? Changing clocks 2x out of 356 days a year - or getting a cancer diagnosis, loss of job, debilitating diseases, death of a family member, etc. Why must we put up with this immaturity in Utah about the best choice? If we must leave the fall/spring change, then my other vote would be for year round DST. I may be older now, but the joy of longer days has affected me all of my life. WE NEED THIS LIGHT!	7/11/2014 3:36 PM
1290	I think that we should pick either a permanent daytime saving time or a permanent fall back.. It is going back and forth that drives me crazy. I am fine either way.	7/11/2014 3:35 PM
1291	The only noticeable effect of DST in my life or the lives of others with whom I've discussed the issue is sleep loss, inconvenience and disruption of family routines. I prefer that we have one standard time all year and that time be aligned with Arizona to avoid confusion.	7/11/2014 3:33 PM
1292	There isn't a use for it anymore, it's antiquated and we shouldn't abide by useless traditions.	7/11/2014 3:33 PM
1293	More light at the end of the day is totally beneficial for just about everyone if they really think about it.	7/11/2014 3:32 PM
1294	It's time to leave this archaic practice behind.	7/11/2014 3:31 PM

1295	More light at the end of the day is totally beneficial for just about everyone if they really think about it.	7/11/2014 3:31 PM
1296	Sunrise at 5:00 AM in the summer would benefit very few people, whereas a winter sunset of 6:00 PM would benefit many commuters as well as children and others who are active in the early evening.	7/11/2014 3:31 PM
1297	More light at night. Shift school hours if safety in the winter is the concern.	7/11/2014 3:29 PM
1298	I have always preferred Mountain Standard Time. It is hard for me to adjust to another time twice a year.	7/11/2014 3:27 PM
1299	The bouncing back and forth needs to stop!!!!!!!!	7/11/2014 3:25 PM
1300	It's time to leave this archaic practice behind.	7/11/2014 3:25 PM
1301	I think the time should be as it was in the distant past, when the sun sets and comes up, not when the politcians decide when we need to add an hour and take it away. I was here when it started and it was all about saving energy and we all see how that worked out, you can't save energy anyway and adding an hour to the day does'nt help, in fact that is another hour each day you run your AC and other things, once you burn it it's gone. LEAVE MY CLOCK ALONE! If I need someone else to manage my clock or the sun and moon it won't be the government.	7/11/2014 3:24 PM
1302	Lighter mornings and cooler evenings in the summer. It's a win all around. Please stop the daylight savings - there are really NO savings associated with it!	7/11/2014 3:23 PM
1303	It's time to leave this archaic practice behind.	7/11/2014 3:22 PM
1304	It's time to leave this archaic practice behind.	7/11/2014 3:22 PM
1305	It's time to leave this archaic practice behind.	7/11/2014 3:21 PM
1306	I have always hated the spring switch, but more especially since it moved yo March. We now live in a 24 hour society, so we aren't saving anything.	7/11/2014 3:21 PM
1307	It's time to leave this archaic practice behind.	7/11/2014 3:20 PM
1308	We need to stay consistent all year around. Changing back and forth is hard on families, esp. school kids.	7/11/2014 3:20 PM
1309	I like the spring ahead to give us more hours of daylight in the evenings. I would love to keep it through the winter so I can actually have some day light left when i get home from work. What ever happens, I would like to stop changing times back and forth regardless.	7/11/2014 3:18 PM
1310	I would prefer to have more sun at night, plus that would put us in line with central time zone. I would able to do more business with the East Coast and Europe having that extra hour.	7/11/2014 3:18 PM
1311	I find the current system to be an archaic leftover from years ago when most people were living rurally. Farming also relied on the sun to provide light to work. In today's world neither of these are the case. Changing the time schedule biannually does nothing more than disrupt peoples schedules and sleep patterns.	7/11/2014 3:16 PM
1312	I'm concerned about the safety of school children who have to go to school in the dark in the very early spring. I'm also concerned about the length of daylight during the summer that keeps children from going to bed at a proper bedtime. And it is upsetting to my sleep pattern to have to change it twice a year.	7/11/2014 3:13 PM
1313	I feel strongly about keeping the lighter hours in the evening. I do know there is a week or so when it is too dark in the morning and the kids are still in school that could be dangerous So, I favor a slight adjustment.	7/11/2014 3:13 PM
1314	just leave it one way or the other. don't keep changing it???????	7/11/2014 3:10 PM
1315	leave it as God created it	7/11/2014 3:10 PM
1316	I don't see any benefits to changing the time and it does not work out any better at getting things done. It just confuses everything.	7/11/2014 3:09 PM
1317	Let's keep it!	7/11/2014 3:07 PM
1318	The extra hour of light in the spring and Summer is very helpful for part-time farmers like myself who do a lot of work in the evenings after my day job.	7/11/2014 3:06 PM

1319	Let's simply simplify. Let's abandon the crazy time changes and re-learn to experience curve of the seasons naturally.	7/11/2014 3:06 PM
1320	daylight is good for the economy. People shop, travel and spend money in the day time. more money spent, better the tax base	7/11/2014 3:04 PM
1321	We live in a world that operates is consuming energy 24/7. What savings are we realizing my moving the clock back and forth?	7/11/2014 3:04 PM
1322	I love the idea of having more daylight later in the day. It would allow me to spend more time outside with my family. Reasons to extend: 1. Promotes a healthier Utah 2. Would help the ski industry knowing that you would have one extra our to ski.	7/11/2014 3:03 PM
1323	Daylight savings has been so hard for us. The changing in having DLS is really hard for my son.He has a sleeping disorder, so if there was no DLS we could keep his sleep time as predictable and consistent.	7/11/2014 3:01 PM
1324	People shop for automobiles in the daylight. the extra hour in the winter months will boost sales which means more sales tax revenue for the state	7/11/2014 2:59 PM
1325	tourism in southern utah is would be hurt without the extra light in the evening. It would flourish with extra light in the winter also!	7/11/2014 2:57 PM
1326	I prefer the extra hour of light at the end of the day, regardless of whether it is summer or winter. That said, if people, schools or businesses want to move their working hours to accommodate the available daylight to their needs, who says they can't? If you like having an extra hour at the end of the day, work 7-4 rather than 8-5. If the school district is concerned about student safety in the dark morning why can't they move the start of school time from 7 to 7:30 or 8? The point I'm trying to make is that we don't need to make everyone change the clock twice a year for the sake of specific groups that may benefit from it. Just leave the clock the same and let people adjust their schedules as they see fit.	7/11/2014 2:55 PM
1327	It,s too hard making all the adjustments to our scheludes and activities	7/11/2014 2:53 PM
1328	People say children will have to walk in the dark Did they ever hear of streetlights?	7/11/2014 2:52 PM
1329	The majority of the out of doors workforce, whether construction or farming, performs their duties when needed. I remember bailing hay at 3am, because the dew content was right. We often pour cement at 2 or 3am in order to be finishing it by sunrise. we adjust our clocks to our needs.The entertainment industry seems to be the vocal few who prefer it. Leave it alone, one way or the other. Why should the Majority of Utah sacrifice safety and adequate rest to benefit the profits of a few?	7/11/2014 2:51 PM
1330	It is horrible for my children. It takes them a week or two to adjust so we get two weeks of horrible sleep each time this happens. We have electricity now, so there's no reason to change the time to make it light outside longer for when people are awake.	7/11/2014 2:51 PM
1331	Daylight savings is a pain and should be abolished	7/11/2014 2:51 PM
1332	I like the daylight during my waking hours.	7/11/2014 2:50 PM
1333	I grew up in Arizona - I liked not having to move times twice a year	7/11/2014 2:50 PM

1334	Many thanks for opening this up for discussion and debate. There are many arguments for keeping Daylight savings time that focus on more time with families and saving money. These are, really, somewhat baseless. In Utah, the Air Conditioning will come on when the temperature within the house gets warm enough to warrant it. The amount of actual daylight is unchanged, ergo the amount of heat and the # of hours A/C is running. There is no possibility of saving money here. More time with families is also baseless. Again, the actual # of hours in a day is unchanged so the amount of time spent is unchanged. That change in time means absolutely nothing to that, not in todays world. There is, however, a more serious issue. Changing the time twice a year causes a very significant problem with accidents. People lose out on sleep and have their rhythms disrupted and when this happens, accidents are far more likely to occur and most of these accidents will happen between pedestrians and motor vehicles. Disrupting rhythms has an effect on peoples health and well-being and in the end the entire concept of changing time forward and backward is, in the society we have built for ourselves, entirely anachronistic and without any merit. If you are in any doubt as to whether this serves any purpose try the following: A visitor from another world comes to our planet and observes us. Upon seeing the practice of changing time and the disruption it causes, the visitor asks why we do it. Does the explanation make any rational sense? It doesn't. I have explained it to all 3 of my Children over the years and not one of them can see any benefit. I do hope that we are able to move on from this rather odd practice. Again, my thanks for making this open to comment.	7/11/2014 2:50 PM
1335	If people want to golf or exercise after work, go to work earlier. Why aren't earlier work times an option? Why should the majority of us suffer because of a minority that want to play longer in the day suffer? I'm adamantly opposed to being on DST year-round. It's way too dangerous for students, even higher education students. It's bad enough that it was changed to start so early and end so late now. My age has nothing to do with it, I've always hated DST and I golf, bike, walk, play bocce, etc. I've just gone earlier in the day and you have to, anyway, because of the heat. I've always hated the time change, even in my twenties, and long to be in Arizona every time we have to change.	7/11/2014 2:48 PM
1336	:eave TIME the natural way! Myself and some friends find DST quite unsettling to be an hour off from SUN time for so many months of the year! If some people want to adjust THEIR time schedule, fine, but please leave the clocks of the rest of us on Standard time! Thank you!	7/11/2014 2:48 PM
1337	Daylight savings time makes us "tired" all summer long, especially the children. Waiting for the fireworks or summer pageants to begin, or other like events...it wears us out...we get to bed late..we are tired all the time. Stayed in Arizona with family during summer time and cannot believe the difference. Let's stay with MST all year long!!! Think of the children! And the elderly. Do not switch it back and forth. Please!!!	7/11/2014 2:46 PM
1338	changing time twice a year is really stressful both mentally and physically with raising children.	7/11/2014 2:45 PM
1339	In this modern, technological, clock driven society it makes no sense to change times back and forth. At this point we spend more time in "daylight savings" than in "standard" time.	7/11/2014 2:45 PM
1340	Keep the Daylight when most people use it. Late afternoons - not early mornings. Great Forum!	7/11/2014 2:44 PM
1341	Retaining additional daylight in the evenings is preferable to having more in the mornings. And I definitely prefer not changing twice a year.	7/11/2014 2:42 PM
1342	It's especially hard on parents of little ones. Bedtime can be a challenge. Also it's a pain to change the clocks. And it's hard for some for their bodies to adjust to the time change. I hate in the fall when we set the clocks ahead. The dark is depressing.	7/11/2014 2:39 PM
1343	Its really annoying switching back and forth. I would rather we just pick one and stay with it.	7/11/2014 2:38 PM
1344	Makes no sense to change times. So much better to keep it the same all year long--like Arizona and Hawaii. I strongly support that approach.	7/11/2014 2:37 PM
1345	I live near Seattle where it gets dark later than Utah in the summer and I love it. Can't stand the short dreary winter days here and it was the same when living in Utah.	7/11/2014 2:35 PM
1346	Children walk in the dark going to school.	7/11/2014 2:35 PM
1347	It's hard as a parent to deal with changing your young children's schedules. It results in a small lack of sleep for a week or so after the change.	7/11/2014 2:34 PM
1348	DST causes me even more sleeping difficulty than I already have, and since I often have work commitments in the evening, I'd prefer it to stay lighter longer then rather than the morning.	7/11/2014 2:33 PM

1349	Daylight savings time should be abolished. There are many more students who need the daylight in the mornings when going to schools than there are ranchers/farmers who need it. Very few ranchers/farmers have to worry about jobs after their chores in the morning. Most Utahns start work between 6:00 and 8:00 am. Other than the summer months, they have to get up 2 to 3 hours before daylight which is difficult for most people. They have to commute in the morning dark which causes additional risk on the highways and for pedestrians. Having worked at Hill AFB for over 30 years, I had more than one close call with pedestrians in the dark morning hours. In the summer, it is difficult to get to sleep before 10:00 pm and most people do not get sufficient sleep which is also causes a risk for falling asleep at the wheel. If everyone could stay on MST there would be less interruption to people's sleep patterns and people could more comfortably settle into a routine that would provide sufficient sleep.	7/11/2014 2:33 PM
1350	Daylight savings makes it hard for my firm to communicate with businesses overseas. It's just one more barrier to increased trade and foreign investment.	7/11/2014 2:33 PM
1351	It does us not good to change to day light savings time.	7/11/2014 2:27 PM
1352	Either Retain it or spring forward all the time. Going back is the worst of all evils.	7/11/2014 2:25 PM
1353	MDT year round would benefit people like me who live with seasonal affective disorder. That extra hour of light would be a huge benefit.	7/11/2014 2:24 PM
1354	I prefer to keep as much light in the evening as possible. That's when it's the easiest to use. No matter what we do, my child will end up going either to or from school in the dark part of the year, so safety can't be a concern. After that, hobbies and recreation become compelling, and those are easiest to fit in after work.	7/11/2014 2:23 PM
1355	Tired of changing clocks, hard on grave yard shift workers, Need more time just to relax before bed time.	7/11/2014 2:22 PM
1356	I do like having more light after work durring the summer. Durring December it is nice to have more nighttime to enjoy Christmas light displays. I do not like legislation to try and make Utah special and be different than the majority of states.	7/11/2014 2:22 PM
1357	Don't change please!!!!!	7/11/2014 2:21 PM
1358	I would love to have the extra hour of daylight after work in winters, that would help with depression.	7/11/2014 2:20 PM
1359	I would like to align with Arizona. I work early in the mornings and I appreciate being able to drive to work with at least some light in the sky. I would benefit from having the extra light in the mornings rather than in the evenings.	7/11/2014 2:18 PM
1360	Please don't change	7/11/2014 2:18 PM
1361	It serves no purpose anymore, even in our rural town that I live in...it disrupts sleep patterns and effects students for a week while they get use to it...	7/11/2014 2:17 PM
1362	Daylight saving is unnecessary and shifting into and out of the time changes are disruptive and unhealthy to biological time clocks. I do not see a general benefit to the majority of Utah residents. I don't the causal golfer or ball player who want to play late in the evening show have more sway than other residents or a parent trying to drag kids out of bed an hour early for school. I hate that standard time is shorter and daylight saving is long and longer.	7/11/2014 2:17 PM
1363	My favorite months are June- August because of the extra daylight I have after work and the beautiful weather - please don't rob this time and give it up while I'm sleeping at 5 am... Be careful to listen to the outspoken few - they don't always represent the majority!!!	7/11/2014 2:17 PM
1364	it is an inconvenience to change clocks twice a year, but after examining the sunrise/sunset chart I can better see the benefits	7/11/2014 2:16 PM
1365	We should never had gone with daylight savings time . It is a misnomer and dos'nt save time.	7/11/2014 2:16 PM
1366	Lighter later is a good thing.	7/11/2014 2:15 PM
1367	I don't really care if we standardize on being forward an hour or stay with Arizona. I just want to end the twice a year distruption of changing my clock, my sleep, and my children's schedules twice a year. If we pick one time, and stay with it, people will adapt with less effort than our current system.	7/11/2014 2:15 PM
1368	If the entire country went off daylight saving time then I might agree, but putting us at odds with most of our surrounding states adds massive confusion, so it's just not worth it.	7/11/2014 2:13 PM
1369	Stop playing with the clock align with arizona	7/11/2014 2:12 PM

1370	One hour less daylight in the evening will require more energy used and increase energy costs. Who needs daylight at 5:00 am? Also, the early morning light will make it difficult to get enough sleep. It will be like having jet lag for 6 months.	7/11/2014 2:12 PM
1371	I have a sleep disorder. Time changes are very unhealthy for people like me. It can take a month or more to get a normal sleep cycle after the change.	7/11/2014 2:10 PM
1372	I dislike the time changes and find the permanent daylight saving option to provide beneficial effects on production and recreation. Thank you	7/11/2014 2:10 PM
1373	Please leave things the way they are. The extra hour in the evenings during the summer months makes it so I can do yard work and enjoy recreational activities in the evenings when not at work. The system has worked fine for years - don't change it now.	7/11/2014 2:09 PM
1374	Spring ahead and stay that way. The extra daylight at the end of the day is helpful to those who work outdoors and recreate.	7/11/2014 2:08 PM
1375	I know that growing up, I hated how dark it was when I had to get up and go to school. Now that I have kids of my own, I am also concerned about how late the sun is up during the summer - it's very hard to get kids to go to bed when it still looks like daytime. Seasons change, that's part of the fun. Let's go along with nature and leave the clocks alone!	7/11/2014 2:07 PM
1376	We spend more on DST (spring forward) right now. It seems to be most beneficial to everyone. I don't mind changing the clocks, but I can see the advantages of keeping one time all year. I like to be able to spend time with my family after school and work before it gets dark.	7/11/2014 2:06 PM
1377	When I lived in Arizona I always rejoiced that we did not need to change our clocks. My golf game was never affected and neither were my sleeping habits.	7/11/2014 2:06 PM
1378	I very much dislike the "jet lag" period twice a year just so golf courses and gardening supply places can make a bit more money. "Standard" time is now only 4 months long, that is silly. Either make it solidly Mountain or Pacific Standard Time without changing in spring or fall.	7/11/2014 2:06 PM
1379	I feel strongly that we need to stop the current cycle of changing times twice yearly. Our body is built to naturally cycle with sunrise and sunset. Adequate sleep is one of the most important things we can do to stay healthy. To intentionally disturb our natural sleep cycles twice yearly for no real benefit seems misguided from a public health standpoint. Studies have shown that there are increased accidents, more heart attacks, and decreased productivity in the week after "springing forward," likely related to a lack of sleep. My preference would be to align with Arizona, which may bring some "economies of scale" by being on the same time zone and would make it easier for other states to implement year-round standard time as well. Having said that, my second choice would be a year-round DST than the current regime. I think we need to stick to one time zone year-round, whatever the choice is.	7/11/2014 2:04 PM
1380	I don't mind if we permanently spring forward or stay on standard time, I just hope we don't have to go back and forth anymore.	7/11/2014 2:04 PM
1381	Daylight savings is no longer needed. While I don't think Utah should join the lone wolf of Arizona in this, since that just complicates inter-state jobs, I do think the country should give it up as a whole.	7/11/2014 2:03 PM
1382	We have bigger fish to fry.	7/11/2014 2:03 PM
1383	It's confusing to the body to have time change twice a year. Moving the clock does not magically create another hour of daylight, it just makes the hours we already have fall later in the day.	7/11/2014 2:02 PM
1384	It really doesn't matter which way it is aligned just so long as it's left one way or the other permanently. The loss or gain of one hour screws up everyone's internal clocks and I feel like it takes weeks to get back on schedule.	7/11/2014 2:02 PM
1385	we need to remain the same do not change the clocks we will have save lives more traffic accidents during the first week of the change , must adjust twice a year boooooo	7/11/2014 2:01 PM
1386	I prefer a consistent year-around time standard. This would also eliminate the need to reset clocks twice each year along with the resulting readjustment and confusion.	7/11/2014 2:01 PM
1387	I have a tough time with the "kids will walk to school in the dark argument." Young children have school times that start later in utah and with current DST schedules there is rarely a dark time for little kids to walk. The older children/teens for whom this affects are likely to be driving around in the summer evening and if DST is abandoned they will do so for an hour more of darkness.	7/11/2014 1:59 PM

1388	More daylight after work and evening is preferred year round so that residents and tourists can enjoy the outdoors longer... many I know would prefer to drive to work in the dark, if that meant they could be outside longer after business hours.	7/11/2014 1:58 PM
1389	It's not what I would call beneficial but there is no reason to change it.	7/11/2014 1:58 PM
1390	We enjoy the evening hours	7/11/2014 1:58 PM
1391	Aligning with one state and unaligning with all the others in our time zone doesn't make sense. Leave DST alone, it's great!	7/11/2014 1:57 PM
1392	Extended daylight in the evenings after work, especially in summer, allow for after-work hikes, runs, and bike rides with ample time to complete the activities before darkness becomes a safety issue. Less daylight after work would have a negative impact on after-work recreation during the warm season.	7/11/2014 1:57 PM
1393	Let nature be, we can adjust as humans!	7/11/2014 1:57 PM
1394	I would prefer to keep DST all year round because I like more daylight in the evenings, expecially in winter. I don't like to come home after school/work to a dark world. I also think it would save some energy. Business run their lights all day long, no matter how much sunlight there is. People will run their lights briefly in the morning before work and may not have to turn them on immediately upon returning home.	7/11/2014 1:56 PM
1395	Like having more light in the evening.	7/11/2014 1:54 PM
1396	People cannot be so sensitive about sleep schedules. I believe this is a poor excuse for changing the DST policy. There are likely very few of these individuals who keep the same sleep schedule throughout the week vs weekends, much less changing twice a year. People need to quit being so sensitive about having to change their clocks or worrying about sleep schedules.	7/11/2014 1:54 PM
1397	I don't think there is any good reason to remove daylight savings time, I enjoy having more light in the summer time and it also creates more revenue for businesses like Lagoon who rely on that light for their customers.	7/11/2014 1:54 PM
1398	Changing our clocks twice a year is confusing to the body and the mind. I prefer keeping one time throughout the year. It's nice to have extra daylight in the evening, especially during the winter. Let's "spring forward" and stay there.	7/11/2014 1:53 PM
1399	Without daylight savings, I will be unable to enjoy daylight during several times of the year. I do not believe making us seperate from the country will help out State prosper in any means. As far as the medical arguments go, everything can be negative if you allow it.	7/11/2014 1:53 PM
1400	The time change is unhealthy and unnecesary. It negatively affects sleep cycles. If businesses want to gain the benefits of having "more daylight hours," they can open earlier.	7/11/2014 1:53 PM
1401	I like day light savings time as it is. If it has to be changed, I would like a permanent spring forward.	7/11/2014 1:53 PM
1402	This change will align Utah with the PT states in the Summer and with the MT states in the Winter, and it maximizes activities in the early morning, when, in Summer, it is cooler and the air is cleaner for exercise and cardio related activities.	7/11/2014 1:53 PM
1403	I actually don't care which option, I simply need the time to stop changing. There is no logic for the bi-yearly time change. Studies show that a time change is hazardous to health, in particular the heart. See American Journal of Cardiology, March 2013. It took me several months to recover from the last time change, and I would prefer to not have to do that again.	7/11/2014 1:53 PM
1404	Changing time twice a year is silly and a relic from a bygone progressive president. There are no benefits that I know of to the time changes, in fact I believe they are a detriment to drivers, employees, students, the elderly. Getting rid of the time changes and matching AZ time would be awesome!!	7/11/2014 1:51 PM
1405	In the summer months the extra daylight gives us more time to be outside with family. In September when elementary age children have soccer and other sporting events it gives more daylight hours to schedule games. As an educator I see the value in changing back during the darker winter months. If daylight savings cannot be retained I would vote to stay with the earlier time that gives more light in the late afternoon.	7/11/2014 1:51 PM

1406	School children do not benefit from the change. Their sleep is already compromised by school bus schedules. Hospital patient medications depending on precise intervals administered by workers on different shifts are challenged. First choice - Align with Arizona on MST. Second choice Spring forward for all 12 months of the year. Last choice is status quo. Change disrupts sleep patterns and other body functions.	7/11/2014 1:51 PM
1407	There is nothing worse than getting to work in the morning when the sun has not come up, and leaving after the sun has already gone down. I love how late it gets dark in the summer, and I would like to see it get dark later in the winter as well.	7/11/2014 1:50 PM
1408	I really dont care whether we permantly spring forward or permantly fall back, I would just prefer not to change the clocks	7/11/2014 1:50 PM
1409	Having the sunset be later in the day during the winter months would help my season affective disorder be less prominent.	7/11/2014 1:50 PM
1410	Babies, animals, and body clocks don't know about the time change, and frankly, it creates stress and unhealthy circumstances, such as people driving to work when they're tired for the first few days after the "spring forward". It's damaging to health and dangerous.	7/11/2014 1:50 PM
1411	I hate changing back and forth, it messes with my schedule and seriously messed with my kids bedtime habits. If we pick one or the other of the fixed schedules I vote for permanently staying on daylight time. The light hours in the evening are critical to being able to get anything done after work.	7/11/2014 1:49 PM
1412	Daylight in the afternoon all the time would be best--standard work hours (8-5) pretty much mean I get no daylight at all in the winter (and waking up earlier to "use" it seems silly because anything I'd want to use it for would make me late for work).	7/11/2014 1:47 PM
1413	Let's simplify our lives; springing forward and falling back is one more unnecessary complication. Let's align with our neighbors in AZ.	7/11/2014 1:45 PM
1414	The change is too difficult to adjust too. Leave it one way.	7/11/2014 1:45 PM
1415	the light in the morning is great for us old folks that get out early to walk, shop, pickleball, etc.	7/11/2014 1:44 PM
1416	I grew up in Las Vegas and was always confused by what time it was in Arizona since sometimes it was the same, and sometimes it was different. Now that I live in Utah, I frequently communicate with people in other time zones. I've memorized how many hours ahead or behind they are. Having those numbers change throughout the year was be hugely inconvenient. Also, I like having daylight longer during the summer. I like to be outside and active. It doesn't do me any good at 5 AM when I'm still asleep.	7/11/2014 1:43 PM
1417	Retaining current daylight savings option is more consistent with the rest of the country. It is easier to manage business related issues such as meeting times when the time gap is the same year round.	7/11/2014 1:41 PM
1418	I don't like the mental and physical changes to my body that daylight savings time brings. Change it one way or another and leave it.	7/11/2014 1:41 PM
1419	I like DST because I have a fairly extreme case of Seasonal Affective Disorder. The earlier the sun sets, the more depressed I am (which is saying something--I'm already clinically depressed). I dread winters in Utah because I know the daylight is already so minimal. I would much prefer to have less sunlight in the morning and more in the evening--the longer the daylight lasts, even if it starts later, the happier and less depressed I am throughout the evening. As a full-time employee, it's also discouraging to spend eight hours of work and leave after the sun has set: it seems dangerous as I make my way home, and it also depresses me to be unable to experience any direct sunlight all day long. I would much prefer to experience a full spring-forward: no falling back and setting the sunset back an entire hour. The option I would prefer the least would be to reject DST entirely--the sun would set an hour earlier all year long, which would be horrible for me and other SAD sufferers.	7/11/2014 1:40 PM
1420	this works..why change what is working.. Utah's summer tourist season thrives on day light	7/11/2014 1:40 PM
1421	The only reasonable objection I have heard against getting rid of MST is that on June 21 the sun will rise somewhere around 4:50 in the morning. While true, MST benefits those who stay up late and punishes those who wake up early.	7/11/2014 1:39 PM
1422	Just have NEVER seen the logic of DST.	7/11/2014 1:36 PM
1423	There is no benefit to changing the time. It just mess your sleep up and make me change the time on fifty-plus clocks twice a year. :-(	7/11/2014 1:35 PM

1424	I like having sun when we use it!	7/11/2014 1:35 PM
1425	There is nothing more wonderful than LONG summer evenings--to play, to shop, to work--heavenly! PLEASE keep the system we have now!!	7/11/2014 1:34 PM
1426	It is well documented that the time change increases adverse health events like heart attacks and strokes. It also increases the number of traffic accidents. Quit subjecting us to this ridiculously outdated relic of a practice.	7/11/2014 1:34 PM
1427	In the summer, I love being able to do more things in the daylight at night, and in the winter I HATE that it is dark at 5:00 at night.	7/11/2014 1:32 PM
1428	Constantly changing just creates confusion. Leave the time alone. It's much less chaotic.	7/11/2014 1:32 PM
1429	To me it comes down to the winter and summer solstice. Do people really want the sun coming up really early or really late and I dont think people understand that. Their just thinking about November and March when the clocks change	7/11/2014 1:32 PM
1430	I the outdoors and Utah has many to offer people. the different recreation activities Utah has include many of them in the mountains and in different national parks. Having daylight savings allows me to spend more time outside and the cool summer nights. Please keep the daylight savings time for our beautiful state	7/11/2014 1:31 PM
1431	Keeping in sync with time zones on the east and west coast is helpful for companies that do business outside of Utah.	7/11/2014 1:29 PM
1432	It is rather annoying to switch back and forth. It would be nice to stay in the same time always. I would prefer the spring forward because it is more beneficial during the summer because there usually more time off from work and school and it allows for more time outside in the evening before it gets dark.	7/11/2014 1:28 PM
1433	I prefer more light in the evenings year around. But if the permanent spring forward is implemented, school start times should be set an hour later.	7/11/2014 1:28 PM
1434	I like having the light later in the day during both the summer and winter.	7/11/2014 1:26 PM
1435	I love day light savings time. I would prefer to keep it year round.	7/11/2014 1:26 PM
1436	I prefer the current Daylight Savings Time schedule because it allows us to maximize the short amount of daylight we have in the winter months, essentially placing it during business hours (~8a-5p). In the summer, the gained hour makes it so that the average person can enjoy most of the day's sunlight without having to wake up earlier. Not only does the maximization of time in natural sunlight reduce energy consumption by reducing the need for artificial light, but it is also good for one's health. For these reasons, I hope the state decides to keep the current Daylight Savings Time schedule.	7/11/2014 1:26 PM
1437	I hate changing my clocks twice a year.	7/11/2014 1:25 PM
1438	Because people ride there bikes longer and they go on hikes or walk everywhere and it is good for the farmers and parks and Lagoon and water parks it saves on gas people can do yard work longer. I need daylight longer because I get depressed when it gets dark sooner and we don't have to turn on our lights as soon. so please keep it.	7/11/2014 1:25 PM
1439	I would prefer to keep our daylight savings time in sync with the rest of the country. Changing it will create difficulty in communicating times with others out of state. It is a frustration to have AZ out of sync. In addition, I lived in AZ and it was problematic because federal facilities have a different time causing mass confusion. I also much prefer it getting dark later in the evening during daylight savings time. I would prefer keeping daylight saving all year round to removing it.	7/11/2014 1:21 PM
1440	It always takes me weeks to adjust to the different schedule, not days. Getting a *new* schedule in place every six months , especially for work, is always a difficult adjustment for me.	7/11/2014 1:20 PM
1441	Let's pick either DST or MST and stick with it. Changing it twice a year makes no sense.	7/11/2014 1:19 PM
1442	Standard time makes it safer for students walking to school and safer for bicyclists going to work. Year-round, it would allow me more business time with vendors on the east coast. Daylight savings time has never made a great deal of sense to me.	7/11/2014 1:19 PM
1443	As a mother of young children, I would be thrilled not to have a time change twice a year for their schedules' sakes!	7/11/2014 1:19 PM
1444	don't like the dark short days.	7/11/2014 1:17 PM

1445	Leave it as it is, we all want to enjoy more daylight during the short summer we have here. Arizona, it is a 115 degrees everyday, so of course they want evening to come as quickly as possible. We are NOT in the same boat at all with them. And why wouldn't we want to align with the rest of the country? Better for business, family life, everything.	7/11/2014 1:17 PM
1446	Too many of my neighbors suffer when they change the clocks. We had about eight deaths in the weeks following the change in 2013.	7/11/2014 1:16 PM
1447	I lived in Indiana for four years and loved not changing the clock. Loved it! It felt like a luxury not to have to deal with that semi-annual nuisance.	7/11/2014 1:16 PM
1448	I really do not see the point of having Day light savings at all. What are we saving? where does the time go? No where. The sun will come up and go down at the same time regardless of what the clocks say. It is a mental game that needs to stop.	7/11/2014 1:15 PM
1449	I hate daylight savings time. It seems to mess with my internal clock and it just keeps everyone confused in many ways.	7/11/2014 1:13 PM
1450	I would really appreciate having a little light after work during the winter. Permanently remaining in DST would give me more opportunity to participate in recreational activities after work year round. This will help me to remain healthy and fit.	7/11/2014 1:13 PM
1451	Please leave it the way it is right now. I LOVE THE SUN AFTER WORK	7/11/2014 1:12 PM
1452	I want more daylight hours when my family is home.	7/11/2014 1:12 PM
1453	Although it is nice to have the sun set later in the summer, people still have the same work hours, and the schools will have the same attendance hours. Starting school later is not feasible as the entire school district start and dismissal time is based on bus transportation. High school, junior high/middle school, and elementary schools have staggered start times as the bus drivers have several routes each day, not just one. Having elementary age students wait outside in the dark for the bus to arrive in the morning is a safety issue. Regarding high school students, later start times have been discussed for a long time as high schoolers' brains want to sleep later in the morning and fall asleep later at night. One reason later school start times for them is not changed is due to after-school jobs. Employers will not change their operating hours to accommodate later school dismissal times. As for family recreation time in the summer, the later daylight hours only affect those who engage in outdoor recreation. Many families choose indoor recreation during the hottest months due to the evening heat.	7/11/2014 1:11 PM
1454	Please leave it the way it is right now. I LOVE THE SUN AFTER WORK	7/11/2014 1:11 PM
1455	We have a small family farm and regardless of time. We work as the sun is rising until it gets dark. To us daylight savings time is more a nuisance than anything else.	7/11/2014 1:11 PM
1456	Daylight Savings Time is an outdated practice, dating back to World War I. It serves no purpose to keep this practice going in today's world.	7/11/2014 1:10 PM
1457	Daylight savings time is an out-of-date concept. Get rid of it!	7/11/2014 1:10 PM
1458	ONE HOUR on ONE DAY causing car accidents and health problems? We are only talking about one hour out of 8,760 hours in the year, and you get it back a few months later. Seriously, if there is anyone out there that claims that out of 365 days in a year that this is the ONLY day they lose an hour of sleep then I say they are lying through their teeth. And why push to align with ONE neighboring state when there are at least 5 other neighboring states that we would then be unaligned with? I have yet to hear a good, valid argument for ditching DST.	7/11/2014 1:09 PM
1459	The more daylight time available the better for health, family life, gardening, energy, etc. You are so couped up in the winter it is wonderful to be able to be outside those extra hours. I have diabetes (20+ years) and It really helps me to walk the course as I golf, and that extra daylight helps me accomplish that. Why encourage people to come in earlier, turn on the TV or other electronic and turn on the lights and sit? I know it inconveniences all of us a little but in the long run it is the best option for the life styles for most of the people involved.	7/11/2014 1:09 PM
1460	Utah is and will always be a state of outdoor tourism. During the work week people work during the day and in the evenings take advantage of the outdoors as much as possible.	7/11/2014 1:09 PM
1461	I'm fine with either always having DST or never having it. I just think it's a hassle to change each year, it disrupts sleep and is unnecessary.	7/11/2014 1:08 PM

1462	Having the extra hour of daylight makes perfect sense. I think the changing of the time twice a year is the primary source of most residents' complaints. 'Create' is the idea that Utah should adopt. I think many who are choosing "Retain" may actually prefer 'Create' better since having the extra daylight hour for most of the year has the most benefit to most people. I am an active voter and I'm pleased that this issue is being addressed.	7/11/2014 1:08 PM
1463	I think this survey may be skewed. There should be two choices with a sub-choice on which standard time to move to. I prefer having more light in the evening in winter but mainly I just prefer to stop springing forward and falling back. It disrupts sleep patterns and peoples immune systems suffer. People are tired when they drive and more accidents occur. It takes me several weeks to adjust and I prefer to move away from it, no matter which standard time we move to. Thank you.	7/11/2014 1:06 PM
1464	I like more light in the evenings in the summer. Peramanent "spring forward" would make winter mornings too dark.	7/11/2014 1:05 PM
1465	I would LOVE to see all time changes everywhere go away! Do you have any idea how hard it is to realign a child's schedule?? What's the point of it anyway?	7/11/2014 1:04 PM
1466	I have always hated it. To have the option to get rid of it is exciting.	7/11/2014 1:03 PM
1467	I would much rather have daylight at the end of the day which will allow me to enjoy more outdoor activities. However, I can certainly see that we don't want our kids walking to school in the dark during the winter months. On the other hand, my wife would probably prefer permanent MST as she rises early to exercise. It's a conundrum!	7/11/2014 1:02 PM
1468	keep what is beneficial when we have the most daylight(summer months).. The change of time bi-yearly is too disruptive to all!	7/11/2014 1:01 PM
1469	Pick one and stay with it. DST is more comfortable for me, year round, so I favor the Create option. But Align would be okay. The current model of switching is the worst of the three. The only argument that I see for leaving DST in the winter is the "walking to school in the dark" complaint. But I didn't buy then when my children were walking to school, and I don't buy it now when my grand-children walk to school. 1) Over half of the children are dropped off by parents or carpools anyway. 2) There are only a few days in which DST would mean walking to school in the dark. This slight disadvantage would be far outweighed by getting an hour more of light after school.	7/11/2014 1:01 PM
1470	It takes me a week to adjust to a time change. Please eliminate the time change. I don't care if it ends up being Mountain Standard or Mountain Daylight or something else, just settle on one time and make the change stop!	7/11/2014 1:00 PM
1471	Daylight savings time is a way to save on energy, but how many people are up at 5 am verses 5 pm, it makes more sense for the daylight hours to last longer into the evening than to have them in the early morning and changing our clocks is just annoying, so keeping it to how the hours are during the summer time makes the most sense. Thank you.	7/11/2014 12:59 PM
1472	Let the Farmer's wake up whenever they want to.	7/11/2014 12:58 PM
1473	More daylight in the evening is better for recreational pursuits and seems safer for commuting and walking in the evening. It is so depressing how it gets dark starting at 4:30p.m. in November and December.	7/11/2014 12:58 PM
1474	As a working mother, I would prefer to have the extra hour of daylight in the evenings to enjoy with my kids.	7/11/2014 12:55 PM
1475	It is disruptive and a drain on productivity to change time twice a year. I truly don't care if we align with Arizona or stay on permanent daylight savings time. Just pick a time and stay with it throughout the year. There are also costs associated with this change for businesses. Utah could be the start of eliminating this archaic practice across the country.	7/11/2014 12:55 PM
1476	I don't like having to go through the physical adjustment of changing the time twice a year. I would prefer keeping Daylight Savings year round but maintaining Standard time year round would be a close second. I'm just not a morning person and prefer it staying light a little longer in the evening.	7/11/2014 12:53 PM
1477	In general, I feel that it is a hassle to switch time year after year and to go through sleep deprivation; it would be nice to a set time and schedule.	7/11/2014 12:53 PM

1478	DST feels wrong the whole time it is in effect. My body does not adjust to it. My small children do not adjust to it. I've heard many different reasons for it's continued use, none of which make any sense to me. I've heard it argued that DST saves energy. It certainly does not do so in our home. I am under the impression that we participate in DST simply because people assume there must be a some good reason, although they don't really know what it is, and are nervous about change. It is such a disruption to our lives that I am considering relocating my family to Arizona.	7/11/2014 12:51 PM
1479	The idea that we magically get an extra hour of daylight in the summer is absurd. The amount of sunlight stays the same, it's just where it gets placed. It's not worth messing up our internal clocks because we want more sunlight in the evenings in the summer and more sunlight in the mornings in the winter. Leave well enough alone and just stick to one clock. Personally, it won't impact the amount of time my family spends together if the sun sets at 8 instead of 9.	7/11/2014 12:50 PM
1480	It is terrible to have it get dark at 5:00 PM in the winter. I vote that we spring forward permanently.	7/11/2014 12:48 PM
1481	Personally, I just feel better on Standard time. I don't feel that I ever adjust to Daylight Savings Time even though it covers a major portion of the year.	7/11/2014 12:47 PM
1482	DST year round! A sunrise at 5:00 am cannot be enjoyed by anyone.	7/11/2014 12:47 PM
1483	I have family in Arizona and it would make it easier if we were on the same time.	7/11/2014 12:46 PM
1484	I am not a fan of so many sunlight hours when it's 90+ degrees. While others argue that they want that extra hour to do things after work, I'm thinking that it's so hot and sunny at 8:30pm. Extra light in the morning is also better for students, employees, and the general public -- nothing worse than going to work/school in the pitch black.	7/11/2014 12:46 PM
1485	I want the Standard Time to be all year. I like it lighter in the early morning. My day starts early. I like to go to be early and it's hard when it is still light, so I end up tired all the time or take a nap during the day. I believe it's healthier to rise early and go to bed early.	7/11/2014 12:46 PM
1486	Effort is wasted every year on handling daylight savings time transitions. Modern electricity and lighting removes any benefit that may have existed with daylight savings time.	7/11/2014 12:46 PM
1487	there is no practical benefit to changing daylight times when kids have different school start times and even in "daylight" time my kids are getting on busses in the dark. So why disrupt life for no benefit to the kids?	7/11/2014 12:45 PM
1488	Look, it's an annoyance twice a year (and only once if you ask some people), but think about it - if we were always on Standard Time, the sun would come up in the summer at 5 AM, and if we were always on Daylight Savings time, the sun wouldn't come up in the morning until 8 or 9 in the winter! How depressing (and dangerous) would your morning commute in the winter be if it was dark every day? Arizona has a warm enough climate and is far enough south that it can make sense for them to not be on Daylight Savings, but that is not the case for the majority of Utah.	7/11/2014 12:44 PM
1489	i prefer not to have daylight savings time	7/11/2014 12:43 PM
1490	I really don't care which time we are in; just keep it the same year round. I do not like the changing each spring and fall.	7/11/2014 12:43 PM
1491	Please get us off of DST. Either way is fine for me; just end DST. Thanks for asking!	7/11/2014 12:42 PM
1492	I prefer the extra hour of evening daylight because it allows me to more easily accomplish work on my property after I get home from my job. Also, it seems more commerce is transacted during after work day light hours, which positively affects the UT economy.	7/11/2014 12:41 PM
1493	I think the amount of daylight hours during regular waking hours should be maximized without jumping forward or backwards every 6 months.	7/11/2014 12:41 PM
1494	Changing back and forth between standard time and daylight savings time wastes several business days every year, sometimes up to a week as some people adjust their internal clocks to the new schedule. I want the standard time all of the time. My second preference would be daylight savings time all of the time. I least prefer switching back and forth.	7/11/2014 12:40 PM
1495	My body needs to be on a normal clock. I lose productivity and sleep each time the time changes.	7/11/2014 12:38 PM
1496	As I have read information from the various links listed above, I agree that in our post-agrarian economy, DST has little or no value. It looks like the economic savings are either non-existent or minimal at best. So if the benefits are minimal, and the negatives outweigh the benefits, I would like to see us go to MST all year long.	7/11/2014 12:37 PM

1497	I lived in a non-DST state (Indiana) for 8 years and it was hell. Central time six months of the year, Eastern time the other six. Travelers got really confused, too.	7/11/2014 12:37 PM
1498	It's become a moot point... and it messes a lot of systems up especially when I worked in the medical field.	7/11/2014 12:36 PM
1499	when working shift change would not be interrupted saving overtime expenses.	7/11/2014 12:36 PM
1500	I love more daylight in the evening so I can spend more time with my family out of doors. Permanent daylight savings would be great!	7/11/2014 12:36 PM
1501	I think this is a great idea. I have always dreaded the time changes. It was wonderful when I lived in Arizona for a few years to not deal with the time changes.	7/11/2014 12:35 PM
1502	I feel like daylight savings time isn't something that is beneficial anymore, all it does is mess with my internal clock as if I'm traveling to a different state 2 times out of the year. It made since back in the day for farmers before digital clocks, now all they need to do is change what time they start working and end working rather then changing everyone's time clock. It feels Obsolete.	7/11/2014 12:34 PM
1503	Residents and visitors alike need more daylight in the evenings during warm weather to fully enjoy outdoor family and recreational activities.	7/11/2014 12:34 PM
1504	The Daylight Saving Time system is a wonderful way of letting us get the maximum use of our daylight and has served us well for decades. Leave it alone.	7/11/2014 12:34 PM
1505	I work with clients all over the US and staying in MST or Moving to central is best for setting up calls and knowing that you will be in the office at the same time as the east coast and west coast.	7/11/2014 12:33 PM
1506	To me, it's just more trouble than it's worth. Thanks.	7/11/2014 12:33 PM
1507	I look forward to the summer months and the long hours of sunlight. I am willing tosuffer a little inconvenience to have the sunset start at 9 pm and have the time to make memories with my kids and family outside in the Utah summer. PLease retain	7/11/2014 12:32 PM
1508	I grew up in Arizona and liked the stable time. I hate that we have to adjust to a time change twice a year. It is hard on the school kids. If people want to work in light, just adjust the times that they wake up and turn in at night.	7/11/2014 12:31 PM
1509	Even being retired it still takes about month to adjust.	7/11/2014 12:29 PM
1510	This issue comes up every spring when people have to get out of bed an hour earlier. Get outside and do something fun, quite griping about having to get out of bed earlier and do something productive!	7/11/2014 12:29 PM
1511	As a high school teacher, I have noticed the negative effect it has on my students when we "Spring" forward. Evidence shows that high school students should actually begin school later in the day when adolescent sleep patterns are analyzed. I notice a change every spring. Students are sleepy, they are less focused, and not ready to learn at the equivalent of 6:30 in the morning.	7/11/2014 12:28 PM
1512	The switch every six months messes up our sleep cycles. It doesn't do anything to help society.	7/11/2014 12:28 PM
1513	Please, please get us on a set time schedule. My whole family has a hard time adjusting back and forth.	7/11/2014 12:28 PM
1514	Daylight savings is pointless and just makes people needlessly exhausted. It takes weeks to recover from one hour time difference. I really don't care very much which time we choose, as long as we just don't have daylight savings. However, even though the number of hours of light is the same no matter what the time is, I do like lighter mornings for the sake of early morning runs.	7/11/2014 12:28 PM
1515	Losing the daylight hours would be harmful to business in the summer, as expressed by the folks are Lagoon. I also have family in the same time zone and would hate to have to coordinate phone calls around different times.	7/11/2014 12:28 PM
1516	I love recreating in the evening. KEEP DST!	7/11/2014 12:27 PM
1517	Daylight savings is an unnecessary tradition, no need to keep it going.	7/11/2014 12:26 PM
1518	I prefer daylight in the evenings to do projects around the house and yard. I also dislike the current disruption of my sleep schedules that happens twice each year. Combine those reasons, and my vote is for Daylight Saving Time full time.	7/11/2014 12:26 PM
1519	My feeling is we should maximize the daylight during the winter soltice.	7/11/2014 12:25 PM

1520	We need to consider the people with depression,that a little bit of extra light will help specially in winter	7/11/2014 12:25 PM
1521	Changing time does not lengthen or shorten the amount of daylight, but it does mess with the biological clock and messes up my ability to be properly rested during the adjustment required when the clocks change.	7/11/2014 12:24 PM
1522	Daylight savings is one of the worst ideas in history. It has no purpose. It doesn't save time, it just changes when we have the light. Changing when we have the light makes no difference anyway, because as the day length changes, it balances out anyway. But the act of changing suddenly is exhausting and frustrating. I honestly don't care if we align with Arizona or remain in a permanent spring forward--it's all the same amount of light, just different hours. I selected the latter because it would be interesting to see how things might be different if we could compare Arizona to a new time. But really, I don't care. I just don't want to have to change my time for no good reason.	7/11/2014 12:24 PM
1523	As an educator I feel strongly that we need to stop using this outdated time change.	7/11/2014 12:23 PM
1524	Adjusting our time causes unnecessary stress on people. It costs money in lost productivity, as well as health issues resulting from the stress of changing ones circadian rhythm. It is an outdated idea that does not make a lick of sense. If farmers need more time, let them self-regulate and get up earlier. Do not make the rest of the population suffer.	7/11/2014 12:23 PM
1525	The extra daylight in the evening hours during DST saves power. Also, as one whose moods seem to change with seasons, I cherish the sunlight. It makes for longer feeling days, whether or not there actually is more daylight throughout the day. Please don't change it.	7/11/2014 12:21 PM
1526	I'm tired of the bouncing back and forth. Keep it one way or the other. I do prefer more sunlight in the evening, though.	7/11/2014 12:20 PM
1527	I gained 10 lbs when the time changed because I could no longer go jogging in the morning, as it was too dark and I felt unsafe going alone. My (bad) cholesterol has gone up since, and my risk for having a stroke or heart attack. Personally, the constant change of daylight savings is causing direct negative repercussions on my health and I strongly request that you leave the time alone, and allow nature to run its proper course.	7/11/2014 12:19 PM
1528	If we did not spring forward, do you know how early it would be light in the summer mornings? I think if we really lived on Mountain Time (aligned with Arizona), we would hate it. It is sometimes hard to adjust, but in reality, I prefer it over the alternatives. Please, please, leave us on daylight savings.	7/11/2014 12:19 PM
1529	I like having the extra daylight at the end of the day, but I dislike changing times twice per year. I don't see any reason to change the time. Most people prefer the extra daylight at the end of the day and I think it's better for businesses, so let's just keep it that time all year through.	7/11/2014 12:18 PM
1530	I think it would be great not to change. I would love to be mountain in the winter and Pacific in the summer	7/11/2014 12:18 PM
1531	We did not change our time or years, and there is no reason to continue to change each year to Daylight Savings Time. Everyone will adjust to Mountain Standard Time. Changing makes no difference. I have been in the classroom and as a teacher the children adjust just fine.	7/11/2014 12:16 PM
1532	One of the real side effects of daylight savings time is what is often termed "micro-jetlag." This "micro-jetlag" has a profoundly negative impact on children with autistic spectrum disorders. This is because children on the autistic spectrum depend heavily upon schedule and routine; especially waking, meal times, and sleep times. This twice annual arbitrary disruption to their routine can be devastating. Anecdotally, a daylight savings time change led to my own high-functioning autistic son being suspended and nearly expelled due to behavioral problems stemming from his inability to adjust to the time change. This happened annually until I was able to enroll him in a school that specializes in children with autistic spectrum disorders in third grade. Being as Utah has the highest concentration of people with autistic spectrum disorders in the nation, I feel this should be taken into serious consideration when making this decision.	7/11/2014 12:14 PM
1533	I would prefer to align with Arizona because it minimizes the times during the school year when Elementary School children have to walk to school in the dark. With the current system there are a few weeks dark enough in the morning that children walk to school in the dark. I do not want to switch to Daylight Savings Time permanently because then Elementary school children would be walking in the dark for a couple of months instead of only a couple of weeks. If we go to Standard Time permanently, no children will have to walk to school in the dark. Another reason I prefer permanent Standard Time is that it will improve attendance in school. The change to Daylight Savings is a hard adjustment especially for High School students.	7/11/2014 12:13 PM

1534	I choose to go with the MST because I have children that have to get up for school and getting them up and to school while it is still dark in DST just doesn't work with their brains. I think there needs to be the change to a constant because always changing it messes their, and my, schedule up for a few weeks every time. We don't live in the dark ages anymore.	7/11/2014 12:12 PM
1535	Love the late sunset during the spring, summer, and fall.	7/11/2014 12:10 PM
1536	Don't attempt to fix something that isn't broken. You don't know the ramifications.	7/11/2014 12:08 PM
1537	I personally enjoy the extra time in the evening hours. I work full time at USU and part time at a retail store. When the hours change back to regular time the business drops. I think the extra money spent helps the economy,	7/11/2014 12:08 PM
1538	It's sound and necessary since we are not an agarian society any more and it supports mental health issues for those needing longer daylight.	7/11/2014 12:07 PM
1539	I get up around 5am for work, and at this time, I don't particularly care if it is light or dark outside. Instead, I would like more hours of daylight in the evenings to enjoy my time after work, regardless of season.	7/11/2014 12:06 PM
1540	I function better and get more restful sleep on standard time. I know that I will be more productive if the time doesn't change.	7/11/2014 12:03 PM
1541	Just a fan of how they do it in Arizona... why change!?!? Throws off sleep schedules and really isn't that beneficial, is it?	7/11/2014 12:00 PM
1542	The most difficult thing is the change, so I prefer to stay the same. The Fall back time makes it darker earlier in the winter, but I would be happy to just have one or the other!!!	7/11/2014 11:59 AM
1543	As an energy saving measure it is great. Also, it makes more sense. It is so frustrating to try to figure out what time it is in AZ. Why would we want that here?	7/11/2014 11:58 AM
1544	More daylight at night when I am home with my family in the winter.	7/11/2014 11:57 AM
1545	I think keeping daylight saving time in Utah is the right thing to do because the summer days are longer and we can pack the fun into it. And it saves energy. It is a win win situation!	7/11/2014 11:56 AM
1546	The extra hours of sunlight make summer exciting and special. Plus it is the only time I have daylight after work hours. Keep it!	7/11/2014 11:55 AM
1547	I can't change my work schedule to accommodate the fallback schedule and lose the opportunity to do things after work when it is light. If Daylight Saving time must be changed please keep it on MDT/CST. Thank you, Jason De Arman MDTCST@De-Arman.com 801 577-7361	7/11/2014 11:52 AM
1548	Daylight savings had was the best thing in Agriculture when it was adopted. But with the technological advances and the advances in Agriculture, there really is no longer a need for it. It is time to stick with 1 time, not 2.	7/11/2014 11:50 AM
1549	In the summer, Utah has great weather and daylight hours into the evening allows families to play together - be it a game in the back yard, a hike or bike ride, or just a stroll around the neighborhood. All things that are easier done in day light. Business wise - it's easy, I'm on MST/MDT. If we don't change let's see, I'm on MST in the winter and PDT in the summer...or am I on CDT...it's tough to do business when you aren't sure what time zone you are in. Bad idea to not change when the rest of the country does.	7/11/2014 11:50 AM
1550	I am a nurse who works weekend nights, and have for 18 years. Every time we have to "spring forward" or "fall back", not only do we have to work a 13 hour shift, instead of only 12 hours in the fall, but the computers go down during the change, for 1-2 hours during the 2:00 am window of the change spring and fall, causing disruption to our work and being able to chart timely patient care. Then the night shift has to go and manually change every clock, causing us even more work. We have to adjust med times, do extra work, just because of the time change. I see NO benefit in changing times ever, and because we have to have daylight savings, it is a mandatory disruption to work, not including that there has only been one time that I can remember that there wasn't at least one staff that forgets to change their clock, causing us to have to work even longer until the day shift arrives. Now let me address the hassle of Daylight savings with kids. I have 10 kids. It takes 2-3 weeks for them to adjust to Daylight savings, and get back on a regular routine. It makes them sleepy and affects their attention at school. I have talked to several of my children's teachers over the years and they always dread the change in time because of the way it affects their students. Daylight savings is bad for those who work nights, especially in the medical field, it is bad for parents and teachers, who have the privilege of working with younger children, and I am very, very strongly in favor of getting rid of it once and for all.	7/11/2014 11:49 AM

1551	I love the extra day light in the summer.	7/11/2014 11:45 AM
1552	I prefer Mountain Standard Time year round (like Arizona). I hate changing twice a year. My body never gets fully adjusted. Parents struggle because kids' bodies don't know when to sleep! My solution: is simple but I don't recall hearing it discussed: LET'S STAY ON MST ALL YEAR. BUSINESSES WHO PREFER DAYLIGHT SAVINGS TIME WOULD SIMPLY ADJUST THEIR BUSINESS HOURS FOR THE MONTHS THAT IT'S ADVANTAGEOUS TO THEM TO HAVE THE DIFFERENT WORKING HOURS. IT WOULDN'T HAVE TO BE FOR THE WHOLE SIX MONTHS (AS NOW LEGISLATED) EITHER; ONLY THOSE WHEN IT WOULD BE BENEFICIAL FOR THEM. I think that would resolve many of the problems: 1. Schools would stay on Mountain Standard Time, eliminating the increased danger of having kids walking to school in the dark. 2. Golf courses, etc., could still keep the "summer" hours they have determined work for them. 3. Agricultural workers can go back to listening to the animals about what time to get up. To the best of my knowledge, roosters have never observed daylight savings time, nor have cows. It just seems so much simpler to let people adjust hours than to force everyone to try to accept the change. We managed for many years to survive with one time zone all year. I hope this solution will be considered. Businesses open and close at different times now. We learn how to schedule shopping, the gym, whatever. We're already able to do that. Thank you for allowing me to express my long-held opinion! The schools wouldHEDURING REFLECT THE 'SUMMER HOURS' THEY PREFER TO STAY OPEN? SEEMS TO ME THAT WOULD MAKE MOST EVERYBODY HAPPY--the early birds and those of us who don't like to switch time zones.	7/11/2014 11:45 AM
1553	Doing away with the switch is more important to me than which permanent option we go with.	7/11/2014 11:44 AM
1554	I don't think Daylight Savings is necessary for Arizona.	7/11/2014 11:41 AM
1555	In the grand scheme I would hope the entire USA would do away with the DST system. It's a dated system that no longer serves a use. I could see the challenges in the tech field if this change were to happen. But in the long run would benefit.	7/11/2014 11:39 AM
1556	It is pointless.	7/11/2014 11:38 AM
1557	Keep daylight savings time. It is so nice to have extra daylight in the day.	7/11/2014 11:37 AM
1558	I think that Daylight Savings Time served its purpose in the past and now it is obsolete.	7/11/2014 11:36 AM
1559	The arbitrary semi-annual shifting of clocks is ridiculous given that the amount of daylight on a given day is not affected in the slightest. People will stay up until it is dark and people will get active when the day gets brighter. Let's stop torturing our circadian rhythms please.	7/11/2014 11:34 AM
1560	daylight later helps people who are light deprived helps keep heat light bill down for low income people easyer to get out and exercise for working people	7/11/2014 11:34 AM
1561	I greatly dislike the time changes twice a year. They disrupt our schedules and our kid's schedules so that it just results in a lot of very cranky people in our house. It is misery for a week until we all adjust to the new time. I especially dislike the time change in the fall because it results in very dark evenings so early. That is always very depressing and tends to squash many evening activities we would be interested in doing.	7/11/2014 11:33 AM
1562	There's really no NEED for daylight savings time. Just keep time the same all year. We'll just deal with daylight and darkness as they come. It is difficult to recover from the changes twice a year and I'm getting to the point where I dread the changes.	7/11/2014 11:33 AM
1563	I am greatly affected by the light change cycle. It makes me depressed and unmotivated. It at times also contributes to me getting sick which puts me out of work. I don't feel that a business' argument about saving energy and allowing for more daylight hour for fun is a good reason not to make a change. Our society is based around more work than play through our lives, so why not make the majority activity more pleasant?	7/11/2014 11:32 AM
1564	There's really no need. Just keep time the same all year. We'll just deal with daylight and darkness as they come. It is difficult to recover from the changes twice a year and I'm getting to the point where I dread the changes.	7/11/2014 11:32 AM
1565	If we are saving energy let's go year round with day light saving time. If we are not saving energy let's drop day light saving time.	7/11/2014 11:30 AM
1566	I don't care too much on whether we "fall" back or "spring" forward, I just care that we eliminate the change. It is completely pointless and I would love to do away with the change each fall and spring. Please get rid of this and join with Arizona and Hawaii in rejecting it. Please	7/11/2014 11:29 AM

1567	I moved to Utah from Arizona 24 years ago. I have hated changing the clock forward and back every year. It is hard on the whole family's body clocks. twice a year. Ask any mother. We all hate it. Keeping our clocks on DST will give people more light to enjoy the evenings in our beautiful state all year long.	7/11/2014 11:28 AM
1568	Most of us aren't farmers anymore. Let's get rid of Daylight Savings.	7/11/2014 11:28 AM
1569	I prefer waking up and the sun already up, and having the feeling that the day is a little longer and the sun going down at 9. It makes for a better day.	7/11/2014 11:28 AM
1570	My family lived in Arizona for two years and we absolutely loved not having daylight savings. It was easier for me as a patent to get my children to bed in time because the sun set earlier. There also was never any confusion about time changes since there weren't any.	7/11/2014 11:26 AM
1571	No need for setting clocks forward and back	7/11/2014 11:26 AM
1572	I've never felt the BENEFITS of daylight savings; we raised three kids who are just out of high school years and since moving here 8 years ago, it was hard to keep up with schedules when you added daylight savings time to the chaos!! (---I grew up outside the state of Utah and everything worked just fine without it. When moving to Utah, it was especially hard to adapt.)	7/11/2014 11:23 AM
1573	I tend to go to bed late and get up late, so like the sunlight later in the day. I would be okay with option 2 also, just keeping the clock the same all year is more important than which time it stays on for me. The change really messes me up. I do understand it could be problematic, dealing with other people/businesses in other parts of the country that stick to Daylight Savings changes. There would be parts of the year we would either be the same as Pacific, or same as Central, if we stick to one time year round. I have more involvement as a volunteer with Central or Eastern people, so the third option puts us on a better schedule.	7/11/2014 11:23 AM
1574	I don't mind having longer days in the summer, but I don't like changing times twice a year. It throws off my biological clock.	7/11/2014 11:21 AM
1575	Having to change our clocks is annoying! Does it really make that much of a difference to spring forward or fall back?	7/11/2014 11:20 AM
1576	I highly dislike the shift in time twice a year. It is especially difficult having small children who have a regular bedtime and nap times. Making the shift leads to a lot of cranky people in our house. I particularly do not like the shift in the fall, which results in very dark evenings. That is why I would prefer to stay on our current DST the year round. The dark evenings are quite depressing and squash many activities that we would like to do in the evening in the fall and winter.	7/11/2014 11:20 AM
1577	I would prefer to not have daylight savings time because it puts me off balance when the time changes and I personally do not think that we need daylight savings.	7/11/2014 11:19 AM
1578	Please do away with daylight savings time!!!	7/11/2014 11:19 AM
1579	I prefer it to be light longer in the evening. I love when DST happens, and I would love to see it year round.	7/11/2014 11:18 AM
1580	I from day 1 thought daylight savings was the dumbest thing anyone had ever thought of. Why government got involved, I have NO idea. Get rid of it.	7/11/2014 11:18 AM
1581	When I was a mother of young children, I found it difficult to insist on a bedtime before 10:00 p.m. because other children were outside playing and having fun until after 9:00 p.m. I also think our biological clock suffers during the transitions.	7/11/2014 11:16 AM
1582	I'm not sure which way I want it to go. I want it to be light in the morning when my kids go to school and I want it to not change every 6 months...	7/11/2014 11:16 AM
1583	I loved the lack of time change in Arizona when I lived there, I never understood the reason for changing time, and it always affects me negatively for weeks afterwards no matter if we "spring forward" or "fall back"--give it up and leave time alone.	7/11/2014 11:11 AM
1584	Just keep it the same year round.	7/11/2014 11:10 AM
1585	We live in a day of electricity and technology. Moving the time on our clocks to match the light outside isn't as important, and it becomes more of a bother because we need to readjust our sleep schedules.	7/11/2014 11:10 AM
1586	Keep it the same!	7/11/2014 11:09 AM

1587	Personally, I don't' care where the time stays, just as long as it stays. The time changes drive me nuts.	7/11/2014 11:08 AM
1588	IT'S ABOUT TIME THIS WAS ADDRESSED. I've wanted to do away with "Daylight Savings" for years!!	7/11/2014 11:08 AM
1589	I lived in Arizona for 6 years and enjoyed not having to change the clocks, and making my body adjust each time.	7/11/2014 11:08 AM
1590	I love the long days as it provides an opportunity to spend more time outside, particularly after a long days work. I can tell you I am more active because of daylight savings time and certainly spend more money on recreational activites becasue of that activity time.	7/11/2014 11:01 AM
1591	Don't like the switching back and forth...it takes a week for the body clock to adjust and almost a week to re-set all the electronics!	7/11/2014 11:01 AM
1592	Would rather have sunlight in the evening all year round.	7/11/2014 11:01 AM
1593	It makes no sense to me to be switching time twice a year. I'm sure it was useful at some point in time, but AZ and other places have been doing just fine without it.	7/11/2014 11:00 AM
1594	Honestly i view this as a bunch of pampered whiners. Do they never travel? Visit CA and you have to adjust your clock 1 hr. New York? Two hours? How many days does it take to get over it? 2-4. Really, this big stink for 4-8 total days a year of minor inconvenience? Has it really come to this that something so minor has become an issue of this magnitude? People need to get involved in charitable causes or get a hobby.	7/11/2014 10:59 AM
1595	I absolutely cherish the extra hour in the evening. I have no use for daylight at 4:30 in the morning. After work is the time to get yard work done and recreate. If you take away that hour I will only be working on Saturday, thus ruining the weekend when I otherwise could be recreating. If you must change it, then keep daylight saving time permanent.	7/11/2014 10:59 AM
1596	More baseball games under sunlight. Seems like it would save energy.	7/11/2014 10:58 AM
1597	Daylight Saving's Time is outdated and no longer necessary. We should choose to either spring ahead or fall behind and stay one way or the other. With the changes to technology, there is no real reason to switch.	7/11/2014 10:58 AM
1598	I hate daylight savings time!	7/11/2014 10:58 AM
1599	I feel there is no reason to adjust the time in Utah. Having it light out at 10:00pm at night makes putting children to bed harder during the summer months, and keeping them on a school schedule becomes harder.	7/11/2014 10:57 AM
1600	One way or the other, just stop changing.	7/11/2014 10:57 AM
1601	Keep to national standard.	7/11/2014 10:56 AM
1602	I prefer the sun be up before I have to get out of bed which makes April & October especially difficult. I also find it easier to enjoy our warm summer evenings in St. George AFTER the sun has gone below the horizon. The switch back and forth is difficult enough for me (and seems to get worse every year) but it's worse for my young nieces and nephew who don't tell time. The just know the sun is still up so why should they have to go to bed or vice versa why should they have to get up when it's not daytime yet.	7/11/2014 10:55 AM
1603	I prefer the light later into the evening year round. In the summer, it enables outside work and recreation later into the evening. In the winter, it would be nice to have light until 6:00 pm or so, instead of it being dark already by 5:00 pm. Again, since most work at home is done after work, it would be nice to be able to shovel the driveway and walks and do other things with at least a little bit of daylight.	7/11/2014 10:55 AM
1604	With children switching back and forth is incredibly hard, They don't adjust well to the change and it causes them and parents a lot more stress!	7/11/2014 10:55 AM
1605	In my business we are more aligned with Colorado, Idaho, Wyoming, and Montana - all on MDT. I like the extra daylight for summer evenings to be outside.	7/11/2014 10:52 AM
1606	I have grown up with this time change going on every year, and have decided it was no big deal. I enjoy the outdoors and the time change gives us another hour to enjoy it.	7/11/2014 10:52 AM
1607	Daylight is more beneficial in the evening in summer than it is at 5AM in the summer. In the winter, you can't have kids going to school in the dark. I vote for retaining daylight savings.	7/11/2014 10:52 AM

1608	I have grandchildren who have boarded the bus at 7:00 a.m. for a 90 minute bus ride since kindergarten. In the winter it is dark for most of the trip and it is too soon for the snowplow to cover all the route. As the children reach high school age and must drive to school to participate in after school activities, the hazardous driving conditions on dark, icy, unplowed roads plus teen drivers is dangerous for all.	7/11/2014 10:51 AM
1609	It's simple. Utah is a family-centered state, yes? What are kids and parents doing from 7:00 to 9:00 during the winter? Sleeping, driving, sitting in class! What are kids doing at 4:00 to 6:00? Well sitting in the house with DST and playing outside with and without their parents with ST. Daylight savings time is an old-minded, farmer-focused ritual that needs to go!	7/11/2014 10:51 AM
1610	Pointless outdated tradition...	7/11/2014 10:50 AM
1611	Having extra daylight at night is more beneficial than having extra daylight in the morning when most people are still asleep or getting ready for the day in a fully lighted house, commuting, etc. We need daylight in the evening when we are trying to have activities with our families, running errands, wanting to get outside to be active, want to do projects, etc. The change in the winter is SO difficult when you are driving home from work in the dark and coming home in the dark. It makes you more tired, makes you feel like staying inside, keeps you from getting out, etc. This results in less physical activity, less economic activity, and increases depression and TV watching. Having our daylight hours shift toward the evening is just more beneficial, I believe, for the majority of us. It's more practically useful than daylight in the early morning. I realize there are probably people out there who could argue the reverse and have legitimate reasons like for agriculture, etc. but I think for the majority of average Utah residents, having more daylight in the evening is best.	7/11/2014 10:49 AM
1612	We were transferred to Arizona for two years for my husband's job. I thought the heat would be the hardest thing to adjust to, but the time change was! The thing I disliked the most about it was that in the summertime it would be dark by 7:00 pm. at the latest. I love that in Utah it is light until 8:30 or 9:00 pm in the Summer, allowing us to utilize the cooler weather in the evening. It is also nice with year round school to be able to play outside later because it is lighter longer. In Arizona, in the winter, it is also completely dark by 4 pm! It was awful! I felt like I was always in darkness and hated it! The sun also rose early- 5 am year round and the sun was bright and shiny. That may make sense for AZ construction workers who are trying to get up and work and avoid the heat, but for everyone else it was a nuisance to have it be full on bright day time that early in the morning. I would much rather have the extended sunlight in the evening.	7/11/2014 10:49 AM
1613	I have found no advantage to Daylight Saving Time, only jolts to my bodyclock and sunset too late in the summer. We could have 4th of July fireworks at 9pm, instead of 10!	7/11/2014 10:48 AM
1614	I would definitely prefer longer nights. I work in an office, and during the winter it's dark when I start work, and darker when I leave work. Going to the permanent spring forward would at least give an extra hour of daylight at night. I believe this would increase safety by giving the drive home more visibility. This would also help to stimulate our economy as more people would probably go out if it wasn't always so dark at night.	7/11/2014 10:47 AM
1615	I don't like daylight savings time as it complicates my life and work. I don't have a strong preference for "create" or "align", but I prefer "align" because then we keep the same time zone name, which is easier to remember (rather than forgetting the new time zone name, because I know I would do that during the transition). So I vote "align!"	7/11/2014 10:46 AM
1616	Nothing worse than cold mornings, than cold dark mornings. What are families doing at 5:00, 6:00, even 7:00 AM...oh yeah, sleeping! Does anyone really care to have more light when they're riding the bus to school or getting to work. DST is a great idea if you're a farmer, but that's a pretty small subset these days I believe.	7/11/2014 10:46 AM
1617	I am an early riser, but enjoy the quiet of the early morning hours and I am fine with the sun rising later in the morning.	7/11/2014 10:46 AM

1618	I admit, this is a difficult choice. Looking at the time table provided, I can see why daylight savings looks good on paper. Although it would look A LOT better if we waited another 4 weeks before implementing Spring Forward. That way, it would still be light around 7 a.m. The real difficulty lies in making everyone reset their BIOLOGICAL clocks. Just at the time when I am starting to wake up naturally with the increase of light, we are suddenly plunged back into getting up in the dark. Also, children and adults that get up at 6 a.m. or earlier to go to work or school are now telling their bodies to get up at 5 a.m. The resulting fatigue and disorientation lasts for at least seven days resulting in well-documented loss of productivity at work and school. The physical and emotional stress is very real. The only solution is to keep one time zone and stick with it. Both have their advantages and disadvantages, so I'd be fine with either one. I like the permanent fall back method, because it gives more light in the morning during the winter time. The permanent DST probably makes more sense in terms of energy savings.	7/11/2014 10:46 AM
1619	It is unsafe out on the roads as we switch to daylight savings every year. People are driving sleep deprived and it is dark in early morning and dangerous. Peoples biorythms aren't meant to shift back and forth so why make them do it twice a year?	7/11/2014 10:45 AM
1620	The time change twice a year is difficult to adjust to. I would like to stay on MST year round. Although it would get light/get dark earlier in the summer, the consistency would be worth it.	7/11/2014 10:45 AM
1621	I just want to get it one way or another. I'm tired of being bounced twice a year! Just make it permanent.	7/11/2014 10:44 AM
1622	For myself I see no benefit to using DST, our technology has advanced enough that we can do what we need to do regardless of if the sun comes out an hour earlier or not for us. I chose the option to spring forward because I prefer more sun in the morning than more sun at night if we need to stick to an option.	7/11/2014 10:43 AM
1623	This is really a priority?	7/11/2014 10:43 AM
1624	I lived in Arizona for 5 years, and staying with one time did not change the tourism or create financial hard ship for the state...It was nice to stay on one time through the year, a lot healthier as well. I believe Utah should stay on one time and not do the daylight savings at all.	7/11/2014 10:43 AM
1625	I just want to get it one way or another. I'm tired of being bounced twice a year! Just make it permanent.	7/11/2014 10:43 AM
1626	I lived in Arizona for 16 years and I prefer staying in the same time frame.	7/11/2014 10:42 AM
1627	Changing the time requires an adjustment for everyone, especially children. Lets leave it the way it is was intended to be when the world was created.	7/11/2014 10:42 AM
1628	I don't really care whether we opt for permanent spring ahead or permanent fall behind, but daylight savings time should be done away with. In today's non agrarian society daylight savings time serves absolutely no purpose other then to severely screw up everyone's sleeping schedules twice a year.	7/11/2014 10:41 AM
1629	I like having the extra hour of daylight in the evening especially when we have so many fun family gatherings! As far as my sleep patterns go, it is only interrupted for one day! I don't quite get it that others say it takes them days to regulate their sleep.....it's only one hour!	7/11/2014 10:39 AM
1630	I prefer the extra hour of daylight in the evening during the spring and summer.	7/11/2014 10:39 AM
1631	I feel like springing forward is extremely difficult. I get kids up for school each morning and the week or two after springing forward is always extremely difficult. You can't fall asleep at night and you can't wake up in the morning. I feel like I am a zombie for about two weeks after springing forward. I'm not sure I should really be on the road when I am like that, but what can I do? I have kids to get to school and I am supposed to be functional, even if I am not. Springing forward knocks everything off kilter, and I would love to see it go away and just stay on one time for the entire year. Aligning with Arizona just makes good sense to me.	7/11/2014 10:39 AM
1632	While walking to school alone as a junior high student, I was very grateful for Daylight Savings Time and how the adjustment made it so that I wasn't walking in the dark. I felt safe. Retain Daylight Savings Time as it is!	7/11/2014 10:39 AM
1633	I have heard on the news that parents are concerned about their children walking to school while it is still dark. My thought is that there are many days that I drive to work going east when you can barely see the road because the sun is blinding you. I think more people get hit during this time that when it is darker.	7/11/2014 10:38 AM

1634	I agree with some recreational facilities that it would have a negative effect on those facilities and they would lose money in the evening. Also, having lived in an area without DST, it was a nightmare to keep track of what time it was in the rest of the country (for work calls).	7/11/2014 10:38 AM
1635	I like having more light after work in the summer. It gets me outside more. Cutting out a hour puts a real damper on things.	7/11/2014 10:37 AM
1636	Remove confusion on time and sleep habits.	7/11/2014 10:36 AM
1637	I'm more likely to be outdoors in the evening. That's when I want the sun up.	7/11/2014 10:36 AM
1638	I'm tired of readjusting my schedule and my kids schedule, mainly I just want my sleep schedule to remain the same.	7/11/2014 10:34 AM
1639	Many of us look forward to summer, when we do have extra time to be outdoors in the light after work, winter is long enough with it being dark after work, we like daylight savings time. Civil dawn at 4:30 am will create lost sleep for us as well. The biggest problem with daylight savings time was the Energy Policy Act (2005) which changed the calendar date on which we change the clocks creating an unnaturally large shift in the morning light. Efforts should be focused on a federal repeal of that provision and restore previous dates; it's ridiculous and causes more harm than good and has been shown to actually increase energy use.	7/11/2014 10:32 AM
1640	Remove confusion on time and sleep.	7/11/2014 10:32 AM
1641	I prefer to stay the same time as Az. Not having to change time will save lives by reducing accidents and heart attacks. I do not want businesses to tell me what time I have to get up. I know they have their opinion on this but business should not be the force behind how we set our clocks. It is a health issue. Not a business issue.	7/11/2014 10:32 AM
1642	Many more opportunities with daylight saving time to do family things after work.	7/11/2014 10:32 AM
1643	It is a safety issue for children walking or biking to school. Especially since there are more and more people that are on cell phones not paying attention to what they are doing!	7/11/2014 10:32 AM
1644	I lived in AZ for 5 years and it was nice to not have to worry about the time change and adjustment to it twice a year. So much easier!	7/11/2014 10:32 AM
1645	WE IN THE STATE OF UTAH HAVE PLENTY OF DAYLIGHT HOURS IN THE SUMMER. IF YOU HAVE LITTLE CHILDREN IT MAKES IT VERY HARD GETTING THEM TO BED ON TIME WHEN IT IS STILL LIGHT OUT AT 9:30PM. IT IS ALSO HARD TO ADJUST TO THE CHANGING TIME TWICE A YEAR. IT MAY HAVE BEEN NECESSARY YEARS AGO BUT WITH ALL THE PROGRESS IN FARMING AND BUSINESSES IT NO LONGER SEEMS NEEDED.	7/11/2014 10:32 AM
1646	I really like daylight saving time in the warmer months because it allows more of the daylight hours after the normal work day in order to do yard work and recreation. I would like the daylight saving time to be modified ... although it is nice to have daylight savings time for Halloween, I believe it goes too long in the season and starts too early. I too do not like the approximately one week period in the fall and then again in the spring to adjust to the new time. My preference would be to have daylight saving time from the middle of April to the middle of October. Thank you for providing this forum to provide information to the public and to receive the public's input! Kent Page 435-841-9220	7/11/2014 10:32 AM
1647	Why change twice a year? Why? What natural, valid reason is there for using the "daylight savings" program?	7/11/2014 10:31 AM
1648	We are already on Daylight Savings Time for 8 months of the year. It would be great to stay on it year round.	7/11/2014 10:30 AM
1649	Daylight savings time allows more daylight in the evening hours after work when people are awake and active vs. the morning hours when most people are sleeping. I favor either leaving it alone, or moving to permanent daylight savings time.	7/11/2014 10:29 AM
1650	I love the long daylight hours in the evening so I can do outdoor activities. When it gets dark in the winter at 5pm it's so depressing.	7/11/2014 10:28 AM
1651	Pick a time and don't keep changing it. I'm a nurse and changing times makes things very difficult for patients especially those with dementia. Also us.	7/11/2014 10:28 AM
1652	I have winter depression. I look forward to daylight savings time in March. It is such a mental relief to come home from work and still have daylight and actually see the sunshine.	7/11/2014 10:27 AM

1653	We frequent Page AZ and recognize the value in the summer to enjoy the cooler early mornings and to bring the blistering afternoon heat to an end earlier in the evenings. It's simple, if some want an "extra" hour of daylight, get up an hour earlier or if Lagoon wants an extra hour of daylight, open an hour earlier. Daylight savings time is for those that want to sleep in and inconvenience all of us. Respectfully, Paul Remund Murray, UT	7/11/2014 10:25 AM
1654	Please stop changing the time one ahead one hour back. I know many people that find it very hard to adjust to the time changes. They drive fatigued and are dangerous to others on the road. Arizona has had no problems with children getting hurt going to school or businesses losing revenue. We will adjust! Please consider keeping it with mountain standard time. Thank you for reading.	7/11/2014 10:25 AM
1655	The government tries to determine everything for me, including what time it is. Leave the time alone--permanent standard time.	7/11/2014 10:25 AM
1656	I am tired of changing the clocks twice a year. When DST started, it was for SIX months. Now it has extended to NINE. It's time to get rid of DST!	7/11/2014 10:24 AM
1657	My ideal scenario would be sunset as late as possible. Especially in summer. In winter, leaving work in the dark seriously depresses me. I'd rather get up while it's still dark, then get home while there's a teeny bit of sunshine left. Maybe then I could get a short hike in after work in the late fall or early spring before the sun goes down.	7/11/2014 10:24 AM
1658	I am in favor of either option, permanent fall back or spring forward. We need to eliminate the time change.	7/11/2014 10:23 AM
1659	I honestly don't care whether we maintain regular time or daylight savings time (although I prefer just staying at daylight savings time) but please stop the switch. Pick a time and stay there.	7/11/2014 10:23 AM
1660	Too bad this survey does not provide the ability to chose multiple options, but at least it has comments, so I can say all I am thinking. I am mostly in favor of keeping daylight savings as it is, for the sake of computers in Utah at the very least, that all sync with Denver. As from a standpoint of humanity, if the State decides not to keep the practice of Daylight Savings and Standard Time adjustments in the Spring and Fall (respectively), I would further chose the option of staying with Daylight Savings year round. I much rather have the light later. That said, back to computers; while Arizona is year round Standard Time (and computers have that option, that could be chosen in Utah instead of Denver, if Utah went Standard only), however, if Utah were to go year round Daylight Savings as I suggest, we would need to have government run Time Servers and become indexed as our own time zone (similar to Arizona has but an hour different) programmed into computers. This could be a headache and cost a lot of time and money; thus my main vote is to retain the practice as is and keep our clocks concurrent to Denver.	7/11/2014 10:22 AM
1661	It is the biggest pain for my kids sleeping habbits. I don't really care if it's permanently fall back or spring forward	7/11/2014 10:22 AM
1662	Sending children to school in the dark is unsafe and exhausting. It makes more sense to keep a steady schedule than to change it all the time!	7/11/2014 10:20 AM
1663	It's not the time itself that bothers me, it's the fact that we change it! Why change it? Choose one and leave it! And I don't buy the business thing: I do business with Asian nations all the time and figure it out fine - someone else can figure out how to do business with Idaho.	7/11/2014 10:19 AM
1664	I could see the benefit when we were more agricultural. I prefer simplicity.	7/11/2014 10:18 AM
1665	Daylight Savings time may have served a purpose in the past, but in this day and time, It is simply a nuisance! It is strange that through lobbyist pushing legislation, we experience more of daylight savings time than real time (based on sun position). I believe it is to our detriment that we follow this archaic practice. It causes unnecessary duress in sleep patterns twice a year. It messes with our computer server clocks. It has been proven to waste money in the synchronization of time throughout our industries. My Navajo friend used to joke, "Crazy white men! Cut of one end of the blanket and sow it on to the other and call the blanket longer." This practice makes reason stare. Benjamin Franklins was a genius but this is his worst idea! Right up there with the national bird proposed to be the Turkey. With today's technology moving the time back and forth really doesn't serve a purpose. It baffles me why still go through this odd ritual. It has been proven that it does not save any money in power consumption as was once claimed. I believe Arizona had the right idea long ago. We should go back to real time and not waste all of this energy on such a bizarre practice.	7/11/2014 10:17 AM
1666	Let it Be!	7/11/2014 10:16 AM

1667	We don't need to save daylight. Do we do it just for Lagoon? That's stupid. Our kids are walking to school in the dark. NO BRAINER	7/11/2014 10:15 AM
1668	I want to have some sun when I get off work (5pm) in the winter time.	7/11/2014 10:15 AM
1669	it is not needed with the economic systems of today	7/11/2014 10:14 AM
1670	As a parent, I really dislike DST. It is impossible to get kids to sleep when it is light outside until 10 pm. It is also impossible to get them up and out the door for school when it is dark until 7:30 or 8 am.	7/11/2014 10:13 AM
1671	just leave it the same all year long	7/11/2014 10:13 AM
1672	Utah is weird enough.	7/11/2014 10:12 AM
1673	It has been proven that it does not save energy resources as intended. It is hard on school children and others to make the switch physically and mentally. I prefer a natural approach instead of a man made manipulation of time reckoning.	7/11/2014 10:12 AM
1674	I work in the technology industry and every time the daylight savings shift occurs we have to recruit staff and deal with problems in our computer systems caused by the change. Pick a time and stick with it.	7/11/2014 10:12 AM
1675	I like the Spring ahead and would like it to stay, I get more daylight hours when I need to go to work early and or stay late, I get more sleep, I have more energy and feel I get more done in my day due to me being able to see the sun more. When we move the clocks back it throws off my sleeping schedule, I get less daylight I don't get enough sleep because it is always dark, I get depressed with how dark and gloomy it is. If we could stay on the Spring Ahead time I would love it, I think people are happier due to seeing the sun and feeling like they have more hours to get things done. .....please do not keep the MST.	7/11/2014 10:11 AM
1676	Daylight saving time is totally unproductive; is harmful to individuals and families, is disruptive to normal sleep patterns and home life. It needs to be revoked immediately by state edict. Why can't the governor handle it by executive order? Not only should all individual states revoke it, but the president should revoke it by executive order. If it isn't handled, I will not change my clocks. The whole idea of clock changing is anti American in my opinion.	7/11/2014 10:11 AM
1677	It's too disruptive.	7/11/2014 10:11 AM
1678	I love having an extra hour of daylight in the summer.	7/11/2014 10:10 AM
1679	There is no good reason to continue daylight savings time	7/11/2014 10:09 AM
1680	It is worthless and outmoded.	7/11/2014 10:09 AM
1681	I think Daylight Savings Time is pointless. I've asked lots of people who have fervent opinions on the subject just exactly WHY they like it so much. I've never heard a cogent answer that made any logical sense. The most people seem to offer is "that's the way we've always done it" which is never a good reason to do something if it's the only reason, in my opinion.	7/11/2014 10:07 AM
1682	I would love to see a standard time year round. It feels like for 2-3 weeks after the change, spring& fall, that everyone has the hardest time getting back into regular sleep patterns. It's distruptive to the work & daily process. For such a short period of 4 months it's not worth it. If we did the year round savings time I wouldn't object to that, just as long as the time is consistent year round!	7/11/2014 10:07 AM
1683	Our family looks forward to summer evenings all year long! We love to be outdoors after work, and stealing an hour of our time would be devastating! One voter said:"We are talking about an hour of daylight between 4:30 and 5:30 a.m. compared to an hour of daylight between 8:30 and 9:30 p.m. Which is more valuable to the community?" I agree wholeheartedly! Why would we trade an hour of light in the evening to have sunrise before 5am?	7/11/2014 10:06 AM
1684	I think the time change is hard on a person's biological clock. It takes a couple of weeks to readjust.	7/11/2014 10:06 AM
1685	It's going to be too complicated to change when the rest of the country (minus Arizona and Hawaii) are on the same standard. It'll be way to confusing. Then we'll be THAT state that does everything differently.	7/11/2014 10:04 AM
1686	My wife and I both suffer from depression during the winter. I don't get to go out much because I have an office job. Having at least an hour of sunlight would greatly help my depression, so I'm greatly in favor of having daylight savings spring forward permanently.	7/11/2014 10:04 AM
1687	I teach first grade. Switching the clock during the school year is really hard on my little first graders.	7/11/2014 10:03 AM

1688	We don't need another hour of daylight...people need to rearrange their schedules to fit mountain standard time...children need to be able to go to school in the daylight in the mornings instead of having to cross heavy traffic to catch a bus...What is wrong with the God Given time we had for so many years...love mountain standard time.	7/11/2014 10:03 AM
1689	Changing the time twice a year has a big impact on children who don't adapt well to changing wake and sleep times.	7/11/2014 10:03 AM
1690	I always dread the time changes and adjustment. I just want it to stay standard the whole year. Some native American was heard to have said: "That's just like the white man to think he can tell the creator what time the sunrises and sets." Since I was a child, I disliked the changes very much and felt like others were in charge of something that I disagreed with. I hated the imposition. Government is too big.	7/11/2014 10:02 AM
1691	It is so hot in the summer time with the sun staying up until after 9 pm. There is little time for the earth to cool off. and especially with us living in a desert and being in a drought also. Morning sun is much more cool than evening sun. Plus it is silly to keep changing the clocks for convience to people that just want to play after leaving the office.	7/11/2014 10:02 AM
1692	Recovery time for my body takes too much out of me.	7/11/2014 10:02 AM
1693	Recovery time for my body takes too much out of me.	7/11/2014 10:02 AM
1694	working an 8-5 does not leave me much time of daylight with my wife and children after work to be outside. I'd rather have it like summer all year long where there is still time in the day to do things.	7/11/2014 10:02 AM
1695	The reasons for elimnating DST are crazy! So someone has an hour more of cool air to run in the morning? What about so everyone else has an extra hour of time in the summer evenings to enjoy, instead of wasting an hour of productive time when it starts to get light at 4:30am? And talk about Utah being odd-ball, this would throw tourism and the airport schedules into chaos. Stupid, stupid, stupid idea. There should be a popular vote so that the voice of the majority can be heard and followed. I don't personally know a single person dumb enough to think this is a good idea...	7/11/2014 10:01 AM
1696	It is a waste of time. there are only so many hours in a day not matter how you set the clock.	7/11/2014 10:01 AM
1697	I prefer to stay in a permanent spring forward because it is more energy efficient. It is also easier for families with children to not participate in daylight savings. In the winter it would be much better to have light later for activities and for seasonal affective disorder.	7/11/2014 10:01 AM
1698	Changing interferes with the body's clock. Kids are sleepy in school, there are more accidents during the change.	7/11/2014 10:00 AM
1699	IF the whole country did it, that's fine I am on board. But it is silly to make this change and be with ONE other nearby state. We have an international airport here and a major hub. I think that among many other reasons including looking out for businesses who rely on daytime traffic, is a reason to Stay where we are. We are trying to fix something that is not broken.	7/11/2014 10:00 AM
1700	just pick a time zone and stay with it - the fall back and spring forward originally for farming purposes, is not as viberate as past and farmers are even speaking out that it doesn't matter to their industry in current times, again, I beleive just pick a time and keep it . Peoples internal time clocks will adjust and will have less impact on health related issues.	7/11/2014 10:00 AM
1701	I have lived many places, including Utah and Arizona. I enjoyed the Arizona permanent fall back. As a teacher, I find that Daylight Savings is disruptive and usually affects my students for multiple weeks. It is exhausting and often affects students abilities to think clearly (especially in the spring.) I have worked in grades K-12, and these challenges are present across the age spectrum. As an adult, the spring forward also impacts my energy level and intellectual clarity. A more uniform approach where the time schedule does not change twice per year would provide more consistency, allowing students (for whom routine is crucial) and adults to maintain a consistent pace in work and learning. Also, because change of any sort is so often difficult for those with special needs, and such needs are becoming ever more prevalent, having one year-long set time would also minimize at least two of the challenges these individuals and their families face.	7/11/2014 10:00 AM
1702	My first thought go to children who now go to school in the dark and their safety. I live on a corner where many kids cross to get to school...almost always in the dark. I have witnessed many near mishaps. Personally, I'm weary of government dictating my waking and sleeping cycles when sleep is one of my most precious commodities that I and most likely none of us get enough of. Please return to aligning our time to Mountain Standard Time year-round.	7/11/2014 9:59 AM

1703	In many areas, like ours, it gets dark soon after kids are out of school in the winter months. It is difficult to do much when not on daylight saving time.	7/11/2014 9:59 AM
1704	Yes, there are the same hours of daylight no matter what the clock says. However, the sun coming up at 4:30 in the morning during the summer doesn't mean I can do yard work. There are laws that say you can't work before 6 or 7 am. That means the extra hour of daylight in the morning is not useful for yard work. If I get off at 5 pm then there really is an extra hour of light in the evening where I can do yard work or recreate with DST. I don't see businesses/schools changing start/end times during the year based on available sunlight. It is not that hard to change the clocks. Many battery powered clocks need the battery changed and the time change is a good opportunity to do it. Leave DST the way it is. If the whole country changes then fine, pick DST all the time. For me the time change has never been an issue. No different than staying up late one night or getting up early one day...	7/11/2014 9:58 AM
1705	We should eliminate the Spring forward, Fall back time change and make it a fixed time year round. I think that overall the fixed Mountain Standard Time like Arizona is the best.	7/11/2014 9:57 AM
1706	I like the consistency of standard time.	7/11/2014 9:57 AM
1707	I do not like daylight savings switching back and forth, but having spring forward all year would leave kids going to school in the dark for most of the winter months. No thanks! Not safe.	7/11/2014 9:56 AM
1708	Daylight savings time was an excellent idea at the time. But in today's world where people work 24 hours a day 7 days a week the benefits of changing our time has been lost. We as a community have learned to adjust our schedules independently of the sun rising and setting. Now is an excellent opportunity to leave behind the days of people needing to correct their body clock because someone decided we needed to change our mechanical clocks.	7/11/2014 9:55 AM
1709	given that we are not agriculturally based it would be better for the economic development and activity of the state for it to be light later in the day where people can have light at the end of the work day for activities.	7/11/2014 9:55 AM
1710	I believe that keeping the standard (MST) is best for all. Those that prefer "Day Light Time" can adjust their schedule, as they do now, to accommodate their needs.	7/11/2014 9:55 AM
1711	I'm tired of switching back and forth and the time it takes to get used to it. It doesn't	7/11/2014 9:55 AM
1712	Tourism is a major industry, keep the current system so that visitors arriving in Utah know that we're on the same mountain time as other mountain states except that weird state of Arizona...	7/11/2014 9:53 AM
1713	Stop the nonsense of changing the clocks and sleep times.	7/11/2014 9:53 AM
1714	I'm really good either way, it really does not effect me.	7/11/2014 9:53 AM
1715	Allows me to stay active during the summer and exercise after work. For winter, falling back isn't such a big deal since I would be staying inside anyway.	7/11/2014 9:51 AM
1716	brcause it is nicer to jusy be one way all the timre instead of having to change everything back and forth. continuity in life i nice	7/11/2014 9:51 AM
1717	I LOVE the long summer daylight hours when we spring forward. It's my favorite part of summer! And I don't think it's that big of a deal to change the clocks. People will complain if it doesn't get light earlier in the mornings in the winter if we don't fall back. No one will be happy either way, but keep the long daylight hours in the summer.	7/11/2014 9:51 AM
1718	People work long hours and it would be nice to have some daylight to enjoy outdoor activities with the family after work Waking up earlier to have more daylight does not give one extra daylight if you have to got to work or school first thing in the morning..	7/11/2014 9:51 AM
1719	I have 3 young children and changing the clock every few months really causes a disruption in their sleep habits and moods. It makes for a very difficult transition and seems like as soon as we have adjusted to time change it changes again.	7/11/2014 9:51 AM
1720	To think that it actually saves daylight or $$ is preposterous!	7/11/2014 9:50 AM
1721	Daylight savings does not serve the purpose for which it was originally intended; therefore, we don't need it anymore.	7/11/2014 9:50 AM
1722	I prefer to align with AZ, because changing my clocks is a hassle. We have Jet Lag twice a year. It keeps the sunrise before school starts during Winter Hours. Sunset would still occur after businesses close. I think it just makes day-day life easier on everyone. Instead of wasting 2-4 weeks of my year adjusting to the new time.	7/11/2014 9:49 AM

1723	I prefer to stay 1 hour ahead. I like the extra light at the end of the day.	7/11/2014 9:49 AM
1724	The engineering firm I work for does business in many western states, including Arizona and Hawaii. Sure it would be nice to be aligned with them, but then we would be different from all the other western states (Nevada, Idaho, Colorado, Montana, California, Wyoming, New Mexico) with which we do business. I am currently working and living in Cache Valley. We get all of our health care at a clinic in Idaho, as it is closer, cheaper, and we believe better health care. Can you imagine the added headache of making appointments in a different time zone? If we were to change the system, I would vote for the CREATE option. That would mean that we are on the same schedule with more of our neighboring states for more of the year. I have 4 small children at home, so I can definitely see the benefits of not changing the clocks twice a year.	7/11/2014 9:48 AM
1725	Day light savings time is a waist and always has been. It is not productive in any fashion. The only thing it does is alters one's body by altering the time, which is not natural. Do away with Day light Savings time, for I spent two years in Arizona as I was stationed there, and it was great.	7/11/2014 9:46 AM
1726	Keep DST BUT START IT LATER LIKE IT USE TO BE. Late March or early APRIL START	7/11/2014 9:45 AM
1727	Keep DST BUT START IT LATER LIKE IT USE TO BE. Late March or early APRIL START	7/11/2014 9:45 AM
1728	DST does not add hours of daylight. Physics and earth rotation determine hours of daylight. businesses may change their operating hours or not to take advantage of the longer daylight in the summer and shorter in the winter. But, let the time be the time. There is no need to adjust the clock.	7/11/2014 9:44 AM
1729	I personally like having the extra day light in the evening especially during the winter months. Either way I go to work in the dark so it doesn't change anything for me in that respect but I don't like going to work in the dark and getting home in the dark during the winter.	7/11/2014 9:43 AM
1730	It is TOO early for my children to get up and going in the morning for school. Also, it is way too dark for them to walk to school -- We drive them instead so that they are safe. This is not the normal time to wake up in the morning -- should get up with the sun. Protect Our Children and do away with Daylight Savings Time!! Thank You!	7/11/2014 9:43 AM
1731	There are hard costs, not just conveniences associated with daylight savings time. This is why the country lengthened the months we are on daylight savings time. I would like to see a report of how much it would cost Utah in dollars to do away with the daylight savings switch.	7/11/2014 9:42 AM
1732	By always springing forward and having more daylight year-round, our clients will be able to look at properties after their 5 o'clock work day. When winter comes around it becomes very difficult to show houses when it gets dark as early as it does.	7/11/2014 9:42 AM
1733	The time change totally throws me and my husband off for over a week. We need to stay on the same time as Arizona. Health wise it would be the best.	7/11/2014 9:41 AM
1734	I hate daylight savings time. I feel it fits more naturally with our biorhythms to stick with standard time. I'm so glad this issue is being addressed.	7/11/2014 9:41 AM
1735	Hate Daylight Savings Time -- Prefer to go back to Mountain Standard Time. School children should not have to go to school in the morning when it is dark -- It is NOT safe!! Many have been hit by motorists because it is TOO dark in the morning hours. It is confusing to change time twice a year. Many people I know do NOT like daylight savings time!!!	7/11/2014 9:40 AM
1736	I dislike driving home from work in the dark during the winter.	7/11/2014 9:40 AM
1737	I Like daylight savings time. I want more daylight in the evenings. I think it would be nice to have it year round. I think keep things as they are or put us on daylight savings year round. that my vote. one idea is lets try staying on daylight savings time for 1 or 2 years and see how it works out. just a thought. Thanks for letting me give my views on this issue.	7/11/2014 9:40 AM
1738	It is a nuisance to change the clocks twice a year. The safety of children is more important than Lagoon' s profit margin. When I was a teenager, being at Lagoon after dark was fun. Children need to be in bed when their parents say so, whether or not it is dark.	7/11/2014 9:39 AM
1739	I hate falll back it is too hard on the kids too depressing always waking and going to school in the dark.	7/11/2014 9:39 AM
1740	I think day light savings time give us better light in the winter months for driving to work & to school. We had it for so long & it works well. We don't need to change it.	7/11/2014 9:38 AM

1741	I love having daylight until 9pm in the summer, and I feel sad when it's dark before I leave work in the winter. I vote year-round DST. The spring change this year was no fun with a 2-year-old :(	7/11/2014 9:38 AM
1742	Leave on MST or leave as is. Just stop going beck and forth.	7/11/2014 9:38 AM
1743	To me having the extra light in the evening is beneficial to getting more done after work, feeling that I have time to accomplish more before being done for the day as it gets darks outside	7/11/2014 9:38 AM
1744	I just think we need to stop jumping back and forth on the time thing. It gets confusing and it is no longer doing what it was created for.	7/11/2014 9:37 AM
1745	I support doing away with DST, because of the health difficulties I, my family, and others have had when changing schedules arbitrarily, due to DST.	7/11/2014 9:37 AM
1746	I would prefer to align with AZ on MST but I am fine going to permanent DST. I just don't like the time change. Surely we can decide on one time and maintain it without having to change in Nov. and Mar. It is very irritating! Please keep to one time and not change!!!!!!!!	7/11/2014 9:36 AM
1747	It is in the best interest of our children to get a good night's sleep. This will increase school performance academically and behaviorally. It is very difficult to get kids to go to sleep when it is still light outside and they hear kids still playing outside. Having sunset an hour earlier would help children get to bed earlier and get the rest they need.	7/11/2014 9:35 AM
1748	I chose Align because I prefer to have light in the morning, but Create would still be better than the time change. It takes me about two weeks to recover from time changes. I have enough trouble with insomnia without having to re-regulate my sleep schedule twice a year.	7/11/2014 9:35 AM
1749	It is ridiculous to have to change clocks every spring and fall just for 4 months of Standard time. It is very time consuming along with dealing with body adjustments. It makes more sense to have the extra hour of daylight in evening than morning because there are more opportunities to do in the evening. Either way we go, there will always be less light either in the morning or the evening. Let's quit playing the game and just do one time. I feel daylight saving time is the best option.	7/11/2014 9:35 AM
1750	the current system is to hard on the body	7/11/2014 9:33 AM
1751	Please let us opt out of DLST. I'm pre-diabetic, and the time change makes it hard on me to have to change how I eat. It is hard for everyone. Please align with AZ. Thanks.	7/11/2014 9:32 AM
1752	Every time change takes my body months to get back on track and feel normal again. I have punctuality issues, and is affects my over mental health. It throws my pets' schedules off too, and I end up with feeding issues for a couple of weeks. I also think it is a shame to see my neighbor's small children walking to school in the dark at all.	7/11/2014 9:32 AM
1753	Please keep things as they are. The current situation puts the daylight where it can best be used throughout the year.	7/11/2014 9:31 AM
1754	The time change totally throws off me and my husband and also our dog. We need to do the same time as Arizona. It is so much easier for everyone to adjust to.	7/11/2014 9:31 AM
1755	As of right now we are on MST 4.5 months a year and MDT 7.5 months a year. I prefer staying on daylight savings time year round and stop fooling around with the clock.	7/11/2014 9:31 AM
1756	I feel we would be more productive with the longer days. Not going to work in the dark and coming home in the dark. Sports will be able to practice later due to it staying lighter longer.	7/11/2014 9:30 AM
1757	Two weeks every fall and two weeks every spring productivity is lost, employees, students, etc. One month of the year is wasted in productivity loss. Let's quit changing the clocks!!!	7/11/2014 9:29 AM
1758	An extra hour of sunlight during the morning hours is a waste of the resource. Over 90% of the population would never even know that there was an extra hour as they sleep through it. For those that complain of the change in sleep patterns twice a year, moving to daylight savings year round would solve this problem. Why not make a change that will positively impact the greatest percentage of the population by keeping daylight savings year round? Nobody argues that it is not a benefit to have more daylight in the evening. I have not heard a legitimate argument against year round daylight savings. During the winter, the morning commute is in the dark either way. In a state that relies so much on the outdoor resources and activities as Utah does, daylight savings is a huge advantage economically and socially for the residents of the state.	7/11/2014 9:29 AM

1759	As a business woman I am in a working office for the majority of my day. I enjoy the outdoors and Utah's amazing weather. Having daylight saving's time all year round would make it possible for me to enjoy the sunshine after work and accomplish more with my family and enjoying Utah's beautiful scenery.	7/11/2014 9:29 AM
1760	I would rather have more daylight after I get off work.	7/11/2014 9:28 AM
1761	A permanent spring forward time adjustment would allow more daylight for the majority of people who are awake in the evenings.	7/11/2014 9:28 AM
1762	It's hard on my body to keep changing. There are a lot of accidents due to tiredness when people spring ahead and our children have to go to school in the dark.	7/11/2014 9:27 AM
1763	I see no good reason to change the time twice a year. Make one time and stick to it. It is not helpful to change the time regularly.	7/11/2014 9:27 AM
1764	Please do away with DST and move to a permanent spring forward time. Thank you	7/11/2014 9:26 AM
1765	I've been trying and trying to find a real, substantial positive to retaining daylight savings, and I simply can't find it. I don't see any real reason to mess with my sleep cycle twice a year, for the sake of the numbers on the clock. with modern lighting and business activity, those based on sunlight largely ignore the numbers on the clock in relation to daylight anyway, and all we end up providing is a lame excuse to miss church twice a year.	7/11/2014 9:26 AM
1766	Since there is no indication that Idaho, Wyoming, or Colorado are seriously considering this change, it would have an impact on business doing business across state lines. The economic impact would be considerable. We would have to cut employees in Utah and increase employees in Idaho and Colorado to offset the time differences.	7/11/2014 9:25 AM
1767	The time changes are hard on my family. WE lose sleep and have health issues.	7/11/2014 9:25 AM
1768	When you are on a set schedule, that one hour difference makes a huge and usually detrimental difference. Trying to re-train your body system to get used to going to bed later and getting up earlier is much harder as I get older. Daylight Saving was and is junk legislation then, now, and if it is kept, it will still be junk.	7/11/2014 9:25 AM
1769	The people do not need a government mandate in order to manage the available daylight hours. The complexity, disruption and expense introduced by Daylight Savings observance is not outweighed by having a daylight hour cut off the front of the day and stitched onto the end.	7/11/2014 9:25 AM
1770	I'm tired of the change but I enjoy the longer daylight after work.	7/11/2014 9:23 AM
1771	It isn't right that children should have to walk or bike to school in the dark so that others can play in the light longer at night. Another reason, I like summer nights after the sun goes down. It is not so hot and you can see just fine.	7/11/2014 9:23 AM
1772	I just don't want to switch all the time. It takes weeks for the body clock to make the change. permanent Daylight savings time allows better evening time year round. Either one would work but just STOP	7/11/2014 9:23 AM
1773	Changing the current daylight savings approach is a terrible idea. President Bush recognized the value of daylight savings and the energy savings that it creates with the change in dates he made. A change that takes us out of sync with the rest of the country and wastes daylight in the summer does not make sense. Please do not let a vocal minority change our current system!	7/11/2014 9:22 AM
1774	I would like to be able to see someday light in the winter after being inside all day at school or work.	7/11/2014 9:22 AM
1775	It's dumb and it's antiquated. Anyone with young kids hates it. Kids don't wake up based on a clock so you don't get the extra hour of sleep in the fall and you have to wake them up earlier for things in the spring. Lose/lose.	7/11/2014 9:22 AM
1776	The benifits of springing forward and falling back out-weigh losing an hour of sleep once a year. This system is about make the most out of the light we get and is the most efficient form my lifestyle.	7/11/2014 9:21 AM
1777	As farmers, we really appreciate the extra time in the evening,	7/11/2014 9:21 AM
1778	The argument DST is good for farmers is nonessential farmers get up with the sun and go to bed when it sets. As far as lagoon stating their opinion that they need people to stay longer, they have lights and a lot of people I talked to would prefer night in the summer. It's all about MONEY. Nothing else!	7/11/2014 9:21 AM

1779	Wold War 2 is over, it is time for the citizens of Utah some choices in this. Daylight Savings time year around would be best for all concerned	7/11/2014 9:20 AM
1780	Most of the Utah population is west of the mountains, meaning the sun arises late. I need to go to bed earlier, but it should be dark. Like to work outside in the morning before 8:00 AM too little sunlight to accomplish much. Arizona did not change so that youth sports could be played after dark, but, before 11:00 PM.	7/11/2014 9:20 AM
1781	I feel you need to get the current Daylight Savings Time program. First reason for many non Utah people that live in Wyoming and can only have Utah TV Media this will be a BIG issue for us. Who wants to watch news at 11:00pm or 9:00pm. This will confuse a lot of people. 2nd since Arizona is mainly seniors and there is more sun light their let them be. We have snow to deal with here. 3rd this has been in place for decades just because people are complaining and being babies it does not give a reason to change. Grow up people. Working in a travel industry this will be confusing for people traveling across country and that travel between Wyoming and Utah. Sure it may take a day to adjust but it is not big deal. Where it is a big deal is when you start messing with the time for TV programs and the effect that it will have on Wyoming people which have Utah based TV channels. I do not thing anybody and thought of that. They are only thinking about themselves.	7/11/2014 9:20 AM
1782	I don't play golf and it makes absolutely no sense changing time every spring and fall. It does nothing except mess peoples sleep habits up and does cause more accidents because of it.	7/11/2014 9:19 AM
1783	I really do not care if it is standard time or DST just leave it one or the other, do not change!	7/11/2014 9:19 AM
1784	Retain like the rest of the country (or even create permanent). I like some personal time at the end of the workday (and you can't start anything, esp. grubby/gardening, before heading to work and not much is open for shopping/chores). Consider moving school hours differently (although that may affect child care) if the issue is that kids stay up too late/can't get up early enough.	7/11/2014 9:19 AM
1785	I feel you need to get the current Daylight Savings Time program. First reason for many non Utah people that live in Wyoming and can only have Utah TV Media this will be a BIG issue for us. Who wants to watch news at 11:00pm or 9:00pm. This will confuse a lot of people. 2nd since Arizona is mainly seniors and there is more sun light their let them be. We have snow to deal with here. 3rd this has been in place for decades just because people are complaining and being babies it does not give a reason to change. Grow up people. Working in a travel industry this will be confusing for people traveling across country and that travel between Wyoming and Utah. Sure it may take a day to adjust but it is not big deal. Where it is a big deal is when you start messing with the time for TV programs and the effect that it will have on Wyoming people which have Utah based TV channels. I do not thing anybody and thought of that. They are only thinking about themselves.	7/11/2014 9:18 AM
1786	I really do not care if it is standard time or DST just leave it one or the other, do not change!	7/11/2014 9:18 AM
1787	Two weeks every fall and two week every spring productivity is lost, employees, students, etc. One month of the year is wasted in productivity loss.	7/11/2014 9:18 AM
1788	We should alway be sping forward. More is completed and people enjoy being out in the summer time. As for the children, they are very resilient and most won't even notice the difference. Unless you are a highschool student, it is getting light or already light when the younger children are going to school. Having it lighter later also affects moods. People react positively to the light.	7/11/2014 9:17 AM
1789	I feel you need to get the current Daylight Savings Time program. First reason for many non Utah people that live in Wyoming and can only have Utah TV Media this will be a BIG issue for us. Who wants to watch news at 11:00pm or 9:00pm. This will confuse a lot of people. 2nd since Arizona is mainly seniors and there is more sun light their let them be. We have snow to deal with here. 3rd this has been in place for decades just because people are complaining and being babies it does not give a reason to change. Grow up people. Working in a travel industry this will be confusing for people traveling across country and that travel between Wyoming and Utah. Sure it may take a day to adjust but it is not big deal. Where it is a big deal is when you start messing with the time for TV programs and the effect that it will have on Wyoming people which have Utah based TV channels. I do not thing anybody and thought of that. They are only thinking about themselves.	7/11/2014 9:16 AM
1790	If Utah chose to stay with Arizona and not spring forward, I think it would be very beneficial. The missing hour of sleep has caused accidents in the past following the "spring forward" from drivers losing an hour of sleep and being too tired behind the wheel. It takes a few weeks for everyone to adjust and I personally don't think it is worth it for the risk of accidents that accompanies the change. I also hate how early it gets dark; it also causes individuals like myself to have a tendency to hibernate and get worsening depression during that time period. By doing away with daylight savings, it would make life more bearable in the winter for many individuals and reduce the risk of accidents.	7/11/2014 9:16 AM

1791	I believe daylight savings made sense back in the day when natural light played an important part of work schedules. Now day I can't think of many jobs that need natural light to operate. It really makes no difference but just a nuisance to adjust to every time it changes	7/11/2014 9:14 AM
1792	There is no need to have a daylight savings any more.	7/11/2014 9:13 AM
1793	I like having the extra light in the evening but I have always had a difficult time adjusting my internal clock when the time switched. Please pick one time and stick with it the entire year, preferably Daylight Saving Time.	7/11/2014 9:12 AM
1794	I would prefer it not to get dark earlier because the days feel short and we can't get as much done outside or even running errands, I personally don't love leaving work, driving, or going places alone after it gets dark and that's inevitable when the sun sets at 6pm in the winter, I would hate if that were year round. When we are springing forward it feels like gaining an extra 2 hours of evening light rather than only 1. Whether we keep daylight savings or a permanant spring forward the sun is still rising at 6am which gives students time to be safe getting to schools after 7am. I think pedestrian safety will be an issue no matter what time of day the sun comes up so I don't think that should be factored in as a reason to completely change what we already have going.	7/11/2014 9:12 AM
1795	Children that walk or are dropped off by working parents (especially during the winter months) at school sites need more daytime light to be seen and avoid dangerous situations.	7/11/2014 9:12 AM
1796	I do not like the change in time. It puts my whole family off schedule. It makes sense to align with a current system instead of making a new one.	7/11/2014 9:11 AM
1797	I prefer the sun to be up when I leave work for the day, and in the winter that doesn't get to happen. "Permanent Spring Forward" sounds amazing! Although... I would miss gaining the extra hour when we did get to "Fall Back" if we changed to "Permanent Spring Forward"	7/11/2014 9:11 AM
1798	This practice seems to be outdated! Other states of given up daylight savings time and they are still working states, nothing fell apart. I see no reason to keep this practice going. I know it takes me two weeks to get my internal clock reset and during those two weeks my production at work isn't up to par. I have heard traffic accident's and work related accidents also increase after the change. I just don't see why we do it. Just because we always have seems like an ignorant reason to keep doing it.	7/11/2014 9:11 AM
1799	I hate changing. I'd be OK with either option not changing but would prefer to be like AZ.	7/11/2014 9:10 AM
1800	Why change something that has been in practice for ages. Is it really going to be that beneficial? We will still have to change clocks if this passes. The phones and other electronics are on Daylight Saving Time and we will have to change that every day because of how everyone else is still on it. If people really want to not change their clocks then keep the Time instead of being lazy. Everything is done automatically with the technology we have now.	7/11/2014 9:10 AM
1801	Having more daylight even through the winter months would be wonderful. Who wants to change their clocks twice a year? NOT ME!	7/11/2014 9:09 AM
1802	We are a highly touristic state and need all the daylight we can have . also the days are so hot in the summer that morningsand evenings are when we do our yard work or other outside entertainment and it needs to be light to do so.	7/11/2014 9:08 AM
1803	As a parent and educator I feel that daylight savings is hard on my kids and students.	7/11/2014 9:07 AM
1804	Every time the time changes I have to reset my internal clock which means that for about two weeks after wards I am tired and less productive. I have also heard that there are more traffic accidents and more work related accidents after the time change. It seems like an outdated idea and I'd like to see it given up. It hasn't appeared to have stopped the states that don't follow it so I know we will survive even if we stop this practice.	7/11/2014 9:07 AM
1805	It is very disruptive to change every 6 months. You just get used to a schedule and then daylight savings, or the fall back, messes everything up. We need more stability in our lives.	7/11/2014 9:07 AM
1806	I strongly dislike the change back and forth! It upsets my "body clock" and interrupts my sleep pattern.	7/11/2014 9:07 AM
1807	I worked for the Railroad for 40 Years and I liked being able to come home from work and have enough time to do some projects at home or go fishing or hunting before it got dark.	7/11/2014 9:06 AM
1808	Never liked the move in time. Makes as much sense as cutting of the top of a blanket, sewing it on the bottom, so you can have a longer blanket!	7/11/2014 9:06 AM

1809	It doesn't save energy, you either have your lights on late at night or early in the morning, same for heating and a/c. When the time changes twice a year it affects animals on farms and in the zoo, their feeding schedules are messed up and it causes behavior issues. Most farmers have other jobs to be to and can't adjust the extra hour either way without animals being affected. Babies and young children are affected also, they don't understand why they have to go to bed early while it's still light outside to keep them on a schedule with working parents and daycare schedules. Also, keeping it on align will be better for those of us who follow the stock market, we will have an extra hour to be in sync with NY stock exchange. And if we have issues with companies back east, (insurance, prescription drug companies) we will have an extra hour for business dealings in the summer.	7/11/2014 9:06 AM
1810	I LOVE Daylight Savings and wish we could have it all year round! Things are naturally darker in the winter on their own so having an extra hour of sunlight everyday would make a huge difference. At my last place of employment I worked in a scary area of Rose Park and I would have to walk alone to my car at 6pm in the dark. I NEVER felt safe doing so!	7/11/2014 9:05 AM
1811	I wouldn't mind which way it was as long as it stays one way all year	7/11/2014 9:05 AM
1812	I have a hard enough time keeping my sleep regular. Why would I want two more times a year to mess it up? It also seems very unnecessary. Moving the clocks around does not change the amount of light each day. Although I chose as my option to align with Arizona, I wouldn't mind the permanent spring forward either, I just don't want to change. The years I lived in Arizona were fabulous. I loved not changing the clocks.	7/11/2014 9:05 AM
1813	At this stage of Utah's economy...less agriculture, begs the question if constantly changing to and from Daylight savings is really having the impact it once did. It truly is a hassle to make the change each spring and fall!	7/11/2014 9:05 AM
1814	The extra daylight in the evenings allow families and individuals to be more active and promotes activity.	7/11/2014 9:04 AM
1815	I really can't believe with all the problems in the world this has be discussed every year. It does not matter what we decide no one will ever be happy.	7/11/2014 9:04 AM
1816	I prefer any option that isn't moving the clocks. More daylight in the evening would be my preference, but aligning with Arizona would also be better than the moving.	7/11/2014 9:03 AM
1817	I love to be able to do things with my family I the day light hours this would afford us more time for these activities.	7/11/2014 9:03 AM
1818	I worry about my kids walking to the bus stop in the dark, but I do not like the current system. It takes at least two weeks for my household to adjust to the change	7/11/2014 9:02 AM
1819	I am very pleased that the subject has come up again, and is being considered. I am a very strong advocate of remaining on standard time all the time. The safety factors for children is a huge issue, when going to and from school. Health issues for everyone from the constant back and forth adjustments for our mind and bodies are also to be considered. It appears to me, that it is mostly the sports people who want an extra hour of play time for a couple of months in the summer time that are dictating what happens. Economics may play a small roll. I heard on the news, Lagoon officials said the lights would need to be turned on an hour earlier, but they would be able to be turned off an hour earlier also. I hope the issue will be able to be voted on by the people, so the majority can decide, rather than the state officials. Thank you for a chance to give my opinion. GO STANDARD TIME!!!!!	7/11/2014 9:01 AM
1820	I believe the current set up works best. During the summer it is better to have light later in the evening with all the summer activities. People are up later with outdoor activities in the summer. In the winter people are not out in the evenings due to the cold weather. It is better to have more light in the mornings which helps with commutes to work and warmer temperatures for children going to school. The current system is not broken and does not need to be fixed. It provides the best options for the weather and activities of each season of the year.	7/11/2014 9:00 AM
1821	I can spend more time with family. We love doing things after work. Now that it is lighter in the evenings there is a lot more things to do. I love Day light savings time. Family time is very important.	7/11/2014 9:00 AM
1822	Better for students	7/11/2014 9:00 AM
1823	The time changes just make everyone tired, it takes weeks to adjust to the change every time we do it. So lets not do it anymore.	7/11/2014 9:00 AM

1824	i love getting home from work and still being able to do things outdoors. Grilling, a walk at the park. Also energy savings , not having to turn lights on so early.	7/11/2014 8:59 AM
1825	I feel you need to get the current Daylight Savings Time program. First reason for many non Utah people that live in Wyoming and can only have Utah TV Media this will be a BIG issue for us. Who wants to watch news at 11:00pm or 9:00pm. This will confuse a lot of people. 2nd since Arizona is mainly seniors and there is more sun light their let them be. We have snow to deal with here. 3rd this has been in place for decades just because people are complaining and being babies it does not give a reason to change. Grow up people. Working in a travel industry this will be confusing for people traveling across country and that travel between Wyoming and Utah. Sure it may take a day to adjust but it is not big deal. Where it is a big deal is when you start messing with the time for TV programs and the effect that it will have on Wyoming people which have Utah based TV channels. I do not thing anybody and thought of that. They are only thinking about themselves.	7/11/2014 8:58 AM
1826	I grew up without the "day light saving" time and we all survived walking to school in the dark during the winter and going to bed when the sun went down. There are plenty of things to do with your family inside your home - play games, read, talk, etc. - that are just as effective as being outside. Enjoy what you have and make it work. Whether the time is at the beginning of the day or the end of the day there are still 24 hours in a day. Adjust accordingly - we all do!	7/11/2014 8:58 AM
1827	I am tired of changing the time in the fall and spring lets just leave it one time all year long	7/11/2014 8:58 AM
1828	Daylight Saving Time was created for the early Industrial Age, when electricity was expensive and more daylight would actually save money. Now, studies show that changing clocks and the psychological and physical effects of the time change wastes as much as $3 billion in productivity. Daylight Saving Time has no use in this modern age and is only crippling the US.	7/11/2014 8:58 AM
1829	Most farmers and ranchers have to work a full time job as well as farming and need the extra hour of light in the evening to do their farm work	7/11/2014 8:57 AM
1830	I feel like daylight savings time has run its course, it was useful for farming back in the day but with todays technical advances it is not longer necessary	7/11/2014 8:56 AM
1831	I feel you need to get the current Daylight Savings Time program. First reason for many non Utah people that live in Wyoming and can only have Utah TV Media this will be a BIG issue for us. Who wants to watch news at 11:00pm or 9:00pm. This will confuse a lot of people. 2nd since Arizona is mainly seniors and there is more sun light their let them be. We have snow to deal with here. 3rd this has been in place for decades just because people are complaining and being babies it does not give a reason to change. Grow up people. Working in a travel industry this will be confusing for people traveling across country and that travel between Wyoming and Utah. Sure it may take a day to adjust but it is not big deal. Where it is a big deal is when you start messing with the time for TV programs and the effect that it will have on Wyoming people which have Utah based TV channels. I do not thing anybody and thought of that. They are only thinking about themselves.	7/11/2014 8:56 AM
1832	Just pick one and stay with it. No changing back and forth.	7/11/2014 8:56 AM
1833	Align seems to be the standard adopted by others - no sense in creating another adaptation throw another variable into the works. Overall, DST should be done away with - it's no longer relevant and is always hard to adjust to the time change.	7/11/2014 8:56 AM
1834	I feel you need to get the current Daylight Savings Time program. First reason for many non Utah people that live in Wyoming and can only have Utah TV Media this will be a BIG issue for us. Who wants to watch news at 11:00pm or 9:00pm. This will confuse a lot of people. 2nd since Arizona is mainly seniors and there is more sun light their let them be. We have snow to deal with here. 3rd this has been in place for decades just because people are complaining and being babies it does not give a reason to change. Grow up people. Working in a travel industry this will be confusing for people traveling across country and that travel between Wyoming and Utah. Sure it may take a day to adjust but it is not big deal. Where it is a big deal is when you start messing with the time for TV programs and the effect that it will have on Wyoming people which have Utah based TV channels. I do not thing anybody and thought of that. They are only thinking about themselves.	7/11/2014 8:56 AM
1835	Our bodies are not meant to adjust to man made time adjustments they work on their own clock. Circadian rhythm our bodies own alarm clock can be disrupted with changes in schedules.	7/11/2014 8:55 AM
1836	More light at night!	7/11/2014 8:55 AM
1837	I work in an office M-F, 8-5. DST gives me more time in the summer to enjoy being outdoors and enjoying the season. I love that extra hour during the summer. I don't want it changed.	7/11/2014 8:53 AM
1838	It's difficult to adjust every time we have the time change.	7/11/2014 8:53 AM

1839	I feel you need to get the current Daylight Savings Time program. First reason for many non Utah people that live in Wyoming and can only have Utah TV Media this will be a BIG issue for us. Who wants to watch news at 11:00pm or 9:00pm. This will confuse a lot of people. 2nd since Arizona is mainly seniors and there is more sun light their let them be. We have snow to deal with here. 3rd this has been in place for decades just because people are complaining and being babies it does not give a reason to change. Grow up people. Working in a travel industry this will be confusing for people traveling across country and that travel between Wyoming and Utah. Sure it may take a day to adjust but it is not big deal. Where it is a big deal is when you start messing with the time for TV programs and the effect that it will have on Wyoming people which have Utah based TV channels. I do not thing anybody and thought of that. They are only thinking about themselves.	7/11/2014 8:52 AM
1840	I prefer permanent spring forward but logistically that may be impractical. If that's not an option, aligning with Arizona would be preferable to the current state.	7/11/2014 8:52 AM
1841	As much as I love having the long evenings in the summer, I dislike having it pitch black at 5:30 in the winter. Obviously for me, I would very much appreciate the 'Create' option. However, if not that, please stay the course. Having little light in the evenings all year long would just be sad.	7/11/2014 8:52 AM
1842	It is very hard on our bodies (especially as we get older) to adjust to a time change twice a year. I notice ALOT more accidents involving pedestrians & bicyclists when the time changes. PLEASE LEAVE IT on Daylight savings time!!!!!	7/11/2014 8:51 AM
1843	Go to permanent DST love the sunlight distribution and the later sunset in winter!	7/11/2014 8:51 AM
1844	I feel you need to get the current Daylight Savings Time program. First reason for many non Utah people that live in Wyoming and can only have Utah TV Media this will be a BIG issue for us. Who wants to watch news at 11:00pm or 9:00pm. This will confuse a lot of people. 2nd since Arizona is mainly seniors and there is more sun light their let them be. We have snow to deal with here. 3rd this has been in place for decades just because people are complaining and being babies it does not give a reason to change. Grow up people. Working in a travel industry this will be confusing for people traveling across country and that travel between Wyoming and Utah. Sure it may take a day to adjust but it is not big deal. Where it is a big deal is when you start messing with the time for TV programs and the effect that it will have on Wyoming people which have Utah based TV channels. I do not thing anybody and thought of that. They are only thinking about themselves.	7/11/2014 8:51 AM
1845	The changing of the time twice a year affects my students and their achievement in school for at least 2 weeks each time.	7/11/2014 8:51 AM
1846	It makes sense to stay on the same time frame as the other mountain states. I love daylight into the evening hours.	7/11/2014 8:49 AM
1847	I like it lighter longer. It is less depressing and allows me to enjoy the outdoors longer.	7/11/2014 8:49 AM
1848	I like it lighter longer. It is less depressing and allows me to enjoy the outdoors longer.	7/11/2014 8:49 AM
1849	It makes the best use of the summer hours for yard work, etc. I love early mornings in the summer. Hate changing the 'clocks'. Stay on daylight year round. X O X	7/11/2014 8:48 AM
1850	I wish there were a separate question about one year-round time irrespective of DST or Standard. I have a strong opinion that I want to keep it the same all year, I don't care so much which time that is.	7/11/2014 8:47 AM
1851	*Businesses can adjust their hours any way they want as seasons change. *These days our schedules depend much less on the sun than they did in the past. *I believe the reports of lost productivity every time the time changes *The change in daylight is gradual; making an abrupt change to peoples schedules can be responsible for tragic accidents, like the cyclist that was hit, or children waiting for the bus in the dark. *Changing the clock doesn't change the internal clock of children - need I say more?	7/11/2014 8:47 AM
1852	Setting clocks twice a year is a hassel and it benefits nothing. Stay on Mountain Standard Time all year.	7/11/2014 8:47 AM
1853	DST causes unnecessary inconvenience and introduces economic inefficiencies. It should absolutely be discontinued.	7/11/2014 8:46 AM
1854	I don't like my kids going to school in the dark. I also don't like switching times twice a year. We don't need to change times like in the past we have technology that makes switching times obsolete.	7/11/2014 8:46 AM
1855	I hate changing times. Any choice would be better than changing times.	7/11/2014 8:46 AM

1856	I lived in Arizona for 6 years when my children were young. I did NOT like remaining on Mountain Standard Time permanently. While I had to keep regular hours my children were up at the crack of dawn 5:00 A.M. all summer long. I did not feel there was any advantage for an extra hour in the morning. Now I live in northern Utah and I relish having an extra hour of daylight after I get home from work. I never see the light of day until I go home. I crave the sun for my psyche especially in the winter. So when daylight savings finally arrives it is wonderful!! If we had to have one permanent option I would choose Mountain Daylight Time over Mountain Standard Time just so I can experience a little sunlight in my day. However, I know there are others who would choose MST and I would not want to impose my preference on them that is why I prefer to stay as we are. Both preferences are accommodated by staying with the status quo.	7/11/2014 8:45 AM
1857	I don;t like the twice a year switch, I see no need for it.	7/11/2014 8:44 AM
1858	I prefer the Mountain Standard due to the fact that I prefer my daylight hours in the morning. I would rather arise early in the morning with the daylight than have it dark. I also struggle for a few weeks in realigning my biological clock when we change our clocks in the spring and the fall. Takes a few weeks to readjust to the time change. I do not presently have children in school at this time, but do have grandchildren. I think it is hard on kids when they are attending school to retire for the night when it is still light out and then get up in the mornings. Some of my grandchildren are on year round school schedule at this time and will start back to school on July 21. It makes it very difficult for their mother to get them to bed when it is still light out. I feel like it is better for their education to be on standard time.	7/11/2014 8:44 AM
1859	I've noticed that it usually takes about 2 or more weeks for myself and others to adjust after the clocks have been adjusted. DST has never been a positive thing in my life.	7/11/2014 8:44 AM
1860	Come on Utah, suck it up. Spend a few moments in your insane schedule twice a year to reset the one or maybe two clocks in your life that you might actually have to change. Isn't a few moments of clock adjusting worth longer summer days? RETAIN our time as it is -- let's not give the rest of the country another reason to ask, "Sup with Utah?"	7/11/2014 8:43 AM
1861	with the difficult economy I work long hours and it would be nice to have longer daylight hours after work since I see very few daylight hours as it is. It helps to be able to get things done in the summer and fall before it gets dark	7/11/2014 8:43 AM
1862	Consider that if we join Arizona and Hawaii it will get light at ~4:30am during May, June & July, 2-3 hours before many of us get up! If we go on "permanent spring forward", I may have to go to work in the dark during the winter, but I won't have to come home in the dark.	7/11/2014 8:43 AM
1863	Just leave it alone and get to work on issues that really matter.	7/11/2014 8:42 AM
1864	I like the light when I get home from work. School can change their start times, why make everyone change because of one concern. Keep it the same let schools change, businesses change. Dont mess with Mother Nature!	7/11/2014 8:42 AM
1865	daylight savings is stupid. it makes no sense.	7/11/2014 8:42 AM
1866	Moving from Arizona, Daylight Saving Time has been difficult to get used to. There's no reason to change the time. Farmers automatically get up earlier in the summer, and everyone else has specific times they need to be to work/school. Being a mother of small children, it's difficult asking my children to go to bed an hour before sunset.	7/11/2014 8:40 AM
1867	I love the extra hours of sunlight in the summer! Please don't change!	7/11/2014 8:40 AM
1868	I prefer the time as it is now. When we change in the fall it gets dark to early and doesn't help people that suffer from depression in the winter time.	7/11/2014 8:40 AM
1869	Splitting the hour so that we only fall back on the half hour would compromise between spring and fall.	7/11/2014 8:40 AM
1870	Getting harder & harder to adjust each year. Hate the adjustment and it doesn't improve my lifestyle. Would love one set time.	7/11/2014 8:40 AM
1871	Construction workers always start earlier during daylight savings. It doesn't make sense for them.	7/11/2014 8:39 AM
1872	I love light in the early morning and dislike switching time twice a year. Im done with the day's activities outdoors by 9:00 pm, so no need to still have light!	7/11/2014 8:39 AM
1873	For safety reasons and also comfort do not retain daylight savings clock. Why should the majority suffer because of the golfers and Lagoon's need for added income?	7/11/2014 8:39 AM

1874	I was raised in Arizona and even though I struggle ever spring with the time change it is better than the alternative. If we do not change it will be light in the summer until 10:30 pm and dark in the winter until 8:00 am which is incredible dangerous for people driving to work or children walking to school or the bus stop when it is icy and snowing. I think people will regret the decision after one winter.	7/11/2014 8:37 AM
1875	I don't really care if we have standard or daylight-savings time. Just don't change it!	7/11/2014 8:37 AM
1876	I was raised in Arizona and even though I struggle ever spring with the time change it is better than the alternative. If we do not change it will be light in the summer until 10:30 pm and dark in the winter until 8:00 am which is incredible dangerous for people driving to work or children walking to school or the bus stop when it is icy and snowing. I think people will regret the decision after one winter.	7/11/2014 8:37 AM
1877	DST seems like a huge waste. I've read a few studies that show it doesn't really save as much money as it originally intended and actually can end up costing us more.	7/11/2014 8:37 AM
1878	DST has been shown to cause accidents and health issues twice a year, and studies have suggested that it actually uses *more* energy (ever since the invention of air conditioning). It's no more than a historical throwback that provides the appearance of progress.	7/11/2014 8:37 AM
1879	We need to let nature be nature. The seasons automatically adjust for us. We've made so many adjustments in the name of $ that people are getting sick. Stop modifying our food and out time and other things of nature.	7/11/2014 8:37 AM
1880	I like being able to go home especially in the summer time and still have daylight to get yard work done that I can't do on Saturday. It also gives more daylight time for visiting family and going on outtings and not have to be in the dark. In Arizona it makes sense not to use daylight savings; the temperatures there in summer prohibit doing those type of activities in the extreme heat; but this is not the case in Utah. I also think it promotes better mental health with longer hours of daylight.	7/11/2014 8:36 AM
1881	In the winter I would prefer more light in the evening when it's warmer instead of in the morning when it's colder	7/11/2014 8:36 AM
1882	I just don't like the adjusting period as we switch back and forth. I'd rather have a constant time year round.	7/11/2014 8:35 AM
1883	You really don't gain an hour, there are still the same number of hours in a day. It is hard on children who don't get enough sleep because it is still daylight when it is bed time. Leave mother nature alone and do not keep changing the time.	7/11/2014 8:35 AM
1884	Let mother nature run the show. She's been at it a lot longer than we have.	7/11/2014 8:33 AM
1885	I prefer either the ALIGN option or the CREATE option, I just don't like changing times.	7/11/2014 8:33 AM
1886	Since Utah (and Arizona) are on the western edge of the time zone, we already get more late afternoon/night daylight than most other states. When you add to it daylight savings time, we get daylight until after 9:30 pm during summer nights. Kids and adults out later, less sleep, it all adds up people not performing at their best; at work and at school.	7/11/2014 8:32 AM
1887	health reason hard on body readjust back and forth,	7/11/2014 8:32 AM
1888	I see no reason to keep changing the time. Pick a time and leave it there.	7/11/2014 8:32 AM
1889	Creating a new daylight time, or a new time zone, would allow for more light in the evening year round. One benefit I have seen is that people are more willing to commute by walking or by bike when there is still light out after the work day.	7/11/2014 8:31 AM
1890	Stay with the country, or go to DST year round, either works for me. Please do not go to MST year round. I really would not like the light to inundate my bedroom earlier in the morning during the summer than it already does. I enjoy the additional light in the evening and I think it makes it safer for kids coming home from spring and summer sporting events and other activities. I expect we would experience ridicule as a state if we depart from the national standard. I work for an international business and have daily calls with Europe and India, people from other countries would be extremely confused if we didn't follow the norm for the US. I also travel quite often and I enjoy dropping the hours as I fly from east to west. It gives me time to get dinner after I get in between 9 and 10 at night. If we change to MST year round essentially matching central time then I would be getting in between 10 and 11 and most every place for dinner would be closed.	7/11/2014 8:31 AM
1891	Let the people manage themselves and take government out of personal lifestyles and decision making.	7/11/2014 8:30 AM

1892	This program may have been good when it was started, but it has outlived it's intended use. With all the electronic gadgets and computers running all day long we are not saving any energy by continuing this program. Please align with Mountain Standard Time	7/11/2014 8:28 AM
1893	I would like the extra daylight in the evening rather than in the morning. I'm always saddened to see it dark an hour earlier in the day.	7/11/2014 8:28 AM
1894	Daylight Savings has always thrown off my sleep patterns and is especially difficult in the spring. The worst part is little kids don't look at clocks, so even though you are trying to get some extra sleep in the fall, your kids will make sure that doesn't happen. We simply don't need it anymore. It work when there wasn't a lot of electricity, but now it's pointless. Let's get rid of it!	7/11/2014 8:27 AM
1895	We should adjust our school, work, or other hours to meet our needs. We should NOT be changing the standard time by falling back or springing forward.	7/11/2014 8:27 AM
1896	I really do appreciate Daylight Savings Time the way that it is now. I appreciate the extra light in the evenings which gives me more time to complete yard work or enjoy the outdoors with my family. Moving back to standard time in the winter is great as well because then it isn't so dark in the mornings. Moving clocks forward and backward twice a year has never bothered me. Please don't change what is already working well!!	7/11/2014 8:25 AM
1897	Any industry or activity is affected by it's own nature. I taught school for many years. It was easier for children to get to school in "the dark" in the mornings than to go home in the dark. Just stay on either one. Stop changing every six months.	7/11/2014 8:25 AM
1898	For several weeks (if not months) after the change-over in the spring, our children stay up later even though school starts at the same time in the morning, usually in the dark. This means that the kids are sleepy through classes. If you have ever visited a junior or senior high school after the change over you will see lots of kids with sleepy, vacant looks roaming the hallways.	7/11/2014 8:25 AM
1899	I appreciate the lighter evenings, but prefer consistency in time––especially for school children.	7/11/2014 8:25 AM
1900	I really DO NOT care which option is picked, I just wish we did not have to readjust our physical body every 6 months. THX for Asking!	7/11/2014 8:24 AM
1901	Less night at night would mean more time for fireworks in July and being able to get kids to bed earlier	7/11/2014 8:23 AM
1902	School and work performance suffer while people try to adjust to the time change, which takes weeks. When we change the time and it's lighter outside it's impossible to make my kids go to bed at a decent time, so they don't get as much sleep as they need. Quit making us change the time!!	7/11/2014 8:23 AM
1903	I enjoy being able to complete more projects and recreation opportunities with the extra hour of daylight in the evening.	7/11/2014 8:22 AM
1904	I have heard that daylight savings is a benefit for farmers giving them more daylight hours...which is ludicrous farmers get up before sunrise no matter what the clock says... it gives them the cooler temperatures to do work in. Daylight savings time for children in year round school, is more difficult because they are awake later, they get less sleep which affect their ability to learn and retain what was taught	7/11/2014 8:22 AM
1905	I personally do not like the physical affect of the time change. It is also difficult for the children I care for. Some never really adjust to the "summer" time.	7/11/2014 8:21 AM
1906	I grew up in Utah and I feel that people are better energized and all around more up beat when the evening light lasts longer. Plus, since the air gets so bad in the winter, it always feels gloomy and more depressing when it's been gloomy all day and the sun goes down earlier. Also, when I was going to school it was never fun going to school when it was dark. If I had extracurricular activities, I sometimes wouldn't get done until it was dark. So I was at school from dark to dark. I think overall it would be safer for kids going to school and if they have to stay late, they don't have to go home in the dark. I live close to BYU and it gets pretty crazy on the roads during the school year. I think less accidents would happen and people would be more aware because there would be more light on the roads. Earlier this year in Provo, before daylight savings happened, a mother of three got hit and killed a block away from where I work. I believe that if there was a bit more light, it could have been avoided. Overall, I feel the spring forward time would be the way to go. A lot of accidents could be avoided in the mornings and the safety for kids would be higher because drivers can actually see them and have more of warning if a kid darts out in the street.	7/11/2014 8:21 AM

1907	Time is irrelevant. I like adapting to nature, waking up to light and being active during the early hours in summers due to the unbearable heat during the day and evening hours. Perhaps we ought to stop trying to change nature and instead pay less attention to time and more attention to how this earth provides us to live as it revolves around the sun.	7/11/2014 8:20 AM
1908	Getting children under the age of 11 to bed at a reasonable time is now impossible with it being light in the summers until after 9:30 pm. It means they don't get near enough sleep which has all kinds of deleterious effects upon them and the family. More cranky, ill-tempered and less energy.	7/11/2014 8:20 AM
1909	I don't see any advantage for changing the time. It is hard on parents who have to change their children's mind set. I was raised in Arizona and thought when I moved here and raised my family that it was the craziest thing I had ever heard of.	7/11/2014 8:20 AM
1910	DSL does not help the farmers and ranchers...to them and their animals the day starts with the sun, not the time.	7/11/2014 8:20 AM
1911	I live in Arizona, I conduct most of my commerce in Utah. When businesses close in Utah at 5, it is only 4 in Arizona and I am still working until 4:30, a half hour after Utah businesses have closed. It seems trivial for a 1/2 hour but it matters.	7/11/2014 8:20 AM
1912	Early to rise, early to bed makes society more productive as a whole....	7/11/2014 8:19 AM
1913	Early to rise, early to bed....don't want it to be light outside at 9PM during the summer!	7/11/2014 8:19 AM
1914	I hate the changes back and forth.	7/11/2014 8:19 AM
1915	I think changing times twice a year is a antiquated solution to a problem that no longer exists.	7/11/2014 8:18 AM
1916	DST helps me get ready for the seasons ahead. When we fall back I start to look forward to the snow and holiday season. When we spring forward I get so excited that spring and summer are coming up. It's just a reminder of good things to come, and I want to keep it.	7/11/2014 8:18 AM
1917	I love Daylight Savings Time! It allows me to make use of every scrap of daylight without having to get up at 4am which is what I'd have to do if you got rid of it. People generally stay up late. They do not get up early. It allows people to garden, play sports, ride bicycles, hike, and spend time with their families outdoors in the evenings.	7/11/2014 8:16 AM
1918	It used to be that neighborhoods would enjoy coming out on porches and children playing 'night games' in the street in the cool of the evening. Now that we have day-light savings time, 9:30pm is too late to be able to do this. Neighbors hardly know each other now.	7/11/2014 8:16 AM
1919	I believe that a longer day creates more abundance and a happier way of being :)	7/11/2014 8:15 AM
1920	I awaken when the sun comes up, regardless of the time of year, and I just love having the extra daylight afternoon and evening hours during the summer.	7/11/2014 8:14 AM
1921	This option leaves out switching back and forth and messing up sleep patterns a couple of times a year but we then also are on the same time zone as other places,not some totally different time that would mess up business interactions with areas outside this time zone as much.	7/11/2014 8:13 AM
1922	Utah's slogan is "Life Elevated" so let's also simplify.	7/11/2014 8:11 AM
1923	One more comment. I am both irritated and amused at all of the comments about having "more" daylight. People, it's still the same amount of sunlight every day. Artificially shifting the clocks around doesn't change the sun, just our schedules.	7/11/2014 8:11 AM
1924	I love living in Utah because of the ability to enjoy the out doors. Daylight savings allow us more light after work to enjoy the outdoors and would love it all year. It is hard to enjoy the outdoors in the winter when it is dark close to 5pm when I leave work for the day.	7/11/2014 8:10 AM
1925	I love having extra light in the evening!	7/11/2014 8:10 AM
1926	Retain standard time. The cost of shifting the hours creates little benefit to our state economy or energy consumption, etc. Those to whom it does matter will adjust accordingly.	7/11/2014 8:09 AM
1927	I just got used to Daylight saving times dont want any more change	7/11/2014 8:09 AM
1928	When me and my family go to sleep, i like for it to be dark.	7/11/2014 8:08 AM
1929	There are only 24 hrs in a day. You can't cut the end off from a blanket, sew it onto the other end and make it any longer...it's the same with time! Please leave it on Mt standard time! It's to hard on our bodies to keep switching back & forth. Thank you	7/11/2014 8:07 AM

1930	I believe Daylight Savings Time may have been a novel idea at its inception, but has run its course. The respected radio commentator Paul Harvey, once said "one day we will look back at Daylight Saving Time and smile". I vote to end the absurd practice of DST. Let institutions who wish to benefit from daylight hours relative to the clock change their schedule as they see fit and leave it alone for the rest of us.	7/11/2014 8:07 AM
1931	I work with education for professional adults, not with children, but as a father I didn't like DST for several reasons. A couple of examples - It was dark in the morning when my children were to walk to the bus and then in the summer it was hard to keep to our schedule of bedtime because it was too light outside for the children to settle down. I didn't have these problems when I was a child and I'd like to go back to standard time.	7/11/2014 8:07 AM
1932	It's a lot easier to just stay on one time & not mess with sleep & eating schedules with our bodies.	7/11/2014 8:06 AM
1933	The extra light is most useful for most people in the evening, in summer and winter. I too feel the clock changing is unnecessary, I come from a farming back ground, and feel it is better for a few to adjust than for many to adjust. Permanent DST is less confusing and gives us the daylight when we want is most. I feel that most people are not educated as to what they want. Most think that getting ride of DST means we stay on summer time year round, I hope you are able to recognize these misunderstandings when counting the votes.	7/11/2014 8:06 AM
1934	Changing time is hard on the body. The argument that it helps farmers/ranchers is ridiculous - those folks don't work according to a clock.	7/11/2014 8:06 AM
1935	Would like to stay on the spring forward time year round. I really hate how fast it get's dark at night in the winter (5 pm)	7/11/2014 8:05 AM
1936	First of all it is very hard on one's health...of course all the business people are looking out for themselves...we should think mainly of our children walking in the dark to school, also the mothers that have children and have to change their schedules every 6 months.....don't cater just to business people...please align with Arizona....	7/11/2014 8:05 AM
1937	I'm a morning person. I like sunlight and darkness to come early. That said, I would not be against being always on DST either. For me, the key is not having to go through the difficult "jet lag" time adjustment twice every year. Pick one and stick with it, for heaven's sake!	7/11/2014 8:05 AM
1938	The concern for children going to school in the dark is real, but occurs regardless of the time change. As a driver in the morning, I see many children going to school in the dark. Maybe the solution should be to hold classes later in the day, rather than dismiss earlier in the morning. Most students do better if they can sleep longer anyway. Hold school from 9am until 4pm instead of 8am to 3pm. I am not a fan of changing the clock, but prefer more daylight in the evening.	7/11/2014 8:05 AM
1939	For those of us who work, the extra hour of daylight in the evening is really appreciated. If we have children going to school in the dark, maybe we need to look at school start times? Should our children be going to school before 9:00 am anyway?	7/11/2014 8:04 AM
1940	Arizona has proven DST is not needed, because of current time zones aligning with them makes more sense. The changes in light would be minimal. I think we need to get rid of the yearly change, it is hard on our bodies and for certain people like my autistic nephew and diabetic mother it is particularly hard.	7/11/2014 8:03 AM
1941	I lived in Arizona. Absolutely loved not having to change the stupid clock!	7/11/2014 8:03 AM
1942	I don't know of anyone that likes to change times. I woulbe good to stay with either DST or MST but please stop the change.	7/11/2014 8:03 AM
1943	Without Daylight Sacings Time, I waste an hour of daylight sleeping through it in the morning. I like the extra hour of daylight in the evening. It gives my wife and I an opportunity to enjoy being outdoors when it isn't so hot while it's still light. The adjustment to the change never takes me more than a day or two and just is not a big deal.	7/11/2014 8:02 AM
1944	I was raised in Arizona which does not switch with daylight savings time. Since moving to Utah I have found the semi-annual change to be very difficult for me physically and mentally - even after spending more than 25 years here. In addition, some of my fondest memories growing up is sitting out chatting with friends after the sun went down while it was still too early for bed. We don't have that option here because when the sun goes down it is bed time. Please do away with daylight savings time for health and safety reasons but also for life enjoyment that is currently unheard of here.	7/11/2014 8:02 AM

1945	Changing the time twice a year causes wasted effort as people (some more than others) struggle to adjust to a change. I believe the time (i.e. fallback) works well during the winter and believe retaining it for the summer would have an additional benefit for people with young children who go to bed early. As a child, I remember how obnoxious it was to have to go to bed while it was still light outside.	7/11/2014 8:01 AM
1946	I think if people want more of their waking hours to be in daylight, they should get up earlier. Businesses could, if their employees prefer, change their business hours too. I don't like changing clocks in the spring and the fall. I find many people are affected for several days, not just on the Sunday of the change.	7/11/2014 8:01 AM
1947	The purposes of daylight savings are no longer effective in this technology an communications rich world. Consistency throughout the year would simplify scheduling and sleep patterns.	7/11/2014 8:01 AM
1948	Please please please align with Arizona and get rid of day light savings time. My crops will grow just fine, so please don't use the What About The Farmers?? excuse anymore.	7/11/2014 7:58 AM
1949	It is so very disrupting to constantly change, plus trying to keep on track when going from Utah to Arizona then Nevada.	7/11/2014 7:57 AM
1950	Our bodies are evolved to respond to the cycles of nature--not to some arbitrary rule. The government should not tell us when to get up or go to sleep. Individual businesses are free to adjust their business hours to reflect the seasonal changes in daylight, so there is no need for government to impose a shift twice a year that throws everyone off of their accustomed schedule.	7/11/2014 7:57 AM
1951	This is time tested and has been put there for good reason. If it's changed there will be much buyer's remorse.	7/11/2014 7:57 AM
1952	It is so very disrupting to constantly change, plus trying to keep on track when going from Utah to Arizona then Nevada.	7/11/2014 7:57 AM
1953	I want to eliminate the time change. As an elementary school teacher, I notice my students' performances decrease (for at least a week, sometimes longer) during the twice-a-year time change. I prefer making the set time Daylight Time, with more light in the evening. I think choosing Daylight Time will alleviate the concerns of tourism and other industries that are concerned about losing the extra hour of light in the evening.	7/11/2014 7:57 AM
1954	The time change is disrubtive to the work force and does not have any bennifit	7/11/2014 7:57 AM
1955	Keep it. Why change now after so many years? Even though there are some who don't like it there are more who do like it.	7/11/2014 7:56 AM
1956	We should stay on year round standard We do not get more or less daylight, our clocks just change	7/11/2014 7:55 AM
1957	It's always been so hard to get kids in, and settled down, when it's still light outside; if daylight saving time were just in the summer it would be one thing but once school begins the normal sunrise and sunset is beneficial.	7/11/2014 7:55 AM
1958	I fell there is no benefit to move clocks back and forward. It only messes up with your bodies sleep schedule. I would like to see Utah stay at the normal Mountain Standard Time giving us more daylight everyday even in the winter.	7/11/2014 7:54 AM
1959	Please keep daylight savings time as is. I love the extra hour after work to mow the lawn, go for a bike ride or take a hike. I'd vote to keep it year 'round, but I recognize the need for daylight in the winter mornings when children are going to school. The switch twice a year is no big deal, especially in today's world, where we often travel between time zones anyway.	7/11/2014 7:54 AM
1960	The changing back and forth is what doesn't make sense. Just keep it at one time, I do like the spring forward time giving more light in the evening. Kids will go to school is the dusking light during the months of December, January and February. So that argument is goofy to me.	7/11/2014 7:54 AM
1961	I love daylight savings time. The long evenings are wonderful, especially for people who work. It give them time to be with their family and get the things done outdoors. It is dark in the mornings in winter no matter what time is set so that makes no difference.	7/11/2014 7:53 AM
1962	I feel many children and adults have difficulty adjusting to time change.	7/11/2014 7:53 AM

1963	I feel that the difficulty in adjusting the bodies clock is cumbersome, uncomfortable, difficult, and dangerous in early morning hours. Dangerous because we are still sleepy with the change from standard time to daylight time. This sleepiness causes most to be unproductive at work and at home. Tired at work, tired at home. Certainly this changes are we get used to the change, but why should we. Farmers are going to get things done no matter what time it is. Business is going to produce no matter what time it is. So why change?	7/11/2014 7:52 AM
1964	Spring ahead time would give kids time to be outside after school in the winter	7/11/2014 7:50 AM
1965	I like having more light at night. I am not going to get up any earlier in the morning so I may as well enjoy more light at the end of the day.	7/11/2014 7:49 AM
1966	Few concrete benefits and many health draw backs. Leave the clocks alone and let people have summer hours if they wish.	7/11/2014 7:49 AM
1967	changing the clock twice a year has and still is pointless. It creates more stress on the population and does not accomplish anything. If we are trying to get more sunlight hours in a day get up earlier or stay up later, changing the clock is not the answer.	7/11/2014 7:49 AM
1968	day light savings time offers not benefit and should not be done anymore. It just messes with everyone since of time until you get use to it and then you have to change back and start all over again. I think kids would do better if we did not change time on the and they would probably sleep and study better.	7/11/2014 7:49 AM
1969	What ever you do, keep it uniform the whole year.	7/11/2014 7:48 AM
1970	Rank 1. Align 2.Create 3. Retain	7/11/2014 7:48 AM
1971	Keeping the current daylight savings will give us the extra daylight in the spring, summer,and fall, but will allow the time to go back in the winter so it isn't as dark in the morning for the school children. It doesn't seem like the rest of the states and countries have that much discussion with DLS.	7/11/2014 7:48 AM
1972	The effects of trying to readjust your bodies internal clock is detrimental to one's health and a pain as well.	7/11/2014 7:47 AM
1973	What ever you do, keep it uniform the whole year.	7/11/2014 7:47 AM
1974	Daylight savings allows residents better opportunity to take advantage of all the recreational and evening cultural events that make our state so great! Please do not take this away!.	7/11/2014 7:46 AM
1975	We should follow the vast majority of the rest of the nation and keep daylight savings time. This allows much more recreation and other evening activities in the summer, which is one thing our state is know for. Going away from the rest of the nation will just lead to confusion. Keep it just like it is.	7/11/2014 7:46 AM
1976	I LOVE Daylight Savings and I wish we could keep it all year round. Winter naturally goes darker on it's own so having an extra hour of sunlight makes all the difference. At my last place of employment, I worked in a very scary area of Rose Park and I would stay until 6pm after the sun went down. I had to walk out to my car alone every night and I NEVER felt safe doing so.	7/11/2014 7:46 AM
1977	I am a morning person and in the winter months, it gets light too late in the day to get things started early.	7/11/2014 7:46 AM
1978	I enjoy the sunrise at six and the sunset at nine.	7/11/2014 7:45 AM
1979	I love Daylight Savings! Having that extra hour of light makes a huge difference. I wish we could have it all year round. The days naturally get darker on their own in the winter so an extra hour would help tremendously. In my last place of employment I would have to walk out in the parking lot alone in the dark. I worked in a scary area of Rose Park and I NEVER felt safe doing it.	7/11/2014 7:42 AM
1980	Four of my six children as well as my husband have diagnosed mood disorders. The change of daylight savings twice a year takes a good month for the family to adjust to so that is two months out of the year I am struggling to help my children adjust. I love the consistency and healthy lifestyle that early morning rising promotes, and that is better fostered in an aligned daylight program. My children do so much better when they get to bed at a decent hour, and as a parent, children are much more compliant to that request when it isn't light outside. Thank you! Best wishes in making this decision.	7/11/2014 7:41 AM
1981	Problem with neighborhood walking to school in the dark.	7/11/2014 7:40 AM

1982	Please, just stop changing the time. Leave it on Standard time all year long. Enough of going forward and falling back, that is a waste of time and energy.	7/11/2014 7:39 AM
1983	Business in Arizona typically start their day at 7:00 AM and quit earlier, and I believe that business in Utah should do the same, maybe by adjusting their start time a 1/2 hr. to an hour earlier. I came from a farming background and it took over a month for the cows to re-adjust to the change in the milking schedule, causing a loss in milk production. I'm sure we as human experience some difficulty in adjusting to time.	7/11/2014 7:39 AM
1984	I hate when we quit daylight savings. It gets dark too early	7/11/2014 7:39 AM
1985	I really think moving the clocks back-and-forth serves no real purpose anymore. I honestly don't care if we choose to align with Arizona or stay on day light, I just think this arbitrary moving of the clocks needs to stops. Thank you very much for even allowing this conversation to take place.	7/11/2014 7:39 AM
1986	Having lived in Arizona and Utah I found that I missed the extra light in the evening to spend time with my family outside.	7/11/2014 7:39 AM
1987	Either keep it as it is, or keep DST permanent; that way, working adults get more time to spend with family, outdoors, etc. in daylight after work. The two biggest complaints against DST are: "Kids will have to walk to school in the dark" and "I hate the effect changing the clock twice a year has." First, in response to the kids walking in the dark...which is better: to let them have daylight when they are walking (often alone) by themselves, or to give them more daylight at the end of the day when they can spend daylight time with their working parents? To me, it's family time that should take precedence. School can start later if that's such a concern. Second: Changing the clock twice. Permanent DST would solve that as well. That's my vote.	7/11/2014 7:37 AM
1988	I don't like messing around with time. it is much cooler in the morning to get things done before the heat of the day.	7/11/2014 7:37 AM
1989	I am a global IT manager. DST requires significant coding for all applications And despite the special coding, there are always issues 2x annually with scheduling of meetings and events. DST is not necessary in today's world. The actual amount of daylight does not change. Those who work outside can start/end at any time -- it is not dependent on a clock. If there is a law regulating start or end of work based on a time -- then change/remove that law. But please do away with DST. It messes with everyone's body clock and decreases productivity.	7/11/2014 7:36 AM
1990	From an old TV commercial, "It's not right to fool Mother Nature."	7/11/2014 7:36 AM
1991	Last night I voted for option 2. Overnight I changed my mind. I really prefer option 3. But I am really against changing the clock twice a year!!!	7/11/2014 7:35 AM
1992	I really live for the longer nights in the spring, summer, and fall. I find that I go out more, shop more, play more. I think it will really hurt retail if people end their nights an hour or sooner. I also think people are outside and active for an extra hour in the evening.	7/11/2014 7:34 AM
1993	We are not like Arizona. We should consider we have very cold winters and DLS would not work for our winters. But I love DLS for the summer. Don't change anything. It only takes a few weeks of getting used to, but it is worth it.	7/11/2014 7:32 AM
1994	I believe more daylight improves peoples moods and makes people happier in general. People get depressed in the dark short days of winter. I for one, love the longer days with the extended sunlight. I think it is important to leave it as is.	7/11/2014 7:32 AM
1995	The extra hour of daylight is more valuable in the evening than in the early morning.	7/11/2014 7:31 AM
1996	I prefer retaining daylight savings because it give my wife and I more productive time after work to get things done around our yard and to do fun things for exercise.	7/11/2014 7:29 AM
1997	Please stop daylight savings, it's so hard to keep changing sleep patters I hate it and it takes several weeks before we stop feeling tired. Changing all the clocks, but most of all it's not healthy to keep changing sleep patters. STOP IT!!!!!	7/11/2014 7:29 AM
1998	People are more active when the day is extended by longer light in the afternoon. Way too little light in the winter.	7/11/2014 7:29 AM
1999	Keeping daylight savings time as it is makes sense to me. I prefer the longer evenings in the summer rather than the early mornings. I would miss an hour of sun each day while I slept.	7/11/2014 7:26 AM
2000	losing daylight savings time would seriously impact my ability to grow my own food	7/11/2014 7:26 AM

2001	I would prefer the create the new option because of longer days, but that is not what is already out there and it would be silly to create a new "time" just for me, but align is better then daylight savings.	7/11/2014 7:25 AM
2002	Leave it alone! Haven't our state representatives have more important issues to solve than worry about a time change, I have lived in Utah for 65 years and had no problem with daylight savingstime, Utah leaders worry about more serious state problems that you were elected to,not the time of day.	7/11/2014 7:24 AM
2003	I lived in Arizona for twelve years. I loved not having to spring forward and fall back! I had no problem staying on the same time year round!	7/11/2014 7:23 AM
2004	There is no need to keep moving the time back and forth. It is just too difficult to readjust each time it changes. I get so sluggish at work that I am not as productive as I should be for up to a week after the change. It also makes it hard on children thus making it more difficult for working parents. There is no need to keep adjusting. Life worked prior to the changes why not just leave things alone?	7/11/2014 7:23 AM
2005	I just want us to stay on time all year, no springing forward or falling back, which fouls up most people's sleep rhythms.	7/11/2014 7:23 AM
2006	It's hard to adjust to the time change twice a year. It would be nice to keep it the same year round.	7/11/2014 7:23 AM
2007	Daylight savings time is old and out-dated. In today's time there is not need for it. a day is a day and there is not need to move time forward to "prolong" the day.	7/11/2014 7:20 AM
2008	Doing away with daylight savings time would be a nail in the coffin for outdoor recreation and yard work after an 8-5 work shift.	7/11/2014 7:20 AM
2009	I chose Retain simply because I enjoy more daylight hours, but I just wish we would pick one and stick with it. It really does take my body at least a month to adjust to losing/gaining an hour every change and this affects both my home and work life. With no justifiable reason for changing, let's just stay with one time year round please.	7/11/2014 7:19 AM
2010	it takes my body at least a month to get used to the new time. really hard on my health	7/11/2014 7:19 AM
2011	once upon a time in a lightbulb was invented in the need for daylight savings time went away the end	7/11/2014 7:18 AM
2012	Makes your body age faster--getting up earlier and six months getting up later--back and forth. Always screws up your circadian rythms.	7/11/2014 7:18 AM
2013	The changing time leaves me groggy for a week in the Spring for no reason. Permanent Spring forward would be preferred because people are typically inside in the morning and the daylight is wasted.	7/11/2014 7:18 AM
2014	I do not really care which time you choose just pick one and stay with it.	7/11/2014 7:17 AM
2015	If you take away the evening light, you hurt lots of things--no just the tourism industry, but self sufficiency efforts. How is a person who has to work full time supposed to be able to garden, for instance, if the sun is setting an hour after they get home. We already leave dinner until sunset to use the light--and moving to constant standard time would take away an hour of that. As far as the "kids will be safer" argument, I commute at 6 am, and dst probably only affects about a month of my commutes. I cant see that it is going to make any more difference to kids who go to school at 8.	7/11/2014 7:16 AM
2016	PLEASE KEEP IT THE SAME AS IT IS OR GO TO PERMANENT SPRING FORWARD - THE MUCH NEEDED DAY LIGHT AT THE END OF THE EVENING IS NEEDED FOR EVERYONE ESPECIALLY THOSE WITH LIGHT DEPRIVATION PROBLEMS AS IN SEASONAL AFFECTIVE DISORDER. ALSO IT IS SO WONDERFUL FOR FAMILIES WITH LITTLE CHILDREN TO HAVE PARENTS HOME FROM WORK WHILE IT IS STILL LIGHT ENOUGH TO BE OUTSIDE TOGETHER AND SEND QUALITY FAMILY TIME.	7/11/2014 7:16 AM
2017	I'd really prefer not having twilight in the morning at 4 am. I also like to get things done in the evenings so having more light is beneficial. However, I agree that switching times is hard on everyone, so sticking to a single time zone would be preferable.	7/11/2014 7:14 AM
2018	I live on the Utah/Idaho border and would like adjoining counties to be the same decision	7/11/2014 7:12 AM
2019	My second choice is retain. I don't want to align. If kids are going to school in the dark then school should start later. There is plenty of evidence that high school is starting too early for teen development.	7/11/2014 7:12 AM

2020	Both my wife and I work late. DST allows us to exercise and work in our yard which would not work under MST, especially in spring and fall.	7/11/2014 7:11 AM
2021	I've worked on a farm, driven school bus, driven an 18 wheeler, raised seven children and I could list many reasons why staying on MST would work so much better for every one involved. I hope we get that opportunity!!	7/11/2014 7:10 AM
2022	I think we should have only one time.	7/11/2014 7:10 AM
2023	I like more daylight in the evening but if we just quit switching back and forth I would be happy.	7/11/2014 7:09 AM
2024	Every few years we start daylight savings time earlier in the year and end later in the year. Clearly, it is beneficial to us to stay on DST, so we should stay permanently on the same schedule.	7/11/2014 7:09 AM
2025	1) It is very difficult to adjust to the new time every spring & fall 2) During the spring/summer months when it does not get dark until 9:30 or 10:00 at night it makes it difficult to go to sleep. When we have the nice evening temps I like to sleep with my windows open but cannot go to sleep when the sun light is still shining in the window.	7/11/2014 7:06 AM
2026	Daylight savings time allows more hours of daylight after work , when it can be used for liesure activities, sports, shopping, etc. Daylight hours before work is useless.	7/11/2014 7:05 AM
2027	Would cut down AC use in summer. I would go for any solution that keep the time the same all year. NO changes.	7/11/2014 7:05 AM
2028	The benefit of having it get darker later in the summer and light enough in the winter for kids to go to school is probably too great a combination to lose.	7/11/2014 7:03 AM
2029	Please don't change the time. We need more light at night.	7/11/2014 7:03 AM
2030	End	7/11/2014 7:02 AM
2031	By retaining the current system we enjoy the best of both worlds. We don't want to be like Arizona! The sun comes up too early in the summer there.. It's worth the convenience to change clocks twice a year.	7/11/2014 7:00 AM
2032	Please stay with Daylight savings time.	7/11/2014 7:00 AM
2033	Daylight savings time is out of date and not needed. If people want more light in the evening, get up earlier and be productive earlier. Lagoon could just open earlier as well, we do not all need to suffer so you can make more money on overpriced park tickets.	7/11/2014 6:59 AM
2034	No longer needed!	7/11/2014 6:58 AM
2035	It's too hard on our internal clocks.	7/11/2014 6:58 AM
2036	I really don't care for changing my clocks back or forward twice a year. Can't you please just pick one and stay with it. The changing back and forth is really hard on children and older residents of our state.	7/11/2014 6:55 AM
2037	I like the extra daylight in the afternoon, but I don't like jumping back and forth between the two times.	7/11/2014 6:54 AM
2038	Pick one. Stop changing the CLOCK.	7/11/2014 6:53 AM
2039	Like the more daylight in the evenings. To hard on the body to keep switching back and forth.	7/11/2014 6:52 AM
2040	Lets just keep it on Standard time.	7/11/2014 6:52 AM
2041	Too hard to change physically.	7/11/2014 6:52 AM
2042	As a healthcare worker I find it annoying. When you work night shift and have to work an extra hour unwillingly it sucks. When you are a dayshift worker and your shift starts an hour earlier than usual it also sucks not only for the day shift but for the night shift because day shift forgets have the time they are supposed to be there earlier. I just request daylight savings off to not have to deal with it at work	7/11/2014 6:51 AM
2043	Daylight savings time has out grown it's intent as Agriculture is no longer in need of it and changing the clocks is therefore no longer necessary. As I get older it is harder to "bounce back" from the semi-annual changes.	7/11/2014 6:50 AM
2044	during the Nixon administration a political cartoon protrayed Nixon cutting a foot off the bottom of a blanket then sewing it to the other end, while telling Ameriicans that the new blanket would keep them warmer. He concluded "we call this daylight savings time," nothing has changed.	7/11/2014 6:50 AM

2045	I believe it will lead to more consistent sleep mode for the body. Assisting with steady health and productivity.	7/11/2014 6:49 AM
2046	I feel that it is more beneficial to have the extra hour of daylight in the Winter time, in the afternoon/evening hours. Most people work and that allows us to actually see a glimpse of daylight after work and allows time to get a few things done outside before dark. The argument about it being dark for children going to school seems outdated, since most children do not walk to school anymore. There are so many other dangers regardless of the amount of daylight, that most parents make sure that children have a ride to school anyway.	7/11/2014 6:48 AM
2047	The constant change is hard on my body and when we spring forward it becomes a season of always sleeping in, never have the problem in fall when we fall back. I also see the adverse affects on my students who are always exhausted for weeks after we spring forward.	7/11/2014 6:47 AM
2048	Let's keep things simple and not have to change twice a year. Daylight "Savings" isn't really saving anything. Its just reorganizing how we count time and causes confusion every year.	7/11/2014 6:46 AM
2049	More light in the evening hours provides more incentive for me to shop later into the evening and support the local businesses.	7/11/2014 6:46 AM
2050	prefer no time change as it creates physical and mental body adjustments that are not necessary.	7/11/2014 6:46 AM
2051	The changing of time has about a one week impact on students being alert for the first period of their high school class. Staying on one time during the school year would be preferred.	7/11/2014 6:45 AM
2052	Every year after the "spring forward" change people I deal with are extremely tired and functioning at a lower level. It seems to take a week to adjust but any gains in energy costs (which is debatable if there are any) is outweighed by lower production. Young parents also have serious issues with the schedule change on their young children which causes an increase in fatigue. In my observation there are more safety events that happen at the time the time is moved forward.	7/11/2014 6:44 AM
2053	Daylight savings time doesn't accomplish anything what-so-ever. It makes it more dangerous for kids traveling to school and keeps the day light too late in to the evening when kids should be in bed. Its time to end this ridiculous tradition forever	7/11/2014 6:43 AM
2054	During the DST period, normal work hours start earlier and end before it gets too hot. Many city ordinances don't allow work to start before 07:00. Conversely during MST it allows the really cold mornings to start a little later and utilize as much daylight as possible.	7/11/2014 6:41 AM
2055	My Parents remember when Day Light savings came about.. I think it is a waste your not saving anything .. it is hard on the people who have jobs they have to get use to the time change.. so in my book Id love to have day light savings gone...	7/11/2014 6:41 AM
2056	It takes me about a month to adjust to the change in the spring. Hardest time of the year.	7/11/2014 6:38 AM
2057	Without daylight savings it will get dark at 5:00 in the morning all summer. In most cities it is illegal to start working before 6:00 meaning we would loose the best part of the working day.	7/11/2014 6:35 AM
2058	I like the extra daylight in the summertime	7/11/2014 6:34 AM
2059	As a school teacher, I see both safety concerns and productivity concerns about daylight savings time. The kids need the hours of daylight in the morning more than anything else; walking to school in the dark is naturally more dangerous than in the light. Also, I have noticed a drop in productivity in the classroom the week following the Daylight Savings switch. There is no need to artificially mess with our biological clocks!	7/11/2014 6:33 AM
2060	Hate the back and forth changes. Let's stick to one time year around.	7/11/2014 6:31 AM
2061	I have never seen any point to it other than businesses wanting us out spending our money later	7/11/2014 6:28 AM
2062	As a mother, I have noted the negative effects on my children I school with each "spring ahead." They are tired and lethargic for a good week, and they leave for school when it is still dark. I have done my own personal research, and discovered there are more fatalities during time adjustments, as people experience a form of jet lag, while their bodies adjust. It's an hour, but it really impacts a person's body and sleep cycle. I have wanted to get rid of this for years, and even wrote my Utah representative about three years ago, regarding this issue. So glad it is coming back for discussion!	7/11/2014 6:28 AM
2063	I function so much better with the extra daylight..hate to "fall back".	7/11/2014 6:26 AM
2064	Just move it in the middle and leave it. Move back a 1/2 hour and leave it there, then it helps the those who like either way with a comprimise.	7/11/2014 6:26 AM

2065	Changing time twice per year has a negative impact on health and creates added stress for people.	7/11/2014 6:26 AM
2066	Numerous studies backup personal experience: switching time forward or backward negatively affects my health and costs my employer money. Arguments for the semiannual time switch fail to address the simple fact that the amount of time in a day is constant and that business and schools can individually adjust to daylight hours by moving start/end times as needed. In no year of my life have I observed a net benefit due to the biannual switch. If we move to a permanent time zone, standard is preferred to align with the rest of the world.	7/11/2014 6:26 AM
2067	If we get rid of daylight savings that means that in the summer time the light would be up around 4am when nobody is up. Then that evening the sun would only be out until 8pm. We would lose our recreational time, also money because we would need to turn lights on earlier.	7/11/2014 6:25 AM
2068	Daylight savings time is not natural to a person's inner time clock. A lot of people have commented to me that they feel better on Normal time. Daylight savings messes with sleep patterns. Mine included!	7/11/2014 6:25 AM
2069	We run 24/7 everyday. Put the time back to normal. If folks want to get up earlier- they can. Leave the rest of us alone.	7/11/2014 6:23 AM
2070	I really have no preference on daylight savings vs. standard time, I do prefer however to stick with just one and leave the clocks alone please.	7/11/2014 6:21 AM
2071	Not so disruptive to sleep.	7/11/2014 6:21 AM
2072	Too difficult on the little kids	7/11/2014 6:20 AM
2073	Losing an hour of sleep is more difficult than it sounds especially when I have to rise early anyway to go to my job at a medical clinic. I don't function at full capacity when all I can think about is wanting to lie down and take a nap half way through my day. It's not fair to my patients and it's not fair to the doctors I work for.	7/11/2014 6:17 AM
2074	It doesn't matter if you go forward or back just get rid of the change and keep it the same all year	7/11/2014 6:17 AM
2075	I don't see that it serves any purpose for anyone. You still have the same number of daylight hours, regardless of when you start. All it does is mess with your mind and body. As a teacher, I hate what it does to the students - there is always an adjustment period.	7/11/2014 6:15 AM
2076	I have too many clocks to keep changing!	7/11/2014 6:13 AM
2077	Sorry to hear that most who want daylight savings to stop, just can't set their clocks. Have we become to stupid or lazy. It's nice not to have the daylight at 4 am.	7/11/2014 6:11 AM
2078	We lived in Arizona for 12 years and loved not having DST. We found our time was more productive and not less productive without DST..	7/11/2014 6:07 AM
2079	Changing time is disruptive to sleep pattern and health. More sunlight in evening is conducive to outdoor activities after school and work.	7/11/2014 6:07 AM
2080	I lived in AZ for 11 years before moving here. Not having daylight savings was amazing. There is no need for it.	7/11/2014 6:04 AM
2081	All States need to do the same thing on daylight savings time. It is too complicated for people to adapt. It's easier if we all are in align. It was once said, "It's all for one and one for all".	7/11/2014 6:03 AM
2082	Promotes energy that in saving electricity as well as getting additonal chores done outside later in the day.PLEASE! PLEASE DO NOT GET RID OF DAYLIGHT SAVINGS TIME!	7/11/2014 6:01 AM
2083	I enjoy the longer daylight hours in the evenings. It allows me time enough to do yard work or go for a ride on my motorcycle after work.	7/11/2014 5:54 AM
2084	Daylight Savings Time affords greater opportunities for work and recreation during the normal daytime hours.	7/11/2014 5:53 AM
2085	The change is too hard. I do agree with more light longer, year around. It's easier to be out with family, or get things accomplished after work. More light, more time, warmer temperatures.	7/11/2014 5:50 AM
2086	Love The Long Days Of Summer And Added Daylight In The Evenings. I Get More Accomplished Later In The Day.	7/11/2014 5:48 AM
2087	As a retired school teacher, I remember how draining on the students the switch to daylight savings was.	7/11/2014 5:45 AM

2088	The stress caused by the change - both in spring and in fall - stresses everyone. I see my employees suffer. I saw my children suffer, and now I see my grandchildren suffer from the stress caused by changing times. It takes weeks in both periods to reset our body clocks. It's like jet-lag on steroids. It is ludicrous for government to think that just because they write an edict that mechanical clocks can be reset by the flick of a wrist, body clocks can be just as easily reset. I really don't care which timezone they choose, MDST or MST; just stop the changes. Leave my body clock alone!	7/11/2014 5:40 AM
2089	Let's do this and stop bouncing around. We don't need daylight at 9:00pm. No brainer.	7/11/2014 5:39 AM
2090	We need extra daylight in the evenings, so that we can play with them outdoors. We don't need daylight in the morning when we're getting them off to school.	7/11/2014 5:33 AM
2091	I never have cared for daylight savings time. It's seems like you never get enough rest. No matter what the time change is you need to quit changing it as that is the part that's hard on people.	7/11/2014 5:31 AM
2092	I prefer Daylight Saving Time because it give the kids longer days to be involved in worthy activities.	7/11/2014 5:28 AM
2093	I work early hours so getting dark early is good for me. But if I had to choose between Create a new tie zone and keep daylight savings I would choose Create because daylights savings is horrible. The difficulty in switching over is horrible. The tiredness that comes with switching times is horrible. In general it is a silly thing that should be done away with.	7/11/2014 5:28 AM
2094	Daylight savings time is a waste of my time forcing me to travel long distance into the sun both ways to my employment as well as messing with my livestock needs set it one way or the other than leave it there please	7/11/2014 5:27 AM
2095	Daylight savings time is a waste of my time forcing me to travel long distance into the sun both ways to my employment as well as messing with my livestock needs set it one way or the other than leave it there please	7/11/2014 5:27 AM
2096	I grew up without daylight savings time and we survived just fine without it. There is still only so many hours of sun every day no matter what the clock says.	7/11/2014 5:27 AM
2097	During school days with daylight savings time, the kids are always tired and don't do well in school. In the summer, because of the light it's harder for kids and adults to get their rest. Summer is a busy time anyway fun but tiring as it is.	7/11/2014 5:25 AM
2098	I believe the switch of time is counterproductive. you never do fill right with the change and is an obsolete tradition...	7/11/2014 5:17 AM
2099	I feel that it is safer for our children walk to school or bus stops in the day light in the morning. Even though it is only an hour difference, it is really difficult on the sleep pattern of people in society to adjust to the the time change twice a year. Most people say it takes them at least a week to get used to a new sleep pattern after a time change. People are more productive with normal sleep patterns	7/11/2014 5:16 AM
2100	It is very difficult for students to stay active and awake when the the time changes two times during the school year. My students struggle for about a month after each time change.	7/11/2014 5:14 AM
2101	Changing the clocks results in loss of sleep, loss of productivity, etc. Having previously lived in AZ I feel the change is a bigger problem than the issues it claims to fix.	7/11/2014 5:12 AM
2102	Farming in Utah needs a Morning time to complete work prior to School, and on the job employment. Small children going to School in the dark AND left alone to catch the bus after parent head to work due to early work shifts. I ask you this question? How many working Moms and Dads leave for their jobs --before their children leave for the bus or school? Is that safe? Family first-time second!!	7/11/2014 5:08 AM
2103	I do not want fall & spring time changes. Keep it one way or the other.	7/11/2014 5:08 AM
2104	Changing time is very hard for me. I worry about kids going to school in the dark, and I just feel much healthier with more light in the mornings.	7/11/2014 5:07 AM
2105	Grand children go to school in the dark! Farming tasks and feeding animals in the dark! We have a morning life that is "skipped" by Springing ahead! Since raise my family the time switch has been note by myself as "causing a disrupted state for family, work, and Community." Fall back and leave the time alone....it is not natural. Some may cry "We need the hour to make more $$. That is void in my book!	7/11/2014 5:00 AM
2106	I like extra light in the evening. I hate chang clocks twice a year.	7/11/2014 4:50 AM

2107	I prefer to have the extra time in the afternoon. If left on standard time, when I get home, even in the summer it is already dark and I have no time for yard work or anything else. With saving time I will still get to work in the dark all year round but have daylight after I get home to accomplish what I need to in the day light.	7/11/2014 4:26 AM
2108	Please leave the clock alone so there is no change throughout the entire year!	7/11/2014 4:26 AM
2109	I feel that more people value having some daylight left after work to enjoy their free time with daylight for longer. I work into the evening, & is very depressing in the winter to get off work & have it already be dark. As far as kids going to school in the dark, that happens on standard time in the winter anyway! I remember walking to the bus in the dark. So if kids already go to school in the dark anyhow, we might as well enjoy an hour more of daylight after school & work. Most everyone I talk to hates getting off work in the dark in winter, and adds to a lot of people having some degree of seasonal depression. Please, let's stay on daylight savings time (spring forward) all year round!	7/11/2014 3:51 AM
2110	Stressful going back and forth for the kids and as I get older.	7/11/2014 3:41 AM
2111	It always takes several days to readjust to the time change .. I hate the time change .. I really do.	7/11/2014 3:35 AM
2112	Daylight Saving time is just plain annoying.	7/11/2014 3:04 AM
2113	Please! Please! Keep Daylight Savings! It's Healthy & Fun! It has been proven that areas with less sunlight have higher incidents of depression and suicide, artificial sun lamps are used to help treat people with depression, so from strictly a mental health stand point it would be wise to keep that additional hour of sunlight in the afternoon when it is most accessible to the largest number of people. Utah is already known as the Valium and Prozac capital of the U.S. why make it any worse by removing that extra hour of accessible afternoon sunlight. Everyone including the Utah government and travel bureau rave about how great Utah is for outdoor recreational activities, but some people want to take away the extra hour that we now have in the afternoon to enjoy the great Utah outdoors and recreational activities, God forbid that we yank our fat Butts up off of our Pudding stained couches and go outside and get a little exercise and fresh air, we might just loose a few pounds from those cellulite riddled thunder thighs instead of sitting around whining about how difficult it is to adjust a couple of clocks twice a year and how it's too dark in the morning while we sit at the table snarfing down a pile of pancakes with a pound of butter. We talk about Americans including our kids being overweight and unhealthy, Utah is right up there at the top of the scales, we talk about how our kids should be more active, how they should play 60 minutes a day, by taking away or moving that extra hour of daylight in the afternoon, after work, after school, which is so accessible to most people we are removing active time and we are undermining a lot of the progress that may have been made by programs like "Play 60 Minutes" that strive to get America and kids to be more active. Having that extra hour in the afternoon may be one of the simplest, easiest, and most productive things that can be done to help people be more productive and active, just give everyone including kids that extra hour of beautiful warm afternoon sunshine to play, work, just get outside and move in... If some people think the darker mornings are a safety issue for their kids lets just go on daylight savings year round and start school a half hour later, that should satisfy just about everyone except the parents that don't want to deal with their kids for the extra half hour... Please don't get rid of daylight savings, the winters are brutally cold, too long, and too dark, and God knows there's next to no night life around here after dark.	7/11/2014 2:56 AM
2114	Changing time twice a year is difficult to deal with when it comes to the health of those who are subjected to the time change.	7/11/2014 2:53 AM
2115	Changing is too hard on bodies both grown and children	7/11/2014 2:50 AM
2116	The sun will always be shining for the same amount of time each day regardless of what our clocks display. Relative time, as measured by humans in daily life, is man-made and has no bearing whatsoever on the absolute, universal time that all of nature follows. There's no such thing as an "extra" hour of daylight- if people want the sun so bad, they can wake up earlier. Who are we as mere humans to tell the sun when to rise and set? In fact, why call standard time "standard time" if it's not even the standard for most the year? Standard time needs to be just that- the standard. Not to mention that we would also be in accordance with Greenwich Mean Time the rest of the world uses for timekeeping- the time in Utah would be less confusing to the global populace, and thus foreigners might be more prone to come to or do business with Utah and contribute to our state economy. And, in the long run, Utah, Arizona, and Hawaii would altogether be a momentum-providing example for the rest of our nation in getting coordinated with GMT.	7/11/2014 2:50 AM
2117	I hate having to change clocks and adjust.	7/11/2014 2:20 AM
2118	i hate the delayed sunrises in the spring and fall; it makes it harder to wake up. abolish daylight savings!	7/11/2014 2:15 AM

2119	i actually dont care if we align with Arizona or create a new daylight savings. I just want all the clock changing to stop!!!!	7/11/2014 2:11 AM
2120	I work nights which is tough enough by itself. Changing times just make it harder.	7/11/2014 2:00 AM
2121	I love having more light for all the activities summer can bring! It doesn't get dark until 9:30 pm, and that means lots of time to be outside when it's nice and cool. More time to enjoy the day!	7/11/2014 1:48 AM
2122	It wreaks havoc on children. Adults can suck it up and change their schedule quickly, but it always take a month for my kids to really adjust, fall or spring. I have nothing but good things to say about an earlier sunrise/sunset in the summer.	7/11/2014 1:45 AM
2123	I think the complaints about DST do not cause as many problems as some are saying they do. Everyone has times when, for whatever reason, they choose to get up an hour or two early. Leaving for vacation or they have to go into work earlier - whatever their personal reason. They manage to adjust when it's something they want to do or need to do. They don't complain about those times. It doesn't take that long to adjust to DST and I believe the benefits of having more light in the evenings for half of the year outweigh the small time it takes to adjust when we fall back or spring forward each year. Leave it how it is!!!	7/11/2014 1:39 AM
2124	I prefer the balance of light for the hours I'm awake that's created by alternating	7/11/2014 1:37 AM
2125	I like the DST, just the way it is.	7/11/2014 1:30 AM
2126	N/a	7/11/2014 1:28 AM
2127	I like having more light at night.	7/11/2014 1:28 AM
2128	Align or create--either one would be fine. Just leave it alone! It's the changing that is hard. It was hard when I had kids at home to adjust to the change, but I am finding it even harder as I age--both in the spring and in the fall to make the time change.	7/11/2014 1:27 AM
2129	No more time change	7/11/2014 1:27 AM
2130	Extra light in the evening is great! Switching back & forth is really hard on the sleeping patterns. The first week or two following a change feels like a serious case if jet lag (minus the fun vacation).	7/11/2014 1:26 AM
2131	Just leave it one way. Wake up earlier if you want to see more daylight.	7/11/2014 1:26 AM
2132	I personally find it inconvenient to change times every spring and fall. The whole deal seems very old fashioned and no longer necessary. If people want more daylight they can wake up earlier, so changing our clocks doesn't really accomplish all that much. I enjoy having the daylight run into the evenings more, so that's why my vote is to create a new time in which we are always "forward."	7/11/2014 1:24 AM
2133	I hate changing back and forth, I think it hard on your body clock. I get up early and prefer it to be light earlier. I drive a school bus and hate to have to pick up kids in the dark. i think it is dangerous. I have always wished that we did not have dayligt savings time!	7/11/2014 1:21 AM
2134	I work and like more daylight when I get home to do more things around the yard.	7/11/2014 1:18 AM
2135	We would lose that important summer daytime if we went off daylight savings time. In the summer, parents have that extra hour of daylight to attend functions with family. That extra hour is very important. Dinner usually 6-7 after work....not much time for anything else if it gets dark at 8 or earlier...	7/11/2014 1:17 AM
2136	Daylight savings was created for a reason. It has long since passed. It is time we went back to the way things should be along with Arizona and Hawaii and stay on standard time. There is absolutely no reason to mess with mother nature.	7/11/2014 1:13 AM
2137	I can't wait for Daylight Saving Time each year. Love the longer daylight. Able to do more in the evenings after work.	7/11/2014 1:12 AM
2138	Our bodies have an internal clock and when you get the body used to something and then you go and switch it, the change takes a toll on people. And the fact that we're off daylight savings time now for only like four months is almost ridiculous. I'd rather be in sync with Arizona and do away with daylight savings time.	7/11/2014 12:56 AM
2139	I prefer more light at the end of the day. School starting times can be adjusted so kids don't have to go to school in the dark. I feel that Daylight Savings time year-round would benefit the majority.	7/11/2014 12:53 AM
2140	I feel this would be the best for the most people. We wouldn't get up in the dark as much and not go to bed while it is still light as often.	7/11/2014 12:48 AM

2141	As a flagger I have to work night shifts and day shifts. Like the concern with kids going to school in the dark it is dangerous for flaggers as well even with the safety vests and other equipment used.	7/11/2014 12:41 AM
2142	First off I think it's better for everyone health wise not to change the time. I read through the arguments in the above article and I think by choosing this option kids won't be going to school in the dark, if they are then I think the school is starting too early, it's was always too early too me when I was in school but I digress. I also think with the option I selected places like Lagoon that are only open in the summer anyway will have an acceptable sunset time. And by not changing the clocks you don't have to worry about the consequences of people adjusting to say suddenly getting up an hour earlier, like for example more accidents in the morning because of drowsy drivers or kids not being able to pay attention in school as well. Thanks for your consideration on this matter.	7/11/2014 12:39 AM
2143	I SAY make DST year round, particularly because then you would not need to make the stupid stupid change, AND daylight would correspond to hours that it should, and not stupid 5am in the winter!! AND the sun wouldn't go down so stinking early in the winter, and since I use the bus and get up later, this is extremely important!! Daylight Savings time ==year round!!	7/11/2014 12:38 AM
2144	Changing from Standard Time to Daylight Savings Time is like what you go through with Jet Lag its hard on the body and can cause heath problems.	7/11/2014 12:32 AM
2145	I think it's ridiculous we manipulate time like this. Just leave it alone!	7/11/2014 12:31 AM
2146	Daylight Savings doesn't save any daylight and it is very hard for people to transition (especially children). Furthermore, it has never been shown to save any costs in energy consumption. It is time Utah sees the light and follows suit with Arizona. Do away with it!	7/11/2014 12:28 AM
2147	Long evenings are better for Utahns to enjoy with their family	7/11/2014 12:26 AM
2148	It is murder on my kids. It takes a whole month to get a baby's sleep schedule to adjust to the time change. Its annoying to change all the clocks. I just don't like it. Its a hassle that is unnecessary.	7/11/2014 12:21 AM
2149	I think it is beneficial to keep one time year round, & maximizing sunlight hours is important. So am voting for DST to be a year round standard, no switching back & forth. I believe people are healthier when they spend time outside & they do this more during daylight hours. It is not beneficial to get home from work & have darkness all during the winter months.	7/11/2014 12:20 AM
2150	Daylight savings was put into effect for a reason. It would be bad to do the Spring forward year round because it wold put the sun coming up at almost 9AM in the winter who wants darkness til 9 and then on Standard Fallback why would we want the sun going down at 8 instead of 9 in the summer. Not fun at all. Especially with all the summer activities going on in the summer time!	7/11/2014 12:18 AM
2151	I prefer to wake up and go to bed early.	7/11/2014 12:13 AM
2152	Talk about a waste of time this issue is.	7/11/2014 12:10 AM
2153	Standard time allows for light in the morning when school kids are catching busses and walking to school. The life of any single Utah child is more important than my need to shop or do activities after work. I also have great difficulty adjusting to the time changes. My sleep and work schedules are always disrupted. I have almost missed flights, meetings, etc. Has anyone ever calculated the number of man hours spent changing clocks? Businesses can adjust. Our kids go to school from 7:30a to 3:30p. A business could as easily change its operating hours as it's clocks if concerned about daylight.	7/11/2014 12:07 AM
2154	We need to get rid of this.	7/11/2014 12:05 AM
2155	Early sunrise in winter and late sunset in summer is perfect. Who wants to have the sunrise at 4:50 in the summer? That's ridiculous. Or a sunset at 7 in the summer? How depressing. Changing it either way will only add to those who suffer from SAD, so just keep it. People need to stop whining because it really doesn't have that much of an impact when it changes. It might be a hard couple days but there are plenty more important things we should be focusing on.	7/11/2014 12:03 AM
2156	This would help maintain our alignment with other states in the region.	7/11/2014 12:01 AM
2157	Dust is good. I wouldn't mind it being all year long. The comments before the survey say teachers are against dst. Not true! Not all teachers! I'm a teacher, and I'm for it!	7/11/2014 12:01 AM
2158	Either permanent daylight savings or mountain time, just quit changing every 6 months! Thank you	7/11/2014 12:00 AM
2159	Daylight Savings Time is like cutting six inches off the top of a blanket, sewing it on the bottom, and saying the blanket is longer. It is ridiculous.	7/10/2014 11:59 PM

2160	Every time the time change occurs it messes up my circadian rhythm and my children's making for a miserable household for several weeks after. I would prefer to have permanent 'fall back' light status over 'spring forward' so that it is still light in the mornings when kids go to school.	7/10/2014 11:56 PM
2161	I find I am much more capable of doing work when the sun stays up longer and it gives me a physical boost in the summer that I don't experience in the winter months when it is dark by six PM. Most especially for these reasons I want to keep daylight savings the way it is.	7/10/2014 11:54 PM
2162	I like the longer days in the summer. It's beneficial for working in the yard, kids playing sports, and all other outdoor activities typically done in the summer. Please just leave it alone.	7/10/2014 11:54 PM
2163	I think they should pick one and leave it. No changing it twice a year. I prefer one where it stays light until later in the evening year around.	7/10/2014 11:53 PM
2164	I'ld also support moving it a half-hour in-between both options.	7/10/2014 11:49 PM
2165	The amount of light during the day does not change just because we change our clocks. If you want to so something outside when it is light out. You will get out when the sun is shining. There is no reason to be changing our clocks. Stop the madness.	7/10/2014 11:48 PM
2166	I have always had difficulty falling asleep. It takes me about two months to adjust when we "spring ahead". I would love it if we were always on standard time.	7/10/2014 11:47 PM
2167	As an educator I see daylight savings time negatively impact our students for several weeks. This is critical instructional time that we are losing.	7/10/2014 11:47 PM
2168	It makes no sense to keep changing the clocks every six months. Keep it standard!	7/10/2014 11:46 PM
2169	We should keep daylight saving time all year round. More people benefit from having an extra hour of daylight at the end of the day than in the morning. The kids go to school in the dark half of the winter anyway so keeping standard time year round won't give them that much more light. Anyone who works or goes to school can definitely benefit from having an extra hour of light to do things when they get home. Also, the economy will suffer without that extra hour of light. I don't want to be out shopping or eating out or going to activities nearly as much in the dark as I do in the light, so I won't be inclined to spend as much money. Those of us who suffer from seasonal affective disorder will really be affected negatively if we keep standard time all year round. I can't even imagine how much more depressed I will be without that extra hour at night. Please, please, please don't take it away from us. The results could be devastating.	7/10/2014 11:45 PM
2170	It's not needed anymore. If Arizona can get by without, why can't we?	7/10/2014 11:44 PM
2171	Just keep time the same throughout the year.	7/10/2014 11:40 PM
2172	We spend more time on "daylight savings time" than we do on standard time since we've changed when we shift back and forth. It plays havoc with my kids, and creates unnecessary complication. I'll get up and go to bed at the same times no matter what the sun does - I'll need to get to work either way, but we ought to go to Standard time all of the time because maintaining Savings time would defeat the purpose of having time zones.	7/10/2014 11:39 PM
2173	no longer need it.	7/10/2014 11:39 PM
2174	Whether you suffer from SAD or any form of depression the lack of sunlight affects your mood. The winter months either way are by far the hardest. Having less sunlight in the winter months really is a big deal for some people, myself included.	7/10/2014 11:37 PM
2175	If DST is important enough and beneficial enough to do it for nearly two-thirds of the year, why not do it all year? Otherwise, why do it at all?	7/10/2014 11:35 PM
2176	I find the hour change, and the communication of it, to be both inconvenient and poorly communicated. A constant hour that would benefit people that need the sunlight the most (i.e. farmers) would be ideal.	7/10/2014 11:33 PM
2177	It is too hard on the family and kids to have daylight savings. Get rid of it!	7/10/2014 11:33 PM
2178	Safer for our children to go to school in the mornings in the Fall and Winter.	7/10/2014 11:32 PM
2179	Would be easier to keep track of time when you have family and friends out of state. Will always be a set amount of time ahead or behind of them, rather than it varying depending on if they moved an hour forward or back.	7/10/2014 11:31 PM
2180	I don't like having the sunrise too early in the summer and I would like a later sunset in the winter.	7/10/2014 11:30 PM

2181	Every daylight savings I see a change in myself, my husband, our four children, and even our pets. It's never a positive change. Their schedules are off and either they are grumpy from waking earlier (and it takes about a week to adjust), or they are confused as to why the day starts later than their biological clock tells them. Let's just change it with Arizona's time.	7/10/2014 11:29 PM
2182	I know Prope that live in Arizona live not having to worry about setting their clocks back for 5 months	7/10/2014 11:27 PM
2183	For the most part, our society no longer depends on the amount of daylight to be able to accomplish a full days work, which is the whole reason Day Light Savings Time was established in the first place. As a parent especially, it is more of a nuisance than a benefit to change times and adjust sleep schedules twice a year. Logically, it makes the most sense to join Arizona rather than creating a new daylight savings time. Keep it simple, why make it more confusing than it needs to be.	7/10/2014 11:27 PM
2184	I serve prepare food and i think that we are just fine with how it is. However it does concern me that kid walk to school in the dark. When i was in jr high my friend was struck by a car do to the sun rising. And the driver could not see him. However there is ways to get around that and keep things the way they are.	7/10/2014 11:25 PM
2185	it is best to leave it at same year round..tired of switch all the time..hard to adjust..	7/10/2014 11:25 PM
2186	I work at night and sleep in the morning that extra hour of day light in the summer give me time to play with my kids outside before they have to head to bed. I think being outside and enjoying time with family is more important than people worrying about having to change times.	7/10/2014 11:25 PM
2187	we don't need it!	7/10/2014 11:24 PM
2188	So hard when you have kids and for older people get so Confused	7/10/2014 11:24 PM
2189	Anyone that supports DST (i.e. entertainment ind) should just try to do stuff an hour earlier and not force the whole society to adjust to what they prefer.	7/10/2014 11:23 PM
2190	Changing my sleep schedule abd trying to do so with kids is incredibly difficult and ends up seriously throwing us all off for months	7/10/2014 11:23 PM
2191	Change is inevitable people complain they don't like the change of time for there kids guess what there is going to be a lot more change in there life than just time. I think it does good for business's to get that extra hour of light in in the summer. It allows families to do more stuff outside together as a family with it being light still. It is not harming us by having the extra hour. in the winter people like to be in more its cold they don't mind hunkering down earlier to prepare dinner and cozy up with the family.	7/10/2014 11:23 PM
2192	As the mother of 4 young boys, I agree with educators that changing time is hard on little minds - and big ones for that matter. In the past, I have worked hard to keep the house schedules for my boys the same year round by changing meal times and bed times. We actually function on the spring forward time throughout the year as much as we can. My oldest stated school this year and struggled dramatically for weeks. We love the time we get to spend time with my husband after work, we love being able to accomplish a project in the daylight after work, there's even more time in the morning to get a little yard work done before the heat of the day.	7/10/2014 11:23 PM
2193	I love the late light in the summers.	7/10/2014 11:21 PM
2194	It is not healthy to have to arbirarily change our body clocks twice a year and it serves no real puropose.	7/10/2014 11:20 PM
2195	What is the big deal? Leave it as it is.	7/10/2014 11:20 PM
2196	The time change is no longer needed for its intended purpose. It's an inconvenience for us now.	7/10/2014 11:19 PM
2197	Previously lived in AZ and not having to change time was wonderful. It didn't affect any activities once it got dark because weather was still warm. As you get older it is harder to adjust to the "spring forward"/"fall backward" time schedule. Not only does it affect older people it makes it very difficult for children in school.	7/10/2014 11:19 PM
2198	I like the summers having more daylight hours longer	7/10/2014 11:17 PM
2199	Switching time twice a year throws off my sleep pattern, is a nuisance, and has no practical purpose anymore. Whether it goes forward or back doesn't matter as much as it just staying the same from now on.	7/10/2014 11:13 PM

2200	I prefer having a few hours of daylight to do other things after spending the entire work day in an office.	7/10/2014 11:13 PM
2201	Daylight creates more productivity and it's healthier for the body.	7/10/2014 11:13 PM
2202	It's outdated and no longer applies in our age of technology.	7/10/2014 11:12 PM
2203	I see no advantage to switching times. Having lived in Arizona 7 years, I appreciate the consistency that brings.	7/10/2014 11:11 PM
2204	I love summer evenings when it cools off but is still light until late so you can enjoy outside activities. It is much less confusing to just stay with the rest of the country, and changing it will hurt some busineses.	7/10/2014 11:10 PM
2205	I want the extra hour of light at the end of day in the winter. The argument for kids not going to school in dark doesn't work because every winter when we fall back my kids still go to school in the dark.	7/10/2014 11:10 PM
2206	I like having the light in the evening.	7/10/2014 11:10 PM
2207	Daylight savings time is a hazard for children going to school, each year as kids walk to school in the dark, there are always fatalities and a family is devastated. It is expensive, as schools and government agencies have to burn electricity to light up the buildings. Homes have to turn on the lights burning electricity in those dark hours. Daylight savings time is expensive and deadly. I'm all for ending this illogical practice.	7/10/2014 11:10 PM
2208	It makes absolutely no sense to have Daylight Savings in any state. It is a waste of time and just messes with your internal body clock.	7/10/2014 11:09 PM
2209	Morning daylight is largely wasted as we work in offices. During winter months we drive home in the dark. Let's keep DST year round,drive to work in the dark, but have some light after the work day. To mitigate the problem of children going to school in the dark, let's just school hours a bit. Teenagers function better at later hours anyway so let's stop forcing them out of bed at 6:00 am.	7/10/2014 11:09 PM
2210	The change is difficult on all of us physically and mentally, but it has been particularly difficult on my autistic children and has caused severe behavioral issues.	7/10/2014 11:09 PM
2211	I hate the time change. Pick one or the other and leave it.	7/10/2014 11:09 PM
2212	My greatest concern is children walking to school while it is still dark. A girl was killed in the early 90's after getting off a UTA bus when she fell by the back tires and the operator didn't see her because it was dark.	7/10/2014 11:08 PM
2213	Love the extra daylight in the evening. Leave it alone please	7/10/2014 11:08 PM
2214	Right now AZ and HI are the only two smart states that let their clocks just roll...let's join them!!!	7/10/2014 11:08 PM
2215	I like the spring forward/fall back. I don't want my children going to school in the dark.	7/10/2014 11:08 PM
2216	The current system is working well. It keeps the daylight at the times it is useful to the greatest number of people. Although pay off me would be strongly in favor of the "create" option, I do worry about school children going to school in the dark in the winter. I cannot comprehend why we would want to go to permanent standard time. Having the sun up at 4:55 am is useful to an extremely small group of people. On the other hand, having the sum up late in the evenings is one of the great things about summer. .. There is time to go exercise late into the evening, go running, go golfing, relax on the patio of a restaurant, go to the park with family, to get projects done in the yard, the list goes on and on. This will waste sunlight that can be used for people to enjoy, to stimulate the economy, to beautify their yards, etc. Thank you.	7/10/2014 11:08 PM
2217	As a parent I dread springing forward as it makes it difficult to get my children to go to sleep before the sun is down. School schedules certainly don't spring forward, so you're left with irritable children in the morning, trying to function in school with less than adequate sleep.	7/10/2014 11:08 PM
2218	I love the long evenings of daylight!	7/10/2014 11:07 PM
2219	Changing the time throws off my students for at least a week and Usually longer every time. If it's two weeks each time, then that adds up to an entire month, I lived in arizona before I moved to utah 20 years ago, and it was nice not changing the clocks all the time! Please stop the madness!!	7/10/2014 11:06 PM
2220	The frustrating part about the current system in Utah is how long it takes to adjust during the changes twice each year. I spent three years living in Phoenix, AZ, and loved not having to make that adjustment physically or mentally.	7/10/2014 11:06 PM

2221	I think DLS is a waste of time and resources. If people want to change their schedules let them. But, let's end the collective time shuffle.	7/10/2014 11:05 PM
2222	A child was hit and killed walking to school in W. Jordan a couple years ago because it was dark and he wasn't seen. If you want a round of golf after work, adjust your schedule, AZ does just fine.	7/10/2014 11:05 PM
2223	I have lived close to the Utah/Arizona border on both sides my whole life. I think the time change effects people like me more than anyone. During the spring and summer always having to clarify whether the time we specified is Utah or Arizona time. The sun rises and sets at the same time in both states. Since AZ was smart enough to get rid of it a long time ago, we need to fall back to standard time and stay on the same time as them!	7/10/2014 11:04 PM
2224	My body has a hard time changing twice a year. I want what's best for everybody. I do enjoy the late evenings in the summer. But if we were on mountain standard time they could get the fireworks done earlier! I think it would be easy to get used to NOT changing, but would it be confusing when the other states around us do change. Would be nice if all states adopted to not do the daylight savings time.	7/10/2014 11:04 PM
2225	It's no longer needed, just simplify things and leave the clock alone.	7/10/2014 11:03 PM
2226	Daylight Savings is outdated. We live in a 24/7 world not a dawn to dusk village. We no longer rise with the roosters and go to bed when the cows come home.	7/10/2014 11:03 PM
2227	I'll be happy never having to celebrate an other national jet-lag day	7/10/2014 11:03 PM
2228	It's the time of year that I can easily and happily exercise outdoors after work. I love it and look forward to it every year! It's worth a few days of being tired when it starts.	7/10/2014 11:02 PM
2229	I prefer light at the end of the day. So much to do after a days work. Prefer not to drive in the dark. I do not believe it will be too dark in the mornings for children.	7/10/2014 11:02 PM
2230	This worked for when we were an agricultural society. This is nor longer the case. Just get rid of it.	7/10/2014 11:02 PM
2231	More light at the end of the day to get chores done at home after work. Plus I use less electricity on this current schedule. As do all municipalities. street lights come on later and that is huge on the power grid.	7/10/2014 11:01 PM
2232	quit changing.	7/10/2014 11:00 PM
2233	I like having more sunlight in the evenings so I can play outside with my children.	7/10/2014 10:59 PM
2234	I would love to be on the very same time all year. It stays much too light all summer long in Utah. We would still have plenty of daylight by staying on Mountain time all year. Thank you.	7/10/2014 10:59 PM
2235	More daylight at the end of the day please!	7/10/2014 10:58 PM
2236	I do not like Day Light Savings Time.	7/10/2014 10:57 PM
2237	it has been around for years...keep it that way!!!	7/10/2014 10:57 PM
2238	Having long days in the summer where I can stay out late and enjoy spending time with my family is something I treasure. The switching back and forth is hard on one's health, and I have missed church completely in the past because I was confused which weekend it was we switched. For those who work on weekends, that could end for them much worse.	7/10/2014 10:57 PM
2239	it has been around for years...keep it like it is!!	7/10/2014 10:56 PM
2240	I like it the way it is now leave it alone.	7/10/2014 10:56 PM
2241	DST IS LAME, AND A WASTE.	7/10/2014 10:56 PM
2242	I value my upbringing in Utah on Standard Time and enjoyed Lagoon just fine AND am very nostalgic re-calling the phrase: Early to bed early to rise makes a man healthy wealthy AND wise...whatever happened to THAT notion? according to Benjamin Franklin's aphorism in Poor Richards Almanac...furthermore don't YOU want to know when our future friends cross the border???!!!	7/10/2014 10:55 PM
2243	I have endured the fall back and spring forward routine for too many years. It's hard on our bodies. I spend at least two weeks getting use to it. Daylight Saving Time is not natural. It's hard to get children to bed at night. it's hard on farmers and ranchers, livestock do not know why feeding time is changed. You travel to Arizona and have to change your watch and then back again when you get back to Utah. Lets ditch it now, before I get any older. It's just too hard on us!	7/10/2014 10:55 PM

2244	Tired of having to change the clocks around my house and trying to figure out AZ time when calling my sister in law. I don't think daylight saving is saving anything at all.	7/10/2014 10:55 PM
2245	Its just time. lol	7/10/2014 10:54 PM
2246	I would love daylight savings time year round. We only fall back for 4 months anyway so it seems to me we are more custom to DST. I'm employed during the day hours, in education. The more daylight I have in the evening whether it be during winter, to drive running errands in light or summer allowing outdoor activities or gardening in to the later evening is a real plus. I have to awake in morning whether it's light or dark but evening light hours are precious to my family.	7/10/2014 10:53 PM
2247	.	7/10/2014 10:53 PM
2248	I don't really like changing the clocks every spring and fall, but I prefer longer evenings rather than earlier sun rises. And I'm not that concerned about going to work/school while it is dark. Maybe we should consider starting school later. I would vote to have permanent Central Standard Time.	7/10/2014 10:53 PM
2249	I would prefer a permanent hour of light at night. I feel that economically speaking, people spend more and do more out in the community at night when there is still daylight. I think adding a permanent hour to the end of each day would add a little economic boost in the winter months that currently have standard time.	7/10/2014 10:53 PM
2250	I love the Daylight Savings, it is so hard switching back and forth for the few short months for my kids and myself. I love the later sunrise and the late sunsets, it makes the sun last longer. Winter months lead to depression for most folks in Utah, because they are shorter, darker and colder. Why not make the days longer during those dreadful months.	7/10/2014 10:52 PM
2251	Messes up my clock but more so kids clocks	7/10/2014 10:52 PM
2252	Daylight savings is great. My family loves the extra daylight hours. In fact, we are not against having daylight savings year round. Nonetheless, it's not an issue to change the clock twice a year.	7/10/2014 10:52 PM
2253	Please don't change it, it's good the way it is, in the winter it is a little bit warmer and brighter for safety for kids walking to school or buses, in the summer it is nice to have the longer daylight hours to do yard work or enjoy the great outdoors of Utah with our families, if it gets dark earlier most people will just sit inside in front of a T.V. if it was good to change it, a lot of places would have already done it.	7/10/2014 10:52 PM
2254	I do not like the changing of time two times each year. I do not like the darkness so early in the winter months.	7/10/2014 10:52 PM
2255	When it was April - October, it was inconvenient enough. When it changed to March - November it became unsatisfactory in a number of ways: children are waiting for school buses in the dark (we've had one fatality here). It's dark in the morning for far longer than before, increasing the malais of having to get up in the dark to go to work	7/10/2014 10:51 PM
2256	I work in healthcare. Time changes are not healthy! I have noticed that my own family is prone to illness during the time changes. Please,please consider leaving our schedules alone. Thanks!	7/10/2014 10:51 PM
2257	It's just too hard o switch time.	7/10/2014 10:51 PM
2258	Please don't change it. It has worked well for decades now and we love it the way it is.	7/10/2014 10:50 PM
2259	Seriously? You got sick and lost 5 days of work because you lost an hour of sleep and have to get used to getting up an hour earlier? Anyway, it's for poor lads like him that we MUST keep DST year-roundl But seriously I prefer to keep DST year-round for numerous reasons that I will gladly enumerate at a later date.	7/10/2014 10:50 PM
2260	Like the extra sunlight in summer.	7/10/2014 10:49 PM
2261	Keep daylight savings. It helps those of us who suffer from SAD.	7/10/2014 10:49 PM
2262	I hate in the fall how it gets dark earlier I vote stay ahead.	7/10/2014 10:48 PM
2263	I don't want to wake up at 5am with the sun.mid rather have the extra light at night. 6am is plenty early for the sun to come up.	7/10/2014 10:48 PM
2264	After working all day, it's nice to have some light at the end of the day.	7/10/2014 10:47 PM
2265	Daylight Saving Time saves what? I think there are costs that come from the confusion. I have wished for some time I had the benefit of Arizona time. Thank you. Peace be with all of us.	7/10/2014 10:47 PM

2266	Daylight savings time has never been effective for anyone it was meant to help, including farmers and field laborers. It causes confusion and disrupts sleep cycles. We need to get rid of it.	7/10/2014 10:47 PM
2267	If we spring forward and stay there there will be more daylight for the entertainment businesses. It would be a good thing.	7/10/2014 10:47 PM
2268	It's too hard to adjust each time it changes. Kids can't go to bed when it doesn't get dark until late.	7/10/2014 10:47 PM
2269	I feel strongly that daylight saving time results in a great deal of lost productivity for about 2 or 3 weeks after each time change. I think that children, especially, are adversely affected by the time changes.	7/10/2014 10:47 PM
2270	it is closer to my natural sleep pattern. I tend to sleep and rise with the sun and I get really mixed up with daylight savings. I like darker winters and prefer earlier sunsets in summer.	7/10/2014 10:46 PM
2271	I would like to enjoy the cooler hours more in the evening.	7/10/2014 10:46 PM
2272	I do not care which option is chosen, but I do wish we wouldn't change each season. It is too disruptive not only to us physically, but it also cause a lot of unnecessary stress in our family. Overall it is not healthy to fiddle with our internal clocks in the sake of allowing a few areas of our lives to remain open longer in order to raise business.	7/10/2014 10:46 PM
2273	I watched my children struggle with it in school and now I watch my grandchildren struggle. The majority of us are not farmers anymore. Please get rid of dst.	7/10/2014 10:46 PM
2274	Align with Arizona and stop changing the time please. It's frustrating.	7/10/2014 10:44 PM
2275	Commercially speaking, if we were to switch, it would be best to align ourselves with someone so that our out-of-state customers are not all in different time zones (i.e. we create our own). Other than that, the convenience of not switching back and forth is nice, regardless of whatever time we set. I'm interested in researching this project.	7/10/2014 10:44 PM
2276	I think just leave it one way year round! If no happy solution to back an hour or a head an hour just change it by a half hour split the difference.	7/10/2014 10:44 PM
2277	Commercially speaking, if we were to switch, it would be best to align ourselves with someone so that our out-of-state customers are not all in different time zones (i.e. we create our own). Other than that, the convenience of not switching back and forth is nice, regardless of whatever time we set. I'm interested in researching this project.	7/10/2014 10:44 PM
2278	I just dont like the fall back. Even if it switched to how Arizona does it that would be infinitely better	7/10/2014 10:44 PM
2279	It's becoming more difficult for my internal clock to make the time adjustment the older I get. Also driving in the dark seems more difficult as every year I have to navigate the time change and my work schedule. Moving to Arizona has been a consideration for retirement and high on the list is the time stability.	7/10/2014 10:43 PM
2280	I just don't like changing it back and forth. One time year round PLEASE!	7/10/2014 10:42 PM
2281	Our children play baseball and many fields do not have lights. They are expensive to put in. We enjoy going to watch our boys play baseball during the spring and summer months. During the school year we would never get a game in if we didn't observe daylight savings. We love to have longer days in the summer and shorter days in the winter.....it just makes sense!	7/10/2014 10:42 PM
2282	I would prefer more light in the evening but more than anything not switching back and forth.	7/10/2014 10:42 PM
2283	Drop MST, retain permanent DST. More productive sunlight, greater opportunity for recreation and exercise. On the shortest day of the year we would still have sunlight until 6:03 in the evening affording more sunlight to be active.	7/10/2014 10:41 PM
2284	Keep it the way it is for the safety of school aged children. It is likely that more children will be hit by cars because they will be harder to see. It comes down to choosing convenience over the safety of our children. Is changing it worth the risk? To me it is not worth it.	7/10/2014 10:41 PM
2285	I do not like the semi-annual changes, but recommend we keep the extra hour for activities year round, not just during the summer.	7/10/2014 10:41 PM
2286	Many argue that DST is outdated, but if so (and if that's a good enough reason to get rid of it) then the change should be to permanent DST, not Mountain Standard. In an age where so many people spend nearly their entire day indoors, it's even more important now to have longer days during good weather for recreation and activity than it was when everyone was farming.	7/10/2014 10:41 PM

2287	Each year I see how the change in times works against students ability to adjust. We do this twice during a school year and expect them to perform at their best. The spring is hardest; to lose an hour of sleep during major academic testing which evaluates our students, teachers, school and state rankings. DST is an archaic law that needs to be abolished.	7/10/2014 10:40 PM
2288	I am tired of going through a physical adjustment every 6 months due to time change. I prefer to have daylight in the morning for commuting.	7/10/2014 10:40 PM
2289	Moved here in 1981 from Arizona where there is no DLS time change. No one said anything to me about changing my clock. I knew I'd missed something when we got to church And the 1st meeting was nearly over. I was stunned. So twice a year now I find that I do not function adequately for weeks at a time as I strive to adjust to the biannually time changes. I abhor the time changes. Please stop the October time change. Thank you. Sencerialy, M. Kobylanski.""	7/10/2014 10:39 PM
2290	Would like it to not change every spring and fall.	7/10/2014 10:39 PM
2291	There is no gain to changing the clocks every 6other months! !	7/10/2014 10:39 PM
2292	Adjusting your body clock is tough and I think that's the main reason I dread the time change. Don't really see the point. I would rather have one time all the time.	7/10/2014 10:38 PM
2293	Whatever we do, I know one thing for sure. We should NOT do permanent spring forward or it will get dark at like 4:30 pm in the winter!	7/10/2014 10:38 PM
2294	This has been a topic of which I have been very passionate about for many, many years. I find Daylight Savings to be a complete waste. I very much dislike how it gets dark so quickly in the winter. As if winter wasn't depressing enough as it is. This will be perfect if it passes, and something I have wanted to happen for a very long time.	7/10/2014 10:38 PM
2295	The extra daylight time in the evening is nice, but the constant flipping of the time is taxing on health and maintaining schedules. Please STOP flipping the time.	7/10/2014 10:37 PM
2296	It is challenging to adjust the clock and the physical, emotional and mental clock 2 times a year. It disrupts sleep pattern of all ages. It is no longer needed	7/10/2014 10:37 PM
2297	I am far more productive and active during the daylight hours. I prefer more light in the evenings rather than in the mornings. I also don't like driving in the dark, and being on daylight savings means less night driving, which is now harder for me to see.	7/10/2014 10:37 PM
2298	There are many reasons, but the biggest for me is the tole it takes on my health. I have a hard time sleeping and have found that keeping a steady sleep schedule helps me function. Every change, forward or backward, takes weeks to adjust to resulting in illness and migraines for me.	7/10/2014 10:36 PM
2299	DST was used in the old farming days. We no longer need it.	7/10/2014 10:36 PM
2300	As a person who works 10 hour shifts, having daylight last longer helps me do necessary chores and work after I have completed my work day.	7/10/2014 10:36 PM
2301	I have always hated daylight DUMMY time. Please get rid of it	7/10/2014 10:36 PM
2302	I love having the extra sunlight each day. I would love having daylight savings all year long. When it gets dark too early in the night you cannot get as much done after work.	7/10/2014 10:36 PM
2303	I love it as we now have it. I look forward to the longer summer evenings that we have to enjoy family time together. It also saves us money because we use less lights in the home. I would not want to be different from other states around us, as the final option suggests. That would be too confusing when dealing with folks outside our state. Right now, Arizona is a pain in the neck.	7/10/2014 10:36 PM
2304	I hate it when we are in "fall back" the long dark winter nights	7/10/2014 10:35 PM
2305	I love daylight savings! It is very depressing to go to work when it's dark and come home in the dark. With daylight savings I get more done, exercise more and feel better all around. Year round mountain standard time will produce overweight depressed people.	7/10/2014 10:34 PM
2306	I think the fallback is unnecessary. It sets a dreary mood for winter and it's hard to adjust to.	7/10/2014 10:33 PM
2307	It's hard to adjust every time the clocks change and it's so dark in the mornings when children have to go to school.	7/10/2014 10:32 PM
2308	I enjoy when the sunlight is later in the day and would be beneficial in saving energy.	7/10/2014 10:32 PM

2309	I love having so much day time in the summer. And it would be nicer inhale it not get dark so early in the winter, even if it means it is a little darker in the morning.ita winter who cares. Ha but in the end I love as much daylight in the summer as possible.	7/10/2014 10:32 PM
2310	I love daylight savings time, having long summer nights. If eliminated, I think most residents would come to regret the choice, as the days would get darker much sooner and then the realization of how nice it was.	7/10/2014 10:32 PM
2311	Daylight Savings is something that is largely outdated. It is largely unnecessary, and permanently dropping the program would, in my opinion, be beneficial.	7/10/2014 10:32 PM
2312	Stay with Align.	7/10/2014 10:31 PM
2313	Having five young kids, it's really nice to have the change in time. During the school year it gets darker earlier which is perfect for bedtime. They children see it's dark so it's easier to get them to fall asleep at a decent time. In the Summer the time changes and it's lighter later in the day, but it's okay because it's summer break and they can stay up later. I can wake up earlier during the school year and do the things I need to do before the kids wake up because it's still dark enough outside for them to sleep through instead of waking up because the sun is shining in. I think it's great!	7/10/2014 10:31 PM
2314	stop changing the time leave it on one or the other it is no longer necessary just messes with people well being	7/10/2014 10:30 PM
2315	Pick one or the other, and leave it alone from then on.	7/10/2014 10:30 PM
2316	Just choice one time or the other. I have never like the time change and the argument for day light seems silly.	7/10/2014 10:30 PM
2317	I don't like daylight savings time, please get rid of it. Thanks	7/10/2014 10:29 PM
2318	I don't like the time change twice a year and I think aligning with Arizona would be easiest.	7/10/2014 10:29 PM
2319	I deliver pkgs for Christmas and need every minute of daylight I can get. When it gets dark safety becomes a big concern. Thanks	7/10/2014 10:29 PM
2320	I just find that there isn't necessarily a reason to really change times back and forth.	7/10/2014 10:28 PM
2321	I think time should be left as it really is. No changing for this or that. It interrupts the schedules of many age groups and it not natural. Just when the body finally adjusts to it, it changes again!!	7/10/2014 10:28 PM
2322	Move away if you don't like it. Not everything has to change here. We like it. Please leave it alone!!!	7/10/2014 10:28 PM
2323	I enjoy more sunlight after my standard 9-5 working hours.	7/10/2014 10:28 PM
2324	we need more light in the evening to reduce the amount of electricity used for street lights. If we were on daylight standard Time it would get light at 5 AM or earlier during the summer. And it's far better to use that light in the evening	7/10/2014 10:28 PM
2325	Spring forward and fall back can NEVER " create" more daylight hours. It just causes disruption twice a year.	7/10/2014 10:28 PM
2326	I believe that the reason for having daylight savings is obsolete. I believe it should be stopped and we may as well be on the same time as our neighboring state.	7/10/2014 10:27 PM
2327	There are no savings on day light savings time	7/10/2014 10:26 PM
2328	I do not like setting my clock forward and backward. It is so hard to get used to. I chose to stay on DST all year because I like having the sun late in the evenings in the summer.	7/10/2014 10:26 PM
2329	More hours of daylight would be awesome.	7/10/2014 10:25 PM
2330	I prefer we get more light at night to do things after work and get more accomplished. When night comes earlier people tend to stay in and makes winters more miserable.	7/10/2014 10:25 PM
2331	I love having the Day Light Savings Time hours of Summer and I think that it would be beneficial to keep those hours as they are, and also to not have to change the clocks twice a year would be great. I think it would be great to create our own time policy in line with Daylight Savings Time.	7/10/2014 10:25 PM

2332	The effects of adjusting ones own (not to mention children's) natural body clocks far outweighs the effects of dealing with the amount of light outside. We live in a time when people are working and going around the clock, that the argument for changing our clocks to adjust for the light in the day is null and void.	7/10/2014 10:25 PM
2333	It should stay the same because it follows the natural path of the rotation of the earth	7/10/2014 10:25 PM
2334	I really like daylight savings and look forward to the extra light in the evening. It also helps people with depression.	7/10/2014 10:24 PM
2335	I chose to keep on spring forward time because I like it lighter later as opposed to lighter earlier. I am not opposed though to having it be on DST. I just hate having both and dealing with the time changes twice a year!!! So one way or the other (preferably spring forward) but definitely not both!!!	7/10/2014 10:24 PM
2336	Just as students adjust to the time change it is time to change again.	7/10/2014 10:24 PM
2337	I picked spring forward, but I only care that we don't keep the practice of daylight savings.	7/10/2014 10:24 PM
2338	I'm just sick of it changing.	7/10/2014 10:23 PM
2339	This just makes sense in today's day and age. PLEASE pass this and align with Arizona.	7/10/2014 10:23 PM
2340	with long, cold winters utilizing DST seems to squeeze every bit of sunshine into summer. I would be so sad to have it go away.	7/10/2014 10:23 PM
2341	I love having it light later in the evening.	7/10/2014 10:22 PM
2342	This changing of time plays havoc with students. It also plays havoc with many adults too. I hate the time it takes to get adjusted and trying to get up and get to work.	7/10/2014 10:22 PM
2343	Daylight savings time was instituted to provide long sunlight in the evening. I like it that way!	7/10/2014 10:22 PM
2344	I believe there are studies saying that schools should begin later for students, but then we switch to daylight savings and take away another hour of sleep from students. There are a lot of people who are sleep deprived and daylight savings does NOT help.	7/10/2014 10:21 PM
2345	I believe more daylight is extremely beneficial for everyone but especially people like myself that struggle with depression and have huge negative reactions in the winter when it gets dark at 5. It also gives more people daylight hours to complete things with their families, for their homes and their communities.	7/10/2014 10:21 PM
2346	I work outside and prefer daylight savings time because regardless of the season I have daylight during my work shift (6am-5pm). Just because the time says 6am does not mean the sun is up at that time year round.	7/10/2014 10:20 PM
2347	It is difficult especially with kids to change every fall and spring but we prefer the extra hour of daylight.	7/10/2014 10:20 PM
2348	Please pick a time and stay with it. No more changing time.	7/10/2014 10:20 PM
2349	It allows for extra time in the day especially since our days are gone by 5 PM in the winter. It isn't hard to change a clock twice a year and many clocks automatically change like our phones.	7/10/2014 10:20 PM
2350	I think it's hard on the body chemistry when we arbitrarily jerk time around. When you study animal metabolisms, you see that the amount of light, and the angle of light have a profound effect on the physical function of the bodies. Playing fast and loose with that can cause chemical problems. And there's really no point to it. We do have electricity now, and we can light up the world for ourselves if we need to. I have read about the increased incidence of vehicular and other accidents when the time shifts happen. People hurt, property damaged - and to what point? This is silly, arbitrary and unnecessary in my opinion.	7/10/2014 10:20 PM
2351	I've always thought daylight savings time was bad, the body has it's own adjustment to daylight and darkness and changing the natural Ruth's of that is counter productive!	7/10/2014 10:19 PM
2352	I would love not to have to change my clock!	7/10/2014 10:19 PM
2353	Changing time is hard on everyone from people like myself who work to kids going to school. It takes me 2 weeks to adjust. I do my "running around" after work so the extra daylight is a bonus!	7/10/2014 10:19 PM
2354	I like more light in the evening but ultimately would just prefer to not need to change my clocks.	7/10/2014 10:19 PM

2355	People often complain about daylight savings in Utah in the spring and fall when they have to adjust to the change. I lived in Japan for two years (which like Utah rejected daylight savings after the US forced it on them and shares a similar latitude with Utah) and could not stand the sun rising THREE to FOUR hours before I was scheduled to start my day at work. I don't like trying to sleep in full daylight, and I missed the long summer evenings. The worst part of not having daylight savings is the two months surrounding the summer solstice, and not even close to the time of year when Utahns complain about it. Dropping daylight saving would result in a significant reduction in my quality of life in the summertime. Changing my clocks and adjusting my sleep for daylight savings only affects me for 3-4 days a year, rather than a full 50-70 days of poor sleep or short evenings if we decide to change.	7/10/2014 10:18 PM
2356	PLEASE PLEASE PLEASE GET RID OF DAYLIGHT SAVINGS TIME!	7/10/2014 10:18 PM
2357	I would love to get rid of daylight savings. it's a hassle to change your clock and I don't like my kids going to school in the dark.	7/10/2014 10:18 PM
2358	Staying lighter in the Summer is a huge benefit but "falling back" in the Fall does no good. The best scenario is to stay on DST all year long.	7/10/2014 10:17 PM
2359	Love the extra hour at night.	7/10/2014 10:16 PM
2360	So much better to have our light in the cool of the summer mornings, and safety for school children and commuters! Don't change the clocks. But if need be, how about keeping DST for only June, July and August? We already have a late sunrise due to the mountains on the Wasatch Front.	7/10/2014 10:16 PM
2361	Studies show that changing the times have adverse effects on people's health.	7/10/2014 10:16 PM
2362	Switching time is difficult on working adults, school children, and little kids. It's odd that we would choose to be thrown-off schedule a couple weeks a year to get later sunlight half of the year. It makes much more sense to avoid those tired times and just move to a permanent DST schedule. I love the idea that Utah can lead the country in responsible time zone management.	7/10/2014 10:16 PM
2363	It is an antiquated and unnecessary program.	7/10/2014 10:14 PM
2364	I think it needs to remain the same. It lets the kids who are out of school, play OUTSIDE longer. It is the way things have always been, it works... why mess with something that is working.	7/10/2014 10:14 PM
2365	I feel it is hard on our bodies and I feel that it would be very beneficial to have this flip flop come to an end.	7/10/2014 10:14 PM
2366	I hate turning the clocks back and forth. Plus I have health issues that when I change times I have to take couple weeks for my body to adjust.	7/10/2014 10:13 PM
2367	DST is antiquated. It was thought of during a time when light was derived from candles and oil lamps. It is inconvienent trying to adjust sleep habits all the time. If people want to start earlier, talk to their employers and have them adjust their operating hours accordingly. There is absolutely no impact on tourism, that is a false concept. One hour earlier makes no difference to businesses, just those who think it does. During the summertime, there is pleanty of daylight after work to participate in family activities. In Utah, after work, after 4pm, it's still pleanty warm even after the sun sets. Besides, who wants to play outside when it's still 90 degrees?	7/10/2014 10:13 PM
2368	there just is no real need for it. Whether we create a new permanent or align with Arizona, lets do away with Daylight saving time.	7/10/2014 10:13 PM
2369	Please do not change it! I LOVE having extra daylight in the summer... if you were to align with AZ and get rid of DST, we would have the sun rising at 5am. No one needs the sun at 5am! We need it at 9pm, instead. That is so much better. If you changed to "Create" the sun wouldn't rise until nearly 9am, which would be horrible for kids going to school. So, PLEASE leave it how it is! It is a great system that works.	7/10/2014 10:13 PM
2370	I have heard a saying that if you remove a foot from one end of a blanket and attach it to the other end, you shouldn't expect that the blanket will be any longer. :)	7/10/2014 10:12 PM
2371	changing our clocks is hard on our bodies	7/10/2014 10:12 PM
2372	I don't want the sunrise at 4:30 AM. Love the longer days in the summer. While I don't like to fall back, it makes more sense for safety reasons. Plus, why rock the boat? No good reason to not conform to the rest of the nation.	7/10/2014 10:12 PM
2373	I have3 kids and it's so hard to acculmulate them to a new time 2 times a year. Let's just get rid of it	7/10/2014 10:12 PM

2374	To hard to adjust every time it changes. I also worked in education before my current employment and i witnessed that it was very hard on the children. They were constantly tired and it effected their moods.	7/10/2014 10:11 PM
2375	Personally, I think we should do away with timezones entirely. We live in a global society. We should have one timezone.	7/10/2014 10:11 PM
2376	Arizona has survived it, we can, too.	7/10/2014 10:11 PM
2377	Losing an hour of sleep seems to affect me for several months. It may be a mental issue but it does make me feel more tired for a long time. I'd fall back and stay if I had a choice.	7/10/2014 10:10 PM
2378	Please change daylight savings. Hate it. Not needed.	7/10/2014 10:10 PM
2379	Love daylight savings time to enjoy the summer!	7/10/2014 10:10 PM
2380	I feel that it should be just kept the same throughout the year it would be easier on everyone.	7/10/2014 10:10 PM
2381	I think that daylight savings time is beneficial because it gives longer hours in the summer to enjoy. I can't imagine a summer where the sun goes down at 7:30 or 8! Where is the fun in that?	7/10/2014 10:10 PM
2382	I feel that either way the clock is set should stay that way. Seems to me that when there is a lose of sleep it takes alittle time to adjust and also adjusting all clocks back and forth is just a pain it makes no sense	7/10/2014 10:10 PM
2383	I want to keep doing what we are doing now. I love to have lots of daylight when I get home from work to get things done in the yard.	7/10/2014 10:09 PM
2384	Let's just stay one way or the other. No change of time Spring and Fall.	7/10/2014 10:09 PM
2385	Sick of it always changing.Stay the same year around.	7/10/2014 10:08 PM
2386	Daylight savings is best. For those educators and others that hate seeing kids at bus stops in the dark, how about starting school later. This would also help with the "latch-key kid" problems.	7/10/2014 10:07 PM
2387	Easier to get kids up for school when is all ready light or and it's safer for them heading to school	7/10/2014 10:07 PM
2388	More daylight in the mornings for kids going to school. The change in sorting is useless and messes up my time clock. Not worth losing an hour of sleep in the spring.	7/10/2014 10:07 PM
2389	I live for the long nights in the summer. It helps with depression and just makes me happy.	7/10/2014 10:06 PM
2390	I like being able to golf, walk, hike, bike, BBQ with friends and neighbors until 9 or 9:30 with the sun setting. My husband and I are early risers and like to enjoy the day light as late as we can after work. On days we can sleep later (weekends), it is preaferred that it is darker. To be honest, I don't understand why anyone would want to do away with DST. People complain that it is hard for their kids to adjust. If that's the case, I hope those folks NEVER go on vacation out of MST. And kids have to walk to school in the dark which us dangerous. I did it for 18 years. Where's the data showing this is dangerous?	7/10/2014 10:05 PM
2391	I just don't want to change the time twice per year...either keep it on Daylight Savings or on Standard, but don't change.	7/10/2014 10:05 PM
2392	I hate changing the time back and forth. With kids it really throws off the schedule. It would be easier to just have it be consistent all the time and it is nice to match another state rather than creating our own.	7/10/2014 10:05 PM
2393	Consistent time. I would rather have more time to do things after work in the winter when there is snow to clear etc.	7/10/2014 10:05 PM
2394	Just leave it one or the other. Quit changing it.	7/10/2014 10:05 PM
2395	Leave it alone:)	7/10/2014 10:04 PM
2396	Prefer light in the morning rather than light in the evening.	7/10/2014 10:04 PM
2397	I see only disruption, fatigue and problems with the current system of changing times around. It is time to alight with Arizona year round!	7/10/2014 10:04 PM
2398	Leave what is natural alone!	7/10/2014 10:03 PM
2399	I lived in az for 15 years and you adjust to the time and the day and night. I say make the change and follow Az.	7/10/2014 10:03 PM

2400	I hate trying to adjust. The time change doesn't seem to make it much lighter in the morning when the kids get on the bus. It is still dark. The time change makes it seem like it is always dark. Dark in the morning and dark early in the evening. It is depressing and frustrating. It should stay on the time we have right now. It drives me crazy that for a few months we have to be in the dark all of the time. Stop the nonsense and keep the time the same.	7/10/2014 10:03 PM
2401	Adjusting sleep patterns every 6 months is difficult and not healthy.	7/10/2014 10:02 PM
2402	Is seems that by creating a new option, we would get the benefits of daylight savings without having to change twice a year.	7/10/2014 10:02 PM
2403	I feel that even though it is a practice that is obsolete, the logistics of changing times would be difficult enough to discourage me from supporting a change.	7/10/2014 10:02 PM
2404	I lived in Arizona for 16 years and I love daylight savings time. Winters already restrict your ability to enjoy the outdoors. So having the longer light during the summer is so nice. It allows longer hours of enjoyment. All the businesses that provide outdoor recreation that will now have the expense of using unnecessary electricity. This would certainly effect business owners. Not to mention the outdoor enthusiasts. Keep our summer nights longer so we can enjoy the beauty that surrounds us living in Utah.	7/10/2014 10:02 PM
2405	I feel it is not beneficial to our health and does not save energy because you are either using it in the morning or in the evening and as far as farming, the cows eat when the cows eat and it doesn't matter the time of darkness.	7/10/2014 10:01 PM
2406	Better to not to change the clocks - it's too hard on the body. I grew up in a state that did not go on daylight savings time and it wasn't a problem.	7/10/2014 10:01 PM
2407	A couple of things that I don't like about DST: 1. It is much harder to get my kids into bed at a reasonable time in the summer when it is still light at 9:00 at night. 2. I don't like having to remember to change all the clocks in the house two times a year.	7/10/2014 10:01 PM
2408	I lived in az for 15 years and you adjust to the time and the day and night. I say make the change and follow Az.	7/10/2014 10:01 PM
2409	I don't like DST because it is harder to get up in the morning. When I had little children it was harder to get them to bed so I could get enough sleep for work.	7/10/2014 10:00 PM
2410	Either MST or DST always is preferable to continuing on with the existing system.	7/10/2014 10:00 PM
2411	"Please don't take my sunshine away"	7/10/2014 10:00 PM
2412	I really don't care which you pick, I just want it to stop. It serves no purpose. If you pick the one where it's dark in the morning, just start school later. Adjust.	7/10/2014 10:00 PM
2413	More daylight after work hours.	7/10/2014 10:00 PM
2414	Keep spring forward permanent. Align with Az and Hawaii. I chose this option because fall back has no benefit on today's busy world.	7/10/2014 9:59 PM
2415	Lets just get rid of moving our time clocks and stick with one time like Arizona.	7/10/2014 9:59 PM
2416	Permanent daylight savings time. Love when it's light late during the summer!	7/10/2014 9:59 PM
2417	I don't have a strong preference as to which timezone we go with. I do feel strongly that daylight savings time is a waste of everyone's time. It should be done away with as soon as possible.	7/10/2014 9:59 PM
2418	I like the way the light is during the summer, and I also want more light during the evening in the winter, so I chose create.	7/10/2014 9:58 PM
2419	Construction seems to go on regardless of daylight. I would like more time I could enjoy outdoors after woork.	7/10/2014 9:57 PM
2420	Because I think switching times affects my children and how they do in school. I also think it affects people at their jobs. I think that sticking to one time will help alleviate these problems.	7/10/2014 9:57 PM
2421	I hate waking up and going to work in the dark, makes life miserable for months.	7/10/2014 9:57 PM
2422	As a delivery driver I get up twice a week at 130 am. It's very hard to adjust to the time changes. I believe if we were always on the same time as Arizona it would benefit us. It would benefit us by not losing sleep, more mentally and physically alert, less stress on the body and mind.	7/10/2014 9:57 PM

2423	I agree that I would be less likely to spend money/go out at night if it was dark earlier. I also don't see any reason for daylight at 5:00 a.m.	7/10/2014 9:57 PM
2424	I would prefer the permanent spring forward simply because I like having a bit of daylight during winter evenings, but would rather have permanent fall back than retaining the current DST practice. I think the DST change twice a year is unnecessary and causes more trouble than it's worth.	7/10/2014 9:57 PM
2425	We have always enjoyed the longer, lighter days of Spring and Summer in Utah. We would be very sad and unhappy to lose it.	7/10/2014 9:57 PM
2426	I don't like changing the clocks. While darker mornings would be more challenging, I'd prefer to have lighter evenings that last longer.	7/10/2014 9:56 PM
2427	I have night vision issue and winter time is difficult. Balance out for morning to eve during winter. And, nation wide will continue the change the day light savings. Arizona make sense not to change.	7/10/2014 9:55 PM
2428	Leave it alone! It stinks to adjust and lose an hour in the spring, and have kids adjust, but daylight in the summer nights is something we should not do away with!	7/10/2014 9:55 PM
2429	Changing times is so hard on the children, routines, and emotions. Please keep it one way or the other, but no more changing!	7/10/2014 9:55 PM
2430	I enjoy not having to drive home in the dark when I leave work each night.	7/10/2014 9:54 PM
2431	Its a silly tradition that throws off your sleep schedule while not actually adding any more light to your day. Its inconvenient and time to let it go.	7/10/2014 9:54 PM
2432	I cannot begin to tell you how much I HATE changing my clock twice a year. I grew up in Arizona. Everything worked just fine never changing. Keep the time like it is now... more light in the evening. I hate having the sun go down at 4pm in the winter. WAY too early. I enjoy feeling like I've had a full day enjoyed before heading for bed. I have 5 kids - all in school. (K-9th)	7/10/2014 9:54 PM
2433	Having an extra hour of daylight during the winter months would be extremely helpful for getting more work done. We would be better off keeping dst than aligning with AZ.	7/10/2014 9:54 PM
2434	Archaic and unnecessary practice	7/10/2014 9:54 PM
2435	I love having more daylight at the end of the day and going out as a family together after the workday is over.	7/10/2014 9:54 PM
2436	I rely on seasonal business for work and making it darker earlier would ruin business and make it unsafe for my employees. I don't know why people say kids will be walking in the dark-y kids never walk in the dark.	7/10/2014 9:53 PM
2437	I do not like adjusting my body clock BY FORCE twice a year. Every year I get older the harder it gets - 30 years yet to live - PLEASE not on DST!	7/10/2014 9:53 PM
2438	I am tired of flip-flopping the time. It needs to be set at a certain time and left. Take into account the changes our bodies have to go through and the children have a harder time adjusting.	7/10/2014 9:53 PM
2439	Too much of a hassle to change it.	7/10/2014 9:53 PM
2440	I love having the light at night giving me daylight to be outside after the day. In the winter it would be nice to get enough light to get some sun after I get home from work.	7/10/2014 9:53 PM
2441	Prefer aligning with AZ, but one or the other is fine. Just don't change it back and forth.	7/10/2014 9:53 PM
2442	I like an early sunrise and since More people get up early an 8 p.m. sunset is perfect. Early to bed early to rise sort of thing.	7/10/2014 9:52 PM
2443	Go with Arizona time and rid Utah of day light savings time!!!!	7/10/2014 9:52 PM
2444	It too hard for school children to walk in the dark. More health problems.	7/10/2014 9:52 PM
2445	I don't like Daylight Savings Time, in the early spring it is very dark in the morning. I also dislike the fact that it takes a month to adjust to waking up earlier.	7/10/2014 9:51 PM
2446	I can think of 2 bicyclists in Lehi who would more than likely be alive if it weren't for the change??	7/10/2014 9:51 PM
2447	Please use standard time. Thanks	7/10/2014 9:51 PM
2448	I Think it is better to not change, i used to live in Arizona and i Loved not having daylight savings.	7/10/2014 9:51 PM

2449	there is a reason it's mountain STANDARD time--because it's a standard. Stay with the standard year round.	7/10/2014 9:51 PM
2450	I prefer to have more light in the evenings, its the only time i have to get yard work and other items done.	7/10/2014 9:50 PM
2451	I think it's kind of depressing when it's so dark out all the time. Not to mention, it's hard on sleep patterns. Especially for children	7/10/2014 9:50 PM
2452	I enjoy having it stay light longer at night, I feel like I more time to do things. When it gets dark earlier, it just makes me want to go to bed, how boring is that?	7/10/2014 9:50 PM
2453	I do not like DST. I would rather have it all the time or not at all. Changing is extremely tough for my body to adjust to each spring and fall. My vote would be to do away with it completely.	7/10/2014 9:50 PM
2454	I am tired of the constant switching. It messes with the kids' schedules and makes it harder on the parents.	7/10/2014 9:50 PM
2455	Why change it! It's been practiced for years. I enjoy being outside in the evenings in the summer to do yard and garden work. It is a great way to unwind after a long day at work!	7/10/2014 9:49 PM
2456	I like it being light later. For me with my daycare I don't like it dark when my kids go home at night	7/10/2014 9:49 PM
2457	We need to keep Daylight Savings.	7/10/2014 9:49 PM
2458	More daylight in the daytime! Staying on daylight savings means it won't get dark at 5:00 p	7/10/2014 9:48 PM
2459	I love the light later in the day!!	7/10/2014 9:48 PM
2460	Please, please don't go to year-round standard time. Every day of winter, I look forward to not only the longer days of summer, but the extra hour of daylight in the evenings that I get to participate in outdoor activities, run errands, or just enjoy when I get off work. Having that extra hour in the morning has never benefitted me, I'm stuck in an office building for it. Yes it's a hassle to change, but if you're going to change something, then go to year-round DST. Particularly in the winter, this would mean people running errands after work would be doing them in the light of day and getting home before dark, when the roads are more likely to be icy and visibility is hampered.	7/10/2014 9:48 PM
2461	Way to go, splitting the vote for change into two separate camps. This will unfairly skew the vote towards the do-nothing, do not change	7/10/2014 9:47 PM
2462	As a photographer I work in the evening and having to change my clock is annoying. Its also hard for kids to adjust.	7/10/2014 9:47 PM
2463	I think it would just be easier to stay on one time. It's very hard on kids to change times. Their schedule gets very messed up.	7/10/2014 9:47 PM
2464	The older I get the harder it is to adjust to the spring forward and fall back. Just leave the time the same all year!!	7/10/2014 9:47 PM
2465	Keep the Daylight Saving Time year round.	7/10/2014 9:47 PM
2466	I say we stop changing.	7/10/2014 9:47 PM
2467	It is nice to have extra light in the evening to get things done for those of us who work days and need the evenings to get things done	7/10/2014 9:46 PM
2468	Better for children, employees because twice a year it takes a couple weeks for your body to readjust it is hard	7/10/2014 9:46 PM
2469	I love it. In the summer there is so much to do and that extra hour makes a difference. It may take a day or two to get adjusted each time we change but not a big deal.	7/10/2014 9:46 PM
2470	I love it to be light until late evening.	7/10/2014 9:46 PM
2471	I am a retired school teacher. I dreaded the time change in the spring. You might as well close elementary school when you change to DST in the spring. Children are then too tired to learn. It is too light to get them in bed on time at night and too dark to get them up on time in the morning. Parents and teachers have a tough job. Time changes only make the job MORE difficult.	7/10/2014 9:45 PM

2472	I don't know all the in's and outs that everyone else keeps throwing around. All I know is that it takes me at least 3 weeks to adjust to a new time. Its hard on my system, and it id simply a stupid practice! I don't even understand why we do it in the first place! Its just stupid!!!!! Yes I know there are many educated answers, but this is the base truth of the matter!! It just plain sucks to change times!!!!	7/10/2014 9:45 PM
2473	I would actually support going back to the DST we had before 2007 when it was extended a month. Lacking that as a choice, my next choice is to go back to MST all year. The WORST choice is DST all year round, because it is bad for the children going to school in the dark.	7/10/2014 9:45 PM
2474	It is time for daylight savings time to go away. The effects on the body though temporary are still hard on individuals. With a full time job and also being a beekeeper I can still accomplish all that needs to be done with the time I have. Please stay on one time or the other. It's past time for this to happen!	7/10/2014 9:45 PM
2475	I believe we should move the time half hour between regular time and daylight savings time and then leave it there. We would benefit a little each way.	7/10/2014 9:45 PM
2476	Switching back and forth is not healthy. Let the sun and moon, not man (or woman), regulate our daylight hours. Do away with Daylight Savings Time.	7/10/2014 9:44 PM
2477	I hate Daylight Savings Time. I have a son who has autism and I dread the spring. It throws his biological clock off and he will stay up all night. People with autism have a hard time with the changes. In the article I read, Lagoon Vice President wants to retain it because people stay later at the park. What is the cost to people's health compared to Lagoon's profits?	7/10/2014 9:44 PM
2478	I think that day light savings is not only beneficial to farmers but also to children. Day light savings gives children more of an opportunity to play outside with friends and build lasting relationships.	7/10/2014 9:44 PM
2479	I enjoy having more daylight at the end of my workday to pursue activities in the evening. It especially helps during the long, dark winter evenings. Please change it!	7/10/2014 9:44 PM
2480	Having young children I prefer daylight savings time so that we still have sunlight after school. Otherwise it gets dark shortly after they get home. The only problem with the current system is switching back and forth. The switching is hard but I don't want to be on standard time and would prefer always being on daylight savings.	7/10/2014 9:44 PM
2481	Why take Utah out of step with the economically developed world, 49 states in the US, UK, Western Europe and Canada, and instead align ourselves with the third world? And doesn't our state government have more important issues to worry about?!?	7/10/2014 9:43 PM
2482	I don't think it is needed. It is very hard, especially for my children to adjust to the time changes, especially when they take place during the school year.	7/10/2014 9:43 PM
2483	I just don't think it's necessary anymore.	7/10/2014 9:42 PM
2484	As a mom of three small kids, I do not like the thought of my children walking/riding the bus in the dark. When day light savings happen it messes with the balance of normal every day life. I'm against continuing day light savings.	7/10/2014 9:42 PM
2485	The older I get , It is really hard to adjust physically. It would be nice to have to not go through that long change.	7/10/2014 9:41 PM
2486	I work a schedule that is really hard to explain called a 28 day rotation. My body and mind is already shaken up by such a difficult schedule and when it comes that time again to switch the clock I am thrown for a loop. It takes me a week to get adjusted each time and I have experienced drowsiness while driving to or from work. It is VERY dangerous.	7/10/2014 9:41 PM
2487	Safer later at night (for everyone) because of the longer daylight hours during DST.	7/10/2014 9:41 PM
2488	Using the permanent "fall back" would give us the most daylight in the morning year round which would make it easier to get things started in the mornings. I don't feel that extended daylight in the evening is really necessary in the summer considering that the days are already longer.	7/10/2014 9:41 PM
2489	The change really affects people especially children. Plus, I like it light early and dark early!	7/10/2014 9:41 PM
2490	The Time is Very Difficult On OUr Family, Especially On How It Affects My Wife In Her Tasks As A Stay At Home mom.	7/10/2014 9:41 PM

2491	After teaching for 25 years I can say that changing the time has a negative effect on the students and teachers for about 2 weeks each time. Tired students just can't focus and learn as well as well rested students. I know I definitely feel like I an=m not at the top of my form for 2-4 weeks after each change. I have a difficult time believing this doesn't affect all people in all occupations in a negative manner. STOP moving the time. JUST PICK ONE AND STICK WITH IT.	7/10/2014 9:40 PM
2492	It is very hard to adjust to a new time twice every year.	7/10/2014 9:40 PM
2493	We should not have to change all the clocks twice a year, Many studies have shown that falling back or moving forward causes accidents and health problems.	7/10/2014 9:40 PM
2494	like the more daylight for many reasons,,, should keep it where we have spring forward,	7/10/2014 9:40 PM
2495	Love having more light at night to be able to get stuff done.	7/10/2014 9:40 PM
2496	Please vote to stop the changing of clocke its crazy!	7/10/2014 9:40 PM
2497	It would save energy to turn off daylight savings. Less cooling will be needed in the evening.	7/10/2014 9:40 PM
2498	Daylight savings messes with your body and when your body is messed with so is your mind and so is your alertness.	7/10/2014 9:39 PM
2499	I just prefer no time change at all. I don't really care which time we keep.	7/10/2014 9:39 PM
2500	Go with Ariz time	7/10/2014 9:39 PM
2501	When we set clocks back in the fall it's dark going to work/school, as well as early as 430 pm, that's not even enough time for the kids to be active for 30 minutes after all is out and they get home. I hope we can keep clocks forward so that we get what little light we can I'm the darker months of gloom!	7/10/2014 9:38 PM
2502	Please just leave it alone, we like it the way it is. I hate it getting dark so early in the spring and fall, it is depressing.	7/10/2014 9:38 PM
2503	I love having the extra hour of daylight in the summer. The adjustment is not that big of a deal. I say keep it as it is	7/10/2014 9:38 PM
2504	in utah permanent spring forward saves energy. i highly prefer this option. however having different states on different times doesn't make much sense either.	7/10/2014 9:37 PM
2505	I don't like the time changes because of the amount of time it takes my system to adjust with each change.	7/10/2014 9:37 PM
2506	I would like to see the year-round adoption of Daylight Savings Time (aka permanent spring forward). It would positively affect commuters as they go to and from work, improve safety for children and teens (especially teen drivers) by placing curfews further from sunset, and provide more daylight for hard working Utahns to accomplish outdoor work and activities.	7/10/2014 9:37 PM
2507	It's terrible with kids and pointless!	7/10/2014 9:37 PM
2508	This was a great idea back in its day - however, we have electricity now.	7/10/2014 9:37 PM
2509	Keeping it light at night is better for the fishing, hunting, and myriad outdoor activities in the state. Taking away that hour would cause us as a state to lose valuable recreation time, and that time also generates money in the state economy in the form of hunting and fishing guides, among people spending time at our National Parks. Keeping the extra hour is definitely the way to go.	7/10/2014 9:37 PM
2510	Time changes are always so hard on people- and annoying. I wish we would just stick with one, all year long. No time changes in Spring or Fall.	7/10/2014 9:37 PM
2511	I like being able to have more time at night to take care of things around the house or being able to spend time with my kids	7/10/2014 9:37 PM
2512	Quit messing with nature and the dangers it causes	7/10/2014 9:37 PM
2513	get rid of day dumb light savings time, go back to the way it was I am tired of changing the clock	7/10/2014 9:37 PM
2514	I work late and like some daylight when I get home	7/10/2014 9:36 PM
2515	I don't really care if we do Mtn Standard or the "spring forward" thing..... just pick one....	7/10/2014 9:36 PM
2516	We need the light longer in the winter, that is why I chose, A new daylight saving time, permanent spring forward.	7/10/2014 9:35 PM

2517	Farmers, not lawmakers or city folk, should be making this decision. It affects them the most.	7/10/2014 9:35 PM
2518	Keep the clocks the same all year round! Day light savings is a nightmare!!! Especially when you have kids!	7/10/2014 9:35 PM
2519	Time for more golf, helps farmers,	7/10/2014 9:35 PM
2520	Makes no sense, seems most people don't like it but are forced to live with it.	7/10/2014 9:35 PM
2521	I like Mountain Standard time.	7/10/2014 9:35 PM
2522	Keep daylight saving time, or better still keep the extra hour of daylight ALL YEAR LONG! People say changing the time twice a year creates jetlag and that old people and children hate it. Children are very flexible and older people can shut their drapes in the evening. The morning light will still come soon enough. We don't need to follow AZ. Let's appeal to tourists and let them enjoy the daylight!	7/10/2014 9:34 PM
2523	It stays the same and has all of the benefits.	7/10/2014 9:34 PM
2524	My work hours are driven by New York market hours. If Utah does away with DST then for part of the year I would find my day 3hrs behind NYC instead of 2 hours. This would be troublesome for anyone associated with the financial industry. It would make Utah a less desirable place for large financial services firms to locate. It would make Utah a less desirable place for me to live and work.	7/10/2014 9:34 PM
2525	changing time throws people off, and daylight until 10:00 is not helpful!	7/10/2014 9:33 PM
2526	Personally I think wasting time on whether to keep Daylight savings or not, is a waste or our tax dollars and the governments time. Why don't you take the session time to focus on actual issues, like healthcare or the economy.	7/10/2014 9:33 PM
2527	I love having the extra light for spending time working in the garden, bike riding, or playing sports when getting done with work. I also love being on the water when the sun comes up on my days off. The State Parks i go to wouldn't open early enough to be launched when the sun comes up without DST. Please leave it the way it is or make it permanent DST.	7/10/2014 9:33 PM
2528	i strongly believe that utah should not follow arizona, and stay in line with the rest of the united states in this matter. there are lots of ways to waste taxpayer time and money, and lots of ways to make utah more weird than it already is - can we please pick something else besides screwing around with our time?	7/10/2014 9:32 PM
2529	I love more time at night. That is when I am most active.	7/10/2014 9:25 PM
2530	I worry about my kids going to school in the mornings	7/10/2014 9:23 PM
2531	There is simply no benefit to keep the status quo. Setting the time back/forward is bothersome and useless. The standardization will not affect anyone, if anything it will improve our personal performance.	7/10/2014 9:22 PM
2532	More accidents in the dark mornings... It takes so long to adjust	7/10/2014 9:21 PM
2533	Overall an unhealthy practice	7/10/2014 9:20 PM
2534	The old reason that "it gives farmers more sunlight" is just not true. you get the same amount of light no matter what. Just stay with one time and call it good. I don't have a preference if it is the spring forward or fall back. Just pick one.	7/10/2014 9:20 PM
2535	I don't like the fact the the morning is shot before I even have a chance to think about my day. I'm tired of changing the clock twice a year and that might sounds like a lame excuse to many but that's how I feel. I agree with the parents who have children, it's a mess for them.	7/10/2014 9:20 PM
2536	Spring ahead is to hard on my body!!!!	7/10/2014 9:17 PM
2537	I just hate changing. Let nature change the daylight hours, our body adjusts slowly instead of the jolt and jetlag that occurs with the time change.	7/10/2014 9:17 PM
2538	Im in favor of removing the 2x a year changing time, and infavor or keeping a set time, year round. However I do not want a 5:00PM sunset, so DST year round (GMT -6 365 days a year)	7/10/2014 9:16 PM
2539	- Difficult to get children to bed on time during the summer months leads to difficult transition back to school in the fall - Many outdoor activities can't start until it gets dark (outdoor movies, fireworks, camp fires, etc.) - It's better to get to bed and wake up early than get to bet late and sleep in	7/10/2014 9:16 PM

2540	so, do you realize your survey is completely unscientific and that individuals can vote multiple times? Like I have done. :D	7/10/2014 9:14 PM
2541	Long summer evenings are my favorite time all year. Things cool down but its still light out to do fun things and get things like gardening done.	7/10/2014 9:14 PM
2542	This is an out dated practice and more disruptive than helpful as far as any cost savings from it	7/10/2014 9:13 PM
2543	I believe that Daylight Savings Time is completely unnecessary in Utah. Moving here from Texas I can tell you that the sun already stays up much later in the evening here than east of the state. It's ridiculous to need daylight until 9pm, & I am very active. I work long hours, & going for a walk or hike at 8pm is not uncommon for me. I don't mind doing it as the sun is setting. The spring forward causes my body stress every year, & I'm active, healthy & in my 30's. I can't imagine the stress is causes elderly or people in poor health. Put us on standard time. Arizona & Hawaii have the right idea!	7/10/2014 9:12 PM
2544	Please keep daylight savings time.	7/10/2014 9:10 PM
2545	don't like changing the time two times. Thanks	7/10/2014 9:07 PM
2546	In the winter, I want the children to be safe, have more daylight in the morning to walk to school and in the evening have nightfall come when it should, not at 10:00 PM.	7/10/2014 9:07 PM
2547	I like being able to spend more time outdoors in the summer. Keep daylight savings time unless you just like sitting on the couch packing on the pounds.	7/10/2014 9:03 PM
2548	Should be one time for all we will get used to it. A pain to change two times a year. Thanks	7/10/2014 9:03 PM
2549	I want the time to remain the same whether standard or daylight. Most people hate hate hate the changing twice a year!!! Please make it one or the other.	7/10/2014 9:00 PM
2550	I simply don't like to come home from work in the dark in the winter. I would prefer to keep the "Spring Forward" daylight time year round.	7/10/2014 9:00 PM
2551	Since Utah is a regional center for economic, medical, social, etc. matters, it would seriously complicate interstate dealings if Utah were to cease following the DST pattern followed by the majority of States.	7/10/2014 8:58 PM
2552	Since Utah is a regional center for economic, medical, social, etc. matters, it would seriously complicate interstate dealings if Utah were to cease following the DST pattern followed by the majority of States.	7/10/2014 8:57 PM
2553	The earlier the sun comes out in winter the less chance i have to scrape my windshield every morning.	7/10/2014 8:57 PM
2554	Not good for kids to be going to school in the dark. Very dangerous.	7/10/2014 8:56 PM
2555	Keep it as it is. Having light in the evening leads to healthier activity enjoyment.	7/10/2014 8:55 PM
2556	Since Utah is a regional center for economic, medical, social, etc. matters, it would seriously complicate interstate dealings if Utah were to cease following the DST pattern followed by the majority of States.	7/10/2014 8:54 PM
2557	Utah is world renown for its outdoor recreational activities for residents and tourists. Why go off DST and harm our recreational industries and way of life?	7/10/2014 8:54 PM
2558	Throwing off the body's internal clock is unhealthy. While it is nice to sleep in once a year, losing an hour has detrimental effect for week or months after as the body tries to re adjust it's cycles. Let's stop torturing ourselves.	7/10/2014 8:53 PM
2559	We only change for 4 months; the spring is the hardest; fall is easy because we love to "gain" an hour; just leave it at daylight savings time; it would be great to have light until 6:00 pm,	7/10/2014 8:53 PM
2560	We did fine with standard time before WWII. Daylight Savings Time was sold on the basis of the war effort. Lets stop playing with the clocks3!	7/10/2014 8:50 PM

2561	Along with the hassle of changing all the clocks and the horrible mess up with your biological clock, there are a lot of health and safety issues associated with the time changes twice a year. I think a permanent change to eliminate that would be best. To accommodate all those who prefer daylight savings time and acknowledge the children's safety issues in the winter if daylight savings time (as 1-hr shift forward) is used year round, I support a permanent shift/compromise of a half hour forward. What time it is is pretty arbitrary in actuality, anyway! But leave the clocks alone, please, and save us all the change problems.	7/10/2014 8:50 PM
2562	Why change a good thing! It has been this way a long time. I am originally from Arizona and most Arizonans wish they had daylight savings time.	7/10/2014 8:47 PM
2563	It is really nice to enjoy the evening outside for either garden,picnic or sharing time with family and friends.!!	7/10/2014 8:47 PM
2564	I strongly support retaining Daylight Saving Time. First, it is extremely nice to have an extra hour of daylight in the evening. It makes everything easier to come home from work and have extra light when you can actually use it. Second, most of Utah's population lives much closer to Idaho and Wyoming than to Arizona. I think we should stay aligned with our closest neighbors.	7/10/2014 8:44 PM
2565	I strongly support retaining Daylight Saving Time. First, it is extremely nice to have an extra hour of daylight in the evening. It makes everything easier to come home from work and have extra light when you can actually use it. Second, most of Utah's population lives much closer to Idaho and Wyoming than to Arizona. I think we should stay aligned with our closest neighbors.	7/10/2014 8:43 PM
2566	I do not like springing forward or falling back. Leave the clock on mountain standard time perpetually	7/10/2014 8:39 PM
2567	There are a lot of problems adjusting from one time zone to another twice a year. It impacts sleep habits, productivity. Stay on one time always	7/10/2014 8:37 PM
2568	I love the extra hour in the evening after work for recreation in the summertime. I would like to retain the current system.	7/10/2014 8:36 PM
2569	DST is terrible. Just keep one time. Alight with AZ or create a new one, but stop changing the clocks.	7/10/2014 8:36 PM
2570	I enjoy the extra daylight during the summer time. Leave things as they are.	7/10/2014 8:35 PM
2571	I am so glad the state is even considering this. DST doesn't save energy, it's disruptive to everyone and frankly, I can't think of any reason to keep it. Let's show the rest of the nation how progressive Utah can be and stop this madness.	7/10/2014 8:34 PM
2572	I would love to be done with Daylight savings.	7/10/2014 8:32 PM
2573	We need to align with the times...most of us don't farm anymore and that's predominately why daylight savings was implemented. Besides we live in the desert and should enjoy our sunshine as much as possible.	7/10/2014 8:30 PM
2574	Just stick with standard time for the entire year! The politicians keep changing the dates and daylight savings time is nearly all year!! Leave nature alone and stick with standard time.	7/10/2014 8:30 PM
2575	Every 6 months when we change the clocks, it throws my children off schedule for several weeks. It is especially difficult for my 2 children with special needs. I feel like changing the clocks doesn't really do much to align time with the movement of the sun and really complicates life for several weeks for my family. I like the idea of joining Arizona in their "time zone". Thanks.	7/10/2014 8:30 PM
2576	I DO NOT WANT TO KEEP CHANGING CLOCKS!!! PLEASE!!!	7/10/2014 8:29 PM
2577	I love DST because it gives us more time as a family to be together in the evenings when it is still light. Why would anyone want the sun to rise at 5:00am during the summer?! And if we were to keep DST all year, in the winter the sun wouldn't rise until 9:00am! That is too late and more dangerous for kids walking or riding their bikes to school. It's not that big of an inconvenience to change my clocks twice a year. It takes almost no time at all, and then I have hours and hours of daylight that I can actually take advantage of, rather than sleep away because it's bright at 5:00am and I'm still in bed. DST is wonderful and needs to stay.	7/10/2014 8:29 PM

2578	Reasons: The danger to children in the dark while walking to the bus, or to school. The danger to pedestrians, bicyclist, and (sleepy)early morning driving. The changing back and forth with the time is very annoying as well. Long days are more taxing on your sleep hours. There are the same amount of daylight hours with Standard time, just different schedules. When my children were preschool, daylight savings time was very difficult in regards to short sleeping hours, thus having to get up earlier; I was a working mother. It's too bad the entire Nation doesn't just stick to Standard time.	7/10/2014 8:27 PM
2579	Although currently out-of-state, I have lived most of my life in Utah and will likely return. I'm all for getting rid of the need to change clocks twice a year. The extra hour of light in the evening is much more valuable to me and my family than the hour in the morning.	7/10/2014 8:26 PM
2580	While even I experience some physical or psychological discomfort for a few days following either change in time during the year, I think having daylight savings during the spring, summer, and fall is safest for our children traveling to school, enhances recreational opportunities, and provides sunlight when most people benefit from it.	7/10/2014 8:25 PM
2581	Having lived in a country that does not have DST, I was annoyed by how hot and sunny it got early each day in the summer. It felt like a waste to have the sun up for so long when everyone was still asleep. And then, when everyone was out and about in the evenings, it got dark an hour earlier than if they had observed DST, and once again it felt like a waste. Humans invented time. We should control it and make it best for the most amount of people. I really don't understand why people would want the sun to rise at 5:00am during the summer. That hour is much better spent in the evening at the park with your family, at a baseball game, at Lagoon, or gardening. The idea that people are annoyed because they have to change their clocks twice a year is silly. It takes 1 min per clock. And more and more, clocks are becoming connected to the internet and update themselves automatically, so there will come a time when basically every clock (at least ones that are relied on for their function rather than as simply a decoration) will be automatically updated and won't be a hassle; nor will anyone be late for work or church or whatever excuse they have. DST is wonderful and needs to stay.	7/10/2014 8:24 PM
2582	It is illogical to make the entire population follow an adjusted schedule twice a year when many industries other than agriculture do not require to. It is an unnecessary adjustment that causes many people to be less productive and thus lose economic value to the state. If a certain industry wants to have seasonal hours, that's great. But when everyone has to adjust, it just doesn't make economic sense. If there is concern with Utah being one of the first, rather than back out because of that, we should be a pioneer to show the rest of the nation why no Daylight Savings is a better option.	7/10/2014 8:23 PM
2583	I like to get up very early to work in my yard while it's cool. I have a very difficult time falling asleep at 9PM when it's still daylight. But my biggest concern is that I live on a corner with an elementary school crossing. Most school-day mornings there are kids that cross the street before the crossing guard comes on duty. In the winter it's still dark and I really worry a lot about those kids. I'm afraid one day a driver will not see them. I feel strongly that we should stay on Standard time.	7/10/2014 8:23 PM
2584	DST is a dumb complexity and should be removed	7/10/2014 8:21 PM
2585	2nd choice stay on daylight savings time	7/10/2014 8:20 PM
2586	With Utah being half way between the MT and PT meridians, there is no "perfect" answer as to the better time zone. But consider that if we were on PT year round (the permanent 'spring-forward' option) that sunset for the first two weeks of December would be at 4:00 PM. Not a good option in my view. Given the numerous problems with all time adjustments, better to stay on MST year round, even if we don't have much contact with Arizona (Lake Powell the exception?).	7/10/2014 8:19 PM
2587	Easy to change twice a year and change the batteries in the smoke detector at the same time	7/10/2014 8:19 PM
2588	I want to align with Arizona. I would rather go to work in the light so I feel more awake. I am an educator and the students need to go to school in the light so that they are stay and not getting hit. Light in the morning helps the students so they are not so tired to start school. During the month of May is testing for the students and to have it get darker earlier would help for them to go to bed sooner so they are more awake to think about doing the testing more clearly.	7/10/2014 8:19 PM
2589	I just like summer time and it being lighter out later.	7/10/2014 8:18 PM
2590	I prefer to get rid of it, so either of those options will work. However, aligning with AZ just seems to make the most sense.	7/10/2014 8:17 PM
2591	It makes more sense not to be changing the clock in the spring and in the fall. Children should not be walking to school in the dark for their safety.	7/10/2014 8:17 PM

2592	It is VERY annoying to have to adjust all of the clocks in your car, house, etc. TWICE a year. I have to adjust the time on 6 or more clocks at my house. It screws up your sleeping patterns, AND the reasoning behind the whole daylight savings idea is dumb. If you use less lights in the evenings because it is light, guess what, you are using MORE light in the morning because it is dark! Apples for oranges.	7/10/2014 8:17 PM
2593	stop changing the time	7/10/2014 8:13 PM
2594	Love the late summer hours, hate early sunset during winter.	7/10/2014 8:12 PM
2595	i like it better when it's lighter longer	7/10/2014 8:11 PM
2596	Daylight has little bearing on the work I do. Rather, a consistent schedule year-round will benefit my health and my scheduling. I chose to align in order to be as consistent as possible with other states while still eliminating DST.	7/10/2014 8:09 PM
2597	I have always felt that having to adapt to a time change twice a year is detrimental to health. It takes about 2-3 weeks each time the change happens to get acclimated.	7/10/2014 8:08 PM
2598	Love having light into the evening.	7/10/2014 8:06 PM
2599	It allows more light in the summer days for events, activities, exerciseing (biking, hiking, fishing) and gardening	7/10/2014 8:03 PM
2600	Studies show the changes in scheduling that occur due to observing Daylight Saving Time adversely affect health. Other studies show the energy benefits of Daylight Saving Time are negligible. This is an archaic system for an earlier, more agrarian age.	7/10/2014 8:01 PM
2601	I absolutely want daylight savings time to stay. I am able to do many more things after work than I would be able to do on standard time.	7/10/2014 8:01 PM
2602	I wish you would have given one more option. what about returning to the original practice of spring ahead in April and falling back in October? if we were to stay on the Arizona time schedule the sun would. be coming up pretty early! I am an early riser by nature,but that is a little too soon even for me to see the sun.	7/10/2014 7:58 PM
2603	I do not like changing times at all. Since we're on Daylight Saving time most of the year, lets switch and keep it all year round.	7/10/2014 7:57 PM
2604	I would rather not drive thru mountain roads in the early morning hours on my way to work in the dark which makes it hard to see and avoid wildlife on the roads.	7/10/2014 7:55 PM
2605	I'm tired of always changing the clocks. Also it hurts my sleep patern. Light is not going to change no matter what! whether it's 5 or 6 o'clock. So drop daylight savings time and go with Arizona.	7/10/2014 7:53 PM
2606	LOVE AN EXTRA HOUR OF LIGHT AT NIGHT IN THE SUMMER	7/10/2014 7:52 PM
2607	I enjoy having the extra daylight in the spring and summer to participate in outdoor activities - hiking, boating, biking, etc.	7/10/2014 7:51 PM
2608	There is no point to this anymore. No energy savings, cost savings that have been proven or real proof it works in modern society. It does however increase medical issues and takes the human body time to recover from. Let's let go of old ideas and end daylight saving now.	7/10/2014 7:50 PM
2609	Please! Can we finally get rid of this!	7/10/2014 7:47 PM
2610	I see no value in going back and forth in setting our clocks. Who could possibly benefit from this nonsense?	7/10/2014 7:43 PM
2611	I was an elementary teacher for 30 years and changing times twice a year had a detrimental effect on student learning. Why cut off the top of the old Indian's blanket and sew it onto the bottom? It seems just that simple to me.	7/10/2014 7:41 PM
2612	One reason to stay on standard time: houses cool down more before bed time. It doesn't matter to people with good air conditioning, but think of those who don't have that. Trying to sleep in the summer can be miserable.	7/10/2014 7:40 PM
2613	CHANGING THE CLOCKS TWICE EACH YEAR IS A TERRIBLE INCONVENIENCE AND NO LONGER NECESSARY.	7/10/2014 7:39 PM
2614	Daylight saving is another example of government, giving in to special interest and throwing citizens under the buss! Nobody i know likes it. Stop messing with the clocks, just stay on daylight time all year so it does not get dark at 5 pm in the winter.	7/10/2014 7:38 PM

2615	I didn't pay much attention to DST until I became a parent. Now the two weeks after the time change are my worst weeks of the year. I hate it because of what it does to my kids, and the way they act until they finally adjust. (It takes about a month for them to fully adjust.)	7/10/2014 7:37 PM
2616	We don't need extra hours of day light during the Spring/Summer months. It is hard for parents who have children going to year-round schools to get their children to go to sleep when it remains light until late into the evening. It is safer for students and joggers and cyclists in the mornings when it doesn't stay dark for so long in the mornings. Let's just leave Mother Nature alone!	7/10/2014 7:37 PM
2617	Why would the state hinder one of the most important things driving our economy....outdoor recreation and the need for citizens to get outside. The extra hour in the evening is one of the many reasons people live here. It enables them recreate outside before it gets dark. It only makes economic sense to keep DST.	7/10/2014 7:37 PM
2618	Several generation now have missed out on the beauty of a warm summer night. Especially as a family. Sure the kids still stay up late, but with much less supervision. Working parents are still needing sleep. I miss the wonderfulness of a summer evening out for a walk	7/10/2014 7:36 PM
2619	We are already on DST 8 months out of the year and I for one am very active in the evenings and would always like to have the extra sunlight, I understand the schools issue in the mornings but if that is the only argument to not change we could always adjust the start times for schools.	7/10/2014 7:35 PM
2620	I'm sure it effects others the same but, it takes me at least a week for my cycles to get back to normal after the "Spring Forward" change. I just wish we could completely do away with it.	7/10/2014 7:35 PM
2621	This plan was sold as energy savings which has not proven to be true. The opposite is actually the case, with more energy consumption resulting from the clock changes.	7/10/2014 7:33 PM
2622	It takes at least two weeks for a child to adjust to the change each time. You should consider "how" it affects their productivity in the classroom. We want our children to be high achievers, then why handicap them with the time change, twice in each school year. It is very challenging to teach a child that is tired and drowsy. Stop thinking of what it will do to the businessman and make your best investment in the children of Utah. Thanks for asking!!!	7/10/2014 7:31 PM
2623	Why should we have a system that was first proposed in 1895? Not to mention that a good chunk of other countries have abandoned the idea themselves.	7/10/2014 7:28 PM
2624	I can see no valid reason to switch to MDT. We don't gain anything other than trying to fool ourselves into waking up earlier.	7/10/2014 7:27 PM
2625	Please just pick one and not keep changing the clocks. It is so hard on my body to change and truly affects my health.	7/10/2014 7:22 PM
2626	The extra hour at night allows us to be active after work and not continue a sedentary life-style	7/10/2014 7:22 PM
2627	DST raises my electric bills. I don't like having to adjust my clocks twice a year. I don't appreciate having someone messing up my sleep patterns. It takes me at least two weeks to adjust. I also don't like going to bed when it is light out. This also interferes with good rest.	7/10/2014 7:19 PM
2628	It really doesn't matter if they align with Arizona or create Utah own time , just make it one and leave it.	7/10/2014 7:18 PM
2629	Just never has made since to me and I didn't like putting my kids to bed when they were in elementary school while the sun was still up.	7/10/2014 7:17 PM
2630	LET THERE BE MORE LIGHT! More daylight after school and work is beneficial for everyone in Utah except for a few die-hards who go to bed at 8:00 and get up at dawn. The rest of us want time to enjoy all that Utah has to offer after our daily tasks are completed. Winter driving would be easier if the rush hour was completed before the sun went down - especially on snowy nights.	7/10/2014 7:17 PM
2631	Please consider stopping the change. I'm from AZ. It is so nice in very hot locals like Moab to not have the time change. Getting up with the birds when it is cooler and doing your outdoor chores is much more comfortable. Also, waiting to eat dinner until sunset then go to bed on a full stomach is EXTREMELY unhealthy. Look at the dramatic rise in the need for drugs to treat Gastro Esophageal Reflux Disease. I'm very serious !!	7/10/2014 7:17 PM
2632	I like the extra light after work. This will put us out of sink with Idaho, Wyoming and Colorado. Please don't take our daylight. It really isn't a big deal to chage the clocks twice a year.	7/10/2014 7:17 PM
2633	Last year I fell off a chair attempting to set the &/$@;! Clock.	7/10/2014 7:16 PM
2634	Last year I fell off a chair attempting to set the &/$@;! Clock.	7/10/2014 7:16 PM

2635	Biological clock take a lot of time to adjust to the time change.	7/10/2014 7:16 PM
2636	I would prefer to not change back and forth twice a year; I would be happy with either no-change option, but prefer the MST option as that aligns us with other states in the area when they are not on DST.	7/10/2014 7:14 PM
2637	I do not like changing back and forth from daylight to standard time as it is extremely hard to adjust to. .Daylight time is not safe for school children and hard for them to adjust to the time change.	7/10/2014 7:14 PM
2638	Not a big problem to change a clock twice a year, must of us are this intelligent	7/10/2014 7:12 PM
2639	The hour changes probably cause quite a bit of productivity loss and accidents due to being overtired during those first few days.	7/10/2014 7:12 PM
2640	I love having more light during the Summer and look forward to it every year. It's not inconvenient since everyone has cell phones that automatically change the time for you.	7/10/2014 7:12 PM
2641	Set it once and leave it alone	7/10/2014 7:11 PM
2642	Daylight savings burden on the tech industry nationwide. It is extremely difficult to create software which properly handles timezone offsets when storing date sensitive information. Thousands of engineering hours are wasted created and maintaining such systems. Errors in these calculations costs businesses millions in dollars every year. It also has a huge negative impact on employee and student performance. I'm eager to see see Utah abolish daylight savings and be an example to the rest of the nation in hopes that one day the US and the rest of the world will move away from it completely.	7/10/2014 7:10 PM
2643	I like the extra time that I have when I get home to be able to do outdoor chores or activities in the daylight.	7/10/2014 7:10 PM
2644	Set it once and leave it alone	7/10/2014 7:10 PM
2645	I am a person who has difficulty adjusting my body clock during the time changes. I think that it just makes sense to keep the time steady, whether it be standard or daylight savings. I think children should be able to go to school in daylight in the morning.	7/10/2014 7:07 PM
2646	I believe this will contribute to better family lives. It will help students get to school safely in the light also workers, especially those riding bikes into work. I believe that night is for adult life, and not for the whole bunch of us to run amuck. I also believe the not changing of clocks and body clocks will help us be a more progressive society. Thank you.	7/10/2014 7:05 PM
2647	Just standardize everything and stop switching times!!!	7/10/2014 7:03 PM
2648	Keep it as is, changing twice a year!	7/10/2014 7:02 PM
2649	It is a disruption to switch the time.	7/10/2014 7:01 PM
2650	I hate Daylight Saving Time. The changes, whether it is forward or backward are so exhausting to me. The cost of a change forward or backward has got to be costly. My wish would be for Mountain Standard Time always.	7/10/2014 7:00 PM
2651	Seasonal affective disorder (SAD) is now classified as a variant of depression, characterised by depressive episodes that recur annually at the same time each year, usually during the winter months. It can be very disabling for patients, and 6-35% of patients require hospitalisation for SAD at some point. SAD patients spend over 40% of the year struggling with substantial depressive symptoms during most years, beginning in young adulthood.	7/10/2014 7:00 PM
2652	Stop the confusion and align with AZ. Changing clocks is a pain. Let the children go to school in daylight. The entertainment sectors last one hour profits claim are foolish. Let the people go on weekends. Week days are work days.	7/10/2014 6:59 PM
2653	Daylight savings time makes the mornings too dark and unsafe for bus students and those exercising before work.	7/10/2014 6:57 PM
2654	I work for Autoliv ASP in Promontory UT. I go to bed at 8pm every night. It is easier to sleep when it gets dark early in the evening. I also notice that when we spring forward...It takes about a week for me and all other people I work with to get used to getting up 1 hour earlier, 2:30 am. When I talk to people at work they all say they hate this time change. Not sure why we adopted it. I am not a fan.	7/10/2014 6:55 PM
2655	Daylight Saving Time is to hard on your health, you can change all the clocks you want but you can't change the bodies clock, and if someone has problem with the time that it is they can adjust their own clock and leave everyone else alone. Bonnie	7/10/2014 6:55 PM

2656	I would love to have more light in the morning for the safety when I go out early in the morning for work, exercise and other activities.	7/10/2014 6:55 PM
2657	It's a pain to switch back and forth.	7/10/2014 6:55 PM
2658	Start school later and stay on daylight savings. Leave it one way or another	7/10/2014 6:55 PM
2659	We lived in Arizona for 3 years and absolutely LOVED not changing the clocks! There is truly a natural ebb and flow to life! I think it's hilarious that "man" thinks he can fool Mother Nature!! PLEASE, PLEASE, PLEASE leave the time alone!!!!!!!	7/10/2014 6:55 PM
2660	Seasonal adjustment disorder ie:the winter blues and depression in general would be less prominent in utah if it didn't get dark so early in the colder months. Science backs these findings.	7/10/2014 6:54 PM
2661	With more daylight in the evenings year round, people would be more productive, businesses would have more customers, and the economy would be better.	7/10/2014 6:54 PM
2662	I love the daylight in the evenings in the summer. It would be great to have some extra daylight in the evening in the winter also. I do not like changing the clocks twice a year.	7/10/2014 6:52 PM
2663	While we have gotten used to the required change every year, I believe it to be a hassle to change all the clocks, get used to eating time changes and sleeping adjustments. Whatever the final decision, the flipping back and forth needs to stop.	7/10/2014 6:51 PM
2664	As a physician and living in SW Utah, I'm strongly in favor of MST year around. It's healthier and we have too much "sun" time as it is...	7/10/2014 6:49 PM
2665	right now we have the best of both times	7/10/2014 6:49 PM
2666	The first thing is what it does to your health, it cost more to have daylight saving than keeping one time, it serves no purpose to have daylight savingtime, if you have a problem adjust yourseland leave everyone else alone. Steve	7/10/2014 6:49 PM
2667	I see no advantage to "daylight savings" time. It does not "save" any daylight! I lived in Az many years and it was so nice not have to spring forward and fall back! Let's get back on Mountain Standard Time and stay there, PLEASE!	7/10/2014 6:48 PM
2668	Going to DST all year round would mean it wouldn't get light on winter mornings until almost 9 a.m. It makes more sense to have MST all year round, because it would still stay light until almost 9 p.m. on the longest day of the year, and that seems normal. I would accept either option over changing the clocks twice a year!	7/10/2014 6:46 PM
2669	Besides the health reasons and research about the increased heart attacks and accidents, I want the light in the morning for school children!!!	7/10/2014 6:46 PM
2670	More daylight at the end of the day so you can spend sometime doing something besides working IN a building and see some sun during the day. Changing back and forth I think industry loses production while people are trying to adjust to a time change, which can take an individual up to a month. We are already on daylight time from March 9 to Nov 2, which is the majority of the year. Just leave it here and don't make us change in November this year!!!	7/10/2014 6:46 PM
2671	Prefer the fall back time for several reasons but main is I prefer to work in the cooler a.m. Hours during spring thru fall seasons.	7/10/2014 6:45 PM
2672	Leave Daylight Savings as is.	7/10/2014 6:44 PM
2673	I am a person that believes that children's safety should be paramount. When I go to work I would like to go to work without having to worry about people walking in the parking lots without reflective clothing. I like to have it dark when I go to bed at the end of my day. The entertaiment industry will adjust. When I was growing up, LaGoon was open hours after dark. LaGoon, last year, ushered it's patrons out th gate at 11:00 pm. is this something that is dependant on the light? I think not.	7/10/2014 6:43 PM
2674	Let us remain aligned with the rest of the nation (except Arizona). Setting Utah apart will cause difficulty for interstate transactions, such as business and telephone calls.	7/10/2014 6:42 PM
2675	I grew up in Arizona and appreciate being able to accomplish things in the morning before it becomes too hot outside. It is still very hot in the evening. It's also more safe for school children and those in the workplace for it to be light in the morning. Thank you!	7/10/2014 6:42 PM

2676	Back when it was created, there was plenty of agriculture and not the equipment that we have today such as headlights on the farming equipment. Now, there is less and less citizens that are doing farming so in my opinion there is no need for it any more. I would add that it is so hard on our aging parents that are finding it more and more difficult to adjust to the change. My mother just cries when it comes time for the switch and I can only sit there with her and comfort her. So please, either way, lets just make the change permanent.	7/10/2014 6:41 PM
2677	Keep Daylight Saving Time all year. There is less depression when there is more daylight. It isn't that dark when the children go to school, and most small children are taken to school by there parents.	7/10/2014 6:41 PM
2678	Personally, we wish the whole country would do away with daylight savings time. It's like cutting the end off of a blanket and sewing it to the other end to make it longer. IT DOESN'T WORK!!!	7/10/2014 6:40 PM
2679	As a mother, grandmother, and great-grandmother, I know how hard it is to convince small children to go to bed when it's still light outside. We should return to Mountain Standard Time all year round and just learn to roll with nature's timetable instead of fiddling with it.	7/10/2014 6:39 PM
2680	Back when it was created, there was plenty of agriculture and not the equipment that we have today such as headlights on the farming equipment. Now, there is less and less citizens that are doing farming so in my opinion there is no need for it any more. I would add that it is so hard on our aging parents that are finding it more and more difficult to adjust to the change. My mother just cries when it comes time for the switch and I can only sit there with her and comfort her. So please, either way, lets just make the change permanent.	7/10/2014 6:38 PM
2681	leave it either way - just don't keep changing it.	7/10/2014 6:37 PM
2682	I think switching our clocks twice a year is outdated and needs to be discontinued. Everyone is grumpy and groggy for weeks after the spring forward change. I think we should create a new time and keep the spring forward, I prefer more light in the evening, which also benefits businesses, I do not like when it gets dark by 5:30 pm in the winter time. Which ever time you choose, I will accept, I just want the time switching to stop.	7/10/2014 6:36 PM
2683	Absolutely love light late summer nights. Keep DST.	7/10/2014 6:35 PM
2684	I can't stand Daylight Savings Time, I don't like having to adjust to the time change. It is really irritating.	7/10/2014 6:34 PM
2685	I prefer light in the morning and having it get dark earlier instead of having to change my body clock every few months.	7/10/2014 6:33 PM
2686	I can't stand Daylight Savings Time, I don't like having to adjust to the time change. It is really irritating.	7/10/2014 6:33 PM
2687	Lets just change the sunrise/sunset, instead of the time, so we have 12+ hours of daylight :-))	7/10/2014 6:33 PM
2688	I strongly disagree with daylight savings time. Mountain Standard time should be the one we use and it should stay that way always.	7/10/2014 6:32 PM
2689	I am used to doing it the way it is now and would just like to keep it that way.	7/10/2014 6:32 PM
2690	Daylight savings time is out dated. It causes frustration and confusion twice a year with little to no real benifits.	7/10/2014 6:32 PM
2691	I love Daylight Saving Time. It gives me more time to work in the yard or to recreate in the evening. I recognize that our systems have to adjust when we make the change in the spring, but the change in the fall is wonderful. To make any change in the current system puts us out of sync with the rest of the nation.	7/10/2014 6:31 PM
2692	There are the same number of hours of light no matter which system we are on. It makes much more sense to leave it on standard time since then kids don't have to go to school in the dark. If people want to spend more time in the sun, let them get up earlier. Jet lagging the entire state twice a year so people have more light in the evening is silly.	7/10/2014 6:31 PM
2693	Changing times effects people's health due to disrupted sleep, especially for children. I like to do outdoor activities in the evenings in summer, but it's too hot! The sun going down earlier means it gets cool earlier, so there's more time to do stuff while it's cool.	7/10/2014 6:31 PM
2694	I like having daylight savings time. Why fix something that isn't broken. We've done it my whole life, no need to change!	7/10/2014 6:30 PM

2695	I like having daylight savings time. Why fix something that isn't broken. We've done it my whole life, no need to change!	7/10/2014 6:30 PM
2696	I like having daylight savings time. Why fix something that isn't broken. We've done it my whole life, no need to change!	7/10/2014 6:30 PM
2697	I like having daylight savings time. Why fix something that isn't broken. We've done it my whole life, no need to change!	7/10/2014 6:30 PM
2698	I like having daylight savings time. Why fix something that isn't broken. We've done it my whole life, no need to change!	7/10/2014 6:30 PM
2699	I like having daylight savings time. Why fix something that isn't broken. We've done it my whole life, no need to change!	7/10/2014 6:30 PM
2700	I like having daylight savings time. Why fix something that isn't broken. We've done it my whole life, no need to change!	7/10/2014 6:30 PM
2701	I like having daylight savings time. Why fix something that isn't broken. We've done it my whole life, no need to change!	7/10/2014 6:30 PM
2702	The time change ever 6 months messes me up. I takes all 6 months to get used to the new time just for it to change again. It messes me up physically and emotionally.	7/10/2014 6:30 PM
2703	I like having daylight savings time. Why fix something that isn't broken. We've done it my whole life, no need to change!	7/10/2014 6:29 PM
2704	I feel strongly that the time should to moved to and left at Mountain Standard Time.	7/10/2014 6:28 PM
2705	Safer for school kids. Too much trouble getting used to the change.	7/10/2014 6:28 PM
2706	Safer for school kids. Too much trouble getting used to the change.	7/10/2014 6:27 PM
2707	We have relatives in the East and Midwest parts of the Nation. Aligning our time changes with the rest of the country would avoid confusion.	7/10/2014 6:27 PM
2708	To retain what we have is bebeficial to the working man or Woman and also to those going to school.	7/10/2014 6:26 PM
2709	Keep daylight savings or make it permanent	7/10/2014 6:26 PM
2710	Changing your clock twice a year has never made sense to my family. Actually it is quite annoying. Please change our state to align with the good folks of Az.	7/10/2014 6:25 PM
2711	Full time daylight savings time would be best. Daylight later in the evening. No changing back and forth.	7/10/2014 6:25 PM
2712	Align with Arizona and keep the clocks consistent. Those that are in favor keeping the status-quo must remember that the sun comes up and the sun goes down. adjust your life accordingly.	7/10/2014 6:25 PM
2713	Switching the time interferes with the natural body rhythm clock. I would prefer to deal with the changing hours naturally instead of through an artificial forced response.	7/10/2014 6:25 PM
2714	I am so tired of the back and forth, it is really hard to change every 6 months, Leave it one way or the other, but just the same.	7/10/2014 6:25 PM
2715	I prefer more daylight at the end of the day. I'm able to be more productive.	7/10/2014 6:24 PM
2716	With Daylight Saving Time students are coming to school in the dark. This is very dangerous. Students are also too tired to pay attention in morning classes during Daylight Saving Time. They finally begin to adjust to the time about the time school is out for the summer. Teenagers have a very difficult time adjusting their sleep patterns, Daylight Saving Time just adds to their difficulties.	7/10/2014 6:23 PM
2717	When ever the time changes, both my husband and I become sleepy and less alert for at least two days. When we drive or run equipment, this becomes very dangerous for us and others. Leave it at Mountain Standard Time where it belongs.	7/10/2014 6:23 PM

2718	I think most people dislike the bi-yearly time change, and I don't like it either. I do however really like the sunlight later in the day in the summer, so I would support a movement of staying on daylight savings time year round. I think any argument against this, such as kids going to school in the dark, could easily be addressed by the schools moving their schedules to start later in the day. My kids schools have moved their schedules around for various reasons, why not for this? If it came down to a choice of losing daylight savings (later summer sunlight) and creating a permanent daylight savings year round is not an option, then I would choose to keep the current system. Thank you for your consideration.	7/10/2014 6:23 PM
2719	I do fell that for the farmers to align the time with Arizona would Not be a good thing so I think that you should Retain what we have.	7/10/2014 6:23 PM
2720	I would like it to be light when I get home from work. it can be dark when I am at work and my kids are at school.	7/10/2014 6:23 PM
2721	no big deal to change a few clocks. Only takes a couple of days to adjust to the time change. Leave it as is.	7/10/2014 6:23 PM
2722	I grew up in AZ as a child/teenager. It was so nice to not have to worry about the time change. The time always stayed the same. Plus now - I'm a mother to five children ages 0-11. Every time we change the clocks it takes at least a week to adjust. It's hard on the kids. It's an out of date practice.	7/10/2014 6:22 PM
2723	mountain standard time, has worked for years. so leave it alone. changing back and fourth gets old.	7/10/2014 6:22 PM
2724	I don't mind the way it is now, but if a choice has to be made I prefer it stay lighter longer in the evening, hence daylight savings time.	7/10/2014 6:22 PM
2725	If this is such a good idea, why aren't a majority of the states talking about it? People think we are a strange state; why should we give them another reason to point fingers at us?	7/10/2014 6:22 PM
2726	My preference is longer daytime hours. I would rather it remain the same than fall back on a permanent basis. Our winters are dreary enough already.	7/10/2014 6:22 PM
2727	During DST in Spring and Fall it is difficult to get up long before the sun rises, and during the summer it is difficult to wind down and get to bed in the evening because it is still light out.	7/10/2014 6:22 PM
2728	I do not like bouncing back and forth. Stay on our regular time.	7/10/2014 6:22 PM
2729	Don't like changing back and fourth but would like that if the option of year around daylight savings is not possiable.	7/10/2014 6:21 PM
2730	I love the long evenings with daylight. I brag about how wonderful it is to live in Utah during the summer because our evenings are long and those that work during the day have plenty of time to enjoy daylight hours. Having the sun rise before 5am when near the summer solstice is not humane.	7/10/2014 6:21 PM
2731	Just leave the time the same. Get up earlier if need be, or stay up latter if need be. It's easier to do that than change your body clock!!!	7/10/2014 6:20 PM
2732	The change is disruptive. I prefer light early in the morning....it makes it easier to get up and get started. And when it gets dark a little earlier, it's easiet to get kids to bed so everyone can go to bed a little earlier. I think MST is more in sync with our biological clocks, and therefore, healthier overall.	7/10/2014 6:20 PM
2733	The time does not need to keep changing it is too hard on my body. Keep it the same as Arizona	7/10/2014 6:20 PM
2734	We need the lighter evenings that come with Daylight Savings Time. After working all day, we need time to do the things we like. Coming home in the dark just makes me want go to bed. Stay with Daylight Savings time.	7/10/2014 6:20 PM
2735	There is no benefit to moving everyone's schedules every few month. Children are at risk in the winter with Standard time, and employees suffer with fatigue and take more 'sick leave' while adjusting to each schedule.	7/10/2014 6:20 PM
2736	As a teacher, I have seen many negative effects from daylight savings. The majority of the children lose momentum when the clock changes because they don't get enough sleep. They never seem to catch up after the clock changes. In addition, the kids go to bed later but still have to get up in the dark for school. I find the sleep problems in my own household. I think people's health should be given greater consideration than business like lagoon who are worried about money.	7/10/2014 6:19 PM
2737	please just pick a time and stick with it	7/10/2014 6:19 PM

2738	For the kids and the people that go to work. Leave in daylight and come home in daylight. I remember my husband complaining about the change. In the winter, go to work in the dark and coming home in the dark. When we have daylight savings time. It would be Great get rid of daylight savings time.	7/10/2014 6:19 PM
2739	I prefer not to adjust the clock. Pick a time and use it all the time.	7/10/2014 6:19 PM
2740	SAFETY FIRST. Children should not be walking to school in the DARK. Safety First for me, why is it for you.	7/10/2014 6:19 PM
2741	There is more daylight after work or other to do things sports or outdoors as far as schools go they can change times for school to start to help their concerns	7/10/2014 6:19 PM
2742	It is very hard to reset your sleep clock with thd time change. It is also very hard on my kids. Studies have shown that the time change is very hard on the body.	7/10/2014 6:19 PM
2743	I feel it will be confusing trying to figure out what other time zones are in. Sometimes we are the same, sometimes we are different. I live in St. George and it is a pain to keep track of Az and Nv's times.	7/10/2014 6:19 PM
2744	can't stand daylight saving time, need light in the am to wake up	7/10/2014 6:19 PM
2745	So Happy to have this forum..... Spring Forward and Don't Fall Back!! I love summer with lots of evening light. I find I hate the long dark and cold winters more and more each year. I have a love/hate relationship with the Summer Solstice, I mourn the date of shorter daylight hours beginning and can't wait for the Winter Solstice. Going back and for takes a very real psychological toll on me. Spring Forward and Don't Fall Back Ever!!	7/10/2014 6:18 PM
2746	Sunrise and sunset change slowly all year anyway. The grief of changing clocks semi-annually outweighs earlier evenings. Sorry Lagoon.	7/10/2014 6:18 PM
2747	Simply keep it the same year round. That is the most important thing. As a school bus driver, I like seeing the kids in the daylight each morning and that should be a factor that you consider.	7/10/2014 6:18 PM
2748	I have always wanted to have the same time throughout the year. I hate changing, especially my sleep patterns were always hard to change. I vote for ALIGN or even the other option. Anything but always changing back and forth. So glad others are wanting to change this.	7/10/2014 6:18 PM
2749	Promptly at 7:00A.M. my neighbor turns her 3 noise machines (dogs) loose to their toilet (the neighborhood). Please set the clocks back so that I can sleep another hour	7/10/2014 6:17 PM
2750	Too much confusion for MDT and MST and should be set the way the actual time and not a fake MDT to help the evening sunshine.	7/10/2014 6:17 PM
2751	I like having more light in the evening.	7/10/2014 6:17 PM
2752	Its just a hassle with no real benefit. Kids are on year round school its harder to get them to bed on time.	7/10/2014 6:17 PM
2753	A couple of years ago, it took a Jr. High School student to explain to the legislature the benefits of daylight savings time. Guess we need to have another Jr. High student tell them again.	7/10/2014 6:17 PM
2754	I would rather have more light in the evening. after work there are chores to do and errands to run. when its dark you seem to lose motivation to accomplish those things.	7/10/2014 6:17 PM
2755	I just do not want to change clocks.	7/10/2014 6:17 PM
2756	I personally like it lighter later at night. I feel like as a family we do more stuff after dinner, we are more active outside.	7/10/2014 6:17 PM
2757	I like the extra light at night with DLST but hate the change back and forth.	7/10/2014 6:17 PM
2758	No matter what time it is we are still going to have the same amount of daylight wether it's the morning or evening. It makes no sense the keep changing the time. Pick one and stick with it.	7/10/2014 6:16 PM
2759	I love when we have more light at night. Once it's dark, I feel like I should be in bed.	7/10/2014 6:16 PM
2760	I selected Align because there is a balance of light on both ends of the spectrum. Current time changes takes a toll on work/children/families and quality of life.	7/10/2014 6:16 PM
2761	Utah is too far west to go on daylight savings time. Be smart like Arizona. Children going to school in the morning are put in danger walking in the dark.	7/10/2014 6:16 PM

2762	I love daylight savings time because of the extra hour in the evening. I have lived with the change time for many years and LOVE it the way it is. I feel we need to go back to Mountain Standard time after Halloween to make it safer for the children going to school. However, KIDS WILL ADJUST TO THE CHANGES JUST AS I HAVE. Please keep it the way it is!!!	7/10/2014 6:16 PM
2763	Stop changing the clocks.	7/10/2014 6:15 PM
2764	Though I like the idea of daylight saving time all the time, for us skiers it would be too dark and cold early morning so I vote to keep it the way it is.	7/10/2014 6:15 PM
2765	Daylight savings time does not hide the reality of nature, it only makes it worse.	7/10/2014 6:15 PM
2766	Keep Daylight Savings Time. It works well in the winter months for education and in the summer months for business.	7/10/2014 6:15 PM
2767	Quit screwing around. This is all about the federal government "telling us what to do". How about extending Medicare to those that need it. Get back to work.	7/10/2014 6:15 PM
2768	My wife and children always have trouble adjusting. So, for 2-3 weeks twice a year, everyone is grumpy. And the excuse that it saves time is ridiculous, there are still 24 hours a day, whether we change time or not.	7/10/2014 6:14 PM
2769	Why make Utah even more of an "odd-ball" by not having daylight savings like the rest of the country? Seems like it will open us up to even more ridicule. This is a silly thing to do.	7/10/2014 6:14 PM
2770	Keep it the same as Arizona(MST).I hate changing back and forth.I understand the reasoning.But, I would prefer it to stay the same all the time.	7/10/2014 6:14 PM
2771	I don't like the time to change so we might as well be on the same time as Arizona	7/10/2014 6:14 PM
2772	I find day light savings an out dated energy saving action. We are a 24/7 society. And there is no proof now that this works.	7/10/2014 6:14 PM
2773	Children go to school in the dark	7/10/2014 6:13 PM
2774	Just don't make us change! Either non changing option works for me	7/10/2014 6:13 PM
2775	no such thing as saving an hour, just get out of bed earlier to get that needed hour our two like the farmers do to get a longer day.	7/10/2014 6:13 PM
2776	We need the hours at the end of the day to get things done after work, not early in the morning.	7/10/2014 6:13 PM
2777	I just got back from a vacation in Arizona. Having the sun set around 8 seemed much more natural and let us spend time doing outdoor activities in the evening without the sun blazing down on us. I used to not mind changing time twice per year, but as I'm getting older I really notice that it takes days and days for my body to adjust. My kids also don't do well with the change. It probably takes them a month or so to fully adjust and makes life tougher for the whole family.	7/10/2014 6:09 PM
2778	daylight saveing time has served its purpose but now it needs to go. it disrupts people sleep time causing fatigue do to early rising which causes danger on the job. driving sleepy. animals of all sorts are up set being feed an hour later or earlier . babies are thrown in to an upset having to sleep longer or waken up an hour sooner. being feed later. worst of all children in the dark on there way to school. sleeping in class due to being up in the dark . if there is a good reason to keep it do it. other wise we don't need it.	7/10/2014 6:09 PM
2779	Daylight savings time saves nothing. Farmers haven't worried about what time the sun comes up for decades. They work through the night irrigating crops so we can eat. If its not broken quit fixing it. It is dangerous for school children catching buses in the dark in early spring. All that back an forth messes with everyone. Mountain standard time please.	7/10/2014 6:07 PM
2780	The change to DST is physically hard on me and my family members. It wouldn't seem that an hour change should make that much difference, but it takes several weeks before I feel in sync again. I teach elementary school and when we switch to DST my students have a difficult time. They are so tired at school for a week or more in the beginning that their focus and performance is affected. As time goes on and the days naturally get longer, many stay up too late due to the daylight and and continue to be tired in school. I feel that it would be better to remain on MST. If we stay on DST then school schedules would need to be adjusted to prevent students from coming to school in the dark and I don't think that most people would like their children at school until nearly 4:00 p.m.	7/10/2014 6:04 PM

2781	I have had the opportunity to live in both Utah and Arizona. So I have lived with daylight savings and without daylight savings. When I moved to Utah I had a hard time with the concept of daylight savings. To me you get the same amount of sunlight each day. It just baffles me that we have to adjust our clocks twice a year to have more daylight when in all actuality we get the same amount of daylight each day. To me it's a hard adjustment on the body not just physically but mentally when it comes time to switch the clocks twice a year. One night it is dark at a certain time. Then you make the switch and suddenly its light at that time when the night before its dark. Plus your sleep cycle gets changed. So for a week or two you are dealing with both mental and physical reactions to the adjustment. School work and peoples jobs are affected when we have to adjust our clocks. I don't have children but I think of those families with young kids and how they deal with the time change. It's hard to explain to the little kids what daylight savings is. All they know is one night its dark when they go to bed and the next night the sun is still shining. Parents not only have to adjust their sleep schedule they also have to deal with adjusting their young children's sleep schedule. When I lived in Arizona it was so nice knowing that the clocks would not have to change twice a year. We survived living in Arizona without daylight savings. There was no worry of forgetting to reset the clocks and arriving late to work. I didn't choose to stay on Standard time just because I have lived in Arizona. I chose this option because I know that there would be more daylight in the morning and I would rather have kids wait for the bus and walk to school with an option that would provide more daylight for the kids. As I said before there will always be the same amount of daylight in a day whether or not you observe daylight savings. So why adjust clocks for more sunlight when you actually don't get more sunlight.	7/10/2014 6:04 PM
2782	As an educator of 32 years, I have seen the detrimental effect on my students as they take a week or more to adjust to the changes each spring and fall. I think that this, in itself, is reason enough to leave the time alone.	7/10/2014 6:04 PM
2783	I hate daylight saving time. It is a huge pain in the butt. If you have kids there is no point to it. Please get rid of it.	7/10/2014 6:04 PM
2784	I chose the new daylight savings time because this way the children that are going to school, will be going when its light out...less chance of getting hurt, hit, etc.	7/10/2014 6:04 PM
2785	We should join with our neighbors in AZ, and escape the govt. bureaucracy that interferes in everything - even our clocks! While we are at it, we should also follow AZ's lead with Constitutional Carry. After all, the right is protected by the 2nd Amendment. It's pathetic how much government overkill we put up with.	7/10/2014 6:03 PM
2786	I love that it is light until almost 10pm in the summer. I don't need it to start getting light at 4am, it just wastes the sunlight. I would rather enjoy the light at night when I'm awake than have it light while I'm asleep in the morning.	7/10/2014 6:03 PM
2787	I hate going to work and coming home in the dark during the winter. I hardly see any sunlight, and I have a hard time getting anything done in the evenings. If we were to have daylight saving all the time, it would allow those of us who get out of work at 5 to see the sun for a little bit. That would help me be happier and more productive. It seems harder to be happy when it's dark so early at night.	7/10/2014 6:00 PM
2788	My kids love to stay up late in the summer months, It is often hard to get them to go to bed before it is dark. This would make it easier to get them to bed, as well as give them light in the mornings during the winter months. Although changing the clocks does make it interesting. I look forward to sleeping in an hour when it first changes in the fall.	7/10/2014 6:00 PM
2789	The changes are too hard on body clocks.	7/10/2014 5:58 PM
2790	Just pick one time and keep it. Changing messes up kids and parents sleep schedules. There is only a small agricultural demographic that benefits.	7/10/2014 5:58 PM
2791	I love day light savings, when I the kids of daylight savings I think know of summer time and long days with sunlight my kids can play outside longer cause it stay light longer. I think the government really needs to put more effort in more priority issues I really can't believe this is even an issue.	7/10/2014 5:57 PM
2792	Keep the spring forward. Save energy, use the natural light. All extra curricular activities are in the evenings. Even in the winter would be nice to come home with a little light left over. Hate going to work in the dark and coming home in the dark.	7/10/2014 5:56 PM
2793	Going on DST all year would be terrible for the children going to school in the dark. My first choice is to have DST go back to the dates before Bush extended them. Second choice is just to go on standard time with Arizona.	7/10/2014 5:56 PM

2794	I believe we should follow the same procedure as the rest of the country. It is easier to keep track of time in different time zones, for business purposes or even to attend a Webinar. As a truck driver, delivering product to various states in various time zones, it's crazy to think, "Hmm, now is Arizona the same time as Utah, or California or Indiana? That's another thing, most of Indiana moves to daylight savings except for a small area. Gee, if I were to go to a movie in the daylight area, but live in the standard area, what time should I be at the theater? Get my drift?	7/10/2014 5:55 PM
2795	I think daylight time makes it too hot for too long on summer days. I think mt. Std. Time gives the right amount of daylight all year round.	7/10/2014 5:54 PM
2796	A permanent spring forward means we get more daylight all year. It is silly to fall back when it gets darker in the in winter earlier.	7/10/2014 5:54 PM
2797	The government needs to stop micro managing my life and attempting to manipulate behavior	7/10/2014 5:53 PM
2798	I fly fish after work and I appreciate the extra hour of fishing time. I am on the lake earlier in the morning when it is still dark.	7/10/2014 5:53 PM
2799	I would hate to stay on DST all year, because it is bad for the kids going to school in the dark. My first choice is to go back to the old dates for DST before Bush changed them. Second choice is to align with Arizona on MST all year.	7/10/2014 5:52 PM
2800	I personally think that this practice is no longer needed compared to a few years ago, and I think we should reconsider our decision on daylight savings. Also, it will be extra beneficial to us students that this practice is discontinued because we will be able to get the rest we need so that we will have the energy to perform our best academically.	7/10/2014 5:51 PM
2801	I do not like switching time.	7/10/2014 5:50 PM
2802	What a laugh, the statement, "it will give the farmers more daylight hours to work" 15 hours of daylight is 15 hours of daylight. It doesn't matter if it stars at 5 am or 6 am. Lets get back not having to change all our clocks twice a year. Az. & Hi. are great leaders in this situation. The other 48 states need to join up !	7/10/2014 5:48 PM
2803	When time zones were originally established, the western boundary of mountain standard time was just to the west of the Salt Lake airport,, placing the wasatch front effectively in daylight saving time. We are now in double daylight time. Time to return! Give us amateur astronomers back our evening viewing time.	7/10/2014 5:47 PM
2804	It's fine. It's not broken so don't try to fix this please.	7/10/2014 5:46 PM
2805	I hate the feeling that I deal with every six months as we change back and forth between Daylight and Standard time. I would prefer we stick with one time platform. I like the longer evenings in the summer and dislike driving home in the dark in November!	7/10/2014 5:45 PM
2806	Would like something consistent all year around.	7/10/2014 5:44 PM
2807	I change about a dozen clocks each DST day (I like dial-face clocks). It takes about 5 minutes to do this. Certainly worth the effort to get that extra daylight time in the summer evenings. I have a huge family and we are always playing outside in the summertime.	7/10/2014 5:44 PM
2808	I actually think it should be a half hour adjustment and stay that way.	7/10/2014 5:43 PM
2809	I can accomplish way more each day when there is more daylight in the evening. Plus having the daylight available to bask in when people are awake helps those of us that suffer from "Seasonal Affective Disorder". It is a matter of quality of life. Life is much better with more light at the END of the day.	7/10/2014 5:42 PM
2810	Stay on DST! I grew ip with it and it didn't hurt me. Some say it's so the cows can get milked. Nonsense. They get milked when they're full. Then, it's to save power. Nonsense. Power either on in AM or PM, no difference. Keep standard time.	7/10/2014 5:40 PM
2811	It a no longer needed. Please discontinue Daylight Savings Time.	7/10/2014 5:40 PM
2812	Please stop changing the clock Leave it alone and let sun take natural course as intended	7/10/2014 5:38 PM
2813	I like more light in the morning for children safety walking to school and so I can commute to work more on my bike. I like having a constant time throughout the year and I like aligning our time with Arizona.	7/10/2014 5:38 PM

2814	I leave for work in the dark and return in the dark during the winter. So do the 1700 other people at my place of employment. I would be nice to see the sun, or given our air quality, at least some light.	7/10/2014 5:38 PM
2815	(1) School children will be able to go to school in the mornings during the winter when it is light. (2) It is easier on the human body to be consistent.	7/10/2014 5:38 PM
2816	Makes more sense to leave the clocks FORWARD, the way they are now in the summer. Light later on, while sold as "the farmers like it", really was always about revenue. So let's protect the revenue (which helps earn more in sales tax), and stop moving the clocks. I've paid close attention for several years. What we gain in the mornings during the winter is negligible really. So now that they're forward.. LEAVE them there PLEASE!!!	7/10/2014 5:37 PM
2817	I was influenced by the argument that DST may cause more energy consumption in heating, cooling costs. Also, I have always hated the 2 wee adjustment period need to get into the "swing" of things. The bottom line - I would like the time to remain the same year round no matter what time standard is used. Never the less,there are compelling answers on either side of the issue.	7/10/2014 5:36 PM
2818	IT DOESN'T MATTER TO ME (ALIGN OR CREATE), JUST CHANGE IT SO WE DON'T HAVE TO RESET OUR CLOCKS TWICE A YEAR.	7/10/2014 5:36 PM
2819	I love the fact that there is more time to enjoy the outdoors after work, school, etc. More daylight equates to more physical activity - which equates to a healthier Utah!	7/10/2014 5:36 PM
2820	Changing time 2 times a year disrupts lives for at least 2 weeks after each change. We don't need DST. There are so many hours of light, either in the morning or in the evening. In the evening, with standard time, it's nice to have quiet, with no kids out until 10 or 11. They hate to go to bed when it's still light and therefore don't get enough rest. Go back to standard time. Thanks	7/10/2014 5:35 PM
2821	Give us the most sunshine in the afternoon/ evening. Who cares if we have to get up when it's dark. And this switching is for the birds. Seriously it's bad for your health.	7/10/2014 5:32 PM
2822	I would prefer to have DST but I worry about the effects on young children who start school before the sunrise. Until our primary schools have a start time of 8:30 am or later I say we should stick with the current system.	7/10/2014 5:31 PM
2823	Shifting back and forth between standard and daylight savings time during the year disrupts people's biological rhythms and is harmful to general productivity. We should follow the standard time, which most closely tracks to the natural course of the sunlight, for the full year.	7/10/2014 5:31 PM
2824	there is no real difference in time standard is the right time to go by the other time is cracy it does not make it better for any busnisess or traveling people nor does it help make the acommidy any better jest makes the more lazy people alot more lazy it is a henderence it has nothing to do about the sun coming up or going down it never changes nor do the days we are sick of city and state crying about standard time to suite there lazy body sleep ins we want standard time makes working out side job much easyer morning more cooler get a life we all grew up with out setting the clock a head life was great arizona has the right idea	7/10/2014 5:30 PM
2825	PLEASE SET THE CLOCK, AND DO NOT CHANGE IT!!!!! THE PROPONENTS ARGUMENTS ARE WEAK. FOR MY HEALTH TWICE EACH YEAR, SET OUR CLOCKS ON MOUNTAIN STANDARD TIME, AND KEEP IT THERE YEAR AROUND!!!!!	7/10/2014 5:28 PM
2826	I like daylight saving time. The daylight hours after work are valuable. I do NOT want it getting light at 4am in June, nor do I want it dark at 9am in November. We have been changing to DST for many many years. Are people that wimpy these days?	7/10/2014 5:27 PM
2827	Just pick one option or the other, this constant switching is a pain and hard on the body.	7/10/2014 5:26 PM
2828	I hate changing times twice a year. Let's stop doing Daylight Savings Time and go with standard time all year long. I'd actually prefer it to get dark an hour earlier in the summer. It is just barely dark before bedtime and it's still so hot when I try to go to bed.	7/10/2014 5:26 PM
2829	1st choice: align with Arizona. 2nd choice: stay on Daylight Savings Time all year round What I DO NOT WANT is to change the clock twice a year!!!! Would you put this on a ballot and let the residents of Utah vote on it? THANK YOU for the Survey! N7TEK	7/10/2014 5:26 PM
2830	I just like it to stay the same time like Arizona. I lived in Arizona for a little while and loved not having to worry about changing the time in the Spring and Fall.	7/10/2014 5:25 PM

2831	I think that one time and one time only is the right thing to do. People will adjust and be fine. There are many stresses in life and keeping time dependable will take away that one source of stress. Children need that extra hour of rest as they grow and don't need that taken away. All would benefit from the restoration of standard time only.	7/10/2014 5:24 PM
2832	I feel the loss of sleep and life rhythms that result in changing our body clock is really difficult for everyone, but especially for young children and their parents. The impact on these busy families whose kids are waking up at 5:45 am for a week or more as they struggle is very real.	7/10/2014 5:23 PM
2833	Nature all by its self adds and takes away the length of day light. The change is so hard to adjust to. I think it is so dumb it has never made sense to me. I am a teacher and it causes all kinds of behavior.	7/10/2014 5:21 PM
2834	Arizona apears to be doing fine. Maybe business, and entertainment should change hours of operation? I personnally do not like daylight savings time.	7/10/2014 5:21 PM
2835	i like the daylight in the morning. it gets me up and going for the day. And our biological clocks are set for this time. it gets all screwed up when we have to spring forward. PLEASE only have the ONE time whichever it turs out to be.	7/10/2014 5:21 PM
2836	Here in Utah, the hours of daylight vary so significantly between June and December that it makes sense to take advantage of daylight savings time to make the most of the daylight hours. It seems that the "hassle" is the biggest argument against continuing daylight savings time. Changing the clocks is not difficult and changing a sleep schedule by an hour should be achieved within one sleep cycle. If there is a change made, I believe it would be best to change to daylight savings time permanently. But I sincerely hope this doesn't happen.	7/10/2014 5:20 PM
2837	The time changes wreak havoc on my children's sleeping schedule. In addition, we do not live in the agricultural economy the way we used to. I see no practical purpose for this anymore.	7/10/2014 5:20 PM
2838	The daylight savings time was put in place to help with the seasonal changes long before we had the technology we do now. When we change the time, not only is it confusing and difficult for people, we also use the same amount of power and resources making up for the darkness, either in the morning or at night. It seems like everything is now "coming out sixes." Why not reduce the stress and confusion?	7/10/2014 5:19 PM
2839	It takes me weeks to adjust to the time change. I am also concerned that statics show an increase in accidents due to lose of sleep. It also concerns me about kids going to school in the dark. Didn't we lose a kid right after the last time change? Then there was the cyclists that were killed because of the early morning dark. Please help us with our health and safety issues.	7/10/2014 5:19 PM
2840	I prefer the extra 1 hour of daylight in the evening. An extra hour in the morning is usless to me.	7/10/2014 5:19 PM
2841	I think the additional sunlight at the end of our day is beneficial for traffic safety, energy savings, and general well-being as more of us are up, out, and about in the evenings and would benefit from an extra hour of light. Plus, I hate the current system of changing our clocks twice a year. It is hard for the body to adjust and affects work and school performance.	7/10/2014 5:19 PM
2842	Besides being annoying to change the clocks twice a year, the biggest factor is that it wreaks havoc with one's body clock.	7/10/2014 5:19 PM
2843	If anything daylight savings time is backwards. We have more darkness during the winter. I prefer standard time or change it so we can have more daylight during the winter to help on utility bills.	7/10/2014 5:18 PM
2844	I enjoy the longer day light hours, which allow me to spend more time in the out of doors. It also affords an opportunity for recreational and entertainment business to offer out door venues for all to enjoy.	7/10/2014 5:18 PM
2845	I like the early dark in the winter and the late light in the summer	7/10/2014 5:18 PM
2846	I feel sick for several weeks every spring where the artificial spring forward messes up my circadian rhythm. Dump DST!	7/10/2014 5:17 PM
2847	It allows you extra day light time with the family for activities including sport games, etc. Also, my dad was a farmer and he said that it is important for that extra time for plants to grow since we have a shorter season.	7/10/2014 5:17 PM
2848	I like the later sunlight which helps businesses and the dark winter mornings are dark either way.	7/10/2014 5:17 PM

2849	KEEP DAYLIGHT SAVING TIME! CONSIDER KEEPING DAYLIGHT SAVING TIME ALL YEAR!!! Spring and summer are meant to have daylight savings time. After work recreational programs would be curtailed. Childrens' after school activities would be curtailed. The idea that people would get up at 5:00 am to do outside work is ridiculous. We need the extra daylight during the warm summer months. If driving in the morning is an issue with daylight saving time, I submit that a bigger issue is driving at night during the winter when standard time is in effect. Night driving in snowstorms is incredibly dangerous. An extra hour of light during the winter months would make driving safer as well! KEEP DAYLIGHT SAVING TIME!!!	7/10/2014 5:17 PM
2850	Daylight savings was put into place for the agriculture industry. That is now less than 5% of the citizens of Utah. Why should we be inconvenienced for a small percentage of the population?	7/10/2014 5:16 PM
2851	We don't save any daylight..there is X amount of daylight regardless of the clock...many are up before the sun so changing the time back and forth is moot...	7/10/2014 5:16 PM
2852	I've gone through decades of Daylight Saving time. I always feel tired for the months when the hour of sleep has been taken away. One time and one time only is the answer. It's hard on the children, too, as they lose an hour of rest that they truly need as they grow. No more switching and people will adjust just as well to the dependable time. There are many stresses in life for all concerned and time should be removed from the stresses of living. Other matters are much more important.	7/10/2014 5:15 PM
2853	I lived in AZ all my life and enjoyed the clocks staying in place all the time. It seemed more natural .	7/10/2014 5:15 PM
2854	Daylight savings time allows an extra hour of sunlight after work to engage in recreational activities, ie, cycling, boating, softball, hiking, etc.	7/10/2014 5:14 PM
2855	Please keep Daylight savings. I would love the extra daylight year round.	7/10/2014 5:14 PM
2856	I am a teacher and the first day of change can be a bit hard but it is well worth it to be able to have extra daylight hours. I think it helps working people do things like mow the lawn after work.	7/10/2014 5:14 PM
2857	I look forward to it every time. It makes life interesting and not so dark in the summer time, it is going to be dark in the morning or at night. Life needs some fun in the summertime.	7/10/2014 5:14 PM
2858	i believe that changing clocks every 6 months is detrimental to our body chemistry and sleep patterns.that is why i believe arizona has correct system.	7/10/2014 5:14 PM
2859	It is nice to have the extra time in the evening. Also, it would really be confusing for business reasons. I know that Arizona doesn't change, but it is always difficult to figure out their schedule. If, as a nation, we would drop daylight savings, it wouldn't be as confusing.	7/10/2014 5:13 PM
2860	I like having more time in the afternoon/evening to attend my grandkids sports, and to enjoy spending time with them and their families.	7/10/2014 5:13 PM
2861	My business uses a lot of computer equipment. It is a major pain to roll the clocks twice a year. I prefer to align with Arizona on permanent fall back. Failing that, just pick one or the other and make it permanent. No more changing the clocks! Thanks.	7/10/2014 5:13 PM
2862	I completely understand the value of Daylight Savings Time, and I agree that having the "extra" hour of daylight is very nice in the summer. However, I feel that moving back and forth each spring and fall is disruptive and inconvenient. I feel that we should spring forward once and then leave it alone.	7/10/2014 5:12 PM
2863	I really prefer daylight savings time. The extra daylight available after coming home from my job allows me to do yard work, play with grand children, or pursue recreational activities. I believe that fewer traffic accidents occur due to longer daylight.	7/10/2014 5:12 PM
2864	I like the present system but, since the discussion is for change, would like to keep daylight time year 'round.	7/10/2014 5:11 PM
2865	We need to fall in line with the time as related to solar time. When the sun is directly overhead it should be noon, not 11:00.	7/10/2014 5:11 PM
2866	It should be left alone. its a good system. During the winter time its too cold to be outside period so why have it be lighter outside so our younger children have a harder time going to bed because the sun is still up?? Summer time is the only time we can be out later with our kids because they aren't in school, its wayyyy warmer out AND its lighter. I say just leave it alone. Spring forawrd and fall back should just stay in place.	7/10/2014 5:10 PM

2867	Grew up in Arizona and love no daylight savings time change. The change throws everyone off for weeks and changes in time are getting closer and closer together every year, seems pointless now	7/10/2014 5:10 PM
2868	I like the longer days especially in the summer. It's so much more energizing. When it gets dark early, I don't feel like going anywhere. In the winter it's dark at 5:30 pm.	7/10/2014 5:10 PM
2869	I completely understand the value of Daylight Savings Time, and I agree that having the "extra" hour of daylight is very nice in the summer. However, I feel that moving back and forth each spring and fall is disruptive and inconvenient. I feel that we should spring forward once and then leave it alone.	7/10/2014 5:10 PM
2870	I can live with either daylight or standard time, but I do not think we need to change the time twice a year. I prefer standard time when I go to bed early during the summer months.	7/10/2014 5:09 PM
2871	I have lived in Utah all my life, and while the old version seemed to make it dark to early (for trick-or-treating) the new system is great for not having your kids out on the street in the pitch black lighting at night. This has been great. As far as people dieting because they dong get enough sleep on the 1 day a year it happens, they need to do like I do, and just go to bed earlier, besides if they want to change it they are doing the same thing every night. I really hope the state will be smart enough to leave things alone, why change what has worked for over 49 years of my life.	7/10/2014 5:08 PM
2872	My husband has bipolar disorder. Every time daylight savings comes around he gets out of sorts. I believe it may be that the time change is disruptive to his sleep patterns. He has to be to work at 8:30 and his body is either an hour behind or ahead for weeks. Daylight savings is a time of worry for me. PLEASE change to something constant. It would make our lives and the lives of others suffering from this, or similar mental disorders, so much smoother. Thank you.	7/10/2014 5:07 PM
2873	I always look forward to daylight savings time. If there were a permanent change I would offer switching to that time all year, not the other way around.	7/10/2014 5:07 PM
2874	My Husband and I have always hated the daylight savings time changes because of the physical (jet lag type) of adjustment twice a year. It throws off our sleep cycle and is harmful to our health. I truly believe it causes illness in many people.	7/10/2014 5:07 PM
2875	I like the sun in the morning, and I dislike changing in the spring and in the fall.	7/10/2014 5:07 PM
2876	Switching times twice a year is asinine! Its needs to be done away with. Pick one time and stick to it! PERIOD!!!	7/10/2014 5:05 PM
2877	It makes more sense to keep time as it is, instead of changing it every 6 months. The old fight that it gives people more sunlight hours is silly. I grew up on a farm in Nebraska, we worked when the sun came up and stopped when the sun went down.. it doesn't matter what time the clock says it is.	7/10/2014 5:05 PM
2878	one time is better for your internal clock.	7/10/2014 5:04 PM
2879	As a mother of 7 almost 8 children, it is difficult to get them and myself on a regular schedule. It seems that when we finally get into a good pattern for everyone, then it's time to change our clocks and start all over. Some may say that 1 hour doesn't make that much of a difference, but to children it does.	7/10/2014 5:03 PM
2880	There have been studies on the effect of changing the time back and forth. There is both physical and economical negative results to the changes. Even my pets are still reacting to the current change. It would be better (whether we go with Arizona or change to a constant DST) than to be changing.	7/10/2014 5:03 PM
2881	I hate the change it messes with my system for a couple of weeks each time. I like the added light in the evening.	7/10/2014 5:02 PM
2882	I have a hard time adjusting to the time change every six months. It takes me weeks even a month to get used to it and then we change it again a short while later. I don't think as clearly, I'm very ornery and tired all the time, I feel groggy. It is also very frustrating to have my kids think they don't have to go to bed in the summer time until 9pm, because it's still daylight outside until then, when their normal time is 8pm. I love summer, but wish school would start sooner because my kids have such a hard time staying up that late and are very tired going from a "school year schedule" to a "summer time schedule" then back again. I think it is very disruptive to our body's natural clocks. I think we would wake up more naturally, if we did away with the daylight savings, feeling more refreshed. We would also be more productive not loosing two months out of the year. My kids would do better. There would be less accidents do to tiredness. I just think we should do away with time change all together. If that means staying on the time we are now or setting our clocks back an hour, let's just stick to one time all year.	7/10/2014 5:01 PM

2883	This is an outdated tradition and is not longer useful, if it ever was. A farmer doesn't need a clock to tell him what time to milk the cows, the sun does that just fine. We don't need it, and it wastes energy when business have to keep their lights on longer.	7/10/2014 4:59 PM
2884	I hate driving home from work in total darkness at 5:30 PM. The summer already has abundant light, I dont need MORE of it in the evenings. I would rather have that light in the evenings in Winter when its more scarce.	7/10/2014 4:57 PM
2885	KISS principle. Get rid of DST, it's not needed, it's not productive, it's not desirable.	7/10/2014 4:56 PM
2886	I would love the extra daylight in the winter months.	7/10/2014 4:56 PM
2887	Daylight savings is hard to get used to each time it changes. I think a set time would be wonderful.	7/10/2014 4:55 PM
2888	I have never seen any reason for the day light savings time! Its just another way some people try to control the rest of the people.	7/10/2014 4:54 PM
2889	Since the majority of the year is now spent in mountain daylight time. I am in favor of making that the permanent time.	7/10/2014 4:54 PM
2890	Working outdoors it gets very hot as the day goes on, we need to start as early as possible. We are limited by law in many places on how early we can start. Without DLS we would be forced to work that extra hour in the heat because laws are not different for summer vs winter....	7/10/2014 4:54 PM
2891	I am an educator in an elementary school. The students I work with struggle with the time change every six months. Whether we make our time schedule permanently forward an hour or back an hour, having consistency would be beneficial for both students and teachers.	7/10/2014 4:54 PM
2892	We are more productive with more daylight in the evening hours.	7/10/2014 4:51 PM
2893	I think that Daylight Saving Time saves neither daylight nor time, but messes with our circadian rhythm. We should get real about the sun and simply align with Arizona.	7/10/2014 4:50 PM
2894	The constant changes bring confusion and are difficult to keep up with and really of no value as there are only so many hours of daylight during the 24 hour period, no matter how you label it.	7/10/2014 4:48 PM
2895	End this ridiculous Carter era nonsense now!	7/10/2014 4:48 PM
2896	I believe that its more a problem than a benefit espically know that more of us are working longer shifts the benefit of the extra daylight has been lost and with it any benefits	7/10/2014 4:47 PM
2897	I like to have longer evenings after getting home from work there is still time to do things outside.	7/10/2014 4:47 PM
2898	I believe that constant time is best for everyone. The loss of sleep and the frustration of adjustment twice a year is difficult. I would be fine with either year-round standard time or year-round DST because the time will be consistent year-round. My preference is for year-round standard time because it will provide the most amount of usable daylight during the hours I'm up and either exercising (in the morning year-round), working, or doing errands and yard work. Thank you for considering this change, I really, really dislike the time change and would love to have it consistent all year.	7/10/2014 4:46 PM
2899	I grew up in a farming community, and I can appreciate the reasons behind daylight savings beginnings. In those days there were many more people who benefited from the time change. Now days, most of those small farms no longer exist, only a few remain. Those who benefit from the time change are few compared to the majority who are inconvenienced. Daylight savings has had a good run, now it's time to let it go.	7/10/2014 4:45 PM
2900	As a working mother of two small children, it is imperative that I keep myself and my family on a schedule. Changing the clocks twice a year is painfully disruptive to this schedule, especially to the children. Anyone with small children knows how this disrupts nap and sleep schedules for weeks on end. I am thrilled to see Utah considering this. We vote to stop the clock change!!!	7/10/2014 4:45 PM
2901	Put it 30 minutes between the two different times and just leave it there.	7/10/2014 4:45 PM
2902	Too many are losing sleep, too many children are going to school in dark, and trying to adjust to changing times in light of our accelerated lifestyles adds confusion, chaos, and an element of danger into each of our lives. Perhaps if all else would remain constant the time variance adjustment would not be so critical--but that is not the case. We need some constancy in our ever changing lives.	7/10/2014 4:45 PM
2903	I'm fine with either a permanent fall back or a permanent spring forward. It's changing that I hate. Especially when we're only on standard time for 4 months. Isn't worth it.	7/10/2014 4:45 PM

2904	During daylight saving time, my family stays up later than they would otherwise. My work shift starts at 5 a.m. Monday - Friday, so with all the noise in the house, I don't get enough sleep. Also, the benefits of daylight saving time are debatable. True, some people are helped by it, however, it does cause problems for others. I also, do not like adjusting to the time changes twice a year. It's not healthy. Our society would be healthier and benefit from a return to mountain standard time year round. We, as individuals and businesses, can and should adjust our schedules, not our clocks, if we want or need more sunshine. Thank you for this opportunity to express my opinion.	7/10/2014 4:43 PM
2905	The economic benefits of having daylight in the summer months are needed to support our businesses, communities, and yes our very own legislature. I don't believe for one minute that it has a negative effect on our kids. If anything effects our kids psychologically, it would be the long cold winter months. As soon as you do away with it you will want to raise taxes to help recover from lost revenues for community pools, golf courses etc. Leave it alone!	7/10/2014 4:43 PM
2906	Permanent DST please. More light, more play, more happiness!	7/10/2014 4:42 PM
2907	Common sense should tell all of us, that by the way the time change makes your body feel (for weeks) that staying with the standard time is just simply the right and sane thing to do.	7/10/2014 4:41 PM
2908	don't keep changing. Leave one way or the other, but not back and forth.	7/10/2014 4:40 PM
2909	Winter is depressing especially to older people- more sunlight allows people to stay more active and be involved in sports etc. MST favors early risers. DST may be inconvenient but benefits most people without favoring a few.	7/10/2014 4:40 PM
2910	I would want to stay with the majority of the states as it helps to have consistent time zone differences.	7/10/2014 4:38 PM
2911	I AM FOR KEEPING THE CURRENT SYSTEM. I have never seen a graphic on what the change does for us at the peaks of Day and Night. I do not want the sun to rise at either 5 a.m. in the summer time or 9 a.m. in the winter time.	7/10/2014 4:38 PM
2912	If the time must be changed, I would prefer a permanent spring forward to a permanent fall back	7/10/2014 4:38 PM
2913	Just leave the clocks alone. Daylight Saving Time doesn't save energy (have to turn the lights on in the morning instead of evening), doesn't cut accidents (some studies say accidents increase), or make you healthier (studies have shown decreased productivity, decreased quality of life, increasing susceptibility to illness). In addition, kids are walking and riding their bikes to school in the dark. Bring back Mountain Standard Time.	7/10/2014 4:38 PM
2914	.	7/10/2014 4:37 PM
2915	In the winter time it's dark when my husband leaves in the morning and it's dark when he comes home at night. It would be nice to have more light in the evenings. I always love when we make the switch and it is lighter later. It would be nice if it was permanent. I don't think it would be a big deal to have it darker in the mornings. Most people are just sleeping or getting ready for work or school anyways.	7/10/2014 4:35 PM
2916	I would prefer to keep us on the permanent daylight savings if we do anything. I enjoy the extra day light time in the summer and being able to do activities after work outdoors. I feel that most people would miss this and want to switch back to what we have now if we do anything else.	7/10/2014 4:34 PM
2917	I am against daylight saving time. I am disable and suppose to get 9 hours of sleep. I do not get it being on daylight saving time. I like it better being on mountain standard time I get better sleep that way. I used to live in Az when they didn't go on daylight saving time. I wish congress would stop voting to do the dst process.	7/10/2014 4:33 PM
2918	It creates more chances of kids being take if they are on the streets early mornings when it it still dark	7/10/2014 4:33 PM
2919	Daylight Savings Time allows us to hike, bike, barbeque and enjoy the evenings in the summer.	7/10/2014 4:32 PM
2920	Please change it, either to Arizona time or the "new" time--it doesn't matter to me or my family. We just want it changed, please.	7/10/2014 4:32 PM

2921	I like the evening having more light in the winter months. I don't mind it being darker in the morning hours. I feel more tired when I have to change the clocks in the fall. I do not like the feeling of it being midnight when it is really only 8 in the evening. There are only 9 hours or so of daylight in the winter, and we will experience either early or late in the day. I like being able to do things after work in the light. When it is dark in the morning during the winter I am at work and it does not matter if it dark outside. I really do not want to keep moving clocks back and forth. The time change takes me some time to adjust every year.	7/10/2014 4:32 PM
2922	The time should remain the same all year around. It is hard enough to keep kids on a regular schedule without having to try and reprogram them when the time changes twice a year. We should go for simplicity and just keep things the same making it easier for all of us and especially for the kids.	7/10/2014 4:32 PM
2923	The time change is difficult on sleep patterns. If you want to be out with the sun, get up early and enjoy a quiet morning walk!	7/10/2014 4:31 PM
2924	I would like either time necessarily. I prefer not to go back and forth.	7/10/2014 4:31 PM
2925	I love the longer days in the summer months, we are more active and enjoy evening activities	7/10/2014 4:31 PM
2926	Please do away with Daylight Savings Time.	7/10/2014 4:31 PM
2927	The California Energy Commission published a report on DST (2007). The report concluded there was little to no effect on energy consumption. Statements that energy will be saved is a myth.	7/10/2014 4:31 PM
2928	As a parent and getting kids back in school is a dreadful dilemma when the sun is still out for hours after they are put to bed. Other children who aren't in school are still outside playing making it more difficult for children to go to sleep.	7/10/2014 4:30 PM
2929	The only people that want change are the ones that reuse to move one finger and turn yheir bright lights down or turn aq turn signal on or off.	7/10/2014 4:30 PM
2930	Just think there is no need to spring forward or fall back	7/10/2014 4:29 PM
2931	It's better for small businesses to see more clients year round! Thank you	7/10/2014 4:29 PM
2932	I'm originally from Arizona, but have lived in Utah for six years. I find it so strange when it's after 9pm and the sun is still shining bright outside. It's also difficult trying to adjust every time the time changes, especially with small children.	7/10/2014 4:27 PM
2933	I prefer to stay standard time so it gets dark early in the summer time!!!	7/10/2014 4:27 PM
2934	Schools can adjust their times to begin later, thus negating parents' worries over them going to school in the dark. I would rather continue DST as it stands over going strictly to MST because of the loss of productive time in the evenings due to the lesser likelihood of doing anything outside in the dark.	7/10/2014 4:27 PM
2935	Too much time is lost for employees and students with the change in time. leave it one way or the other, but please don't have us continue use to change it!	7/10/2014 4:26 PM
2936	When you get off work it's still light out and you still feel you got a life.	7/10/2014 4:25 PM
2937	When you get off work it's still light out and you still feel you got a life.	7/10/2014 4:25 PM
2938	Keep it ahead!	7/10/2014 4:24 PM
2939	I love the extra hour of daylight in the evening.	7/10/2014 4:24 PM
2940	Utah is on the west side of MST. I prefer the daylight in the evening rather than morning. We don't see daylight for almost an hour after people on the east side of the time zone.	7/10/2014 4:22 PM
2941	Since there is the same number of hours of daylight in every 24 hr period I believe we should stay in the natural rhythm and not force our bodies to change twice a year.	7/10/2014 4:22 PM
2942	It would be easier to align with Arizona as it's confusing now. They are a close neighbor and Utah has a lot of interaction with Arizona. Since we would be different now form the other surrounding states, it would be nice to be aligned with atleast one state. Time change is so hard! Whatever is chosen - please let's abandon changing times twice a year. Thank you for reviewing this matter in Utah!	7/10/2014 4:22 PM
2943	The time adjustments are hard on the mind and body. We should keep on the same time standard year round. Also, I think it is better to have daylight early in the dead of winter for getting children to school. This is better than having more daylight at the end of the day in the summer.	7/10/2014 4:22 PM

2944	Please discontinue daylight savings time.	7/10/2014 4:21 PM
2945	Would be nice to have daylight in the evening during the winter.	7/10/2014 4:21 PM
2946	DST was forced on us by the government. We the people never had a say. Give us a voice! DST does not save daylight, nor increase safety nor decrease energy consumption. Stop the insanity of switching. Stop forcing people to get up earlier. Allow children / adults to experience dark summer nights without being up till 11 pm, go to drive-in theaters, and especially allow people / children to go to bed earlier because it's dark and rise earlier because they've gotten better sleep.	7/10/2014 4:21 PM
2947	Like the extra hours in the evening. However; would prefer to pick one time and stay with it. Changing back and forth with our time is difficult on my body and my children.	7/10/2014 4:21 PM
2948	Daylight Savings time was to conserve energy, however with the advent of programable thermostats it does nothing to conserve energy.	7/10/2014 4:20 PM
2949	The whole children cannot deal with some more darkness before or after school doesn't hold much water for me. They are going to school sometimes in the dark now, so why is that an argument? It is very valuable to me to have more daylight generally throughout the year after work and a permanent daylight savings time would accomplish this. I also do not like switching twice a year, it is very distracting. Why are we not studying the emotional impacts and more traffic accidents studies on keeping it the way it is? It currently feels like an unnecessary burden.	7/10/2014 4:20 PM
2950	We have been on DST since 1966. I don't think there has been that many school related accidents due to darkness. Please don't change just because us of the silent majority can't make your mid-day meeting. We have to work to keep the schools going.	7/10/2014 4:19 PM
2951	pick one time and stick with it. Changing is a pain and not needed in this day and age.	7/10/2014 4:19 PM
2952	Make a decision to change what we are currently doing and stop switching. Legislature have the integrity to act and don't refer it back to the voters. That's why you were elected.	7/10/2014 4:19 PM
2953	keep it as it is or go to constant daily saving time, not align with Arizona	7/10/2014 4:19 PM
2954	Please do away with daylight savings time, and keep Utah on standard time year round. The days are naturally longer in the summer. Changing the clocks 2 times a year only causes problems and there is no benefit. Thank you.	7/10/2014 4:19 PM
2955	Late summer light is very beneficial to family activities. But to keep that same time schedule all year would mean nearly 9am mornings in the winter which is too late in the morning. Youth would be going to school in the dark and i dont like that scenario for safety reasons.	7/10/2014 4:19 PM
2956	My hatred of DLST comes from a recognition that my own body clock is so well tuned I do not need an alarm clock, except when DLST comes along and mess with my inner cock. Forget gaining or losing an hour, I loose two week BOTH TIMEs OF YEAR.	7/10/2014 4:19 PM
2957	We have such early nights in the winter -- please keep it at Spring Forward! It will improve SADD here in Utah so much. :-)	7/10/2014 4:18 PM
2958	Hate to change time, and children should be able to see their way to school.	7/10/2014 4:18 PM
2959	My child is afraid of the dark and has problems walking to the bus top for school. I also shudder on those mornings when its extra dark and he leaves for his walk in the dark.	7/10/2014 4:18 PM
2960	Get rid of DST. Leave the time on Standard time. If you want to play a round of golf, get up early and do it before work. If you are an amusement park or farmers market, etc. just open an hour earlier. I have seen too many young people hurt and killed in October and March trying to get to school in the dark. It is hard for me and for animals to adjust to the time change. The old reason -to save energy- was disproved by a study of Indiana when it changed to DST. I don't see a good reason for continuing DST. Thank you. PS Your wording of the 1st item is very deceptive. "Retain it is beneficial..." is anything but neutral!!! "Align...."-It is not a permanent fall back- it is leave the clock where it should be-on Standard time.	7/10/2014 4:18 PM
2961	I believe lost revenue to businesses (plus important tax revenue for the state) would occur if Utah was to implement a permanent "fall back" as people would stay home more. Additionally, Utahn's love the outdoors and the numerous activities that families and individuals can enjoy between 4:00-9:00 pm when it isn't too dark to be enjoying our surroundings. Getting adequate sleep is all about choices. Those habits will not change.	7/10/2014 4:18 PM
2962	Hard on my health. Takes my body about 2 weeks to adjust every time. I also hate changing my 10 clocks in the house every time.	7/10/2014 4:17 PM

2963	Yes please stop the madness of changing our clocks	7/10/2014 4:17 PM
2964	I've personally never had a reason to object to the daylight savings time changes. Please Keep It!!!!	7/10/2014 4:17 PM
2965	.Don't switch the clock.	7/10/2014 4:17 PM
2966	Daylight savings never effected me until I had children. I do not feel it is healthy to mess with their sleep schedules twice a year.	7/10/2014 4:17 PM
2967	Changing the time back and forth is not only a massive waste of time and energy, but affects our health by causing us to lose sleep. It should have NEVER been enacted, and will save money and frustration for everyone.	7/10/2014 4:17 PM
2968	its hard to adjust each time it changes	7/10/2014 4:16 PM
2969	It isn't needed anymore; Utah would make a step in the right direction by not following this antiquated time tradition.	7/10/2014 4:16 PM
2970	Much rather have the light in the evening than the morning.	7/10/2014 4:16 PM
2971	The problem is the time change and its impact on the bio clock. Best to coordinate with other Mountain states to set one standard to avoid impacting business.	7/10/2014 4:15 PM
2972	It is more important to have more hours of light in the morning when kids are going to school and people going to work and most of the year the extra hour of sunlight at night is not used by people. They are in doors.	7/10/2014 4:15 PM
2973	Childrens safety should be the prime concern here since children are waiting for buses in the dark, walking to school and crossing streets in the dark. Not only is traffic an issue but so are child predators! Lets keep kids safe!	7/10/2014 4:15 PM
2974	Keep it as is. The study of the cost of shifting to daylight saving time is very narrow. If one hour of lost sleep is that costly then do away with fireworks that start at 10:00 and keep people up for an hour pass their normal bedtime. Revert to test patterns on the TV after 11:00 pm so people don't stay up late and miss sleep. Don't allow college students to cram all night for test as this will surely cost a lot of money.	7/10/2014 4:14 PM
2975	Just leave it the same. No more changing.....	7/10/2014 4:14 PM
2976	My energy level is greatly increased when it is light. I like to come home from work and have the energy to do something besides sleep.	7/10/2014 4:13 PM
2977	Because saving daylight is not the question here. switching around the time twice a year is a bigger problem and any possible savings. Let people chose how they want to use the same amount of daylight.	7/10/2014 4:13 PM
2978	Tired of changing. Should be one or the other not both	7/10/2014 4:13 PM
2979	Love my "late" evenings. To recreate, ride my bike, golf or do my outdoor chores, PLEASE do not change. It has been a summer stable for many, many years and I am definitely a "YES" man!!	7/10/2014 4:12 PM
2980	I enjoy light later into the evening.	7/10/2014 4:12 PM
2981	Standard time would work better for most during the winter. In the summer you can get up an hour ealier.	7/10/2014 4:11 PM
2982	The practice of daylight savings is stupid. The initial idea was to provide farmers with more daylight. Well, if farmers need more daylight...GET UP EARLIER! We have the same amount of daylight as we have ever had. if needed, adjust what you have to to make it work for you. This going forward and back each year is archaic and ridiculous.	7/10/2014 4:09 PM
2983	I like the extra daylight when I come home for work, but I resent having to change the time back and forth twice a year. I live a few miles north of the Arizona border and it is very inconvenient to have to live with an hour time difference so short of a distance from here.	7/10/2014 4:08 PM
2984	We love DST. Please don't discontinue it. The extra hour of DAYLIGHT allows us to spend more time outdoors "which Utah is famous for". Please allow us to enjoy the summer evenings. Don't give in to the loud minority!!! If schools are complaining they should delay the start of school one hour. I believe the working adults outnumber the school age kids. Please leave it as it is.	7/10/2014 4:08 PM

2985	I'm more thinking about Daylight at the end of the day. So Instead of the sun going down at 4:20 in the winter time it will go down at 5:20. I do realize this means its darker in the morning. But its already dark in the morning. To me it comes down to usable light. For me I would rather have light at the end of the day. (I'm sure others would rather have light in the morning).	7/10/2014 4:08 PM
2986	I like the extra daylight when I come home for work, but I resent having to change the time back and forth twice a year. I live a few miles north of the Arizona border and it is very inconvenient to have to live with an hour time difference so short of a distance from here.	7/10/2014 4:08 PM
2987	When I travel out of the country, my body gets into a more natural rhythm and I sleep better, eat less and at normal times, which makes me feel better and healthier. I also start to loose weight. Lets get back to nature.	7/10/2014 4:07 PM
2988	Stop moving the time.....Just leave it alone.	7/10/2014 4:05 PM
2989	I would much prefer to have more daylight in the evening to accomplish more tasks after work. I could care less if it were dark later in the morning. Maybe this would force the schools to start school later, allowing the children to get more sleep. The argument about the children walking to school in the dark is a moot point since school around here starts at 7:25am anyway. So they are already headed to school before light anyway.	7/10/2014 4:05 PM
2990	I would rather not have to change the clock back and forth. It is tough getting kids adjusted to the new schedule. Also we spend more time with daylight savings than we do our normal time. That makes no sense at all.	7/10/2014 4:03 PM
2991	First off, it always takes a couple of weeks for me to adjust when I lose the hour in the spring. Second, I hate how early it gets dark on winter evenings. I would really like to have the extra hour of daylight in the winter after work. I go to work in the dark in the morning anyway so having the sunrise an hour later wouldn't bother me. Third, if a business thinks it would benefit by switching to standard time in the winter then why can't they just adjust the working hours for their individual company instead of expecting everyone to conform to a schedule that benefits them.	7/10/2014 4:02 PM
2992	It makes me almost giddy just to think about it! I've wanted to get rid of daylight savings time for years and I'm so glad that a survey and study is being done. Daylight savings time doesn't make any sense. What good does it do to try and manipulate the time? Having lived in Kanab, UT, just a few miles from Fredonia, AZ, I got a good taste of how silly it is to 'change' the time and how confusing it is. I don't live in Kanab anymore, but it's still ridiculous to change the time, because I still say in my head, "It's really just 3:00", when I've been forced to "spring forward" an hour. Come on people, let's use some common sense and just let it go!	7/10/2014 4:02 PM
2993	I'd like to see more uniform daylight hours year round. Daylight savings time also disrupts my sleep cycles for a month or more after very clock change forward and backward.	7/10/2014 4:02 PM
2994	I support not moving back and forth with our time but choosing one option and staying with it. It is very difficult to go back and forth and is especially difficult when we spring ahead. I prefer having more light year round and hate waking up when it is dark and going to bed when it is dark. It is very difficult on the body having to jump back and forth with time.	7/10/2014 4:02 PM
2995	Evening in the summer is the only time I get to spend time with my family outside. I'd hate to lose an hour to darkness in the summer - and would prefer to have more in the winter.	7/10/2014 4:01 PM
2996	Daylight savings time needs to remain as it is. It is helpful in the summer months to have the longer evenings. If we reverted to mountain standard time, it would be light by 4:30 in the morning, which makes it very difficult to sleep. But, if we were to be on daylight savings time all year long, it would be too dark in the mornings for children making their way to school. It's just too dangerous for them.	7/10/2014 4:01 PM
2997	I prefer the Daylight Saving Time. However, we started too early and ended to late. Most people wake up around 6:00AM because of school for kids. When we start the DST, we should not need to turn on all the lights. Same to when we end it.	7/10/2014 3:59 PM
2998	In this day in age I see no reason to have it get dark earlier in the winter. Lets keep that "extra hour of light". And PLEASE spare all of us with kids that horrible week of trying to get kids back on a sleep schedule each time we have daylight savings!!!	7/10/2014 3:59 PM
2999	I don't think the 'Spring Forward' is good for normal sleep habits or for children in school. I would prefer to eliminate Daylight Savings Time so that we kept the same hours all year long and didn't have to try to adjust sleeping patterns in the spring.	7/10/2014 3:59 PM
3000	The time change in the spring makes it harder for me to study and take tests, plus my sleeping schedule is all messed up for about two weeks and in those two my grades drop dramatically	7/10/2014 3:58 PM

3001	Safer for kids going to school and easier on their schedule.	7/10/2014 3:58 PM
3002	I believe the loss of sleep as we move backward and foreward contributes to highway accidents and other cognizant errors people make in the weeks following the change. Staying at the standard time would put us in the most "normal" phases of daylight and nightime.	7/10/2014 3:57 PM
3003	I just wish we would keep it one way or the other and quit the changing back and forth.	7/10/2014 3:57 PM
3004	There will be a cost to industry to change any device with an internal clock. I get that this is an inconvenience for parents with small children (I have seven kids myself), but I don't think this is a good time to be messing with this. Let's get the economy back where it belongs before we start tweaking with things.	7/10/2014 3:57 PM
3005	It doesn't matter to me if it is to be daylight or standard time but I do not like the switch every spring and fall. Pick one and leave it be is my vote. Thanks.	7/10/2014 3:56 PM
3006	Keep DST the way it currently is. If you rephrase the proposal and tell people we will go to Pacific time, but only in the winter... how do you think they'd vote? Clearly NO! That is in essence the question we are being asked, and it is a ridiculous concept.	7/10/2014 3:56 PM
3007	As an elementary school teacher, I have seen that valuable education time is impaired. It takes about two weeks for the students to adjust to the time change.	7/10/2014 3:55 PM
3008	My dad told me years ago it was started to help the farmers. It seems now it is to help the golfers. I am not complaining because I golf. But I do hate switching the time twice a year. I don't care what time they decide but just keep it there and don't move it!!	7/10/2014 3:54 PM
3009	The longer the light in the evening better. More people stay out and generate revenue plus more light during awake hours.	7/10/2014 3:53 PM
3010	I believe the facts show that daylight saving time has not "saved" anything. The mistaken extension by congress was ill-conceived. The greater amount of daylight hours we enjoy in summer will not change.....	7/10/2014 3:53 PM
3011	I dislike switching back and forth between Daylight Saving Time and regular time. But trying to create our own time zone would be a mess. Utahns have hundreds of thousands of computers, tablets, phones, DVRs, game consoles, and other devices that would not understand a new time zone and would thus stop working correctly. The newest devices would get updates to correct this, but most existing devices would not. So the CREATE option should not be considered unless it is done at the national level and doesn't take effect for several years after it is passed, giving manufacturers time to build in support into newer devices. The ALIGN option would not have this problem as existing devices could be set to use the Arizona time zone, but that option would give us very early sunrises in the summer.	7/10/2014 3:53 PM
3012	My preference at this point in my life is to align with Arizona because I have a family of younger children. It's hard to get them to bed at a decent hour when the sky is light until 10:00 pm or so. If I spent more time outdoors then I'd probably prefer to have DST be permanent. Either way, I won't complain so long as we don't stick with the status quo. The time change is frustrating each Spring due to lack of sleep. And in the Fall it's frustrating to lose an hour of daylight in the evening and have it get dark so early. I'd rather deal with change gradually rather than overnight...literally.	7/10/2014 3:52 PM
3013	I work in construction. Because of noise restrictions we cannot start until 7 am. If we get rid of dst, it would be like starting at 8am. It is just too hot, to start later in the day.	7/10/2014 3:52 PM
3014	In the winter time I would like light later at night rather than earlier in the morning.	7/10/2014 3:51 PM
3015	Sleep disruption is unhealthy and reduces productivity. It takes a week or more for some people to adjust. We should not change time. To take advantage of light hours in the summer, I pick create.	7/10/2014 3:51 PM
3016	As a homeowner, I prefer DST because I can either work outside without having to wake up so early to have cool weather, or to also be able to work outside later in the evening after the day's activities have calmed down and still have daylight to do it in. As a mother, I also appreciate DST because it gives me extra time with my family that we can do things outside together after my husband is home from work. Given the option, I would rather have an extra hour of daylight at the end of the day than at the beginning--we are just better able to utilize it and take advantage of it. I am also able to sleep better because the sunlight isn't penetrating my house so early in the morning.	7/10/2014 3:49 PM
3017	Daylight saving time messes with our body clocks and can cause not only problems with concentration for our children at school, but for adults. I have heard that more accidents occure right after the clock change.	7/10/2014 3:49 PM

3018	I grew up in Arizona, so never experienced the physiological effects of DST until I moved to Utah. I've been a resident for more than 30 years and I still don't adjust well to the change. Simply put: Those in favor of DST probably never worked with livestock. If DST doesn't work for animals, why do we think it works for humans?	7/10/2014 3:48 PM
3019	My vote is to keep one time all the time. MST!	7/10/2014 3:46 PM
3020	More light and longer days is always better.	7/10/2014 3:46 PM
3021	I talk to a lot of Utah residents in my business and over the years this subject has come up reapeatly. With few exceptions all have express wanting to keep the time as it is during the summer months.	7/10/2014 3:46 PM
3022	We should stay consistent with the rest of the nation. I work regularly with people across the country, and I like the ease of knowing DC is 2 hours ahead and San Francisco is 1 hour behind. Scheduling meetings will be more complicated with additional variables.	7/10/2014 3:46 PM
3023	Daylight Saving Time all year round would be okay except that mornings in the winter would be dark an hour later so schoolkids would be going to school in the dark practically the entire school year. I'm sick of running around my house changing all the digital clocks twice a year so I vote to stay on Mountain Standard Time year round. Who needs to be out golfing at 9 pm? Studies have already shown that switching to DST doesn't save energy, so why bother?	7/10/2014 3:46 PM
3024	I like to have night time activities in the summer. It is much harder to do when it doesnt get dark until 10 PM.	7/10/2014 3:45 PM
3025	Our society has changed from a early morning society to more of a night life / after work activity society. The extra 1 hour of daylight at night supports this change.	7/10/2014 3:44 PM
3026	The winter months in Utah are already long enough. It would be nice to have some extra light in the evening to get shopping and other chores done after work.	7/10/2014 3:44 PM
3027	I would prefer to have more light later into the evening than in the morning.	7/10/2014 3:44 PM
3028	When my children were in school they were almost hit by cars several times walking to the bus stop during spring forward. Drivers & children are tired during this time, and it takes months to regulate back to normal sleep patterns. If we really had a vote, I would align with AZ.	7/10/2014 3:43 PM
3029	farmers work form sun up to sun down no matter a watch says. changing times is much more involved than resetting clocks. it is messing with people.	7/10/2014 3:42 PM
3030	The spring forward cost lives in a increase in heart attack. the idea that it saves energy is a myth proven false in a study of two one in the US one neighboring in Canada.	7/10/2014 3:42 PM
3031	I like the idea of lighter later, especially in the winter.	7/10/2014 3:41 PM
3032	In the winter time I would like light later at night rather than earlier in the morning.	7/10/2014 3:41 PM
3033	I do not want the sun to rise at 5 am rather than 6 am. That only makes it more difficult to sleep until I have to get up to go to work at 7am. Also, I love having an extra hour of sun after work. It allows me at least some time with my family in the evening to spend with my family in outdoor activities.	7/10/2014 3:41 PM
3034	I prefer to live in natural time not a pretend time. What does it accomplish? There is still the same amount of daylight in a day.	7/10/2014 3:40 PM
3035	Keep it how it is I enjoy the late evening light to do more in the outdoors which boosts Utahs tourism	7/10/2014 3:38 PM
3036	Daylight Savings Time is an anachronism and should be done away with. It was a bad idea in the first place, and it's gotten worse over time as the original reasons for it have gone away.	7/10/2014 3:38 PM
3037	It works for Arizona. Why are we so special?	7/10/2014 3:38 PM
3038	Permanent Spring Forward. We have wonderful summer nights here in UT that brings tourism from all over the world, and why would we not want as much evening light as possible in the winters as well?	7/10/2014 3:38 PM

3039	Daylight savings is disruptive. It is harder on my body the older I get. The argument that it helps with more daylight is just dumb, because there are the same amount of hours every day. Daylight savings may adjust when we perceive those hours to be, but we still have the same amount of light. This is a tradition that needs to be done away with. I have relatives living in states that have done away with this tradition, and they don't have to suffer thru the adjustment to their sleep cycles. Their lifestyles suffer no trauma as a result. I see only good things that come from doing away with daylight savings.	7/10/2014 3:38 PM
3040	I prefer morning sunlight. It is difficult to help little ones get to sleep when it is still light outside at night. The hour change twice a year is also difficult to adjust to.	7/10/2014 3:36 PM
3041	Changing the time twice a year is too taxing on our bodies, especially for our children and elderly. I would prefer to stick with mountain standard time so that our children are not going to school in the dark.	7/10/2014 3:36 PM
3042	As a graveyard worker I can go weeks at a time without seeing any substantial amount of daylight. Moving daylight to the evening hours allows for more productive daylight time.	7/10/2014 3:35 PM
3043	President Johnson is dead and the daylight saving time should be also. There is no blasted reason this should be implemented anymore. the only thing I see is Adjust, Adjust, Adjust, Adjust, Adjust, Adjust, Adjust, Adjust, Adjust. The state of Utah spends money to Adjust for the change as well as businesses. When We have to spend money to adjust, it worth the spit in the mouth.	7/10/2014 3:35 PM
3044	This change from standard to daylight savings puts a great burden on student and parents. It is much to dark in the mornings for students to travel if left on daylight savings. Please consider aligning with Arizona	7/10/2014 3:35 PM
3045	Daylight savings time is out dated and holds no + purpose. It's hard on young children. It's confusing to the elderly. It's hard on educators. It's dangerous for children to walk to school in the dark.	7/10/2014 3:35 PM
3046	I live in Utah and i travel to Arizona and quite a lot for work. I hate the time change, especially since Utah and Arizona are really supposed to be on the same time. Utah is on the western edge of the Mountain Time Zone and technically time would be more correct if we were on Pacific Time or aligned with it thourgout much of the year.	7/10/2014 3:34 PM
3047	Daylight savings time is out dated and holds no + purpose. It's hard on young children. It's confusing to the elderly. It's hard on educators. It's dangerous for children to walk to school in the dark.	7/10/2014 3:34 PM
3048	In winter, the afternoon sun and warmth could be used by more students and employed people if the daylight was longer into the evening. It is colder in the am and more difficult to be productive. Work outside is easier in the late afternoon/after work period if it stayed lighter longer in the winter.	7/10/2014 3:34 PM
3049	This change from standard to daylight savings puts a great burden on student and parents. It is much to dark in the mornings for students to travel if left on daylight savings. Please consider aligning with Arizona	7/10/2014 3:34 PM
3050	A permanent Daylight savings shift would be perfect for more outdoor recreation opportunities.	7/10/2014 3:33 PM
3051	After having lived in Arizona for five years it was always a plus that I didn't have to adjust my body clock twice a year. Since moving back to Utah and getting used to the time changes again, it has created quite the disturbance in my sleep pattern. It usually takes 2 weeks to adjust each time.	7/10/2014 3:33 PM
3052	Thank you for asking our opinion. Time changes are very hard on kids. They not only affects nighttime sleep schedules but also eating and nap schedules. They affect school performance and mood (an hour less sleep all the sudden??) It takes us weeks to get going in a nice groove again. While I'd prefer to have more evening light in the winter (cut down on some of those winter blues), I'd support either choice where time stayed constant throughout the year. Thanks so much.	7/10/2014 3:31 PM
3053	I prefer align, but I would be just as happy with create. Having the clock go back and forth has no measurable benefit while causing many disruptions.	7/10/2014 3:31 PM
3054	I am "employed", plus self employed in the agriculture industry. If we loose daylight savings, how to individuals that "work for a living" with part time employment or hobbies participate in these activities? Please don't let those that don't work, work part time, or have 9 to 5 jobs eliminate our activities.	7/10/2014 3:30 PM
3055	It seems like it is just confusing to change all the time. It would be a positive to be the same as Arizona and it would even out the days daylight all year long.	7/10/2014 3:30 PM

3056	More opportunities for Vitamin D in the winter, while most people are out and about (after 8 am) sounds wonderful. The time differential between Utah and the East Coast would be closer, meaning less jet lag for travelers; if traveling west, then two hours are gained during the West Coast's DST. I see all these as benefits, not drawbacks.	7/10/2014 3:29 PM
3057	Daylight savings time sounds like a good idea at first but in practice it does not save anything. I have read of studies that show that it affects people's health. I have also read that energy is not saved. All that happens is that you use lighting at a different time. Do away with it. Please.	7/10/2014 3:29 PM
3058	Leave time as God intended it to be!	7/10/2014 3:29 PM
3059	I just recently retired; however, while I was still working the hour difference due to daylight savings was always difficult to adjust to. I lost productivity for 1-2 weeks adjusting to the time change twice a year.. This was a problem throughout our entire work force. There were always comments regarding the change and hoping that at some future date the change would cease altogether. It is very disruptive to our lifestyle.	7/10/2014 3:28 PM
3060	Nothing in daylight saving time changes the amount of daylight we have. We can't change the rotation of the earth. Real farmers are up before dawn. They have to come in for breakfast. Daylight saving time does harm children and families. It disturbs natural sleep patterns. You can get up any time you want.	7/10/2014 3:28 PM
3061	I have always dislikes the spring forward, fall back. Now that I am a Mom of 6 I really detest it. I never know how the girls are going to do with the time change. If it goes badly it takes weeks to get them back on track. I compare this to flying to Australia. It was a 24 hour flight. I was told to take a nap when I got there, which was in the afternoon. It took me a long time to adjust to the new time. When I came back it was a 18 hour flight and I landed in the morning. This time I chose to stay awake and go to bed at the normal time. My adjustment was so much easier. Daylight Saving Time messes with our internal clock and I think it needs to be done away with.	7/10/2014 3:28 PM
3062	I feel it is to hard on the children and everyone . In the winter its dark when kids go to school not safe and in the summer you can't get them to go to bed and you just don't feel good. thank you	7/10/2014 3:27 PM
3063	Better for our business to have more daylight in the evening.	7/10/2014 3:26 PM
3064	Only wish I could chose two options. Either keeping daylight savings or staying on this current daylight savings time. I have two companies I own - Trucking & Farming. With trucking, a change would most likely cause some shipping/receiving issues with other states and their parent companies. With my farming activities, I would find it very difficult to get the summer chores done before the sun went down. If I had to perform these chores in the dark, I run the risk of injury. Getting up at 4:30 am would not be a feasible option. I know an hour doesn't sound that bad, but when your already stretched to the limit on time, I enjoy that extra hour in bed vs. moving water. I gripe every year about the spring forward and losing that hour, but in the end it works out for the best in getting all my work completed in a day and still have enough light to enjoy my family around the lake or patio. Please don't change, it could put more tired workers out on the road including my drivers who are trying to balance work, farming and family. Is there a study that shows how many accidents happen during daylight hours vs night (dark) hours? Maybe you should consider that study if there is one.	7/10/2014 3:26 PM
3065	Changing clocks and adjusting to a time change every 6 months is just plain nonsense.	7/10/2014 3:24 PM
3066	I prefer to have either the permanent alignment with Arizona or a permanent spring forward time. The spring forward time change always messes with my students. They become tired and grumpy by the end of the school day when we spring forward. They are harder to keep focused for about 2 weeks. That is 10 school days that we loose precious teaching time due to needing more brain breaks and dealing with more discipline problems. If we keep the time the same we will not have this problem. I understand the desire to have more light during the day, however, it not only messes with students, it messes with my sleep pattern as well. The more consistent we can stay the better for everyone. I urge you all to really consider how this affects us and our students.	7/10/2014 3:23 PM
3067	It's an old practice that was implemented during WW1 that would reduce the amount of fuel being used to create artificial light during winter months. In a technological advanced business world, this dose nothing to benefit society.	7/10/2014 3:23 PM
3068	Love it just the way it is!	7/10/2014 3:22 PM
3069	I don't want it getting dark too early in the winter. 5pm vs 6pm.	7/10/2014 3:22 PM
3070	I have a really hard time adjusting to the time change even if it's only one hour either way. So do my kids. Please just pick a time and leave alone!	7/10/2014 3:22 PM

3071	There is no more need for daylight savings time. Most people do not farm and it creates unneeded confusion about our sense of time. Please repeal it. Thank you	7/10/2014 3:20 PM
3072	I am in favor of keeping the longer daylight hours year round. Several bennefits for me, personally.	7/10/2014 3:20 PM
3073	I have found the time change to be detrimental for my children and our family. They have a hard time adjusting to the changing time. It is harder for them to get up or go to bed at the usual time when this time change occurs. As the "fall back" schedule is only for 4 1/2 months anyhow, I don't feel like it is enough of a benefit to counteract the difficulty physically that my children face. I was excited when this topic was addressed. I can see why it was implemented in the first place, but the reasoning behind keeping it doesn't seem to exist. People are going to do their work, or shop, regardless of the hour change. I feel it would be beneficial to discontinue the practice.	7/10/2014 3:20 PM
3074	Do away with it. It messes with the time, and i believe it actually increases the amount of energy used. In our age of electronics and IPhones we cosume more energy that ever before. most people i see use more energy during the summer months, so i feel the change is pointless.	7/10/2014 3:20 PM
3075	Do one or the other but quit making us switch twice a year.	7/10/2014 3:20 PM
3076	With DST I can't get my kids up in the morning because it is dark, and I can't get them to bed on time because it is light outside.It is completely disruptive to sleep because they go to bed too late and are groggy in the morning when they need to focus on school. Personally, I like to get up early to workout before work and for most of the year it is too dark outside to work out safely.	7/10/2014 3:19 PM
3077	It takes too long to physically adjust to the changes. Also, with the later change time in the year, children are going to school in the dark, which makes them more difficult to see. Also, for parents of children in year around school, the summer nights are hard enough to get kids to bed early, but later sunsets make it even more difficult	7/10/2014 3:18 PM
3078	It already stays lighter longer in the summer. The time change in March makes it darker in the mornings when kids are going to school. I wish the federal government would have left the time change in April and October.	7/10/2014 3:18 PM
3079	During the months that there is the least amount of daylight, it would be nice to have it set to have light for as late into the night as possible. Really, it doesn't matter as much to me which one we choose, I would just like it so that there wasn't any kind of change during the year because it takes a week or two to adjust sleep patterns and really the whole day.	7/10/2014 3:18 PM
3080	I am Farmer and Rancher. I prefer to stay on Mountain Standard Time all year. One hour in the morning is worth two in the evening !! Get up and get moving !! Ask any dairy man what the time change does to the dairy cattle and the employees. Don't mess with Mother Nature !! Keep on with MST, as with Arizona.	7/10/2014 3:17 PM
3081	We don't want to walk to school in the dark.	7/10/2014 3:17 PM
3082	Super hard on kids and old people.	7/10/2014 3:15 PM
3083	I like the way Arizona is. I think it will be beneficial to our health to keep on one light schedule. Also it's natural and that's the way it should be.	7/10/2014 3:13 PM
3084	When we do daylight saving we have all the driver's on the roads are sleep deprived witch according to utah law is illegal.	7/10/2014 3:13 PM
3085	It's way past time to scrap the silly program! I don't really care which way we go but pick one and then LEAVE IT ALONE!	7/10/2014 3:12 PM
3086	Anyone I talk to in our community hates the change. They prefer no time change. If the law is changed to require no time change, I prefer the spring forward time.	7/10/2014 3:12 PM
3087	Changing the clock on the wall have has, nor ever will create more daylight. It only creates confusion. Perhaps there were good reasons for creating this time convention back in the day, but it has never made sense to me in my lifetime. The people of Arizona got it right. We should join them and start adjusting our lives to the daylight rather than messing with the clocks every few months.	7/10/2014 3:11 PM
3088	Hate daylight savings. Employees and kids are zombies for a month after spring forward. Loss of productive, health issues and impaired learning for kids do no support continuing with this antiquated time fiction. Aligning with Arizona neighboring state makes perfect sense.	7/10/2014 3:11 PM

3089	I Really don't care if we go with arizona or create our own time. I just hate the switch. It throws of the body rythm for weeks. Every parent knows how difficult it is to get their kids to adjust let alone themselves.	7/10/2014 3:11 PM
3090	DST serves no real purpose in this day and age. It upsets sleep patterns, creates issues at work with automated systems trying to change and the resultant inevitable glitches. It doesn't matter if we permanently fall back or spring forward. The idea of changing time twice a year is obsolete, antiquated, serves no real function.	7/10/2014 3:10 PM
3091	The sun going down trips my inner clock to think it's bedtime. I like having more hours after work to get things done before that happens, but if you have DST all year round, it would be harder to get up in the winter months when the sun comes up at 9:00. Leave it the way it is for the best of both conditions. Plus, it's always fun to get an extra hour of sleep when we fall back!	7/10/2014 3:10 PM
3092	keep daylight savings, long days are good.	7/10/2014 3:10 PM
3093	Its about time we change this outdated twice a year confusion	7/10/2014 3:10 PM
3094	I really don't care if we spring forward or align with Arizona but I want Utah to pick one and quit changing! Thanks	7/10/2014 3:09 PM
3095	There should be no Daylight Savings Time. It's disruptive and effects my health. It is said there are more traffic accidents and heart attacks the day after the clocks are moved forward. In fact your chances of a heart attack rise by about 10 percent! (study from University of Alabama) Why throw our bodies for a loop going back and forth ever year? It can be especially hard for seniors, children and those who are ill. It's not worth risking our health for an extra hour of sunlight!	7/10/2014 3:08 PM
3096	I strongly vote to retain daylight savings, I love the long days. And really its only two times a year we have to adjust to slight change, not a big deal.	7/10/2014 3:08 PM
3097	We value the extra daylight that DLS provides.	7/10/2014 3:07 PM
3098	farm animals do not know the difference -- they are ready to eat at 4am and 4pm --- so it makes it hard. Kids would sleep better in summer if it got dark earlier	7/10/2014 3:06 PM
3099	I Love DST just as it is!!!!	7/10/2014 3:04 PM
3100	I believe that the cost and energy "savings" that was expected by the Daylight Saving Time is nominal. I think that although it would be a lifestyle adjustment for many people, going back to Mountain Standard time will ultimately serve the people of Utah better. Our lifestyles are such that we turn our lights on when it's dark and we cover our heads when it's bright; regardless of how many times the "specialists" in the field will ask, tell, beg, plead, grovel or threaten, we do what we do. Go back to the standard time, the people will learn to deal with it and life will be so much easier. Thank you, Shan from Davis County	7/10/2014 3:03 PM
3101	It seems like the benefits are economical and safety. It's said that one additional hour in the evening can increase revenue from tourists. It will also be safer for kids and drivers in the morning. Why not make a new daylight saving time and keep it that way all year long. There's no benefit in the winter. It's dark when you go to work and it's dark when you go home from work. Thus daylight savings makes no difference in the winter. So if it's only for the summer, might as well keep the same time all year long and not worry about springing forward or falling back. Simple :)	7/10/2014 3:03 PM
3102	the changing of the clock back and forth is a pain	7/10/2014 3:02 PM
3103	The only problem with spring forward has always been the change in the spring. If we stay here,most of us will not have to get home in the dark in the winter, where now it is dark by 5:00pm mid winter. I prefer that option!	7/10/2014 3:02 PM
3104	I lived in Arizona for a period of time, and enjoyed not worrying about changing the time. It is an unnecessary inconvenience that serves no perceivable purpose.	7/10/2014 3:01 PM
3105	The time change each spring and fall creates havoc with my children's sleep schedules. They also have a harder time in their school classes for weeks after each change.	7/10/2014 3:01 PM
3106	It seems like the benefits are economical and safety. It's said that one additional hour in the evening can increase revenue from tourists. It will also be safer for kids and drivers in the morning. Why not make a new daylight saving time and keep it that way all year long. There's no benefit in the winter. It's dark when you go to work and it's dark when you go home from work. Thus daylight savings makes no difference in the winter. So if it's only for the summer, might as well keep the same time all year long and not worry about springing forward or falling back. Simple :)	7/10/2014 3:01 PM

3107	Having sunrise at almost at 9 am in the winter seems unnatural to me whereas having it get darker earlier seems like a natural course of things. Going back and forth is getting really inconvenient.	7/10/2014 3:00 PM
3108	As a former teacher, I noticed how hard it was for some children to "Spring Ahead" and get up an hour early. I had tired and late children quite often. Also, the Jr. High and HS kids had to get up that much earlier. It just didn't make sense! Someone said, "Just to give golfers an extra hour of daylight." Let them get up earlier is my suggestion. PLEASE consider the Arizona option!	7/10/2014 3:00 PM
3109	More people are tired after a long day's work and are commuting home. The morning commute, most drivers are more alert and awake than after a long day. Every 6 months I deal with sleep issues for at least a month after each time change. I prefer the creating the daylight saving, but either way I vote to stop changing the time.	7/10/2014 2:58 PM
3110	it's time to align with AZ	7/10/2014 2:57 PM
3111	Daylight Savings Time alters Kids schedule. Please do not change time.	7/10/2014 2:57 PM
3112	Leave it the same all year long.	7/10/2014 2:56 PM
3113	I enjoy an extra hour to go to grandkids functions, shop, do outdoor activities. My next option would be to keep it as is, and last to do what Arizona did.	7/10/2014 2:56 PM
3114	There is no savings of light. We get what we get. Quit disrupting everyone's lives twice a year.	7/10/2014 2:56 PM
3115	I vote for the permanent spring forward! I would love to see more daylight during the winter months. Plus, it wont screw up your sleep patterns!	7/10/2014 2:55 PM
3116	I get to work at 6 in the morning in the summer and it is already light. If we didn't move forward, it would be light at 5 in the morning. That is too early for it to be light outside. If not to stay as we are, I would prefer a permanent move forward, not to move to Arizona time.	7/10/2014 2:55 PM
3117	DST is an outdated practice. It doesnt help save money, or energy usage. Why have the federal govt to telling us one more thing we have to do? Make it go away!	7/10/2014 2:55 PM
3118	On question 1, I would note my opinion is NOT strong. I almost don't care. Could you include a "don't care" option there?	7/10/2014 2:54 PM
3119	It is difficult for kids to switch back and forth.	7/10/2014 2:54 PM
3120	Changing times in neither natural nor needful. It is difficult to get used to and yields no real benefit. Lets drop DST and let those few who like it adjust their own schedules.	7/10/2014 2:54 PM
3121	I am very, very in favor of abolishing the twice-yearly time changes. I believe time changes have a huge cost in human lives and economics due to the massive interruption in sleep schedules. I don't believe there are any benefits to the time change that couldn't be achieved by some other means, without sacrificing the well-being and very lives of people. I slightly favor the ALIGN option over the CREATE option only because it does not make any sense to have a perpetually have a different time zone than Arizona/Idaho if we can possibly avoid it. If Arizona hadn't already made their decision, I would have voted for CREATE, because the times seem to nicer fit into my personal current schedule -- but personal schedules can be changed and other states' time zones, not so much.	7/10/2014 2:53 PM
3122	I just think that it would be nice to have the sun up when the average Utahn is up, and I feel that that would be best represented by Year Round DST time. Year round standard time would be terrible, especially in the summertime, because who wants the sun blaring through their windows at 5am!?! Nobody I know...	7/10/2014 2:52 PM
3123	I feel we should have daylight savingstime year round	7/10/2014 2:51 PM
3124	No need to be even more different. It might create the wrong public opinion nationwide. We must show we have similar needs and desires as American People.	7/10/2014 2:50 PM
3125	I am driving to work in the dark most of the year long so it is difficult to see animals on the road. My daughter also has to walk to the bus stop in the dark much of the year. Children are walking to school in the dark. It is difficult for drivers to see them. It has always been difficult to be make the shift between daylight savings and mountain daylight savings. Finally it is sad to see the loss of night where we used to not have to wait until 10:30 pm to see the stars. My vote is to demolish daylight savings forever...Please	7/10/2014 2:50 PM
3126	1. stay on daylight savings time all year. 2. stay on our current system. 3 stay on standard time. I love the time in the evening to play tennis, ride atv's, go to ball games, etc. Why lose an hour of daylight time AFTER work?	7/10/2014 2:48 PM

3127	Having more light at the end of my day year round is better. DST year round	7/10/2014 2:48 PM
3128	Daylight Savings Time creates a major disruption for me with my biological clock. It takes me a good two weeks to adjust to the changes. If people need more daylight get up earlier or adjust working hours to accommodate their needs.	7/10/2014 2:48 PM
3129	Leave it as is, period	7/10/2014 2:47 PM
3130	I get off work at 5:00 pm and I like as much light after work as possible. All the outdoor recreation leagues would use more energy if we do not utilize the natural light and cost us more money.	7/10/2014 2:47 PM
3131	Adopting present daylight saving time as the new standard time is by far the best option. We will enjoy the benefits of later-afternoon sunlight hours in the winter as well as the summer. Morning darkness isn't that big of a deal.	7/10/2014 2:46 PM
3132	I really don't care which time we are on, I just would like for us to pick a time and stick with it instead of changing back and forth.	7/10/2014 2:45 PM
3133	Changing throws off mine and my family's sleep schedule and is an overall hassle. Just keep it the same way all year.	7/10/2014 2:44 PM
3134	I feel it is dangerous when the change in the Fall, when we fall back, to our children. it gets dark so early and I don't like that.	7/10/2014 2:44 PM
3135	I look forward to the extended daylight during summer evenings. I love to garden in the evening when it is cool, so that extra hour of daylight is beneficial. Frankly, I don't understand all the complaining about losing an hour of sleep...just go to bed an hour earlier! I would be willing to guess that the majority of Utahns have traveled to a different time zone at least once in their lifetime. How do they adjust to the time changes when traveling?	7/10/2014 2:44 PM
3136	DST is something the politicians passed so it would look like they were doing something...	7/10/2014 2:43 PM
3137	I have never met a cow that that can tell time. lets change this once and for all	7/10/2014 2:43 PM
3138	Permanent spring forward	7/10/2014 2:42 PM
3139	The change no longer affects 3/4 of the public that use to be farmers. The change is hard on most people!	7/10/2014 2:41 PM
3140	Don't like switching. Prefer Standard Time.	7/10/2014 2:40 PM
3141	I'd prefer to avoid the time change. Would really prefer a two timezone continental US setup with an Eastern and Western time zone aligned with the current Mountain and Central timezones.	7/10/2014 2:39 PM
3142	It would just make it better to have a permanent fall back. I don't think that DST actually saves money or electricity. All it really does is annoy everyone. When we spring forward yeah we have light longer into the night but we have to turn the lights on earlier in the day, that goes the other way when we fall back.	7/10/2014 2:39 PM
3143	Things are changing faster and faster all the time. To be able to get time lined out and keep it there is one less change in our lives	7/10/2014 2:37 PM
3144	I do not like switching back an forth every six months! I am an early morning person and appreciate and enjoy first light each day.	7/10/2014 2:36 PM
3145	DST should be retained. No one is going to get the use out of daylight in the morning hours. I own a farm and work full time, The daylight is much more beneficial in the evening. Also my kids have always played sports. Summertime community sports are always in the evening. Are the fields going to be lighted to be able to play at the same times they are now. There are many more activities in the evening that need the daylight than in the morning. It is not realistic to think that people will start work earlier or hold the evening activities at 5 a.m. The complaint I hear from everyone is they don't like adjusting the clock or it takes weeks to adjust to the new time. That is totally unbelievable to me. Most people travel, time zones change. I do not think that it is big deal to change time. I do believe it is a bigger deal and an unnecessary expense to reprogram every piece of electronic equipment in Utah be like Arizona. If there must be the change it needs to stay on DST.	7/10/2014 2:34 PM
3146	I think the DST model as-is is the best compromise. Without DST in the summer, the amount of daylight before most people work or even wake up is increased and wasted. Time people and families can spend doing outdoor activities in the evening after work is severely limited. In contrast, the "CREATE" option would reduce daylight in dangerous winter morning-commute conditions and possibly increase frequency and severity of auto accidents.	7/10/2014 2:32 PM

3147	Daylight savings makes it easier for me to be active in the mornings before work and seems to make the summer last longer.	7/10/2014 2:31 PM
3148	Whether you align or create, just stop switching time 2x a year.	7/10/2014 2:30 PM
3149	I hate driving home from work in the dark during the winter hours. Setting the clocks backwards in winter shortens the days and makes winter commuting more difficult.	7/10/2014 2:30 PM
3150	I like it the way it is. It it becomes like AZ then I will just sleep through another full hour of daylight in the mornings and not be able to do an hours worth of yard work in the evenings.	7/10/2014 2:30 PM
3151	As a night time person I enjoy the activities that lend them self to the later light DST provides.	7/10/2014 2:29 PM
3152	We do not use this as a wartime measure as implemented in 31Mar1918. It does not serve farmers giving them the extra hour in the evening is commonly misunderstood. The sun dictates farmer's schedule not DST. In addition it serves no purpose to save energy as evidence pointed out by studies conducted by both the US Department of Transportation in 1970 and again by UC Santa Barbara in 2006. It serves no purpose other than an annoyance twice a year, dump it.	7/10/2014 2:29 PM
3153	The option I chose makes the light of the day, with its corresponding sunrise and sunset, more functional for a normal day.	7/10/2014 2:29 PM
3154	It only makes sense for us to align with Arizona since we share a common border. I've said it for years that the US as a country needs to abolish DST altogether.	7/10/2014 2:28 PM
3155	I dont care whether you align or create new, the important thing is to stop changing it twice a year.	7/10/2014 2:28 PM
3156	If you want an extra hour, wake up an hour earlier. Changing the time twice a year messes up the body's natural clock causing possible sleep deprivation an additional stress which can lead to poor health, drowsy driving, etc.	7/10/2014 2:27 PM
3157	Being on the western side of the time zone our sunrise and sunset times are already artificially almost half an hour late. We do not need daylight savings time making them even later in summer. It is not truly dark in late June until well after 10:00 PM. If we were set to be on permanent DST, sunrise in December would not be until nearly 9 AM! In my opinion, scrap the whole system and remain off DST altogether.	7/10/2014 2:27 PM
3158	Daylight savings is an archaic and outdated system that should be done away with. It may have made sense back in the past, but in todays society it has no use and should be let go.	7/10/2014 2:27 PM
3159	I can be pretty light sensitive when sleeping. If we got rid of DST then for part of the year sunrise comes at 5 am, I might be lucky to sleep past 6 am. Additionally, permanent spring forward would make the sunrise close to 9 am for part of the year and I believe that having sunlight in the morning before getting to work helps me wake up. The way we handle DST currently addresses both of these factors by keeping sunrise earlier during Winter months, but later during Summer months, and I personally think that's the sweet spot.	7/10/2014 2:27 PM
3160	i prefer mountain standard time it offers more daylite in the mornings i start work at 5:00 am	7/10/2014 2:25 PM
3161	Changing times twice a year is challenging. adjusting to where the sun is in relation to the time is difficult. Keeping Standard Time during the summer makes it so evening activities that require darkness (movies, campfires, fireworks) can start earlier. During the hot summer, this gives more time when the heat of the day will be lessened in the evening hours. I have been in Arizona in the summer and they are on Standard time. The sun is up earlier in the day, but it wasn't bad. It gave more time in the evening, when it wasn't has hot because the sun was down.	7/10/2014 2:25 PM
3162	I like the extra evening hours. Most people are either working or in school and can have extra hours in the evening to enjoy or get more things done. Thank you	7/10/2014 2:25 PM
3163	I think having more light at night during the summer helps tourism and gives people more time to enjoy family functions. Change back in the winter so it isn't dark so late in the morning.	7/10/2014 2:24 PM
3164	We need to pick one time and stick with it and permanent DST is the better option.	7/10/2014 2:24 PM
3165	I feel that it is more beneficial to health not mess with the times. There are States and Countries that do not have day light savings time and they function just fine with out it. It is time to drop DST and just stick to one time.	7/10/2014 2:24 PM
3166	I believe that in our current industrialized society that DST has no real impact on energy savings. The focus should be on improving efficiency not feel good solutions.	7/10/2014 2:23 PM

3167	It's always so depressing to fall back an hour--it feels like we lose an hour of daylight. I prefer to have more light in the evening when I'm home with my family. I'd love to be on the earlier "spring forward" schedule all year!	7/10/2014 2:23 PM
3168	I can't believe that we as a state are wasting our time and our resources on this silly discussion.	7/10/2014 2:22 PM
3169	I work part time in St. George and part time in Page, AZ (I live in Utah). In the summer especially, I prefer time as observed in Page - I like having extra light when I leave home in the morning and I like having the sun go down earlier rather than later because I can enjoy the cool temperatures in the evening. It also makes for an easier commute back to Utah. I say let's do what Arizona does!	7/10/2014 2:22 PM
3170	I don't care which standard we settle on; I would just like to have it the same year round. It is very disruptive to kids sleep cycles when we have to "spring forward". On either end there are issues about it getting dark too early or the sun coming up too late. Consistency would be of great benefit.	7/10/2014 2:22 PM
3171	The amount of sleep is important to our health, and how well we sleep affects how much sleep we get. By changing the time our bodies can never set a sleep/wake pattern. We are changing the time twice during the school year, so I think this actually has a negative effect on our children's learning. I have also heard that there are fewer heart attacks when we gain an extra hour of sleep, but it is offset by an increase when we lose that same hour a few months later. We have more sunlight in the summer because of the tilt of the earth not what time a clock says. Daylight savings just allows us to go into work or school an hour earlier so that we can get finished earlier in the day.	7/10/2014 2:19 PM
3172	Align, create or split the difference. Just make it so we don’t keep changing.	7/10/2014 2:19 PM
3173	There is sound evidence that there is a bigger rise in drive-time accidents during the "spring forward" switch. On a less scientific note, I don't enjoy dragging sleepy children from their beds during the adjustment period, nor of enduring a repeat appearance of that one week when the sunrise coincides with morning drive time and forces me to drive directly into the sunlight. Further, I believe there's an increase in energy use on spring mornings because people need to turn on more lights to get ready (there isn't a corresponding energy savings at the end of the day, because the daylight period is getting longer anyway as a natural consequence of the Earth's tilting on its axis).	7/10/2014 2:18 PM
3174	I agree that clock change is difficult. However, I would much prefer the extra light in the evening half of the year and keep daylight savings rather than staying on the same time as Arizona. My first preference would be to always be "sprung ahead" to maximize light after work when I can enjoy (and use) it most!	7/10/2014 2:18 PM
3175	I prefer more daylight in the evenings	7/10/2014 2:17 PM
3176	I see no reason to continue daylight savings. It's annoying and unnecessary, period.	7/10/2014 2:17 PM
3177	The time change affects everyone. Nobody likes it. Even when "gaining" an hour. It would be best to stick with one time year round. I feel MST would have the least impact on Utah tourism. Ski resorts for instance would have a hard time opening the same time with an extra hour of darkness in winter.	7/10/2014 2:17 PM
3178	I know I have a problem adjusting to the light changing and I hear many students also complaining about lose of sleep. I like the extra light at the end of the day but I would also take just staying permanently like Arizona. I just do not want the change as it is very hard on my sleeping pattern.	7/10/2014 2:17 PM
3179	I prefer consistency and getting rid of switching. I prefer MST because it's easier to get up for work in the morning when it's light out.	7/10/2014 2:16 PM
3180	Our society is no longer based on farming.	7/10/2014 2:16 PM
3181	stay on mountain standard time align with arizona	7/10/2014 2:16 PM
3182	Daylight Savings Time is completely unnecessary. There is no need for the government to be altering the time of day.	7/10/2014 2:15 PM
3183	I have no problem with daylight savings staying the same it has always been during my lifetime.	7/10/2014 2:15 PM
3184	Safer for the school kids to be lighter in the morning. It's original purpose was to aid the farmer but guess what....tractors do come with lights now.!	7/10/2014 2:14 PM
3185	I have NEVER liked it, it fouls up my sleep schedule, is havoc on farmers like my father, difficult to adjust to. In short it is a PAIN. GET RID OF IT!!!!!!!!!!!!!!!	7/10/2014 2:13 PM
3186	Leave the time alone. Stay on mountain standard.	7/10/2014 2:13 PM

3187	As a former educator and a parent Daylight Saving Time was and is a problem in the home and in the classroom. The student's rhythm gets discombobulated, they are sleepy at school, they miss the bus, their classroom work falls, their ability to learn is delayed, and as a special educator i found with my students lack of sleep and their schedule upset they became physically aggressive towards the other students and their teachers. As a parent my son's sleep schedule is upset and he has a more difficult time making it through the day without numerous meltdowns. In both situations, teacher and parent, it takes 2 weeks for the kids to get back on a normal schedule. Teachers and parents would love to do aaa with Daylight Savings. Thank you	7/10/2014 2:11 PM
3188	We only observe standard time about 4 months of the year. It seems like a waste of effort to spring forward and fall back each year for just 4 months. More people would benefit from light in the afternoon/evening during the winter because the kids already go to school in the dark. Having light until about 6pm in the winter evenings would give lots a people a chance to get home while it is still light.	7/10/2014 2:11 PM
3189	The adjustment between daylight and standard time is rough. Having lived in Hawaii and Arizona where there is no time difference, it was nice to not have to adjust. I feel like ancient times did without it why can't we, we are no different.	7/10/2014 2:11 PM
3190	I don't see the benefits of daylight saving time. The days are longer during spring and summer regardless of if we have daylight saving time or not. Daylight saving time just messes up with my biological clock and disturbs my sleep patterns. If businesses want to stay open longer they can change their schedule. There is no need to have daylight saving time. Just stay open longer and make more money. Pay extra to,your employee to encourage them to stay more hours or create other perks.	7/10/2014 2:11 PM
3191	changing the clock twice a year negatively affects my sleeping habits. of the two new options I would love to have a extra hour of light after I get home from work in the winter. most winter work days I get home right at dark or after dark. a permanent "spring ahead" would bless my kids and my relationship if I had an extra hour after work to play in the snow with them.	7/10/2014 2:10 PM
3192	I think we should stay on one time either by aligning with AZ or creating our own. It is not good for the education and health of our children to change time and schedules that way. During the spring forward time illnesses of school age children increase substantially.	7/10/2014 2:10 PM
3193	I have 4 children and they all struggle greatly with the change	7/10/2014 2:10 PM
3194	I used to live in Arizona and loved not having daylight savings time. The change in time is very hard on us as a family.	7/10/2014 2:10 PM
3195	Its fine. Why change it?	7/10/2014 2:10 PM
3196	We would be foolish to suddenly be out of step with the rest of the nation when it comes to time. Arizona is the case in point. They are constantly explaining why their time is different from anyone else. We have DST for a good reason. It gives us much more time after work in the summer to do things outdoors. Changing would give us a sunrise that is way too early. Let's stay in sync with the rest of the nation. We don't need to be any more odd.	7/10/2014 2:09 PM
3197	Whichever option is chosen, I don't care. But for Pete's sake stop the switching!!!! I don't live in Utah. I live in California. But if enough Western states adopt NO SWITCHING as standard, maybe CA will get the message as well.	7/10/2014 2:09 PM
3198	Every year when the time changes students get hit and killed crossing streets to get to school. This is an antiquated practice that is no longer beneficial.	7/10/2014 2:06 PM
3199	In this day and age, it makes the most sense to have the most daylight when people need it most: in the evening. Permanent spring forward would give more light in the winter time as well as the summer.	7/10/2014 2:06 PM
3200	I have a harder time with fall backwards time, makes me late for work, i can't sleep well,	7/10/2014 2:05 PM
3201	Don't mess with a good thing.	7/10/2014 2:05 PM
3202	I grew up in PA and moved to AZ for 5 years and loved that the time never change. I have lived all over the world and found that the time change back in the US only confused me at what was a good time to call because of the changing time zones.	7/10/2014 2:04 PM
3203	I like it the way it is. Leave it alone!	7/10/2014 2:04 PM

3204	We like more daylight in the summer. As a gentleman farmer the longer days are nice. It would be nice to keep it daylight savings time all year round. There are only a couple of months that are not and it is not worth the change	7/10/2014 2:04 PM
3205	Like the Extra light in the evening to do extra things that need to be done in the light.	7/10/2014 2:03 PM
3206	Retaining DST makes the most sense. It would be very difficult to live in a permanent spring forward in the winter. It would be dangerous for kids to walk to school if the sun doesn't rise until almost 9 am. Permanent Mountain standard time is also difficult in the summer because those cooler early hours become difficult to use. You would have to get up earlier than 5am to use these hours for construction or gardening. There would also be more dark evening hours in the summer which would increase crime. Studies prove that crime increases in the warm summer months during the night hours. It also creates confusion to people out of state when you aren't on Daylight Saving Time.	7/10/2014 2:03 PM
3207	The amount of daylight throughout the year is a natural phenomena. Time measurement however, is a man-made artificial measurement. I would prefer to stay on standard time, and not have to worry about adjusting my metabolic clock. Eight o'clock is plenty late for the sun to set in the summer. Besides, it would allow for the antagonistic fireworks shows to begin and end earlier.	7/10/2014 2:02 PM
3208	I have lived in many time zones and Eastern was the best (ahead of most everyone else) I don't watch enough television to care about Prime time TV. I just get exhausted by the flip-flopping every few months.	7/10/2014 2:02 PM
3209	Let's join our neighbor state! Changing clocks twice a year is a headache I can live without. I can no longer see any benefit to DST, our generation runs around the clock as it is, why add more confusion to our already hectic schedules.	7/10/2014 2:02 PM
3210	I don't think it is healthy for our bodies to switch back and forth. It is hard on adults, but it is horrible for children!	7/10/2014 2:01 PM
3211	.	7/10/2014 2:01 PM
3212	I hate switching time twice a year. It's an antiquated practice and serves no useful purpose any more. And it's a hassle. Let's stop doing it.	7/10/2014 2:00 PM
3213	I feel that there are more incidents/accidents during the first few weeks after the time change has occurred. Children and adults seem more agitated after the time change because their bodies have not had time to adjust to the time difference.	7/10/2014 2:00 PM
3214	I like it the way it is. but if you have to change it make it permanent.	7/10/2014 1:59 PM
3215	I prefer the hours of daylight throughout the year being aligned with the best possible use. In my opinion, this is best done through the current system already in place. In the summertime, I prefer the extra hours of light in the later evening rather than at 4:30am when I am still sleeping.	7/10/2014 1:58 PM
3216	Longer days mean less suicide . Reports show that the more natural sunlight the body gets the happier it is. Winter is a depressing time of year . There is less to do for outside activities unless you ski. If daylight savings is year round people will stay out longer doing other things example shopping because it is lighter longer there for it helps our economy also our body's are moving more which helps our physical fitness along with a positive mind.	7/10/2014 1:58 PM
3217	I prefer year around daylight savings time because it offers the opportunity for recreation and shopping after the work day concludes. My next option would be to keep things as they are. I believe that DST is an economic plus and would also be a benefit for those suffering from SAD (seasonal affected disorder) and give them more opportunities to enjoy daylight in the evenings which may improve their symptoms. Currently people working 8-5 go to work and come home during the winter months in the dark. With DTS they would have the benefit of daylight at the end of their work day.	7/10/2014 1:58 PM
3218	It's a nuisance going back and forward during the year. There is no benefit to this, but a lot of sleep deprived people!	7/10/2014 1:57 PM
3219	I like having the light when I'm awake.	7/10/2014 1:56 PM
3220	I am OK keeping a new standard or abandoning daylight savings. I just want my clock to stay the same.	7/10/2014 1:56 PM
3221	I'm an early-riser and I feel that DST discriminates against early-risers by shifting the daylight hours to evening. I'm so tired of the change twice a year!	7/10/2014 1:56 PM

3222	The changing of time is difficult on everyone. People are driving to work in the dark and home in the dark during the winter hours. People who work inside with no windows see no sunlight for months. It contributes to S.A.D. and other mental health issues. We use more energy during the winter with lights and heat when it gets dark at 5 pm. That has never made any sense to me. Keep daylight saving permanent.	7/10/2014 1:55 PM
3223	I have always thought that changing the clocks forward and back is a bad idea. It causes problems with people's sleep patterns, causing illness and poor productivity at work. It is hard on families with school aged children. There are studies that show that changing our clocks cost large amounts of money to businesses.	7/10/2014 1:55 PM
3224	Retaining the current system gives us the best of both worlds. In the winter we have the sun at an earlier hour and in the summer we get the sun until a later hour.	7/10/2014 1:55 PM
3225	Staying on Standard Time would make it much easier when traveling, especially to Arizona.	7/10/2014 1:54 PM
3226	I enjoy early mornings with sun. Daylight savings would be OK but start it in April and end in September.	7/10/2014 1:53 PM
3227	During either 1973 or 1974, Moab decided to stay on the year-round DST. I was in middle school and I remember walking the nine blocks to school in total darkness and watching sunrise in 2nd hour. It would have been okay but we experienced a bad winter that year and it was horribly cold walking to school. Year-round DST would be great except I find it difficult to get up and get going for work when it is still dark outside.	7/10/2014 1:53 PM
3228	While I do not think Daylight Savings time has been beneficial, I think we should keep it to stay uniform with other states. I would support legislation to change daylight savings time if several mountain west states had come together to form a resolution to change their time as well. Otherwise, Arizona and Utah will be the only states with different time and I think we should try to stay uniform with things like time and currency. I do not support changing the time.	7/10/2014 1:53 PM
3229	I like the permanent spring forward, but would accept a proposal to align with AZ (permanent fall back). I have argued and persuaded as many as will listen that there is no reason we should be changing our clocks, the earth was created in a way that gives us seasons, go with it.	7/10/2014 1:53 PM
3230	If you want me to keep spending money and many more residents doing the same than we must keep spring forward better yet spring forward another hour	7/10/2014 1:53 PM
3231	I always prefer to have more light in the evening. I wish we could stay on the current DST in the winter months and spring forward an additional hour in the response.	7/10/2014 1:52 PM
3232	I would like to see Utah have consistent time. Trying to adjust bio-metric clocks is far more difficult than simply turning a the hour hand ahead by one hour. It's difficult for all Utahns to adjust their natural rhythms to fit this periodic change. It should be done away with!	7/10/2014 1:52 PM
3233	Daylight savings time is a relic of a long bygone era that provides no economic benefit, and in fact likely is a net drag on the economy. It disrupts sleep patterns and is a serious safety issue. While I would prefer to permanently adopt daylight time, it is more practical to align with AZ.	7/10/2014 1:51 PM
3234	The adjustment twice each year is disruptive and I fail to see any real benefit. I actually don't prefer either standard time or Daylight savings time, but would like to stay on one or the other continually.	7/10/2014 1:51 PM
3235	I think we should align with Arizona on mountain standard time. I think once it is set we as people could adjust to it. I say align with Arizona because I think it would make for easier communication between the 2 states. I've spent a lot of time in the 4 corners area and it can get confusing.	7/10/2014 1:50 PM
3236	During the winter months I barely see the light of day. As a teacher I go to work in the dark regardless of the time of the year, but I'd love a little daylight when I get home. During the winter months daylight is such a fleeting resource that we shouldn't squander it all on the hours we're at work.	7/10/2014 1:48 PM
3237	I grew up in Arizona and then moved here. I know from experience that it was easier not to have to adjust to a time change twice a year. Now with my own kids I see the effects of time change on them and I wish we lived in Arizona so they wouldn't have to go through that.	7/10/2014 1:47 PM

3238	I support keeping the system as is. There is nothing wrong with the way it is. Moving ahead one hour permanently doesn't make sense as in the winter months it would not get light until very late in the morning. Also moving to standard time would result in much daylight in the very early hours of the morning. Those issues aside part of this conversation needs to center around the cost to society and business of changing off of the current system. It will cost millions upon millions of dollars for companies to modify their existing computer systems to accommodate a change by the state of Utah. This is money that could have been spent creating employment opportunities. There will be many systems that will not be updatable, which will cause inconveniences for many people as well. I don't see the need or think it wise for this to change. The only time I could maybe see a change as a smart move is if it were part of a larger move involving at least 2 to 3 other states doing it at the same time.	7/10/2014 1:46 PM
3239	PLEASE, free us from the tyranny of Daylight Savings! No more sleep pattern disruptions, no more changing clocks, no more confusion over what time it is!	7/10/2014 1:45 PM
3240	I would prefer Standard time to Daylight time, but prefer either one of those to the current system. Changing clocks, schedules, bedtimes, medicinal doses, etc. is disruptive, especially if done for only 4 months. Can we just pick a time, and stay with it?	7/10/2014 1:45 PM
3241	I would like to see the time framed used in the summer kept throughout the winter. I say this because of the economic impact it would have on business such as retail and tourism, to have the sun as late into the day as possible. If a business such as skiing has more daylight into the evening, skiers would stay longer spending more money. I also feel that daylight savings has little advantages to the everyday person. I was taught that is was created to help farmers and in today's economy it is no longer necessary. Today it seems to be just a frustration to the everyday person.	7/10/2014 1:45 PM
3242	it is nice to have the extra daylight for more fun with summer activities	7/10/2014 1:44 PM
3243	I believe children's (6 mo - 18yr) sleep habits in particular are impacted by switching back and forth. Sleep (deprivation or excess) affects a person's: ability to concentrate, mood and health. As for the notion that farmers utilize daylight savings time, Bah! A farmer gets up when he needs to in order to get the job at hand done. He does not necessarily depend on daylight savings time to order his day. I say stop monkeying around with the clock...end daylight savings time!!!	7/10/2014 1:43 PM
3244	Just leave things as they are right now. It is nice to have the extra daylight in the summer months for doing and going places. It does not hurt anybody!!!!!	7/10/2014 1:43 PM
3245	Please stop the obsessive time changing. I believe it creates more problems and expenses that it saves.	7/10/2014 1:42 PM
3246	I hate feeling "out-of-sync" for a couple weeks after each clock change and personally I can see quite a few advantages to having it get darker earlier during the summer.	7/10/2014 1:42 PM
3247	I prefer to have longer periods in the evening with daylight. I also do not like having sunrise at 5:00 am.	7/10/2014 1:42 PM
3248	I would love to have more light in the afternoon during the winter. When we are on standard time I go to work before the sun comes up and get home when the sun is down. I don't get any sunlight because I am in an office during the sunlight hours. I would like to have some sunlight when I'm not at work. I think it would be best to have light in the afternoon during the winter so that after work I can enjoy some sunlight and get outside with the kids. I get seasonal depression and I think that would help to have some sunlight in the evening hours.	7/10/2014 1:42 PM
3249	I like it light later hours in the summer. I like being in sync with the rest of the country. I have two daughters who live in the east. If we reverted to standard time, they would be 3 hours ahead of Utah--instead of 2. Just keep it the way it is currently!	7/10/2014 1:41 PM
3250	Lived in Arizona and loved the same time year round.	7/10/2014 1:40 PM
3251	I prefer to align, because changing back and forth twice a year takes a long time to adjust and I feel better on mountain standard time. Also I worry about the darkness in the mornings when children are going to school in the dark and people are going to work in the dark. It just seems to be a safety issue for all. In my opinion we DO NOT need daylight savings time in Utah. We don't need it to be light till 10:00 pm. Thank you for the opportunity to voice my opinion. I will contact my representatives also.	7/10/2014 1:40 PM
3252	Would love to have more daylight in the winter time after I get home from work. Currently, I drive to work when it is dark an I drive from work when it is dark outside.	7/10/2014 1:39 PM

3253	Benjamin Franklin was among the first to propose Daylight Savings Time. While it may have been appropriate for his 18th Century agrarian society which relied on candles for illumination, it has, I believe, no place in the 21st Century. Many studies have shown that there is no energy savings but many more accidents resulting from DST occur. Personally, I lose half an hour annually just changing my clocks.	7/10/2014 1:39 PM
3254	I love daylight savings. It is great to have usable daylight for family activities.	7/10/2014 1:37 PM
3255	I enjoy having more light in the evenings during the summer to participate in family activities, gardening, walking. In the winter I enjoy more light in the mornings.	7/10/2014 1:36 PM
3256	Not sure what I think I believe I would like to align with Arizona. just want to see some other coomments	7/10/2014 1:36 PM
3257	The changing of time is difficult on everyone. People are driving to work in the dark and home in the dark during the winter hours. People who work inside with no windows see no sunlight for months. It contributes to S.A.D. and other mental health issues. We use more energy during the winter with lights and heat when it gets dark at 5 pm. That has never made any sense to me. Keep daylight saving permanent.	7/10/2014 1:35 PM
3258	get rid of daylight savings time. useless.	7/10/2014 1:34 PM
3259	Most employed workers must rise in the morning and travel to work immediately, light or dark does not matter. However, when work is over it is nice to have light to do projects at home or outside without feeling it is time for sleep. More daylight in the evenings promotes more creativity and more personal projects and this promotes commerce. I seldom work or shop in the winter months after work because it is dark. In the summer I work and shop until late in the evenings. More light at night creates a more productive society instead of having people crash in front of the TV in the dark hours. When there is light in the evening, people do not waste time mindlessly watching TV.	7/10/2014 1:34 PM
3260	Pick MST or MDT, I DON'T CARE! Pick ONE!!!	7/10/2014 1:33 PM
3261	Get rid of daylight savings and stay the same year round	7/10/2014 1:32 PM
3262	I hate the time change. Pick one option and leave it that way.	7/10/2014 1:31 PM
3263	Staying in line with most of the country is very beneficial, as is having the later nights during the summer. If I had to pick an option 2, it would be Year round Daylight Savings since that is what the country is on the most and I feel it is most beneficial during the summer.	7/10/2014 1:31 PM
3264	I prefer to keep DST the way it stands now because in the summers I like to get home from work and have time to go outside and do family activities with my kids with the extended daylight hours. I also do not prefer an earlier sunrise in the summer time as it messes with my small children's internal alarm clocks and they would wake up much earlier than beneficial to them.	7/10/2014 1:31 PM
3265	Both my wife and I wish it would stay on MST year around. As a former school bus driver it was difficult for the kids on the AM pickup times during the change over.	7/10/2014 1:30 PM
3266	The "spring forward" of daylight saving time is very hard on teenage bodies. I know this from observing my own classes as well as my own children at home. Some adjust well, but for many it takes a week or two. I also teach psychology and there are many studies that show that accident rates are much higher for the week the jump forward takes place. A little less sleep and sudden darkness during the commute can be a fatal combination. Let's please get rid of this thing for good and encourage the rest of the nation to do the same. I am also not against a permanent "spring forward," it is just the change forward that is so difficult.	7/10/2014 1:30 PM
3267	Use standard time or daylight saving time. Just use one and leave it alone. All of my life I have hated these stupid time changes twice a year.	7/10/2014 1:27 PM
3268	Daylight Savings changes are hard to adjust for a week or two. Especially for children.	7/10/2014 1:26 PM
3269	I really like having daylight longer in the evenings. It makes it so you can do outside activities later in the evening and seems like you have more time in the day.	7/10/2014 1:25 PM
3270	Falling back to MST permanently makes the most sense to me. In the 21st Century, we don't have a need to alter the time based on daylight any longer. Electricity and modern technology have obviated the need to have later sunrises in the summer.	7/10/2014 1:24 PM

3271	I have live in both Arizona and Utah. I also know of the stress it puts on people when they have to make those adjustments each spring and fall. Either aligning with Arizona or Staying on the daylight savings time is a better option for all involved. I also have a small farm operation, and it doesn't matter what the time is the work still has to be done whether it is early in the morning, late in the evening or all night long. Please make a decision to leave it on one time or the other and stop bouncing back and forth.	7/10/2014 1:24 PM
3272	Daylight saving time is hard on students. We lose substantial productivity in the education field because, regardless of the time change, students have a hard time adjusting. I have had students show up an hour late for class because they were not aware of the time change. In our day, Daylight Saving seems completely pointless.	7/10/2014 1:24 PM
3273	I like the longer evenings in the sumnmer. I work all day. It gives me more time for yardwork, family outdoor activities etc. Especially with the grandkids out of school. winter evenings are spent inside so because of the weather so the light/dark really doesn't matter	7/10/2014 1:23 PM
3274	I live on the UT/AZ border and it would be convenient to be on the same schedule all the time. Also, people forget about changing clocks inevitably making people early or late to things depending on the time of year.	7/10/2014 1:23 PM
3275	It messes up childrens sleeping, eating, and learning schedules.	7/10/2014 1:22 PM
3276	It is more or less a pain to move clocks back and forth. It disrupts sleep schedules, and as a technical person, our international offices have to adjust to our server times. Let's STOP moving the clocks back and forth!	7/10/2014 1:22 PM
3277	Hate, Hate, Hate the change twice a year! Been to Ariz. this year and and the light times there were just fine. Comments like "farmers need more light" are ridiculous! Any way you slice it there's the very same amount of light. If it's light earlier, farmers can start earlier and end sooner.	7/10/2014 1:21 PM
3278	I prefer the option I selected above because: 1.During winter time I'd prefer sunset around 6:00pm to 6:30 pm rather than between 5 and 5:30 pm. 2. My extended family is in another time zone outside of US of A and I prefer being at 1hr difference rather that at 2 hour difference with them. 3. Adjusting my and my family's schedule and activities after the clock change in the fall takes us up to three weeks.	7/10/2014 1:21 PM
3279	I've always thought changing the time twice a year was difficult and unnecessary, but with 4 young children, it is so much more difficult than I'd experienced before. I've wished for years we'd just pick one time and stick with it. I really hope we do now.	7/10/2014 1:19 PM
3280	It is very dangerous for children trying to get to school in the winter when it is still dark.	7/10/2014 1:19 PM
3281	I lived in Arizona for 17 years prior to moving to Utah a decade ago. I believe the negative effects DST has on sleep patterns outweighs any positive effect some people may perceive.	7/10/2014 1:18 PM
3282	Please keep the current status. I have four children ranging from elementary to high school. They have not experienced the types of problems mentioned in the news articles.	7/10/2014 1:17 PM
3283	DST is so destructive to normal living! One no sooner aclimates to one time then has to aclimate again. Arizona has the right idea!	7/10/2014 1:17 PM
3284	As a parent I highly encourage the switch to maintain MST. The change in time throws off my children's schedule.	7/10/2014 1:16 PM
3285	I always dread having to "fall back" to standard time. Studies show that DST conserves energy. Also, its just nice having extra daylight in the afternoon and evening hours so the outdoors can be enjoyed.	7/10/2014 1:16 PM
3286	Keep it how it is.	7/10/2014 1:16 PM
3287	Consider things as they really are. Plants, animals and natural things live in peace with the solar schedule dictated by the cosmos. Why tinker with clocks and pretend things are different than they really are?	7/10/2014 1:16 PM

3288	Daylight saving time had its' place during Ben Franklins' time. We are no longer an agricultural society and do not the time for kids to work on the farm after school. I also hate having the dark mornings when we change the time. Mountain standard time is where we need to be. The sun would also set at 8:00pm and give the house an hour to cool down before going to bed. It also seems to make people more irritable when we are on daylight saving time. I have opposed switching to daylight saving time ever since we started it. It does not save energy! Have to use the lights more in the mornings. Be smart align with Arizona and keep mountain standard time as the time for Utah! Thank you!	7/10/2014 1:15 PM
3289	I prefer staying on daylight saving. Always have.	7/10/2014 1:15 PM
3290	"Daylight savings" time does NOT add time to the day for farmers and ranchers. I grew up on a small farm in Utah and we worked from before sunup to after sundown. No complaints - but the sunlight doesn't change with our fiddling with clocks.	7/10/2014 1:14 PM
3291	DST is an anachronism of times gone by and the need for such has long since vanished.	7/10/2014 1:14 PM
3292	Staying on a permanent spring ahead provides extra daylight without having to adjust to the semi annual changes. Extra daylight hours is where it at.	7/10/2014 1:13 PM
3293	I LIKE THE EXTRA DAYLIGHT AT THE END OF THE DAY, MORE TIME TO DO STUFF!	7/10/2014 1:12 PM
3294	I am a high school teacher. The current system really does work the best, even if it is hard for a few days to switch our internal clocks. The extra evening light helps with evening sports, hikes and activities all spring and summer. A 5:00am sunrise means the light is not used to its best capacity.	7/10/2014 1:12 PM
3295	Simplify the system. Daylight savings time has always been an unnecessary and costly program.	7/10/2014 1:12 PM
3296	Daylight Savings Time offers no practical benefits to the overwhelming majority of Utahns. Moreover, studies show that losing an hour of sleep due to Daylight Savings Time is linked to an increased risk of heart attack: http://www.reuters.com/article/2014/03/29/us-heart-daylightsaving-idUSBREA2S0D420140329 I prefer aligning with Arizona simply to be consistent with them. I see no good reason to create a new time that is permanently unaligned with our neighbors to the south.	7/10/2014 1:12 PM
3297	I greatly desire to keep things the way they are. Having it the way it is allows the sun to not rise too early or too late. It is a balance. While people take 2-3 days to adjust, it is a month or longer of the sun being up too early or too late if we change what we have.	7/10/2014 1:12 PM
3298	If shops and businesses prefer to change their store hours instead of making the whole population change, it would disrupt the community less. Farmers do not need daylight savings to tell them the sun is shining and it is time to work or when to go to sleep.	7/10/2014 1:12 PM
3299	It just messes us up and makes us do unnecessary adjustments twice a year. It does NOT create anymore daylight hours.	7/10/2014 1:12 PM
3300	The back and forth is not good for me or my students -- it takes a good 3-4 weeks to adjust especially in the spring.	7/10/2014 1:11 PM
3301	I spend a lot of time on the road driving throughout the state. It is nice to be able to have the day light in the later part of the evening for driving.	7/10/2014 1:10 PM
3302	Mornings are spent getting to and from work or getting kids to school. The afternoons and evenings are the times when the daylight can be used to spend time outside with family or working on the yard, etc. Staying the same is better than the clock moving forward or backward.	7/10/2014 1:10 PM
3303	We need yo keep daylight savings time and not be odd The rest of of the country ready thinks UT is different. Theong light evenings are wonderful. I look forward to them. Don't change a good thing!!!!	7/10/2014 1:09 PM
3304	What a waste of time ! Get rid of the mess	7/10/2014 1:09 PM
3305	We need more after work sun in the winter, to go to work when its dark and come home when its dark is depressing...we need a chance to have some sunlight after work. I don't see the need for the sunlight before work as you don't have a chance to enjoy it anyway. We need to stay ahead permant. Also as a manger I can tell you we loose a great deal of productivity for the first week of the time change as people get used to it. It makes no sense!	7/10/2014 1:09 PM
3306	The time schedule we are on right Now is good for safety of people going to work and Kids to school. Plus we have lights on vehicles.	7/10/2014 1:08 PM
3307	Longer lighter days help with the kids being out & active, less lights/electronics running after school & happier people!	7/10/2014 1:08 PM

3308	I like the extra hour of daylight after I get off of work. It seems to get dark too soon in the winter. If we can't create a continual DST then I would rather switch back and forth in spring and fall than not have DST at all.	7/10/2014 1:07 PM
3309	Kids can not settle into sleep mode when it is light outside until 9 or 10 p.m. Parents can't calm down until an hour or so after kids do, and yet everyone has to get up early. I have seen domestic anger issues because of that. Also, my body clock is off for the whole time after we "spring" forward. I have tried all sorts of different things but it just won't do it. PLEASE leave it at the regular Non-daylight savings time!	7/10/2014 1:07 PM
3310	Each year the change in time is very disruptive to the physical body. It seems like it takes 2 to 3 weeks to get back in the routine of things.	7/10/2014 1:06 PM
3311	I just want the time to stay the same all year long.	7/10/2014 1:06 PM
3312	If the Feds wouldn't have intervened years ago in the name of saving energy, I don't think people would want to change it now. Changing it the way they did allows for darker hours in the morning, early in the school year, thus causing safety problems for school children walking in the dark. That being said, I would like it to stay exactly the way it is.	7/10/2014 1:06 PM
3313	If Utah aligned with Arizona, children will be up at 5:am when the sun rises. How many parents want to be up that early, everyday?	7/10/2014 1:05 PM
3314	Changing the time is confusing, unnecessary, and disruptive to my sleeping pattern.	7/10/2014 1:04 PM
3315	PLEASE stop daylight savings and just go with Arizona on MST!! Twice each year I go through major sleep disruption due to the time changes. There is absolutely NO reason to continue this wicked torture to the people of Utah.	7/10/2014 1:03 PM
3316	Pick a time a stay with it. The government should not dictate what time I should get up in the morning.	7/10/2014 1:03 PM
3317	Switching time does nothing but cause a lost week of full functioning. Keep the time year round. Lived in Phoenix and it was perfect!!	7/10/2014 1:01 PM
3318	People seem to keep talking about DST's effects on farmers, which is interesting. I live in rural central Utah, and most of the farmers I know are farmers full time, so I can't speak for those holding down second jobs while farming. But the folks I know farm when they have to farm, no matter what the clock says. They cut hay around here at 3 AM, because it avoids problems with too much heat and too much dew. They water when they have water available. They plant when the fields are dry enough. Clocks have little to do with it. On the other hand, I've been a parent of young children for 10 years, and will have young children in my family for at least another 10 years. And without fail, the switch to and from daylight time messes things up for my kids. They're home-schooled, so there are relatively few strict schedules to which they're held, and still, every six months they're cranky, tired, and often sick, for two weeks while they get used to the change. There are lots of asserted benefits of daylight saving time, but few proven advantages. Unless we can prove it's worth it, let's get rid of the time changes. I don't particularly care whether we move to permanent daylight time, or to align with Arizona, but I'd prefer the latter. There's little reason to create yet another enclave with strange time rules when we can just join with Arizona and be done with it.	7/10/2014 1:00 PM
3319	It works fine, don't change a thing.	7/10/2014 1:00 PM
3320	I don't see any reason why we need to change our daylight...Let's discontinue the "fall back" schedule.	7/10/2014 12:59 PM
3321	Daylight savings time gives us the optimum amount of light and allows us to save on energy costs. (Its original purpose.) The time zones already cause travel, etc. confusion; why frustrate people more by creating "Utah time?" Further more, students do just fine with the time changes. As an educator, I do not see any value to changing our current system.	7/10/2014 12:59 PM
3322	Get rid on daylight savings time - FOREVER.	7/10/2014 12:59 PM
3323	I would support a permanent Daylight Savings, but not falling back to MST permanently. I deal with Seasonal Affective Disorder, and have a really difficult time with the schedule in winter months. I feel like more people would benefit from having more light in the evening, than early in the morning as well.	7/10/2014 12:58 PM
3324	Daylight saving time is an antiquated idea that should have been abandoned long ago. In reality it serves no USEFUL purpose. As one who works in the Health Care industry that goes 24/7, it just makes things more difficult, and confusing.	7/10/2014 12:58 PM

3325	The change is so hard on kids!! Messes our family up and causes issues for several weeks every time!	7/10/2014 12:58 PM
3326	1) DST causes more residential energy usage. What little is saved on lighting is more than offset by increased A/C usage in the evening after we return from work. 2) Due to the latitude and position relative to the time zone line it stays light very late in Utah even without DST. The sunset time in SLC without DST is about the same as the sunset time in Los Angeles with DST, for example. It makes it more difficult to go to sleep and more difficult to wake up. 3) From a recreational perspective it doesn't get dark enough to enjoy a campfire or the night sky until it's time to go to bed.	7/10/2014 12:57 PM
3327	DST in an antiquated practice.	7/10/2014 12:57 PM
3328	I don't see the benefit of changing in the spring and in the fall it's mass confusion and takes several days to get use to each time we change. I lived in Arizona for 26 years and always considered myself lucky to not change. Since moving back to Utah when we are on DST I notice kids are staying outside longer and this is young kids sometimes until 10 or 11 and parents seem to think it's still light outside so they'll be alright staying out but they are causing noise for those of us who need to retire to bed because we still have jobs to perform the next day. Let's keep it on Mountain standard time, we need that constant in our lives.	7/10/2014 12:57 PM
3329	Changing the time 2 times a year is not convenient, especially in the spring when we lose one hour; it is much easier to gain one hour. I think an hour extra a daylight, no matter what time of year, makes you feel better, you accomplish more, it is more efficient. When you think about it, we only change in the winter for 4 months; it isn't worth it. Please keep daylight savings time all year long.	7/10/2014 12:56 PM
3330	Being a rotating shift worker, the current change throws my circadian rythm into a tail spin, groggy and losing sleep for a couple of weeks. The Fall Back creates a situation where I go to work in the dark and come home in the dark ... very depressing.	7/10/2014 12:56 PM
3331	I think we should retain daylight savings time with one exception - It needs to go back to the original daylight savings time that starts in April and ends in October. That daylight savings schedule is more in line with natural sleep patterns and safer for school children. If we do away with daylight savings time it will be light at 4:30 in the morning during the summer. If we change to standard DST it would have the same problems as the present DST.	7/10/2014 12:56 PM
3332	Other than the minor inconvenience of changing clocks and slightly readjusting my body-clock twice a year there is absolutely nothing wrong with the current system. I don't buy the claim that the sleepiness resulting from DST has a significant negative impact on the economy or travel safety. I would argue that a single winter snowstorm (or any other regular inclement weather event) on a workday has much greater negative impact to the local economy and safety. I enjoy having the extra daylight in the summer time and days are so short in the winter that it really doesn't matter. Doesn't the state government have bigger and better issues (education, air quality, public safety, etc.) to address than this?	7/10/2014 12:56 PM
3333	no matter what you do with the clock there is still only so much light in the day. Just pick one time and leave it alone. You can always get up earlier or later as you need to	7/10/2014 12:55 PM
3334	It doesn't save electricity. It affects your sleep cycles. Please let's do away with daylight savings altogether.	7/10/2014 12:55 PM
3335	I enjoy time with my family in the evening and the light in the evening associated with DST enhances that family and sports time.	7/10/2014 12:55 PM
3336	Strongly prefer continuous Mountain Standard time.	7/10/2014 12:55 PM
3337	I wake up when the sun comes up and get sleepy when it goes down. I think the way we are doing things now works great. It only takes a few days to "reset" my internal clock on the two days a year it changes. Leave it as it is!!!	7/10/2014 12:55 PM
3338	My reasoning is very simple. As days get shorter in the winter, it makes NO sense to me to fall back and loose another hour of daylight.	7/10/2014 12:55 PM
3339	Any native to Utah has had DST all of their life and should be accustomed to it. They announce at least a week prior to both changes so you can begin preparing for the adjustment so why cry about it, there are so many other important issues that our government officials should be working on besides this which is a waste of tax dollars. Honestly, we complain about the government cutting tax dollars and then some idiot has to start up an issue like this!	7/10/2014 12:54 PM

3340	We have jobs that require us to rise very early and thus need to go to be early as well. With Daylight Savings it gets dark so late that we have a hard time falling asleep, especially because of noise in our neighborhood lasting later into the evening. Days with fireworks are especially bad as people can't even start setting them off before about 10 pm, and they often keep going until well after 11.	7/10/2014 12:54 PM
3341	It makes sense to keep the current system for DST. We don't need it getting light any earlier in the morning during the summer and it's nice to have the extra daylight in the evening after work to be able to do things outside.	7/10/2014 12:53 PM
3342	Keep it one way or the other all year long. No more forward and back.	7/10/2014 12:53 PM
3343	I don't like the changing of time.	7/10/2014 12:53 PM
3344	I don't like to change clocks, and I don't know of any good reason for everyone to reset clocks twice a year.	7/10/2014 12:52 PM
3345	I like the create option--I like having more daylight in the evening and am OK with it being darker in the morning during winter months. 2nd best option would be to keep the current system. I would NOT want to align with Arizona on mountain time because it would be difficult for me to sleep with it starting to get light at 4:00-4:30 every morning during the summer. Plus it would make it hard to get out early to exercise and/or work in the yard when it's cool if you have to get up at 4:00a to do it.	7/10/2014 12:52 PM
3346	If we can't just stay on DST, then my vote would be to keep what we currently have.	7/10/2014 12:52 PM
3347	I would prefer the light schedule as it is today permanently. Mainly for the winter sun going down at 5-5:30 I find to be depressing. If during winter the sun was out an extra hour at night I think many people would benefit from not going to work in the dark and coming home in the dark.	7/10/2014 12:52 PM
3348	I have had night blindness since the age of 16. Although it is not considered a disability it becomes one in the winter.It hinders my employment and all facets of my life. I am continually stressed to make it home before it becomes dark! Summer provides me freedom and safety with the extra hours of light. Please I plead with you to RETAIN daylight savings for those of us with night vision issues.	7/10/2014 12:51 PM
3349	The present system works great. It provides longer evenings in the summer and adjusts for a reasonable sunrise time in the winter. Keep things exactly as they are now.	7/10/2014 12:50 PM
3350	I hate the changing twice a year. Keep it one or the other.	7/10/2014 12:50 PM
3351	I strongly enjoy the longer evening sunlight hours in the summer. Winter standard time is fine, as is. Don't try to add more winter evening hours by making it darker when we go to work and school in the morning!	7/10/2014 12:49 PM
3352	It's been proven by studies that Daylight savings time cause safety hazards at work along with employee productivity. I believe we should align with Arizona and have no change at all.	7/10/2014 12:49 PM
3353	I hate the time changes. It's difficult for young children to adjust and takes weeks, which is challenging for my students. It would be less confusing if we stayed with Arizona than if we created our own new time.	7/10/2014 12:49 PM
3354	The changing of time is no different than going to another time zone for a vacation or business trip. Any side effects last only a couple of days. Then everyone is happy with the time and is forgotten until it is time to change again. People complain about being tired for work on Monday. Why don't we change to DST on Sat AM then most bodies would be adjusted for work on Monday.	7/10/2014 12:48 PM
3355	As a parent of four young children, I say do away with it! The constant changing of schedules every six months makes getting up for school, getting kids in bed on time, etc a huge obstacle! It is REALLY hard for toddlers and elementary aged children to adjust a whole hour every six months. Is the daylight savings time really helping businesses?	7/10/2014 12:48 PM
3356	Creates more time in the evening for activity, which helps business and more time for family activities, especially in the winter months.	7/10/2014 12:45 PM
3357	A permanent spring forward allows for more light during summer hours that are reasonable and would allow for consistency. The current system is archaic and should be done away with one way or the other.	7/10/2014 12:45 PM
3358	children will have to wait for buses on busy roads to get on the bus. changing it will be a safety hazard!	7/10/2014 12:45 PM

3359	Until I lived in Arizona for three years, I didn't give this very much thought. I came to truly appreciate avoiding the abrupt time change twice a year. Since then, I have been unable to identify ANY ways that DST improves my life.	7/10/2014 12:45 PM
3360	As I stated I am a student. To get to the school I attend I have to take a bus, which requires walking to the bus stop. Every time the time is switched it's dark outside. Which means I get to walk to the bus in the dark. There have been several instances where other students and kids have been hit by cars walking to school or to bus stops because of the darkness and I'm also sure that the lack of 1 hour of sleep doesn't help either. I don't want that to happen to me. On top of that, when we switch to daylight savings, I, along with the rest of the state loose sleep. Loosing sleep is hard on the body. Additionally, I am a student so it can be difficult getting enough sleep anyway with homework, extra curricular, and family. Loosing that hour of sleep can also cause more stress to the student life. In conclusion, I don't want to walk to the bus in the dark and I would like to keep the hour of sleep. And I don't think I am the only one who would appreciate those things. Please try to consider this. Plus who actually benefits from daylight savings?	7/10/2014 12:43 PM
3361	i think it would be a safety issue to change it. the kids have to wait on the roads in the dark and could get hit by a car when its dark.do not change please!!	7/10/2014 12:43 PM
3362	I can get more done during the day in the summer growing season. In winter months standard time is good for Lighter mornings to help kids get to school safely.	7/10/2014 12:42 PM
3363	I would like to conform with the majority of other states in our time zone.	7/10/2014 12:42 PM
3364	I grew up in northern Arizona. My father is a rancher/dairyman; he has always proclaimed that everyone should be the same as Arizona MST because that is God's time. I am so tired of late nights! It is possible but difficult to curtail outdoor activities for children until 9:30 or 10:00 at night. It is so nice to sit in the evening air after the sun has set and enjoy the evening but difficult when needing to arise in the morning for work and responsibilities. Let's join AZ and align with 'God's' time!	7/10/2014 12:42 PM
3365	The changing of time is no different than going to another time zone for a vacation or business trip. Any side effects last only a couple of days. Then everyone is happy with the time and is forgotten until it is time to change again	7/10/2014 12:41 PM
3366	I have never seen any benefit to me or my family with going on Daylight Savings. It always has a negative impact on me every year, in fact. I'm also savvy enough about how the sun comes up and goes down to know that the arguments saying that farmers and ranchers "lose daylight" are absolutely false - the sun stays up for the same number of hours regardless of what the clock says.	7/10/2014 12:41 PM
3367	There is nothing worse than coming outside of work in the winter months, and it is completely dark!! Also our children get home from school around 4:00 and they are only left at most 1 to 1 1/2 hours of sunlight until it goes dark. Our poor kids need to be outside more, and with it getting dark so early their time is very limited!!	7/10/2014 12:41 PM
3368	I like having the extra hour of daylight after work.	7/10/2014 12:39 PM
3369	When the time changes, it takes me and my dogs about 2 weeks to adjust. Makes no sense to tamper with mother nature.	7/10/2014 12:38 PM
3370	the way we change time now makes the best use of daylight year round all i will say right now is stop wasting everyone's time and money and if it isnt broke dont try to fix it	7/10/2014 12:38 PM
3371	I like it lighter later in the summer and lighter earlier in the winter. I like the change	7/10/2014 12:38 PM
3372	review the Emergency Daylight Saving Time Energy Conservation Act of 1973 and understand why we do change times.	7/10/2014 12:38 PM
3373	I favor the elimination of daylight savings in part because it takes most people a long time to adjust to the time change. When the switch is made in the spring, it throws the morning commute back into darkness, which makes it less safe especially for children on the way to school. I have also never seen any convincing data that indicates any energy savings from DST which is one of the main reasons touted as a benefit. Back in the day when lighting accounted for the largest portion of residential energy use, there may have been some benefit but now air conditioning accounts for a much bigger portion of energy use and people don't turn off the AC when they are away from home so any benefit from DST is lost.	7/10/2014 12:37 PM
3374	Don't take away Daylight Savings. It adds pizzazz to the year, and is nice in the fall to feel like you're sleeping in, and is really not that bad in the spring.	7/10/2014 12:37 PM

3375	Changing back and forth is hard for families with children (and everyone in the spring when one must arise an hour earlier to go to work). I would prefer to align with Arizona, but I realize business is voting for the change. The best compromise is to have Daylight Savings time all year. (I realize sending kids to school in the dark in the winter may be a problem.)	7/10/2014 12:36 PM
3376	Please keep daylight saving in Utalh	7/10/2014 12:36 PM
3377	I don't care which option you choose as long as one time is selected and never changes.	7/10/2014 12:36 PM
3378	I don't think it makes any difference to farmers anymore they have lights on their equipment. I think it would be safer for school kids, they wouldn't be going to school in the dark in the spring anymore.	7/10/2014 12:36 PM
3379	being in the car sales business I think it would hurt us if it was getting dark earlier. We do the majority of our business at night.	7/10/2014 12:36 PM
3380	switching times back and forth is hard on your health	7/10/2014 12:36 PM
3381	The original practical reasons (primarily agricultural) for having daylight savings are now largely irrelevant or resolved by constantly evolving technologies. The time has come to do away with the frivolous practice and the overall inconvenience it creates.	7/10/2014 12:36 PM
3382	My students have a hard time adjusting and are unbalanced for a week as they get used to the new time frame.	7/10/2014 12:35 PM
3383	I believe that the daylight time is ideal for family interaction year round.	7/10/2014 12:35 PM
3384	It makes more sense to stay the same time year round.	7/10/2014 12:35 PM
3385	I like the Spring Forward months of Daylight Savings time. I used to be a mailman and when it gets dark in the winter at 5-6pm it is hard and cold to do your job in the dark. With any job it makes in hard to maintain energy to get things done after work that need to be taken care of, such as spending time with your family, shopping, cleaning, etc. I think it would be beneficial to have longer hours of daylight year round.	7/10/2014 12:35 PM
3386	There is no reason to change.	7/10/2014 12:35 PM
3387	DST has disadvantages to some educational activites, such as astronomy. Especially after the spring time change, commuters must drive to work in the dark. Having lived in Arizona 11 years, summers were more enjoyable without extending the sunlit, hotter portion later into the day, which DST does.	7/10/2014 12:34 PM
3388	Let's spring forward and keep it that way. The more daylight the better.	7/10/2014 12:34 PM
3389	Changing twice a year is hard on your body. Started when agriculture was king. Now it's not, so stop it.! Tired of changing.	7/10/2014 12:34 PM
3390	I have lived in Arizona, saw no issues with staying on one time throughout the year. Changing times does seem to affect my physically. I see no need for this. There are a fixed number of hours of daylight during the day no matter what time it is at. If its dark and I need to see I'll turn on a light. If it's light I won't need to turn on the light, doesn't matter what time it is.	7/10/2014 12:33 PM
3391	I like it. Allows me to do things after business day.	7/10/2014 12:33 PM
3392	I wish there was a fourth option of "standardize on a single time don't care if fall back or spring forward" just don't change time in the middle of the year.	7/10/2014 12:32 PM
3393	We do not need Daylight Saving Time. With 20+ clocks in the house and office, it is a big hassle and doesn't benefit us in any way. We should align with Arizona, Nevada, and California so the entire southwestern block of the U.S. will be on the same time for most of the year. This will unify the southwestern part of the country which will benefit us economically.	7/10/2014 12:32 PM
3394	I think we should just stick with one time zone no falls backs or spring forward required. It being light at 5:30 a.m. in the summer is ridiculous- we have too much daylight.	7/10/2014 12:31 PM
3395	* I chose to keep the same because its what I have known my whole life. Yes, it is hard in the spring. If I were to choose a "non" daylight savings time, it would be the spring forward option. Thanks.	7/10/2014 12:31 PM

3396	I'd rather see Daylight Savings retained year round. We wouldn't need to go through the hassle of changing twice a year and we'd have more daylight in the afternoon when we can use it. I don't believe the safety issues some raise are way overblown. Kids in our neighborhood already go to school in the dark during the winter and I see no problems that aren't normal during school days whether in daylight or not.	7/10/2014 12:30 PM
3397	Leave the time one way or the other. Changing it back and forth each year is hard on school kids.	7/10/2014 12:30 PM
3398	I really don't care which "time" adjustment is chosen, just please, please, PLEASE, stop the insane semi-annual adjustments!	7/10/2014 12:29 PM
3399	I treasure the longer days where we have light until 9:00 pm. This gives me longer to be outside and do enjoyable and useful things. I spend all day at work, cutting an hour off my outdoor time is unthinkable as far as I am concerned. Please don't do this, leave it as it is, I don't need earlier mornings, I need later evenings to work and enjoy.	7/10/2014 12:28 PM
3400	Have disliked the changing of time in the spring and fall for years; it has so many negative effects on everyone. The argument that farmers want it is totally false. Having grown up on a farm it is the sunrise and sunset that farmers work by, not the time on the clock. If people want more daylight in the evening to do recreation activities, go to work earlier and get of earlier. It is very hard for children, parents and elderly people to adjust to time changes, i.e.,short tempers, lack of patience, sleep deprivation and loud neighborhood noises for people who do need to go to bed earlier for so they can arise early for work or other commitments. Utah should be as wise as Arizona and stay on MST year round!	7/10/2014 12:28 PM
3401	Stay on spring forward time. Adjusting time just isn't hard on the economy it's hard on the body!	7/10/2014 12:27 PM
3402	Align the clock so we do not have daylight savings time! Kids go to school in the dark that is not safe and they can't get to bed at night.	7/10/2014 12:27 PM
3403	My first choice is align with Arizona but I prefer no change. Align with Arizona or keep Daylight Saving Time all year but don't change. I see no benefit to change. The days are NOT longer they are the same length. The lights will either be on in the AM or in the PM but they will be on one or the other. Leave home in the dark and return in the light or leave home in the light and return in the dark.	7/10/2014 12:27 PM
3404	I like balance. I don't want the sun up so early I'll never see it (before 5AM), and I certainly don't want it rising at 9AM.	7/10/2014 12:27 PM
3405	I'm leaning to have the time stay with AZ so we don't change. Working with world sites - there is now two times a year where I have to make sure meetings are changed and updated to address the time switch for MDT. Twice a year - I used to get to monitor and babysit a number of computer systems to make sure there were no additional issues encountered during the time switch. Now we have shifted all computer clocks to GMT - and expect all personal PC's handle the issue via the OS. I think the loss productivity pushes the vote to do away with Daylight savings time.	7/10/2014 12:25 PM
3406	Quit switching back and forth with this feel-good law. Permanently switch back to Mountain standard time and quit jacking us all around each year. There is a real jet-lag effect with me, especially in the spring when we loose the hour. It takes me a couple of weeks to recover and start feeling better. Please quit jumping back and forth!	7/10/2014 12:25 PM
3407	I like DST, just don't like the switch, I would prefer to stay on DST the year round This works better for me and my family.	7/10/2014 12:24 PM
3408	Every year it gets harder to adjust to the time changes. I don't sleep well for several weeks. I don't like the disorientation of the day following the changes. If you go to work early, it makes it hard to go to sleep when it's light till 10:00 so you don't get the rest you need for health or to function well. I have never seen the need for it to be light till 10:00 pm.	7/10/2014 12:24 PM
3409	I don't see any benefit from flipping back and forth. Those days are history and I prefer more daylight time in the winter months.	7/10/2014 12:24 PM
3410	Daylight Savings Time was beneficial when we were an agrarian society, but that era has long since passed. The actual amount of light during the day doesn't change, and with online services such as banking and shopping, we no longer need traditional "banker's hours" in order to accomplish our basic daily tasks. The costs, both tangible and otherwise, associated with having to change our mechanical, digital and internal clocks twice a year seem to greatly outweigh any modern benefit that we may gain. Let's join our Arizona neighbors in doing away with such a silly, antiquated practice.	7/10/2014 12:24 PM

3411	I would prefer to have more daylight hours in the evenings than in the mornings.	7/10/2014 12:23 PM
3412	With the onset of technology we find ourselves stuck inside longer and missing the beauty of the great outdoors. Let's enjoy it!	7/10/2014 12:21 PM
3413	Changing the clocks just messes up your body clock. It messes up the kids and effects their learning at school.	7/10/2014 12:21 PM
3414	Having it lighter longer during the day is optimal. It has a positive affect on mood, the ability to experience outdoor recreation in the evening hours in such an outdoor environment.	7/10/2014 12:20 PM
3415	The current system shouldstay put	7/10/2014 12:20 PM
3416	I just think it is silly to change the time twice a year.	7/10/2014 12:19 PM
3417	DST is useless and annoying.	7/10/2014 12:18 PM
3418	We're already on DST for 8 months of the year. Adding the extra 4 months would be preferable. I would much rather have extra light at night during the winter. It's not too much of a "standard" time when it's only 1/3 of the whole.	7/10/2014 12:18 PM
3419	Not needed. Get rid of it - Now!	7/10/2014 12:17 PM
3420	I would be happy with either one. My main problem is with changing the time twice a year. The costs and extra work in making the changes is so unnecessary.	7/10/2014 12:15 PM
3421	I have never been a fan of Daylight Savings time and enjoy Mountain Standard time	7/10/2014 12:15 PM
3422	Let's align with California, Nevada, and Arizona for 8 months of the year.	7/10/2014 12:15 PM
3423	Daylight savings allows me to ride my bike home in the evenings after work. (It's a 2 hour ride). It is safer for me.	7/10/2014 12:14 PM
3424	I would like to stick with the standard time and not change. I have enough daylight without adding more. I work outside in the summer and stay up and work way to late when I need sleep because it is still light. Let me rest!	7/10/2014 12:13 PM
3425	I am employed and self employed. I have a landscaping business that I do after work and on week ends. Daylight savings time is a huge financial benefit to my family as I can get more work in after my regular job and our income has increased with the extra long DST. Please keep the DST program as it is. Thanks	7/10/2014 12:12 PM
3426	I see no benefit in switching the time.	7/10/2014 12:11 PM
3427	My thoughts are primarily related to health and continuity. More than once, due to compromised sleep during the one or two weeks immediately following the time change (Fall and Spring), I have become sick. As a result, I have missed productive work days. I work for an organization that does not pay sick leave or Paid-time off. If I don't work, I don't get paid. I also do consulting work outside of my employer, and there again, if I don't work, I don't get paid. My family suffers economically. I believe many more families in Utah are affected negatively by the semi-annual time change in a similar way. Some folks suggest that the tourism industry would be negatively affected if Daylight Savings Time is abolished. Tourism may be affected slightly, but EVERY industry is affected by the compromised health of the business owners, employees, their suppliers and customers. Let's do the right thing and join the growing movement within Utah to opt out of daylight savings time and align with Arizona.	7/10/2014 12:11 PM
3428	I want to fall back and get more rest. I feel it is so much better for everyone'e health. PLS FALL BACK. YOU FEEL BETTER.	7/10/2014 12:11 PM
3429	It's frustrating to have so much light at night when the kids are supposed to be sleeping and not enough in the morning during prime yard work time.	7/10/2014 12:11 PM
3430	I really like the idea of permant daylight savings time but figure that would be a long shot. Working an hour away from home, during the winter I leave in the dark and get home when it is getting dark. I would love to have a little more daylight hours at night..	7/10/2014 12:10 PM
3431	I am strongly in favor of moving to standard time year round. The time change has always been difficult for me.....my body has a hard time adjusting and always has. I would feel so much better physically and mentally if we were to move to standard time year round. I have also found it hard on children especially small children. I am against going to year round daylight savings....	7/10/2014 12:08 PM
3432	I LOVE daylight savings. Please do not get rid of it. It adds so much value to our way of life.	7/10/2014 12:08 PM

3433	While many people are saying align with Arizona, I think they might change their mind if they understood this mean summer days would start at 5 AM and end at 8 PM. I think that having the extremes (Peak Winter and Peak Summer) would help make the choose more clear. What works for Arizona would be different for us due to our distance from the equator.	7/10/2014 12:08 PM
3434	d	7/10/2014 12:07 PM
3435	It throws my body mechanics off and takes a very long time to get used to when we have spring forward.	7/10/2014 12:07 PM
3436	It's good to have the extra daylight in the evening. If there is any change, I would prefer to go to year round daylight savings.	7/10/2014 12:07 PM
3437	It seems like whenever it is still dark at 7:30 am there are accidents where kids get hit by cars and it is dangerous for pedestrians and drivers. I prefer the time to stop changing. It is possible to sleep even if the sun is out.	7/10/2014 12:07 PM
3438	Would love to do away with changing clocks, but would want to keep the daylight saving time(permanent spring forward). It would provide the most light for the evenings when most people are home and need the light.	7/10/2014 12:05 PM
3439	I'd prefer to create as it would give some daylight after normal working hours in the winter months.	7/10/2014 12:04 PM
3440	I prefer more daylight during the evening when I am home and can enjoy it.	7/10/2014 12:03 PM
3441	I need the extra light in the evening to work. If daylight savings was removed it would have a severely impact me and my employees economic earnings. Utah is the beehive state, we work hard, we need the extra light in the evening to be productive!	7/10/2014 12:02 PM
3442	I prefer getting rid of the time change and keeping it as it is now where the sun is us up longer in the summer and than the sun comes up in the winter at 6 instead of 5 which is way to early	7/10/2014 12:02 PM
3443	I would prefer to come home to more daylight in the evening during the winter months. I don't mind the offset of having the sun rise later in the morning.	7/10/2014 12:00 PM
3444	Time changes are difficult for people with medical issues who rely heavily on medications being dispended at regular intervals.	7/10/2014 11:59 AM
3445	One of the great benefits of summers in Utah is the longer daylight hours enabling longer recreation hours and family time together in the outdoors. If getting rid of daylight saving will make the summer daylight hours shorter than I say leave it as it is. What a shame to shorten the summer daylight. I have to admit that I don't fully understand how the other two options "Align" or "Create" would affect the summer daylight hours.	7/10/2014 11:58 AM
3446	I much prefer daylight savings time, I feel it's safer with more daylight hours and it helps people who have the Seasonal Afflicted Disorder. If we don't keep the current spring ahead/fall back system, then the only change we should make is permanent Daylight Savings. If anyone is old enough to remember, it was originally implemented to save energy during the oil embargo. This is still true today...we need to save energy!	7/10/2014 11:58 AM
3447	I prefer to have more light in the morning. I think this will help with fitness levels in the state. I think ski resorts may even be able to open earlier and attract business people who want to ski or snowboard before work. I also don't like affecting my sleep schedule with time changes.	7/10/2014 11:57 AM
3448	Would simplify things for the Glen Canyon National Recreation Area (Lake Powell). Would also simplify things for the Fredonia, AZ and Kanab, UT interactions.	7/10/2014 11:57 AM
3449	1 extra hour of light at cooler time of day instead at end of day when temperature higher	7/10/2014 11:57 AM
3450	It's hard enough to have a time difference from Arizona half the year. If we change, we would be out of sync with everyone else except Arizona.	7/10/2014 11:56 AM
3451	I really like having DST in the summer, so I would say either keep it as it is, or permanently change to DST. Permanently changing it would maybe cause problems with being different than most of the surrounding states, but Arizona does it.	7/10/2014 11:56 AM
3452	My perception is that DST is merely an artificial means to manipulate the day. Has any research been conducted to determine whether AZ or HI residents feel about their exclusion of time chenges twice yearly?	7/10/2014 11:56 AM

3453	Please do away with DST. It is a rediculous ritual. Close akin to setting your clock ahead so your not late. I don't know how much time is lost during each change but it takes me a week for my body to adjust each time. Better off just leaving the time as it is. If you want to open shop later go ahead. Earlier go ahead. Just stop changing the dang time it just makes more work and hastle for everyone involved in the ritual.	7/10/2014 11:56 AM
3454	I think we should either keep daylight savings time or make our own with the summer hours. This gives those of us who work more time to get things done after we get off work.	7/10/2014 11:55 AM
3455	I have spent time in Arizona and I hate that the sun rises so early. I do not want the sun to rise at 4:30 AM and set at 8:30 PM in the summer--that would limit what I can do in the evenings.	7/10/2014 11:55 AM
3456	In answer to the question "Saving daylight, at what cost?", this is what I have to say. Aside from the bi-yearly disruption to sleep rhythm, which is no small thing for me and many others, there is one other crucial fact that must not be ignored: the deaths that occur when pedestrians and bicyclists are hit and killed by motorists in that first week following the switch to DST. Every year it happens, and news accounts will verify that.In light of these fatalities, it's not too much of a stretch to say that like some ancient pagan cultures, we too offer our yearly human sacrifices to the sun god, all in the name of Daylight Savings Time.	7/10/2014 11:54 AM
3457	I feel we should go one half hour in between and leave it alone.	7/10/2014 11:53 AM
3458	I want it to be light at night longer. The change in the spring and fall is nothing. IT would require more energy and we as a group of people need to be outside more being active.	7/10/2014 11:53 AM
3459	During summer, the mornings are the best time for doing yard work and being out and about. More time in the afternoon, when it is hot doesn't help to have more time.	7/10/2014 11:52 AM
3460	I would actually be fine with either the ALIGN or CREATE options. I think it is disruptive to change times. Research I have seen seems to show there is are negative health effects of changing times, and little evidence of significant energy conservation (which as I recall was one reason given for the change in the first place).	7/10/2014 11:52 AM
3461	I don't care, as long as we get rid of DST. Its so silly and completely unnecessary. Get ride of daylight saving time entirely please!	7/10/2014 11:51 AM
3462	I have a very hard time adjusting back and forth twice a year. I just want it to stay the same. I don't think it saves any money in the long run, and has out lived it's purpose.	7/10/2014 11:51 AM
3463	It is hard to adjust to new times twice a year. We are given the same amount of daylight no matter what the clock says so let us make life simpler by not changing.	7/10/2014 11:50 AM
3464	my second choice is have daylight savings all year long.	7/10/2014 11:50 AM
3465	Please get rid of MDT in Utah. It's not the light/dark that affects kids and causes accidents, it's just the sudden change from what we're adapting to. Please, make it go away. There are NO studies that really prove energy savings, accident rates, etc. Maybe after 10 years off MDT Utah can prove to the rest of the nation the positive change that happened. It's a relic from the war days and needs to be put behind us. PLEASE!	7/10/2014 11:48 AM
3466	Please get rid of daylight savings! Everybody complains about it (when we lose an hour), and it throws kids' schedules out of whack (which also affects their parents' sleep too)!	7/10/2014 11:47 AM
3467	Longer daylight, more daily production, saving on energy.	7/10/2014 11:47 AM
3468	Get rid of daylight saving time all together! It seems daylight saving time was created to encourage society to stay up later and sleep in longer. Let's do things the way nature intended, early to bed and early to rise. It works well in Arizona, and would work well here also. Whatever happens we can't keep daylight saving time all year-round. Perhaps those not so inclined to be up living life don't prefer it, but mornings are the most productive time of the day. Let's not take light from the winter mornings and give it to the lazy hours after work. Plus taking that winter morning hour would make the morning commute for myself and children too dark for months.	7/10/2014 11:47 AM
3469	Please just leave it one way or the other	7/10/2014 11:47 AM
3470	In the IT industry a lot of time and effort is spent on trying to make the DST changes work in a 24-hour processing clock. The costs are high ad the benefits are minimal.	7/10/2014 11:47 AM

3471	Ever since Utah implemented DST, I have struggled with it physically and mentally. It is a change that seems to get worse as I get older. That hour change constantly disrupts my whole diurnal cycle and takes several weeks to seemingly compensate. Then, it is time to disrupt it again. No DST. Either stick to one or the other, but certainly, not both as we do now.	7/10/2014 11:46 AM
3472	Upsets natural sleep patterns. I feel in the current time, it hampers and cost more to maintain then it saves in energy cost.	7/10/2014 11:46 AM
3473	Let's not FALL BACK and SPRING FORWARD every year -- let's just SPRING FORWARD permanently and call it good!	7/10/2014 11:46 AM
3474	I hate summer because of daylight saving time. It is light way too late in the evening, which is a problem because I go to work at 6AM. I prefer just staying on Standard Tme. The time change is the worst, especially in November. Last November the time change seriously and negatively affected my running - like I was hit with seasonal affective disorder. Miserable. Whatever the decision, I would like a constant time.	7/10/2014 11:45 AM
3475	The sun comes up and goes down at the same time. The farmer does not get more out of it or less of it visitors have the same. from sun rise to sun set you have a given number of hours. If you want more sun get up earlier. But you can not go to bed earlier if the sun is coming through your window. Try teaching a 2 year old it is bed time when the sun is going down at 11pm. Gary Smith	7/10/2014 11:45 AM
3476	As a stay at home mom of young children it really messes up the sleeping schedules of my children when we fall back and spring ahead. It is nice to have more daylight hours in the winter, but it is hard in the summer to get the kids to go to sleep at 8:00 when it is still light outside. They wake up at the same time regardless, so I would prefer to stay permanently on fall back time.	7/10/2014 11:45 AM
3477	The children should be the highest priority in this discussion. They should be able to walk to school in the light, not the dark. Their sleep schedules should also be considered.	7/10/2014 11:45 AM
3478	In my opinion the best option would be to abolish time zones all together and change to world time. True everyone would have to adjust their operating hours and for some that would be in the off hours but at least then we could all be speaking on the same context. As a software engineer, I have seen a large number of seemingly unexpected issues connected to daylight saving time such as correctly accounting for total time worked when spanning time changes. As well as the fact that police reporting for criminal matters that occur within the hour of change can cause major issues in maintaining times when events occurred; I helped write police software used throughout the state for a company aware of the issue but left broken.	7/10/2014 11:44 AM
3479	who would want to be on standard time in the summer? having it get light at 5 am?? plus i hate the fall back when it is dark at 430 at night	7/10/2014 11:44 AM
3480	The argument that daylights savings time saves the lives of school children is nonsense. Those attending high school are still walking to the bus in the dark. There is really no other valid reason for changing.	7/10/2014 11:44 AM
3481	Changing the clock twice a year causes a lot of disruption for me and my family. The time on the clock should be irrelevant to how much sunlight there is so we should stop changing it back and forth to match the season.	7/10/2014 11:44 AM
3482	I believe it disrupts everyone's sleep and especially children's school and sleep patterns. It takes everyone a good week to adjust and then in a few months you need to adjust again. It isn't good for anyone! So keep daylight savings permanent and then we will still have the longer days in the summer without the time change.	7/10/2014 11:43 AM
3483	Align with Arizona!	7/10/2014 11:43 AM
3484	Long summer nights are a wonderful part of summer. It allows for my husband and I to do yard work after work. I also enjoy going for a bike ride or run after my daughter is in bed.	7/10/2014 11:43 AM
3485	it is better suited to my lifestyle	7/10/2014 11:43 AM
3486	I am one that needs day light. Without it, I am prone to depression. Winters are difficult and while my second choice would be to permanently keep daylight savings time all year round, I can see how that would affect the mornings, especially kids going to school. But summers, I work all day in an office and need the longer evenings of day light for my mental well being and time to enjoy outdoors with my family.	7/10/2014 11:42 AM

3487	I prefer to not have to fall-back each November and just stay on the summer Daylight Savings Time all year round. When the days are short in the winter and the sun goes down around 5 p.m., it makes it very difficult to recreate and exercise outside after normal working hours. I prefer to have that little shred of winter daylight in the after-work (5 p.m.) hour instead of the before-work hour where it is useless because you are hurrying to work. I think that little added extra bit of sunshine (not to mention staying on one time all year long) will be good for people's mental and physical health.	7/10/2014 11:42 AM
3488	I am a shift worker, daylight savings is a huge inconvenience when it starts and stops. The entire world is going to more of a 24 hour society, more and more people are working evening and night shifts, I do not understand the benefit of daylight savings as the US moves to a 24 hour work schedule.	7/10/2014 11:41 AM
3489	It's so stupid. It doesn't make the day any longer or shorter, and farmers use the sun as a clock, not an alarm.	7/10/2014 11:41 AM
3490	Stop the insanity of changing the clocks twice a year.	7/10/2014 11:41 AM
3491	Not a fan of switching times. I prefer one time throughout the year with more light being available in the evening to participate in more activities that are scheduled during this evening time period.	7/10/2014 11:40 AM
3492	My preference would be to avoid having to change times twice a year. Stick with MST year round.	7/10/2014 11:39 AM
3493	I love the late evenings in summertime.	7/10/2014 11:39 AM
3494	CREATE a new daylight savings time. Permanent spring forward sounds like a perfect solution.	7/10/2014 11:39 AM
3495	I think ending DST is a great idea. There is a saying "cutting a foot off a blanket and sewing it onto the top, does not give you a bigger blanket" I am PRO ending DST!	7/10/2014 11:38 AM
3496	DST only costs money and time and has no redeeming features! the day is still 24 hours!	7/10/2014 11:37 AM
3497	Most people I have talked to say that they have a hard time adjusting, both spring and fall, with their sleeping habits. The daylight is the same amount of time, just different times of the day. Energy efficient lighting makes the need for longer daylight in the evening a moot point. Staying on DST would be a real big issue with working with all the other states around us. We need to stay on standard time to keep time, as close as possible, with our neighboring states.	7/10/2014 11:37 AM
3498	Springing ahead and falling back are very disruptive to sleep. Most do things when they get off work so having the little bit of extra daylight at the end of the day instead of the beginning of the day would be nice.	7/10/2014 11:37 AM
3499	I hate winter time when the so goes down around 5:00 p.m. and you are returning from work in the dark and doing shopping, etc. without light. I would much rather have another hour of light during the winter at the end of the day.	7/10/2014 11:36 AM
3500	I could be satisfied with either DST or MST, but want it year round. My preference would be keep MST year round, but would be happy with DST year round as well. LET'S STOP CHANGING THE CLOCK.	7/10/2014 11:36 AM
3501	Daylight savings time disrupts my business, my employees, my customers, I feel that daylight savings is a waste of time and energy. My children also take about a month to adjust to the new time. It interferes with their learning. I am not a fan.	7/10/2014 11:36 AM
3502	I would prefer for it to get darker earlier...especially during the school year. It makes it hard to get my kids to sleep in the evenings when it is so light outside. In addition, I'd prefer it to be lighter in the morning time so it's lighter when my older children are going to school.	7/10/2014 11:36 AM
3503	I prefer the current system due to safety factors.	7/10/2014 11:36 AM
3504	Day light savings time is an outdated concept.	7/10/2014 11:35 AM
3505	I AM NOT A FAN OF CHANGING MY SLEEP PATERNS EVERY 6 MONTHS.PLEASE MAKE IT STOP.	7/10/2014 11:34 AM
3506	Daylight savings allows us to work earlier, and get home while it is still light, and we can do things with the family outdoors. Also, it gets very hot in Southern Utah (where we are) in the afternoon, and 1 hour of earlier daytime is very beneficial for my employees.	7/10/2014 11:34 AM
3507	Would like to see left as eithier mountian standard time or spring foward all of the time not changing back and forth.	7/10/2014 11:34 AM

3508	What purpose does DST actually serve? Why are we trying to manipulate time? Please end this liberal Jimmy Crater creation.	7/10/2014 11:33 AM
3509	Prefer daylight in the evening, to do more outdoor activities, I go to work in the dark or twilight either way. Comparing to Arizona or Hawaii are not good comparison's, they are farther south (closer to the equator, especially Hawaii) so the light differential for them is smaller. Even so, when visiting those two states I would prefer the light in the evening verses in the morning. I would vote to stay the same second to my choice of to permanently keep daylight savings time	7/10/2014 11:33 AM
3510	The change in time has always affected my children negatively. We usually spend about three weeks after helping them to adjust to the time change. It is very disruptive and I would like to see it stay to one standard all year long.	7/10/2014 11:33 AM
3511	Daylight saving time is an essential element of my life. Move to year round for less confusion and more daylight to accomplish necessary tasks.	7/10/2014 11:32 AM
3512	Leave it alone. Having more daylight during the Summer months I think is better than more daylight during the winter.	7/10/2014 11:32 AM
3513	I live in St George, in the winter it would be nice to have a little bit more daylight when the weather is nice.	7/10/2014 11:32 AM
3514	One way or another daylight savings changes have to go. PLEASE stop the insanity.	7/10/2014 11:32 AM
3515	I would like to see the time not change twice a year. Leave it at either DST or MST, I don't really care which. Thank you	7/10/2014 11:32 AM
3516	I love Daylight Saving Time. I look forward to it all winter!	7/10/2014 11:31 AM
3517	I've reviewed all the reasons for keeping DST. They are inadequate to justify retention. DST saves miniscule amounts of energy and is disruptive to health and hazardous due to sleep deprivation.	7/10/2014 11:31 AM
3518	I prefer staying on a permanent spring forward because I like having light later in the day. I would especially like it in the winter. I am much more productive when it stays lighter later in the day, even if its just for an hour.	7/10/2014 11:31 AM
3519	The adjustment to the time change is always a bit difficult, but it was made worse when Congress extended DST in a vain and misguided attempt at reducing carbon dioxide output. The original start and end dates for DST were carefully chosen so as to be the most beneficial and least disruptive. The new dates endanger pedestrians and bicyclists during the morning commute. I am not a fan of 4:00 AM sunrises. It is a minor inconvenience to spring forward. I prefer to keep DST but return to the original start and end dates.	7/10/2014 11:30 AM
3520	I love doing things in evening outside in summer. Please do not do away with current system.	7/10/2014 11:29 AM
3521	Leave the clocks alone, it takes about two weeks to adjust fully to that one hour change twice a year. Mountain Standard time is the perfect year round time.	7/10/2014 11:28 AM
3522	This has been a curse for as long as I remember. Please make the time static so that loss of productivity due to lack of sleep or lazy time changes can be done away with. Cant fix the people but we can globally give them a chance without a time change.	7/10/2014 11:28 AM
3523	We no longer need it for farming, with the newer equipment, It's faster and the lighting is good . It disrupts my Drs appts I get up very early and can only go in a.m. For my appointment	7/10/2014 11:28 AM
3524	Daylight savings is irrelevant in today's society and should be abolished.	7/10/2014 11:27 AM
3525	I would like to see Utah remain aligned with the majority of the country, and in fact much of the world, and keep the current system in place. It's not broken, so there is no need to fix it. Changing the system would cause more confusion among those who work for multi-state companies, or who do business with companies in other states. When the time changes, it should change for the entire country.	7/10/2014 11:27 AM
3526	Having been in the education field for 30+ years I have watched what happens to the children every year when the time changes. It causes disruption of sleep patterns, orientation to basic body functions (when it is hungry or fatigued related to time) and confusion when testing times come at the end of the school year. I have long felt that we should do away with Daylight savings time. This constant flipping of time really messes up the continuity we need when teaching these students and getting good test scores that seem to be the driving force of the school systems today. I strongly believe we need to make this happen and align with Arizona and stop this shifting of time.	7/10/2014 11:27 AM
3527	I would like more daylight at the end of the day, for recreation and other post-work activities.	7/10/2014 11:27 AM

3528	It is just so hard to adjust one way or the other. Keep the time consistent and my body clock will thank you and my sleep cycles will thank you. Keep it aligned with Arizona.	7/10/2014 11:27 AM
3529	Enjoy late evenings in the summer	7/10/2014 11:26 AM
3530	I lose an hour of sleep in the spring forward and I never get over it until fall back. I hate it. I can't function. I am a morning person and like to go to bed early.I was born in the Territory of Alaska and lived here for 40 of my 56 years, so I know what darkness and light are all about.	7/10/2014 11:26 AM
3531	I prefer the permanent spring ahead because it gives at least one option for seeing the sun in the winter months. On standard time I go to work in the dark and come home in the dark... That being said I would also support permanent Standard time if that was the option most voted for.	7/10/2014 11:26 AM
3532	Leave it alone!	7/10/2014 11:25 AM
3533	It would be nice to have a little light after work.	7/10/2014 11:24 AM
3534	My family and I love having an extra hour of daylight in the evenings. I work 8:00 am to 5:00 pm and it is really nice to have an extra hour of daylight in the evening to work in my yard or garden or spend time outside with the family.	7/10/2014 11:24 AM
3535	The time changes to begin and end Daylight Savings Time are disruptive and cost money in lost productivity. Leave mother nature as she is.	7/10/2014 11:23 AM
3536	It makes no sense anymore.	7/10/2014 11:23 AM
3537	The rest of the the country is staying on DST, why is Utah willing to be the odd man out in addressing/changing is. This seems to be a single issue driving Ms. Menlove. Her arguments do not hold water. There also seems to not a groundswell of support for her hair-brained scheme.	7/10/2014 11:23 AM
3538	The way things are now with the current daylight savings, It takes me aproximatley two to three weeks to adjust to the new schedule. That's one to one and a half months a year that I feel tired and less productive and out of sorts with everything. I like the longer days and spend my daylight hours outdoors even in the winter. Thank you for this oppertunity to chime in.	7/10/2014 11:22 AM
3539	We should either leave it at is or move to a permanent move forward to have more daylight during usable hours.	7/10/2014 11:22 AM
3540	I prefer the status quo and can handle a very minor case of jet lag two times a year. I feel we benefit from the later daylight in the spring/summer when we spring forward and the lighter mornings when we are in "fall back" status in the fall/winter.	7/10/2014 11:21 AM
3541	I work an early schedule, from 6 AM to 3 PM. I like the long days, and I believe that the state would benefit with full time daylight savings. It would boost tourism and local spending at some outdoor venues in the winter. I believe that it would also make afternoon commutes safer during the winter months.	7/10/2014 11:21 AM
3542	The switching back and forth is unnecessary, disruptive, and antiquated. Just keep us on the same time all year.	7/10/2014 11:20 AM
3543	I prefer to not spring forward because it disrupts sleep schedules. When we have daylight so late in the day, it gives the artificial impression that it's earlier in the day. This causes sleep problems because we are going to bed later but still waking up at the same time, even if it's not light yet in the morning.	7/10/2014 11:20 AM
3544	I hate changing time, but to make everyone happy maybe we could add 4 hours to each day.	7/10/2014 11:19 AM
3545	I would prefer to have the extra hour of daylight in the evenings to spend with my family. Losing an hour in the morning does not affect me negatively. I have a hard time adjusting the 2x/year change in times.	7/10/2014 11:19 AM
3546	Every year when we change our clocks for the start and end of DST we experience sleep loss, greater grumpiness, and the pain of undergoing a time change for no real reason. We live in a day of compact fluorescents. How much money does anybody really save by keeping it brighter later?	7/10/2014 11:19 AM
3547	I lived in AZ for a year, having not day light change made living a lot easier. It made getting to work or school more relaxing, by not having to adjust to a different time zone.	7/10/2014 11:18 AM
3548	its time	7/10/2014 11:18 AM
3549	Without DST, I would have very little time after work to take care of my lawn and garden. But the switch twice a year is a major problem. I would prefer a permanent spring forward.	7/10/2014 11:18 AM

3550	My opinion is that we take a look at why the system was created to begin with. Compare that to today's needs and determine if there is any sort of benefit to changing the clock twice a year. Personally, I'd vote for the spring forward and stay option. I like having more usable daylight and think it would be nice to have more during the winter months.	7/10/2014 11:17 AM
3551	People don't get enough sleep as it is. Day Light Savings time make it worse. Also in the summer its so hot that you can't enjoy being out side until 10:00 PM that's too late. Arizona has it right be should align with them.	7/10/2014 11:16 AM
3552	I prefer staying on standard time because I have a high level of difficulty adjusting to the later daylight in the summer. I often don't adjust until nearly time to go back to standard time. I also believe (based on studies I've seen and/or heard about) that there is no longer any real energy savings achieved from the switch, especially in climates that get as hot as ours does in summer. Finally, I was in junior high school when the nation experimented with year round DST in the early 1970's. It was terrible going to school in complete darkness in the morning (and that was in southern California where there is not as wide a daylight variation as here), and the whole program was abruptly abandoned largely because of safety issues with dark morning commutes, etc. Regardless of what the clock says, there are the same number of hours in a day, and there is plenty of daylight after working hours even if we stay on standard time.	7/10/2014 11:16 AM
3553	I lo e it every spring when daylight savings goes into effect and hated it every fall when we back. I always wished it could stay year round. I especially hate winter when it gets dark so early. Thanks for giving us a voice and the chance for a change.	7/10/2014 11:16 AM
3554	Currently I enjoy the extra daylight hour since I work 8 -5 and it gives me time to do yardwork and other outdoor activity.	7/10/2014 11:15 AM
3555	It is disruptive when the change occurs, and the period for which it is in effect is shrinking. It is my recollection that Daylight savings time was initiated to save money, originally, but the savings were not realized as anticipated.	7/10/2014 11:15 AM
3556	I like to stay the same time all year. I think it should be put on the ballot and we should vote on it. no more time change no more havoc in our lives.	7/10/2014 11:14 AM
3557	While a student at the U of U I read a study that showed there was an increase in accidents with the spring time change. The change is not necessary and is difficult on children.	7/10/2014 11:14 AM
3558	LIGHT, LIGHT, LIGHT! It should be light when you go to work and light when you leave work. You are more productive in the LIGHT~	7/10/2014 11:14 AM
3559	I would like to do what Arizona is doing.	7/10/2014 11:14 AM
3560	we have the same amount of light on any given day changing the time on a clock does not change that. I had such a hard time adjusting each time the clock is changed and when my kids were little it caused so much trouble trying to get them to bed and then up the next day for school.	7/10/2014 11:13 AM
3561	I would rather have an extra hour of sun in the evening than in the morning. We don't need the morning twilight to start at 4:28 am! Legislators, focus on issues that really matter or send it to a public vote. Changing our clocks twice a year isn't hard.	7/10/2014 11:13 AM
3562	I am strongly in favor of doing away with time changing related to daylight saving time. As a father of young children the time changes disrupt my sleep schedule and wreaks havoc with my children's who do not get up with a clock. Especially during the Fall going to bed an hour later does not seem to correlate to them getting up an hour later. It is my opinion that if businesses/organizations/individuals wish to take advantage of different hours of daylight they can adopt seasonal hours, but I do not think it is right to force the entire state to adopt defacto seasonal hours in this way. I don't care as much whether standard or daylight time is ultimately adopted, but I would be very supportive of any measure that stopped the time changing.	7/10/2014 11:13 AM
3563	I think we should either stay on what we are on now or move to a permanent daylight savings time. (Spring forward) I'm in an office all day long and it is nice to be able to do outside activities while the sun is still out when I get home from work. And the argument that I could just wake up earlier in the morning to go outside is moot, am I supposed to wake my kids up at 4:30 in the morning to take them to the park because it'll be almost dark by the time I get home from work? I think that would throw off sleep schedules more than moving the time an hour twice a year...	7/10/2014 11:13 AM
3564	I love more daylight in the evening. I don't get up early enough to enjoy more daylight in early morning.	7/10/2014 11:13 AM

3565	Stay on track with the rest of the country. Having lived in a state that used to ignore daylight saving time (Indiana), I can tell you that being "different" offers no benefit and only creates confusion for residents and travelers alike. Utah's current status is a non-problem that doesn't need to be fixed. Aren't there better things to worry about?	7/10/2014 11:11 AM
3566	I enjoy getting up early no matter the time of year. Our farmers and others in agriculture need all the help they can get. I know their numbers are dwindling, but without them we have nothing! Food, clothes and everything we use and need everyday has been produced by agricultural. Show them our gratitude and respect. They need day light savings year round!	7/10/2014 11:11 AM
3567	Leave it as it naturally is. We'll all survive. We don't gain or loose anything by it changing. The amount of sunlight is the same no matter what. If people want the light they will adjust to be active while it's up. Those that don't, won't	7/10/2014 11:11 AM
3568	I would like Utah to go back to Mountain Standard Time all the time. I've never liked daylight savings time.Our fathers and grandfathers got along just fine without all this back and forth with time change. And it seems the older I get the more the time change affects my life. Get rid of Day Light Savings Time!!! Thanks you, Tom	7/10/2014 11:11 AM
3569	With today's technology anything can be done any time. 6 am is 6 am. It doesn't matter whether or not the sun is up.	7/10/2014 11:11 AM
3570	It is beneficial to adjust the clocks to maintain usable daylight. Not making the adjust will lead to more depression.	7/10/2014 11:10 AM
3571	I like more light after work to work around the home and recreation.	7/10/2014 11:10 AM
3572	Leave the time alone. Let's align with Arizona and not have daylight savings. This will alleviate the twice a year change that occurs with the current system. It's harder to make the change every year as age has increased.	7/10/2014 11:10 AM
3573	I think that we should not keep Daylight Saving Time	7/10/2014 11:10 AM
3574	I am a lifelong Utah resident and in my opinion daylight savings time has been a complete disaster. It has not saved on drop of energy and was always designed to get more consumers into stores and recreational venues. Keeping with standard time is far more beneficial for everyone's health.	7/10/2014 11:09 AM
3575	I don't see the reasoning in moving back and forth every year. We need to keep it on the time it is currently on. We have more light at night and are able to get more things done during the day with it staying lighter longer.	7/10/2014 11:09 AM
3576	There is little advantages to having daylight savings. I can think of none.	7/10/2014 11:09 AM
3577	We very much need to retain Daylight Savings Time so we can get things done in the evenings and so we can stay in line with the rest of the country and much of the world. Utah's weird enough without going all oddball on this. KEP DAYLIGHT SAVINGS, AND MAYBE EXTEND IT TO THE WINTER, TOO..	7/10/2014 11:08 AM
3578	Simple preference. Sometimes in the winter it is just getting light when I drive to work and dark when I drive home. I would prefer to have a little light at the end of my work day.	7/10/2014 11:08 AM
3579	The daylight time has not done what it was meant to do. It has disrupted our lives and costs more for early hours and evening hours, there just seems to be no peace for the weary.	7/10/2014 11:08 AM
3580	Enjoy extended evening daylight during the summer	7/10/2014 11:07 AM
3581	I prefer to have longer days. While I do find the shift disrupting, it's only for a couple of days and I believe having the extra daylight hours in the evening is worth it. My first preference would be to have us permanently shift to daylight savings time. My second preference would be the standard quo. I oppose aligning to Arizona time and abandoning daylight savings time.	7/10/2014 11:07 AM
3582	I actually count the days from the end of daylight savings time to when we change back to daylight savings time in the spring. I love having the extra time at night. I'm a very active person and I love to be able to do activities outside in the evening. I ride horses almost every night during spring, summer and fall because of the extra hour of daylight in the evening. Please don't take that hour away from those of us that work all day and so look forward to having time at night to do outside activities!!!!!	7/10/2014 11:06 AM
3583	I don't feel it is healthy to keep changing times. It is better to maintain stability in sleep patterns	7/10/2014 11:06 AM
3584	I would say either retain, or a permanent spring forward. I personally like it lighter later.	7/10/2014 11:06 AM

3585	There have been many studies that say we save energy by going to daylight savings time. Where are the studies about increased car and workplace accidents during those weeks of change? Where are the studies about the costs to business and lost productivity with the change? I know dozens of residents in Arizona, and everyone there loves the non-change.	7/10/2014 11:05 AM
3586	Utah is on the edge of The Pacific time zone, which already gives us an extra hour of daylight!	7/10/2014 11:05 AM
3587	Permanent fall back benefits retailing, sports, and other activities that exploit sunlight after working hours.	7/10/2014 11:05 AM
3588	People in Utah struggle enough with driving in snow and on icy roads during the winter. If we make the morning commute happen in the dark that's just adding one more complexity to the mix, and will lead to more accidents. That and I'd prefer to not have children walking to school, buses, etc... in total darkness.	7/10/2014 11:05 AM
3589	While I understand the original intent of DST, the disruption to sleep the schedules of my family has a negative impact.	7/10/2014 11:05 AM
3590	The mountains and clouds darken Utah but mostly I don't like trying to remember to change the time on all my devices that aren't GPS enabled. It's not worth one season to get 1 more hour of sleep while losing 1 hour of sleep in another season. Keeping it the same throughout the year makes more sense so we don't win or lose at the same time, we just go about our business :)	7/10/2014 11:05 AM
3591	more balanced approach year round to aligning the time with other states and the sun. I enjoy mornings and tend to get more done then. I lived in Arizona previously and enjoyed knowing that the time never changed.	7/10/2014 11:04 AM
3592	Creates to much of an adjustment twice per year for family and business. Not worth it.	7/10/2014 11:04 AM
3593	Just stop changing, that's all I ask. Pick one and stick with it, majority rules as far as which one.	7/10/2014 11:03 AM
3594	There are no significant monetary savings or efficiencies gained by moving the clock forward or back. Set the clock and leave it. We get the same amount of daylight or night regardless of what time the clock says. People will adapt to whatever time is set, and deal with the issues such as going to school in the dark or coming home from school in the dark. The world survived nicely for thousands or years without daylight savings time.	7/10/2014 11:03 AM
3595	If we were all farmers I could see the need to keep DST, but we aren't. I think we keep going with DST changes because "that's the way it's always been done". At least since WW I. I just see no need for it other than convenience. All it does for my kids is to throw them off schedule. It makes me have to get up at 2 am every 6 months and change the time on all the equipment I'm responsible for at work. That doesn't end there either I then have to spend the next week making sure all our satellite sites have changed the times on their equipment, too. That takes hours in and of itself, not to mention throwing me off schedule as well. I don't believe for 2 seconds that there would be an uptick in accidents as Public Safety would like us to believe. I just would like to have us pick a standard either Align or Create, but please, no more time changes. Thanks, Rob	7/10/2014 11:03 AM
3596	I love Daylight Savings time! I'm able to work outside until 9 p.m. after getting home from work at 6 p.m. We have nothing in common with Arizona! They have daylight temps sometimes over 115 degrees! It's ridiculous that some are relating SAT scores to Daylight Savings time! SAT scores have been going down within the last few years--we've been switching to Daylight Savings time for many more years that that! Put the blame on our lazy kids! We need families outside working or playing for as many hours as possible! Why give people an excuse to sit on their couches watching videos and eating chips!? Keep the time change! I always look forward to getting home from work in the bright sunlight so I can get outside at 6;30 p.m. and stay until after 9 p.m.	7/10/2014 11:03 AM
3597	Keep it	7/10/2014 11:02 AM
3598	This allows me more daylight in the evenings with my kids when I get home from work. Please retain the daylight savings time for Utah.	7/10/2014 11:02 AM
3599	Stop changing clocks. It makes no sense in the modern world.	7/10/2014 11:02 AM
3600	I really do not want to change my clock 2 times a year. Leave it so I have time after work to spend time with the family after my work day. I work from 7 am to 6 pm during the winter months I drive to and from work in the dark. so in the summer I have more time after work to enjoy time with the family. For the most part I don't want to change my clocks twice a year.	7/10/2014 11:02 AM

3601	i was raised in utah for 19 years. i moved to arizona for 18 years and am now back in utah. trying to save daylight messes up your internal clock more than you know or understand. the arguments for are weak. you will have fewer accidents more time and can get a better start to your day. i did while not having to change my clocks twice a year.	7/10/2014 11:02 AM
3602	Daylight saving time is extremely important for those of us who work during the day. The extra hour of light in the evenings allows us to participate not only with chores at home but also in sport related activities. Please do not do away with it. If schools are concerned about students having to travel to their schools in the dark then delay the start of school the 1 hour. However I believe these same students go to school in the dark during the winter months.	7/10/2014 11:02 AM
3603	My comment is as a Mother. Messing with your body clock at certian times of the year seems to be a problem, especially in the fall. There could be other factors that contribute, like filling our children with candy at Halloween and then messing up their sleep habits all at the same time. I cannot help but think that daylight savings contributes to creating a number of heath problems.	7/10/2014 11:01 AM
3604	The days begin early no matter what in the winter. They don't have to end early too.	7/10/2014 11:01 AM
3605	More light at the end of the day, lifts my spirits and I feel more alive and less in a rut. There is a scurry of activity going on with after school activities, parents rushing their children to this function or that function. When the kids were small the sun was already going behind the hills and had very little light once they got off the bus. Then they got busy with all these outside activities. Now my children are mostly grown and those in our home from a construction worker, a student and a homemaker prefer light at the end of the day. I for one most certainly feel more alive and it encourages me to get more exercise.	7/10/2014 11:01 AM
3606	I love the light. I think we should keep daylights savings all year long. I am a student, and I haven't felt any negative impact on daylights savings ever. I am still able to work fine because my body readjusts quickly after a span of 2 days. Also, about the safety of getting to school in the morning, I want to point out that the kids will go to school in the dark for only a small bit longer than without it. In the winter, the sun is down in the morning on standard time. Also, the only time kids are outside isn't going to school. Once they are there, they stay inside for the morning. Kids need light after school to play in the light! Family's want time to play together! Aren't we telling kids to get off the electronics and go outside! How any of you looked to see what time the sun comes up in the morning during the summer? It's already really early. If we stayed on standard, the sun would come up really early, disrupting needed sleep. If it bothers you to change the time 2 times a year, you better not ever go on a trip! Utah is a very agricultural state. It would have a very negative impact on the farmers, giving them less time in the evening to work. Thank you	7/10/2014 11:00 AM
3607	Our family strongly supports leaving the daylight savings schedule in place.	7/10/2014 11:00 AM
3608	I love having more daylight at the end of the day!	7/10/2014 11:00 AM
3609	Switching back and forth is an outdated idea. I say align with Arizona and convince other states to follow.	7/10/2014 11:00 AM
3610	I prefer the spring forward time zone because summer nights should be longer, no one 'hangs out' all night in the fall and winter like they do the summer so I would prefer longer days and more sunlight.	7/10/2014 10:59 AM
3611	It's a pain in the technology industry to change the clock all the time. :)	7/10/2014 10:59 AM
3612	Maximizes evening daylight year round.	7/10/2014 10:59 AM
3613	I think we should stop changing and keep with Arizona. There is no reason to change, I don't see how it save money, resources and it is hard on the body to have adapt twice a year.	7/10/2014 10:59 AM
3614	Dangers to kids in the early school morning due to lack of light.	7/10/2014 10:59 AM
3615	I've lived in both AZ and UT, and favor no daylight savings.	7/10/2014 10:58 AM
3616	I am very much in favor with aligning with AZ and removing Daylight Savings Time.	7/10/2014 10:58 AM
3617	I'd prefer to keep the daylight hours. It provides for more light after working hours for family time and other activities.	7/10/2014 10:58 AM
3618	I want to be free of the change of time twice a year and the problems it causes	7/10/2014 10:57 AM

3619	I think we as citizens of Utah should keep spring forward daylight savings time. For me this is the time of year I look forward to the most because I enjoy being out in our beautiful state exploring all the wonderful things Utah has to offer. I also am an avid skier/snowboarder and I would love you be able to enjoy Utah's great snow for longer periods of time	7/10/2014 10:57 AM
3620	Just stop messing with the clock. As humans we can easily adjust slight changes over a period of time. The sudden change is what is difficult. If the issue is dark v. light, change the start or end time or school or business.	7/10/2014 10:57 AM
3621	Outdoor recreation and yard work are important to me. I love having time to enjoy them after work hours. I would also support a permanent Daylight Savings year round but I don't see any need to change the current system. I strongly oppose abolishing daylight savings all together.	7/10/2014 10:56 AM
3622	I feel it is very important to keep day-light savings, for reasons such as seasonal depression, more light and more time with your family to enjoy ballgames , activities in the park!Obviously we moved it ahead and moved it back earlier and later than it once was before way back when, if that makes sense? I think it would also save on power bills! Thank-you! Julene	7/10/2014 10:56 AM
3623	Why switch back and forth...it doesn't make sense to do it. Originally this was set up for farmers to have more light...this is a non issue. Farmers get up when they need to get up...most machinery has lights on it to do it in the dark when needed. As a teacher it takes the two weeks on average before the students are used to the new time. Two precious weeks of time that is lost from vital instruction to students that are to tired And are adjusting to a new time change.	7/10/2014 10:55 AM
3624	I think we need to completely get rid of daylight savings time.	7/10/2014 10:55 AM
3625	Look, the shortening of daylight savings time by a month on each end was a great idea in theory. However, it is brutal for your body to go 8 months one way and 4 another. YOUR BODY NEVER GETS USE TO IT. Look at the studies. Let us be courageous and get rid of the current system.	7/10/2014 10:55 AM
3626	I'm fine with either option which does away with the twice-yearly time shifts. I can see advantages either way, and would be happy with either. Changing schedules twice yearly is disruptive to the sleep, play, and study routines of my children. Daylight Savings Time is an experiment which has proven to provide little in the way of practical benefits, is increasingly arbitrary, and demonstrably disruptive to health and commerce. I genuinely don't care which time zone we pick (though I think there is a lot of sense in aligning with Arizona when it comes to interstate commercial activities), but I am adamantly in favor of ridding our state of the idiotic process of changing back and forth twice yearly. I would welcome a move away from DST at the earliest opportunity.	7/10/2014 10:55 AM
3627	Extra hour of light is very important for an always growing active community. Not too mention parents who work - having plenty of daylight to enjoy the evening with their family. And for sports and other activities, it allows plenty of light for those activities after work hours.	7/10/2014 10:54 AM
3628	Indiana's recent change to begin observing Daylight Saving time was a direct result of many years of confusion in the business world. Since most of the nation follows Daylight Saving time, not following it makes business more difficult both domestically and internationally. Coordinating across time zones is never easy, but if you do not follow the majority of the world, it makes thing more difficult than necessary. Utah already has an image problem in appearing parochial and provincial. Don't make it worse.	7/10/2014 10:54 AM
3629	The current situation, while mildly disruptive twice a year, provides the for extra evening light in summer and keeps UT in sync with the rest of the country. I do business globally and quite a bit on the east cost and it would be a challenge for them to know what time it is here.	7/10/2014 10:54 AM
3630	Permanent spring forward is the way to go!	7/10/2014 10:53 AM
3631	the extra daylight is always nice! DEFINITELY do not want DST to go away.	7/10/2014 10:53 AM
3632	I really value the extra light in the evening. I would vote not to change or to extend day light savings into the winter.	7/10/2014 10:53 AM
3633	My biggest vote is to stop changing time twice a year. Whether we align with Arizona or remain on a permanent "spring forward" system is of less concern.	7/10/2014 10:53 AM
3634	Please keep daylight savings! Long summer nights are so wonderful and encourage outside play!	7/10/2014 10:53 AM
3635	Why change? I like light in the morning and think having to change twice a year does little more than throw our internal clock off.	7/10/2014 10:52 AM
3636	Utah already stands out as weird with our liquor laws. Don't make us another laughing-stock for the rest of the nation!	7/10/2014 10:52 AM

3637	Early to bed; early to rise ... let's keep the sunlight in the morning!	7/10/2014 10:52 AM
3638	I don't care much if we align or create, but it is crazy to adjust our clocks and our lives twice a year.	7/10/2014 10:52 AM
3639	DST was implemented in 1916 and had it's place in an industrial society. However, it now only perpetuated by tradition and accepted practice, even though it is no longer practical or necessary in the digital age. We are no longer isolated communities, states and countries, but a global community and the 9-5 workday is no longer helpful or relevant - nor are the semi-annual day DST changes associated with it.	7/10/2014 10:51 AM
3640	Why not just cut the difference in half and change to time to a half hour.	7/10/2014 10:51 AM
3641	I don't care if we move it forward or back. But leave it there and quit changing it. As a former educator I was frustrated to see the loss of learning that occurred when the time shifted. It would take more than a week for the children to readjust. We don't get enough instruction time as it is, but the current time system diminishes the effectiveness of instruction when the kids aren't alert and focused.	7/10/2014 10:51 AM
3642	Get rid of it! It is a pain for technology to deal with each year and what does it really buy us?	7/10/2014 10:50 AM
3643	There is such an affect on the students the week of daylight savings time...and on my children as well...let's get rid of it!!	7/10/2014 10:50 AM
3644	Change happens, the current system helps make the affects of change less not more. Nature has big changes every year like a 6+ hour difference in daylight per day thru the year. I love looking forward to each time of the year the time changes.	7/10/2014 10:49 AM
3645	Changing time is extremely difficult on the body. I literally drag for months after we spring forward. My productivity suffers as well.	7/10/2014 10:49 AM
3646	I would like to see a strait daylight savings time change. For the reason that I don't mind going to work in the dark but coming home with some evening light would be great. Another reason would be safety more cars would be on the road going home with some natural light which may result in lower accidents especially those involving pedestrians. I hope Utah can "see the light" and just put this state on one time permanently.	7/10/2014 10:48 AM
3647	I would like to keep doing the daylight savings. The spring forward & fall back. Thanks,	7/10/2014 10:48 AM
3648	I suffer from seasonal depression as many Utahans do. The winter is hard for me because it is so dark and cold. I would love an extra hour of daylight in the evenings in the winter. I have 4 children and already get them up in the dark for school so it wouldn't be much of a change except that the dark would last a bit longer in the mornings. I hate going back in the time. Year round light is a wonderful idea!	7/10/2014 10:48 AM
3649	Daylight savings adjustments are a complication for any time sensitive software. This is especially true when dealing with time periods within which a time adjustment is made. You either have a gap in your data, or an hour which contains double the amount of data it normally would. This is a problem when searching data in human readable formats.	7/10/2014 10:48 AM
3650	I would do away with daylight savings time. It is not beneficial to disrupt life/sleep patterns.	7/10/2014 10:47 AM
3651	Moving in this direction will provide longer daylight in the evening, which is more usable to those of us working. In winter months it is miserable to miss the sunrise and sunset because you are at work. This would allow us to at least have a bit of an evening, even though it would still be limited. Who cares what AZ does, they aren't us. Changing time every six months is better than moving to AZ time.	7/10/2014 10:47 AM
3652	I think we should keep it as is. I like daylight savings time.	7/10/2014 10:45 AM
3653	I believe that the change in time is more costly than effective. It requires significant adjustments by individuals, companies, schools, etc.	7/10/2014 10:44 AM
3654	I feel that it is highly unnecessary and a confusing to many children in school.	7/10/2014 10:44 AM
3655	I feel that changing time twice a year is disruptive to my family's schedule. I would prefer to align with Arizona our crate our own permanent schedule over the current system.	7/10/2014 10:44 AM
3656	Keep it the way it currently is. I enjoy the extra hour of daylight in the evening when I can enjoy it, rather than the morning. It also gives sports teams in the fall more time to practice without having to use artificial light.	7/10/2014 10:43 AM

3657	I don't care what time is picked I just want it to stay the same. It's too hard on my children to switch back and forth!	7/10/2014 10:42 AM
3658	Though it may not save as much energy as predicted, it is still the best option to enjoy the recreational options this wonderful state has.	7/10/2014 10:42 AM
3659	My children have a difficult time going to sleep at night during the summer, and my sleep is also much more interrupted during daylight savings time. This leaves all of us more susceptible to illness.	7/10/2014 10:42 AM
3660	For my kids and for my own health daylight savings time has been difficult for sleeping patterns. I am struggling with the energy cost "savings" with daylight savings time. So I vote to align with Arizona and do away with it.	7/10/2014 10:42 AM
3661	I think we should have year round Double Daylight savings time. 2 extra hours of light !	7/10/2014 10:41 AM
3662	Seasonal depression is directly correlated with lack of light after work hours in the fall and winter seasons. Farmers are in the minority by needed a monopoly on light in the morning. For our society's mental well-being, we need light later in the day.	7/10/2014 10:41 AM
3663	Love the way it is...please keep it. I love the long summer evenings....	7/10/2014 10:41 AM
3664	Permanent DST=more light in the winter for the evening drive home.	7/10/2014 10:41 AM
3665	I would like to stay with DST. Swapping back and forth is just silly. There is only so many hours in a day any way. It is easier to just adjust my time schedule than re-adjust everyone else.	7/10/2014 10:40 AM
3666	Please get rid of this it doesn't solve anything. Only he govt would take a piece of rope cut a foot off one end put it on the other end and try to convince you the rope is now longer. Daylight savings does not create more daylight.	7/10/2014 10:40 AM
3667	Falling back in the fall is disruptive because instead of gradually getting darker in the evening, it's suddenly very dark at 5pm. Springing forward in the Spring is difficult because just as it's beginning to get light in the morning, we change the time and then its dark again in the morning. The traffic slows down in the morning to adjust for the lack of light just as it does in the Fall during the evening commute. I have family in AZ and when I visit in the summer, I don't miss the extra hour of light in the evening.	7/10/2014 10:40 AM
3668	Please align with Arizona. Changing clocks plays havoc with my children's sleeping.	7/10/2014 10:39 AM
3669	It's incredibly confusing to have one state on MST and another to not observe it (like Arizona). Just keep it as is.	7/10/2014 10:39 AM
3670	The only thing that daylight savings time does is disrupt my sleep schedule in the spring and the fall when the time changes. There is no additional daylight created by daylight savings time. It just changes the time that the sun rises and goes down. Whether it is daylight savings time or not, I still go to work at 8:00 am, and go home at 5:00 pm. The lights in my office are on the same amount of time whether it is daylight savings time or not. It is completely pointless.	7/10/2014 10:38 AM
3671	I do not like loosing my day light in the evenings. It is easier to go to work in the dark and come home when it is still light. In the winter months I do not like 5:pm feeling like midnight.	7/10/2014 10:37 AM
3672	I think that we should keep the "spring forward" time year round. It makes it less of a hassle to change every clock in the house twice a year. It will also give us more daylight, thus in turn making people more active....if there's more daylight, more time for people to exercise!!	7/10/2014 10:37 AM
3673	At one time, day light savings was helpful. However, with the current "life style" we Utahns enjoy, I feel it better serves the population to stay at one set time. Really, one hour is not that much of a difference, and the farmers will plant and harvest regardless of what time sunrise and sunset may begin. I am all in favor of aligning with Arizona!!	7/10/2014 10:36 AM
3674	From Hawaii where they are smarter apparently. :) It is terrible to have to change for no reason at all. Just do away with it and leave it permanently Daylight Savings. It is terrible how early it gets dark in the winter here.	7/10/2014 10:36 AM
3675	I lived in Arizona for a year and loved not having to change my clocks and having to adjust to the time change every time it happened. I did not notice having less or more daylight hours because we didn't change time. Everyday has 24 hours no matter if we change our clocks or not.	7/10/2014 10:36 AM

3676	I run the data analytics for a medium, venture-backed online company. It's actually a more-than-minor adjustment we have to make twice a year to keep our payroll scheduling and reporting accurate to the clocks. There is a measurable expense and inefficiency introduced via DST. Doing away with it would save us hassle and money. Of course, this argument pales in comparison to arguments about safety--especially of school children--but it is still a measurable impact.	7/10/2014 10:36 AM
3677	DST spring forward and fall back periods mess with our biological clocks, especially for children. It is also difficult for children to go to bed when the sun is still out at 9 pm. Firework shows could happen an hour earlier, which would be easier for children to stay up for.	7/10/2014 10:36 AM
3678	Change to line up with Arizona. Change the clock makes life difficult from losing sleep, kids going to school in the dark(unsafe). Use of more energy during, we are trying to save money and energy but yet we still keep daylight savings time, it doesn't help to save anything.	7/10/2014 10:35 AM
3679	keep it the way it is	7/10/2014 10:35 AM
3680	having an extra hour of daylight in the winter could very well reduce depression rates in our state, reduce electricity consumption, and allow citizens to be more active outside after they get off work. This is a good idea! Please give us more daylight in the evenings!	7/10/2014 10:34 AM
3681	The transitions in the spring and fall is what I'm against because of the lost sleep and adjustments required. It's jet lag without ever getting on a plane. I don't care if it's either ALIGN or CREATE, but if I had to pick one it would be ALIGN.	7/10/2014 10:34 AM
3682	As a teacher I've noticed that the changes in the fall and spring dramatically effect the students performance while they adapt to the change.	7/10/2014 10:34 AM
3683	it is ridiculous to change the time every few months, decide on a time and keep it. It would be so much easier than always changing back and forth.	7/10/2014 10:34 AM
3684	The entire notion of daylight savings is disruptive and silly. If I want more daylight hours in my day then I just need to adjust what time I get up/go to bed. It's very disruptive as a parent of 4 kids to spend literally months training them in a sleep pattern and behavior only to enjoy the pattern for a few months before the clocks change. Even that 1 hour change is very disruptive to their patterns and the process has to begin again. Please, let's align with Arizona and not propagate the confusion by being the only state in daylight savings mode permanently.	7/10/2014 10:34 AM
3685	Let's keep daylight saving time year round.	7/10/2014 10:33 AM
3686	Please Please Please Please Please stop daylight saving time. One standard time year round is best for me.	7/10/2014 10:33 AM
3687	It gives the most light at the times when it is the most useful throughout the year.	7/10/2014 10:33 AM
3688	Why does this keep coming up? Just leave the current system alone!!	7/10/2014 10:33 AM
3689	If we don't "Spring Forward", it will be light at 4:30 am - THAT is disruptive to sleep patterns more so than changing clocks twice.	7/10/2014 10:33 AM
3690	Daylight savings is no longer relevant. We should have done away with it decades ago.	7/10/2014 10:33 AM
3691	Show me the proof where Daylight Savings saves energy, and I will be willing to support a decision based on data.	7/10/2014 10:32 AM
3692	The state of Utah should align itself with Arizona and not force its residents to arbitrarily change our clocks twice every year just because they tell us to. This does not make "more" light in a day. People can get up earlier. The daylight is what it is every day. No government mandated moving of the apparent time is going to add one minute of light on a given day. Save us all the headaches, and possible other health effects, by abolishing Daily Savings Time permanently.	7/10/2014 10:32 AM
3693	Spring forward permanently, for more daylight in the evening during the winter months.	7/10/2014 10:32 AM
3694	I like the long daylight evenings in the summer	7/10/2014 10:31 AM
3695	Utah is already viewed as a strange state. We don't need another reason for this stereotype to persist.	7/10/2014 10:31 AM
3696	I like the extra hour of daylight in the evening to be able to get stuff done after work and for driving as I travel to and from UT a lot for work.	7/10/2014 10:30 AM
3697	I would LOVE to switch to Arizona time. I don't think day light savings time is necessary at all.	7/10/2014 10:29 AM

3698	I am tired of having my life disrupted twice a year, while my body tries to readjust. Please pick a time and keep it the same year round.	7/10/2014 10:28 AM
3699	Align align align!	7/10/2014 10:28 AM
3700	I teach mathematics at a high school level, and it takes a week after the time change (either way) for students to be back in their routine. A steady non-changing clock would benefit kids in school.	7/10/2014 10:27 AM
3701	Please keep DST. It allows me more time to enjoy the outdoors after work, especially during the shoulder seasons when it would typically be dark after I get home.	7/10/2014 10:27 AM
3702	When working all day, I love to be able to have daylight at the end of my workday so I can accomplish tasks outside and also enjoy fun activities following work.	7/10/2014 10:26 AM
3703	1.it takes weeks or more to adjust back and forth to new times 2. I find changing the time a time for depression and increased possibility for viral infections 3. Its difficult to get younger children to bed at a reasonable hour. 4. Its already hard enough to get teenagers up and going in the dark for school, Not to mention standing at bus stops in the dark. This is a bigger issue in rural areas where bus rides start early 5. It could cool off a little bit more before trying to sleep. 6. Its a lot more fun looking at the stars between 10 and 11 than having to wait til 11 or 12	7/10/2014 10:20 AM
3704	Daylight savings is an antiquated practice that isn't necessary. Let those who need to adjust their schedules with daylight do so on their own.	7/10/2014 10:20 AM
3705	Because of the continued advent of technology that renders DST superfluous, and because of Utah's placement within the contiguous United States, use of Daylight Savings Time is no longer necessary and shouldn't be continued. Utah should permanently fall back and be in the same time zone as Arizona, so that our residents don't dread their alarm clocks every spring.	7/10/2014 10:12 AM
3706	I grew up in Arizona with a standard yearly time. It is much easier on individuals to not reboot their time sense twice a year. This is particularly hard with the busy lifestyles that don't allow for a period of adjustment. I prefer the permanent Daylight time because I find that I am more productive in the winter cold with longer daylight. I expect it to be dark when I arise in the winter as night is ending and day beginning and look forward to sun-rise. However, as the sun sets and darkness settles, I find that my body and mind think it's time for productivity to stop, for dinner and rest. I would love to extend the daylight at the end of the day in winter! :)	7/10/2014 10:11 AM
3707	Since we are becoming more and more reliant on electronics, it makes sense that we don't have to keep making changes to the system times. Since we are already 8 months on DST, we aren't seeing any benefits from it. I would prefer to stay on MST but if we have to have DST, then stay on it year round with no changes back and forth. Thank you.	7/10/2014 10:11 AM
3708	Please keep DST year round. We would get the benefits of DST without disruptive time changes.	7/10/2014 10:08 AM
3709	Daylight savings time is detrimental to health and education.	7/10/2014 10:07 AM
3710	It wasn't until the switch to the earlier spring forward time in March that I came to dread daylight savings time. It's way too early (April was early enough) and very hard to adjust to. Especially for kids who have to wake up early in the morning and go to school when it's pitch black and sometimes very cold. It's miserable. I'm all for either a permanent spring forward or fall back to alleviate these problems.	7/10/2014 10:06 AM
3711	I like the extra light after work so I can get outside and exercise.	7/10/2014 10:06 AM
3712	From Wikipedia: Although an early goal of Daylight Savings Time was to reduce evening use of incandescent lighting (formerly a primary use of electricity), modern heating and cooling usage patterns differ greatly, and research about how DST currently affects energy use is limited or contradictory. Myriam B.C. Aries; Guy R. Newsham (2008). "Effect of daylight saving time on lighting energy use: a literature review". http://dx.doi.org/10.1016%2Fj.enpol.2007.05.021 With these premises in mind, I think it's fair to say that although useful at one point in time, the argument for DST has diminished and is no longer useful. With this, why not settle on the same time a neighboring state has adopted (Arizona).	7/10/2014 9:48 AM
3713	Much greater value in having more daylight in the evening during the summer instead of having the sun rise at 5AM when we all should be sleeping :)	7/10/2014 9:23 AM
3714	It's time to STOP the disruption of people's lives and schedules every six months.	7/10/2014 9:22 AM
3715	Standard time with regards to sunrise and sunset relates better to the body's internal clock and with waking, activities and working times.	7/10/2014 9:22 AM

3716	The claims of supposed energy savings have been completely debunked. There are, however, thoroughly researched and documented serious health effects caused by the time changes.	7/10/2014 9:20 AM
3717	Our family likes day light savings, would like to see it year aroun.	7/10/2014 9:19 AM
3718	Both "springing forward" and "falling back" have an impact on people's productivity. I recall the winter of 1973-74 when Pres. Nixon kept DST nationwide year-round. There were a few children killed walking in the dark to school or their school bus. A few is too many--especially considering that when an hour later it would not have been dark. I will leave the collection of scientific data to others, but I can confirm that my own "inner clock" is thrown off for a couple of weeks with each change. (My children now in jest send me sorry-for-your-loss emails and texts. But as they grow older, they have come to agree with my complaints!) Please just leave us the same time all year long!	7/10/2014 9:18 AM
3719	More accidents occur during the two weeks after the time change	7/10/2014 9:16 AM
3720	Enjoy the light longer in the evening, able to get more done after work. Would like to see it year around.	7/10/2014 9:15 AM
3721	I prefer to permanently "fall back" because it gives us more daylight in the evenings.	7/10/2014 9:10 AM
3722	Study ties daylight saving time change to rise in heart attacks. http://www.cbsnews.com/news/study-ties-daylight-saving-time-change-to-rise-in-heart-attacks/	7/10/2014 9:00 AM
3723	our arcadian rythme is compromised greatly by daylight savings time.	7/10/2014 8:54 AM
3724	our arcadian rythme is compromised greatly by daylight savings time.	7/10/2014 8:54 AM
3725	I have to be up at 5:00 in the morning and I never adjust to daylight savings time. I resent that the bottom line that we are on it is because the sports industry paid off some utah politicians.	7/10/2014 8:54 AM
3726	much time money, and resources are wasted twice a year during the transition, not to mention the effect on daily living. The people of Utah are fully capable of making there work adjustments without the aid of washington d.c.	7/10/2014 8:49 AM
3727	Either keep changing it the way we are, or change it to spring forward. Earlier sunsets just waste energy and kill evening recreation and work.	7/10/2014 8:41 AM
3728	It's hard on everyone to change time twice a year. It takes weeks for my sleep pattern to make the change and it was the same for my children and pets when we were younger. Farmers and others argue that they "need the extra daylight" but the fact is that DST doesn't add any daylight to our days, it only changes the time on our clocks. I don't care if we keep DST permanently or go off of it permanently as long as we quit changing our time.	7/10/2014 8:29 AM
3729	I run every morning with my dog in Park City and I can't help but notice how many others are outside early with their dogs, bikes, children. When I return from work I will walk my dog every night and frequently ride my horses until 9pm. The extra hours of daylight savings time give me so much more time to enjoy Utah's recreational offerings. I'm stuck inside all day/every day in an office! No fresh air! I am so grateful to have an extra hour to enjoy Utah's outdoor benefits. I truly treasure the daylight savings time and hope it doesn't change.	7/10/2014 8:25 AM
3730	I currently live in a State where there is no Daylight Savings. I personally really like having the sun rise earlier in the morning. It helps me get a better start to my day. It is also time to align with the rest of the world where nowhere else in the world has Daylight Savings except in the United States.	7/10/2014 8:21 AM
3731	I much prefer more daylight in the evening. It provides more opportunity to recreate and have time at night to enjoy. If permanent spring forward doesn't work then I would prefer to keep DST as is. It might be beneficial to stay aligned with most of the country and have DST before switching to permanent spring forward.	7/10/2014 8:18 AM
3732	Every so often lawmakers readdress this issue - please either leave it alone or keep daylight savings year round, but spend your time doing something worthwhile.	7/10/2014 8:12 AM
3733	I have numerous business and volunteer obligations to organizations in Arizona and would prefer operating on the same time zone.	7/10/2014 8:02 AM
3734	Changing the time every 6 months is very difficult on natural body rhythms.	7/10/2014 7:57 AM
3735	I love having it light in the morning when I go to work at 6:30 and love to have lots of day light left after I get off of work to get some things done in the yard, go to ballgames, etc. I love it.	7/10/2014 7:43 AM

3736	We do not need Daylight Saving Time on the Wasatch Front. We are in the WEST end of our time zone (which makes sunrise and sunset LATER) and most of us have mountains on the EAST (which makes local sunrise LATER). We do not need to "save daylight" because our geography is already saving it for us. Daylight Saving Time doesn't benefit us and is a nuisance. Without it our clocks will align with California, Arizona, and Nevada for 8 months of the year.	7/10/2014 7:35 AM
3737	Because my work is generally 8-5 I treasure that extra hour of daylight in the evening during the summer. I would like the CREATE option but I was told by my representatives a couple of years ago, when a bill was proposed to stop Daylight savings, that the Federal Government will not this option.	7/10/2014 7:28 AM
3738	No matter how much the time is realigned, there is still the same amount of daylight. it is hard to adjust to the time change no matter your age.	7/10/2014 7:14 AM
3739	I would prefer that daylight saving time conform with Arizona and not change any longer. If folks want an "extra" hour of daylight in the morning or evening to work then get up earlier or stay up later.	7/10/2014 6:08 AM
3740	The "energy savings" reason for DST was debunked by the 2006 study in Indiana where it was shown that DST actually increased energy consumption. Retailers want it because we spent more money. Our school kids are more tired and we can't start school later because it would cut into sports programs. We endure the winter months to finally see the beautiful sunrise only to be plunged back into morning darkness. The farmers do not love it. Unfortunately, the golf lobby and the retailers will fight this. Mother Nature naturally lengthens the days, we don't need to artificially force it through DST. The beautiful canyon cooled bright mornings should not be sacrificed for an extra hot smoggy hour of daylight.	7/10/2014 3:33 AM
3741	I don't think that it is necessary to have all the clocks change in order to accommodate different schedules in the summer VS winter. Businesses can (and often do) adjust their hours in the summer or winter, but that does not mean everyone should be required to change their clocks. People already work different schedules depending on their employment so the employees of a business with summer hours can change their schedules when the business changes its hours. I think that clocks should reflect the natural rhythm of the earth so people can acclimate gradually as the days become shorter or longer rather than trying to jump ahead or fall back due to DST being implemented. I think everyone realizes it is hard to get small children to go to bed when it is light out. I no longer have small children, but I have found that it is also amazingly difficult to get teenagers and tweens to go to bed at a reasonable hour when it stays light out later into the night. I would prefer to have the extra (standard) hour of light in the morning. A very early sunrise in the summer would help me to wake up earlier even though I am not a morning person. The earlier sunset might encourage all of us to start thinking about going to bed sooner. I had a neighbor who said she liked Daylight Saving Time because it gave her more time for gardening after dinner. If we stay on standard time, she can still get her gardening time by serving dinner an hour earlier. Someone also once said that DST was for the farmers. That is pretty silly because the cows will not know that the clocks have been changed and they will want to be milked at the same time as usual. The farmer can change his clock, but then he just has to change the hour listed for his chores so that each one is listed an hour later than what it had been before the change. The chore is still done at the same time of day according to the sundial. When I consider all the confusion that is created by adjusting the clocks for DST, I think that there should be a pretty compelling reason to do it. As far as I can tell, most of the benefits listed as reasons for changing the clocks have eventually been discovered to not actually occur. "Tradition" or "everyone else is doing it" are simply not good enough reasons.	7/10/2014 12:01 AM
3742	My preference is Mountain - get up at the natural time of day and retire at the natural time of night. Mountain time would allow farmers to do their work in the cooler, morning hours rather than in the hot evening on Daylight Saving Time. Unless you've been raised in a farming family or are the farmer, it is a misconception that DST allows them more time. It is the only choice they have to cut the alfalfa and then bale it after they have spent hours in the mountains herding the sheep or tending to other livestock. I am for Mountain Time to provide more rest for people because on DST, people just keep going and going and we are all tired.. As a working mother, I like to be outside with my children when returning from work, but the children want to remain outside until 10:00 PM - 11:00 PM nightly. Please realign to MST , I think DST is only done to appease people who don't have family or farming responsibilities.	7/9/2014 11:22 PM

3743	I hate changing twice a year. You can not save daylight, you only force everyone to get up earlier in the summer. I like a quite wind down hour in the evening to be inside after dark to talk with family. With the current daylight savings time in the summer it is too late after dark to have that time. Every year in the spring during the change people are killed in car accidents because of lack of sleep. Save lives and do away with the change. Don't blame farmers for wanting it. I have rotating water turns all hours of the day & night and daylight savings doesn't help me one bit.	7/9/2014 11:15 PM
3744	As a mother I watch my children struggle twice a year to adjust to a different time schedule. This is a huge nightmare as a parent. Please consider keeping one consistent schedule year round!	7/9/2014 11:06 PM
3745	The long summer days are so nice for walking in the evening, for family gatherings, sports, etc. I can't imagine why anyone would consider ending it.	7/9/2014 11:05 PM
3746	I think the time change has a profound effect on everyone.	7/9/2014 11:04 PM
3747	I dislike changing time twice year. My preference would be normal time. Do we really like to drive in rush hour traffic during the hottest time of the day? However, I will accept such option, if so decided.	7/9/2014 10:56 PM
3748	I like MST time and don't like changing.	7/9/2014 10:24 PM
3749	The switch back and forth is disruptive and costly. It was a stupid idea from the beginning and time has not improved it. We should join the rational leadership of Arizona and eliminate it entirely. The time has come. Thank you for making this input possible.	7/9/2014 10:18 PM
3750	It's hard on the body clock to change. It seems like my doesn't get used to the time until it's just about time to change again.	7/9/2014 10:16 PM
3751	twice a year it takes a week for my family's body clock to get back to normal. During those two weeks our bodies are sluggish and less productive than normal. I am an early riser and enjoy the extra hours in the morning when its light rather than in the evening. I think we would be well served in moving to the standard time all year long!	7/9/2014 9:55 PM
3752	I favor the way it is today, i.e. stay with the change in the fall and the spring. I cannot see all the problems with having the change. If they have a problem then they better not cross a time zone or two or their lives will really be fouled up. We need to stay in line with the rest of this nation. If the change in time has such a profound effect on people, then maybe we should all be on the same time, i.e. no time zones to cross so no matter where we are in the U.S.A.,it's all the same time. I greatly enjoy having the extra daylight (time) in the summer. SO PLEASE KEEP IT AS IT PRESENTLY IS. Myself I have never been bothered by the change. It reminds me of the change in the seasons. I look forward to all of them, each one is unique. So again, PLEASE KEEP IT THE SAME, with the changes in the spring and fall.	7/9/2014 9:34 PM
3753	Morning hours are the most productive time. Summer hours should encourage people to retire earlier by having the sun set at an earlier time and rise earlier as well. Aligning with Arizona would also create less confusion over people traveling between states	7/9/2014 9:32 PM
3754	I favor the way it is today, i.e. stay with the change in the fall and the spring. I cannot see all the problems with having the change. If they have a problem then they better not cross a time zone or two or their lives will really be fouled up. We need to stay in line with the rest of this nation. If the change in time has such a profound effect on people, then maybe we should all be on the same time, i.e. no time zones to cross so no matter where we are in the U.S.A.,it's all the same time. I greatly enjoy having the extra daylight (time) in the summer. SO PLEASE KEEP IT AS IT PRESENTLY IS. Myself I have never been bothered by the change. It reminds me of the change in the seasons. I look forward to all of them, each one is unique. So again PLEASE KEEP IT THE SAME.	7/9/2014 9:31 PM
3755	Changing times twice a year is harsh on the body. If it is dark - turn on the lights, if it is cold - turn on the heat. Pick a time and leave it alone.	7/9/2014 9:31 PM
3756	The personal challenges of many people I know, caused by daylight savings time springing forward and falling back, significantly outweigh the fallacy of the program benefiting agriculture and business. I worked in agriculture: the cows need to be milked at 4 o'clock or 5 o'clock depending upon daylight savings time; the crops need harvesting at sunrise; the hay needs bailing in the heat of the day. Since then, I've worked many years in business: it is still 8-5 or 6 whether daylight savings or not; government hours remain the same; and people still go out to eat when it is dinner time or in the cool of the evening regardless of the time. Stocks will still be traded when the markets open or close, not based on the time of day. Please, join Arizona, making Utah be fixed in its time.	7/9/2014 8:43 PM

3757	It appears to work for Arizona, thus I would think the same would work here.	7/9/2014 8:41 PM
3758	DST made sense when we were an aggrarian society/economy but had since outlive it's usefulness. It's time to do away with DST.	7/9/2014 8:37 PM
3759	I do not like daylight savings time.. It is VERY HARD on the kids that have to get up so early for school.. I thought Utah was for our children.. I don't feel them getting up in the dark & standing for the bus is safe.. It is also very HARD on the elderly.. I wished they would od away with it...	7/9/2014 8:29 PM
3760	Keep daylight savings time year-round!	7/9/2014 8:25 PM
3761	In general I don't like the change. I feel it is wasteful changing all the clocks(there are a lot of clocks) and all the hubbub. There may be some things that I like about changing but I don't think the benefits outweigh the disadvantages. I feel it is advantageous to be on the same time as Arizona.	7/9/2014 8:05 PM
3762	Dear State Officials: I believe the State of Utah should eliminate daylight savings time! My main objection is that the time change is too disruptive in the lives of the elderly and those who suffer from dementia and Alzheimer's Disease. Many of these people adhere to strict schedules for meals, medications, bedtimes, etc. They become more disoriented, confused, and have increased difficulty adjusting to these changes. Please help lessen the pain they already endure and abolish daylight savings time. Thank you. Gayla Reese Hyde Park, Utah	7/9/2014 8:03 PM
3763	I prefer mountain standard time. I hate when we change. It takes my body about a month to adjust to the change. I think I my body tells time by the sun not by a clock. Just pick one and keep it. Stop the flip flopping back and forth. Keep mountain standard time.	7/9/2014 7:53 PM
3764	I don't feel that daylight savings is really relevant anymore. Most people I know consider it a nuisance.	7/9/2014 7:30 PM
3765	I had the chance to live in Arizona. While I appreciated the fact that they did not change the time with Day Light Savings, I didn't favor how it got darker earlier. In the end I would prefer not to switch time, and would be happy with a new time or aligning with Arizona. It would seem alignment with Arizona would be a little more convenient and could help give other surrounding states a strong common ground to join. After writing my response I changed my preference on question one.	7/9/2014 7:23 PM
3766	able to enjoy more outdoor activities during daylight saving time.	7/9/2014 6:39 PM
3767	Truthfully, we adapt to our environment, whether that is the sun rising earlier or later, as long as it is permanent. The two or three weeks with schedules (kids and mine) all messed up has always been tiresome. Pick a time and leave it alone.	7/9/2014 6:38 PM
3768	Prefer MST as it would not require changing schedules twice a year. I like longer daylight in the morning during the summer time.	7/9/2014 5:59 PM
3769	I would rather have more daylight in the morning. So much cooler in the morning to do yard work and exercising. Also, my body clock does much better with MST.	7/9/2014 5:54 PM
3770	I really don't care which time we are on, but PLEASE leave us on one time, the changing is difficult on families. I prefer NOT being on DST.	7/9/2014 5:42 PM
3771	I am a strong supporter of a one time Utah... I don't care if it is spring forward or fall back.. just don't change it twice a year... It is hard on everyone.	7/9/2014 5:38 PM
3772	Keep it with arizona time and stay there. No going back and forth	7/9/2014 5:06 PM
3773	Want to stay on mountain time like arizona	7/9/2014 5:04 PM
3774	I don't like daylight savings time never have....	7/9/2014 5:02 PM
3775	I hate it for the kids and teaching	7/9/2014 5:00 PM
3776	Keep it on mountain time. I hate the change daylight time.	7/9/2014 4:58 PM
3777	Just stay with our regular mountain time	7/9/2014 4:56 PM

3778	It is really hard to wake up and get to work/school when it is still dark outside. Plus, it's more dangerous for early commuters and students to be on the road when it's still dark. It's healthier for the human body to leave our clocks the same year round: the brain was created to "wake up" with the sun and start shutting down to sleep when the sun goes down. Kids have a hard time going to sleep in the summer when it stays light until 9:30 p.m. We are no longer an agricultural society and hence, don't need daylight savings time. Finally, it is a hassle changing all the clocks in one's life twice a year! PLEASE eliminate daylight savings time!!!!	7/9/2014 4:55 PM
3779	Stay on mountain standard time all the time, NO switching back and forth	7/9/2014 4:55 PM
3780	Would like to be like Arz.	7/9/2014 4:52 PM
3781	DLS is always a pain and many people are confused for weeks. Leave the time alone.	7/9/2014 4:41 PM
3782	I feel it is unnecessary to change the time in today's environment. What frustrates me more is how different countries and different states change differently. Can't we just agree on one thing? I am usually for small government, but this is one area I think the whole country (preferably the whole world) could work together on.	7/9/2014 4:04 PM
3783	Adjusting the time is confusing, and bordering with Arizona compounds the problem because Arizona is in our time zone but it doesn't observe DST. There is the same amount of daylight no matter what we do with our clocks. Also, many of us work at home, including my entire company, so when daylight occurs makes no difference. And it adds to the confusion issue when we try to schedule meetings with other people across the world. For businesses that work with people across the world, it would be better not to adjust our time, in my opinion.	7/9/2014 3:57 PM
3784	If the entire nation does change, or at least the neighboring states, it would work well. Otherwise the confusion would be staggering.	7/9/2014 3:42 PM
3785	I like to get up early and get things done. I like it dark to go to bed I think the constant, spring/fall, adjustments are dangerous in that they mess up the sleep cycle. It is also a pain to have to reset all the clocks - such a waste of time. Especially difficult for teenage children in school.	7/9/2014 3:31 PM
3786	It provides the year with a change of pace, it serves the great outdoors portion of our state better, and keeps us in sync with the rest of the nation.	7/9/2014 3:08 PM
3787	Create a new time - have daylight savings all year long. That way in the summer, we can enjoy outdoor activities later at night and our bodies won't have to adjust to changing times twice a year.	7/9/2014 2:26 PM
3788	Switching back and forth is frustrating for everyone, especially children. I prefer Daylight Time In Winter the sun sets only about an hour after the kids get home from school. That's when life is the busiest.	7/9/2014 2:11 PM
3789	I believe that the State of Utah should eliminate daylight savings. We have enough daylight and far too many school children go to school in the dark during the Winter months.	7/9/2014 1:32 PM
3790	It's too much bother twice a year. Let's go to standard time and leave it be.	7/9/2014 12:54 PM
3791	Resetting all my clocks every six months is not worth the benefits, if there are any.	7/9/2014 12:50 PM
3792	Autism causes a lot of sleepless nights so we have always felt that the time should never change but stay the same all year. Sorry Ben Franklund but we need sleep and peace as much as the next person.	7/9/2014 12:39 PM
3793	I don't like the change in time because it is hard on my health with the change twice a year. Also in the winter it is still dark when kids and parents have to go to work and school. Daylight savings time would make it alot darker when the kids catch the bus to go to school.	7/9/2014 12:37 PM
3794	Because it was not necessary to begin with - -it just jacks up your internal clock, it's not healthy for children nor us senior citizens .. it was a joke when initiated, and remains one til this day ... get rid of it.--	7/9/2014 12:32 PM
3795	It makes little sense in this day and age to change our clocks twice a year, and suffer the consequences of the changes in our life and body rhythms. Aligning with Arizona on Mountain Standard time is the only sensible solution I can see.	7/9/2014 12:27 PM
3796	I would love having permanent Daylight Savings Time because a lot of people including myself have trouble driving after dark. I also think they should start school an hour later in the morning so the kids don't have to go to school in the dark. School starts too early anyway.	7/9/2014 12:04 PM
3797	There is no point in changing time. I prefer permanent day light savings, but would also prefer permanent standard time over a twice annual change.	7/9/2014 11:56 AM

3798	Changes in sleep patterns are detrimental to health, I feel it is crucial to stop time changes for everyone's well being.	7/9/2014 11:42 AM
3799	Educators hate it because it is so disruptive to education, especially for teenagers whose bio clocks require more sleep in mornings. Mothers hate it because it disrupts children's sleep patterns; also studies prove it contributes to more accidents in the spring. It keeps kids in the dark on the way to school and keeps the sun in the eyes of motorists longer during morning commutes. DST does not save energy. A study on Indiana's split state time and then all of the state switching proved it actually spikes utility costs. In Utah it hurts the economy in that tourists crossing state lines from NV and AZ can't find restaurants, etc. open. I used to work as a waitress and saw how upset people would get when they realized what had happened. I wonder if those travelers subconsciously feel like we've robbed them of an hour of vacation time. It wastes man hours; has anyone ever figured out the time wasted changing clocks? It confuses elderly people and sets everyone on edge as they try to figure out whether they've "done it right" when changing clocks. Also, not all clocks get changed (there are so many, after all!) and this also adds to the confusion as well as employees being late to work, etc. Farmers DO NOT get more time in the field. There is only SO MUCH SUNLIGHT, regardless of the clock. It actually makes it so farmers have to quite earlier in the day or completely miss evening social functions because they want to take advantage of the sunlight. It has undoubtedly lead to the increase in obesity as people eat later in the day and stay up later, thus they are not getting enough sleep. I haven't read a study on this one but it simply makes sense: eating late and missing sleep cause more health problems than just weight gain. I believe the "extension" of DST was pushed through by candy companies who want an extra hour of daylight for trick-or-treating and on Easter. What child in the U.S. needs more sugar? Prior to DST, kids used to get up in the morning and have an hour to do their chores or practice the piano, etc. Now they get up in the dark, before the sun can naturally help wake them and they start the day struggling to get where they need to be. Please, put it to a general election vote- I know there are some people who like it but I NEVER have and I don't believe government should have the right to order our lives like this; we should have been part of the process in the beginning! THANK YOU for asking now. Finally!	7/9/2014 11:33 AM
3800	I don't like the switching back and forth with the time. Just leave it with mountain standard time. If it is light you feel like to have to be working until dark.	7/9/2014 11:32 AM
3801	I work all day in a office. The extra hour of daylight in the evenings allows me to do outdoor work and do the recreation I would like to do and still have the extra daylight hour to do them in. I understand the issues with busing and schools. Schools could be free to start later if needed. This would only affect a small subset of total population as compared to all those that would benefit from the longer daylight times. It seems that business in Utah would also benefit from longer daylight hours in the evenings.	7/9/2014 11:19 AM
3802	It just is too hard on sleeping habits and your health --takes so long to get used to it then its time to change again--just pick a time and stick with it---- like the rest of the world does!!!	7/9/2014 10:51 AM
3803	I have lived in Arizona and LOVED not having the headache of changing the time twice a year. Let's end the madness!! :)	7/9/2014 10:24 AM
3804	Since we started DST so that we can have more light in the summer, lets keep that year round. That gives people more light year round in the evening when most people are up and moving around.	7/9/2014 10:11 AM
3805	I think that unless the whole country changes the DST options we need to keep it the way that it is. I also have children who will not be happy with it getting dark at 8:00 all spring and summer.	7/9/2014 10:10 AM
3806	The twice a year time shift has been absolutely and personally brutal on me from its inception. It takes weeks each time it happens for me to shift back into a regular sleep/wake pattern. As an RN, I have talked with many people that have the same problem and really suffer for it. Good health depends on getting adequate, restful sleep. Changing times back and forth disrupts this process and contributes to health problems including obesity. Government is all about regulating things to help us be more healthy, this nonsense of changing times should be done away with, Thank you.	7/9/2014 10:01 AM
3807	Pretending that clocks are a natural state of timekeeping as others in this argument have suggested is absurd. Children-- and more functional work-- follow the natural, historical time keeping method that starts at dawn. Economic activity and State services, especially snow removal, benefit from more morning light in the winter, while the economy benefits from standardized business hours that take advantage of seasonal change. DST helps align our digital clock reality with natural light fluctuations and is the simplest solution that accounts for Utah's economic needs. Any change to DST should be taken in concert with our MST neighbors (CO, ID, WY).	7/9/2014 9:58 AM

3808	Whatever we do we should stop switching times twice a year. I prefer MST because it aligns us with Arizona rather than making us permanently offset from our neighbor that also rejects the insanity of switching. I also think that we would be better off being acclimated to having earlier mornings than being acclimated to having later evenings. My second choice would be to stay on DST.	7/9/2014 8:31 AM
3809	Daylight savings time creates confusion and loss of productivity. Drop it.	7/9/2014 7:13 AM
3810	We waste at least 2 weeks a year re-acclimating to the time change. It's especially hard on seniors and children.	7/9/2014 6:43 AM
3811	From what I've heard, the BBQ industry lobbied to move MDT earlier in March and later in Oct/Nov so folks would have more daylight in the evening hours to enjoy barbequing. And I believe the original intent was so farmers could work later during the growing season. The latter reason is now outdated. I feel people can gladly adapt to leaving the clocks at constant MST. Thank you.	7/9/2014 5:08 AM
3812	I would prefer to have the extra light later into the evening in the winter when my kids are coming and going from activities in the evening.	7/8/2014 11:52 PM
3813	It would be nice to have a consistent time 12 months of the year. It is nonsense to spring forward and fall back...	7/8/2014 11:43 PM
3814	I like having more light in the evenings after we all get home from work and school. Either way just leave the time the same and stop changing it twice a year. We have become a 24/7 society so I don't believe that it really saves anyone money, if it ever did, it's just a pain.	7/8/2014 11:33 PM
3815	It's long past time to stop. I am all for doing away with the time changes and prefer the same time all year long.	7/8/2014 10:48 PM
3816	While I prefer to stay permanently sprung forward, as the later sunlight benefits the majority of jobs in our current economy, my overall preference is to stop doing any time shifts. Doing so is incredibly disruptive, dangerous and pointless in our world as it is today. I am unfortunately not able to attend the public input meeting, but I hope this vote counts for something.	7/8/2014 10:46 PM
3817	I've hoped for a long that we could do away with Daylight Saving Time because I've never liked the dark mornings/evenings that come with the changing of time in the fall.	7/8/2014 10:44 PM
3818	I enjoy the extra daylight in the evenings to do outdoor activities. My second choice would be to stay on daylight savings year round.	7/8/2014 10:01 PM
3819	I believe that the State of Utah should eliminate daylight savings, given that we live on the Western edge of the time zone, we have enough daylight and far too many school children go to school in the dark during the Winter months, and it seem to me that we all deserve a break – so that we can go to school and work in the daylight during the Spring and Fall seasons of the year. Furthermore, if I want to utilize my telescope in the summer, I am required to stay up way past my bedtime just to wait until it gets dark – not to mention being able to do any observing. Thus, based upon the logic provided, I hope that the decision is reached to eliminate daylight torture time.	7/8/2014 9:51 PM
3820	I love the extra hour of daylight whether in summer or winter!	7/8/2014 9:36 PM
3821	To change from the current approach would be Y2K all over again, in terms of the amount of reprogramming of systems required.	7/8/2014 9:16 PM
3822	I prefer permanent spring forward because it would provide more daylight in the evenings during the winter. I find it depressing to go to work and come home from work in the dark during winter months	7/8/2014 9:02 PM
3823	I like normal real Mountan standard time! I HATE it when the time changes! and I don't see what the point is!	7/8/2014 8:34 PM
3824	I am a farmer and rancher and I don't know what difference changing the time makes to us! we are up with the sun and down with the sun no matter what the clock says! and changing the time every fall and spring only gives us week long "jet lag" my vote has always and forever been REAL TIME!!! MST	7/8/2014 8:32 PM
3825	I am a farmer and rancher and I don't know what difference changing the time makes to us! we are up with the sun and down with the sun no matter what the clock says! and changing the time every fall and spring only gives us week long "jet lag" my vote has always and forever been REAL TIME!!! MST	7/8/2014 8:32 PM

3826	It is REAL time! Changing the time every spring and fall messes with your body and causes all sorts of problems! I don't understand the logic of changing every spring and fall and I REALLY don't understand the logic of staying in daylight savings all year! that's just like changing real time?! PLEASE!!!!!! keep it always at normal mountain standard time!	7/8/2014 8:29 PM
3827	It is real time not artificially modified. Quit messing with our bodies.	7/8/2014 8:25 PM
3828	Let's just pick one and stick with it.	7/8/2014 8:18 PM
3829	I would prefer staying on daylight saving time throughout the year. I like to exercise outside at the end of the work day. After we go off daylight saving time in November, this becomes very difficult. I also love the long evenings in the summer.	7/8/2014 7:48 PM
3830	I just hate to "fall back" with the sun going down so early.	7/8/2014 7:30 PM
3831	Please quit switching back and forth!	7/8/2014 6:45 PM
3832	I believe that daylight savings proves little to no value. If we chose to get rid of this dated concept it would make sense to align with Arizona. If we were to choose otherwise we would essentially create three time zone fragments within the mountain west region. One representing Arizona permanently on MST, one for the states switching between the times and one for utah on DST. dropping DST and aligning with Arizona solves both issues.	7/8/2014 6:05 PM
3833	My preference to move away from our current practice of changing our time reference twice a year has nothing to do with an anti-federal-government attitude. Instead, I feel that changing our clocks simply puts an extra burden on coordination with other parts of the world. Ideally, other states would Join Utah and Arizona and stop changing their local time references twice a year.	7/8/2014 5:55 PM
3834	The summer evenings in Utah are so beautiful, and the extra hour gives you time to be outside exercising and being with your family before it gets dark. Please don't change it!	7/8/2014 5:49 PM
3835	The extended daylight hours that we enjoy now are beneficial to those that don't have time to get out during the day. There have been many times that I have been able to go on a hike in the mountains after classes due to the remaining daylight. Without that, many people that work and go to school do not get a chance to enjoy daytime activities.	7/8/2014 5:16 PM
3836	Twice a year the entire population of Utah needlessly experiences jet lag without leaving home. Please work to keep our mechanical clocks and our body clocks on MST. Thanks.	7/8/2014 5:07 PM
3837	Even though I enjoy the long summer twilights that DST brings, the twice-yearly adjustment of spring forward, fall back is difficult to manage and annoys with jetlag-like symptoms.	7/8/2014 4:50 PM
3838	I love the long evenings after work during the summer. I don't want the sun coming up at 4 in the morning.	7/8/2014 4:49 PM
3839	I hate time changes it affects sleeping ability I have lived in Arizona and love just the one standard time year around. It is a pain to get used to the changes and also changing all of the clocks in homes autgs and other places.	7/8/2014 4:47 PM
3840	I prefer to drive home in daylight rather than in the dark.	7/8/2014 4:47 PM
3841	It is much nicer to drive home in the daylight than it is in the DARK!!!!	7/8/2014 4:46 PM
3842	I am a junior high principal and changing time twice a year is NOT productive for students and staff. I don't care which time-choose one and stop this ridiculous practice please!	7/8/2014 4:29 PM
3843	With small children switching is hard. I would rather leave in the light and come home in the dark.	7/8/2014 4:27 PM
3844	It takes me 2 weeks to recover the time change. 2 weeks 2 long.	7/8/2014 4:27 PM

3845	I do not like the time changing twice a year. I think it should stay the same all year. The "spring forward" time has always taken me at least 1 to 2 weeks to adjust. The "fall" time change was easier, but hard on me now. Sleep patterns are hard to change when you are older and disruption of those patterns makes some of us more susceptible to illness, which in turn effects our limited budgets. I am a retired school teacher and this time changing effects the children in the fall and the spring. I've always had livestock and pets. It is hard on them to change eating times, they don't watch our clocks, but they know when it's their usual time to eat. If your are raising livestock for slaughter, the change of feeding times throws them off and their weight of gain is effected. Dairies do not change the cows time of milking, they change their own clock time to do the milking. Making the cows change would cause a loss of production and profit. Farmers don't work by the clock, They have to follow their same routine no matter what the clock says. This is true for plant and fruit production also. Weather, humidity, sunlight, heat - these effect when they do certain work, not what the clocks say. If a farmer works another job too, their farm production is hurt by the time change twice a year because they have to change their time of doing things to get to their other job on time every day. They only ones I can see benefiting from the change is some business men and politicians that have more sunlight to play golf after work.	7/8/2014 4:20 PM
3846	The arguments against daylight saving time are interesting. Many complain about the spring forward and backward aspect as though it is bad for health. Have these people never got up early to go fishing or attend a sunrise service? Have they never stayed up for a late party? Or traveled out of the Mountain Time Zone? These complaints seem to me to be highly contrived. As to farmers, they can get up or go to bed whenever they want, matching their activities to the solar day. I greatly enjoyed all-year DST during Word War II. Recently, while working at an office, I hated going home in the winter dark at 5:00 p.m. Yes, children going to school in semi-darkness is a problem. Why not begin school an hour later when sunrise dictates it? As for me, I love the long summer daylight evenings! Let’s keep DST as it is or switch to all-year DST!	7/8/2014 3:32 PM
3847	There would be less adjustment of my biological clock, and less hassle adjusting clocks and schedules, if we just stayed on standard time year around. Also, evenings could cool a bit before going to bed.	7/8/2014 3:21 PM
3848	Day light wasting time is a utility long since useful. It has nothing to do with farmers, as they don't care about clocks, they get up when the sun does. It has nothing to do with kids and school. It's only supporter is the golf industry.	7/8/2014 3:00 PM
3849	During the Daylight Savings Time, which has been almost 8 months over the last few years, I find that it stays lighter, (of course, that is the purpose of "daylight" savings time). It is warm and even hot many of these months, and I find it impossible to get children to bed when it is still light, especially when the temperatures are warmer. When it is dark in the mornings , it is difficult to get children up in the morning. I feel it is better for our physical health to get to bed earlier and up in the morning earlier and I feel that Daylight Savings Time is contrary to this good health practice.	7/8/2014 2:59 PM
3850	I wanna fish after work. I Wanna play. Give me light!	7/8/2014 2:53 PM
3851	I think it would be wise get peoples opinions just after we switch back - when nobody complains. My employer has regular business hours, so I appreciate the extra hour of sunlight in the evening during the summer months. I also have children, so I appreciate switching back in the fall so that they aren't headed to school in the dark. It was clearly invented to be a solution to a problem and I think there are many people who would like to change it, but who also don't understand it.	7/8/2014 2:40 PM
3852	I don't feel it is necessary any longer and it just causes confusion and difficulty sleeping while your body adjusts to a new time. Let's align with AZ and be done with it.	7/8/2014 2:36 PM
3853	Like many, our family opposes the changing but approves of the better schedule daylight savings offers.	7/8/2014 2:30 PM
3854	The change of time back and forth is difficult for a week or two but during the winter it is better to have light in the morning when children are walking to school. Changing to Daylight Savings in the summer is good because there is more time to do things that require lighted hours in the evening after work. It may be a little difficult to adjust when the time changes but I prefer to stay the same as we are currently.	7/8/2014 2:24 PM

3855	DST is an artificial impediment to natural time. It is confusing/detrimental biologically. Our children are already growing up in cities where they can't see the stars. I doubt they understand the waxing and waning of the moon. They can't get a feel for nature when we mess with the clock twice a year, let lone dealing with being too sleepy because they've lost an hour of sleep or going to bed when they should still be playing outside. The idea must have some sort of merit in business circles in order to pass without public input in the first place, but not enough to balance the negative effects. No one asked the mothers or the school teachers or the children,or police force, or others who make up a large section of our state before they got it going, I emphatically encourage the legislature to repeal or overrule daylight saving time. Let it go! Get us back to the nature of things. Let's GO GREEN!	7/8/2014 2:03 PM
3856	Most people function according to available daylight, not numbers on some dial. Stop making us adjust our internal clocks semi-annually to conform to artificial time changes. Either option that keeps time consistent throughout the year is preferable to any option that vacillates between two time zones.	7/8/2014 1:57 PM
3857	Stay with MNT Std Time	7/8/2014 1:56 PM
3858	To me, daylight savings only creates cranky people twice a year because their sleeping habits are interrupted. If people want to spend more time having fun in the summer, they can see if their boss will let them come into work earlier and let the rest of the people sleep in that extra hour. Or a company could take a vote of all their employees and make a corporate decision to change the time they work. I would prefer normal MST as the time used because it makes more sense to me to have noon at the time the sun is at its highest in the sky, rather than have to consider that the sun is its highest at some other time.	7/8/2014 1:38 PM
3859	Keep	7/8/2014 1:35 PM
3860	This study could really be split into two parts. The first part would address, “Should we discontinue the practice of adjusting our clocks twice a year?” The second part is dependent on the answer to the first. If the answer is yes, then we need to ask, “What time should we be on?” I believe the first question is much more important than the second. As a parent, I have found the disruption of changing clocks and the associated adjustment to be undesirable. As a businessman, I have found it to be counterproductive at best. I coordinate with 11 foreign countries where we have offices. Four of these countries (South Africa, Costa Rica, China, and Thailand) do NOT observe daylight savings. Others in the southern hemisphere (Brazil and Australia) observe it in reverse of the US and then there are those of us in the northern hemisphere (United States, Canada, United Kingdom, Germany, France, and Spain) that do NOT all observe DST adjustments on the same week. This means various weeks in the months of February, March, April, October, and November we experience disruptions to at least part of our team. It would be great if our Utah-based corporate headquarters were a consistent beacon for the others. Please do everything you can to restore and preserve the consistency that time brings to our lives. As for the second question, I do not see agreement in the scientific literature. You can find papers that point to economic and public safety advantages with having extra daylight at the beginning or end of each day. I do not think there will be consensus on this. In the end it does not matter to me what time is selected so long as we stop changing it. Might I suggest that we simply pick the time that would most commonly align solar noon with the meridian of our hourly time zone (i.e. for UTC-7 that is 105 degrees west longitude). Once again, please do everything you can to restore and preserve the consistency that time brings to our lives. Thank you for your attention to this matter. Respectfully, Joshua Campbell Logan, UT	7/8/2014 1:27 PM
3861	Being an employee who works from 9-5, having as much daylight in the after-work-hours is the most important factor to me. I would be in full support of the Year round DST, as you show on your accompanying chart.	7/8/2014 12:57 PM
3862	I have never liked Daylight Saving Time. The negative effects on each of our circadian rhythms far outweigh any possible benefit. When I was younger, it was difficult to get back into the swing of things, it was its own unique form of torture in the spring, but I did look forward to the 'fall back'. An extra hour to sleep in! Overall it was annoying, but I could deal with it. That all changed once I had kids. Kids and babies stick with their biological clock, they have no idea what is going on. They will not sleep in, instead of waking up at 6:30 am, they're waking up at 5:30 am. It is difficult overcoming these early mornings and dealing with overtired babies when you're a sleepless zombie yourself. It leads to grumpy Moms and Dads, who have it that much harder recovering for work and safe driving. I personally felt my productivity drop significantly following a time change. And all for what? Practically nothing.	7/8/2014 11:32 AM

3863	I have never liked Daylight Saving Time. The negative effects on each of our circadian rhythms far outweigh any possible benefit. When I was younger, it was difficult to get back into the swing of things, it was its own unique form of torture in the spring, but I did look forward to the 'fall back'. An extra hour to sleep in! Overall it was annoying, but I could deal with it. That all changed once I had kids. Kids and babies stick with their biological clock, they have no idea what is going on. They will not sleep in, instead of waking up at 6:30 am, they're waking up at 5:30 am. It is difficult overcoming these early mornings and dealing with overtired babies when you're a sleepless zombie yourself. It leads to grumpy Moms and Dads, who have it that much harder recovering for work and safe driving. I personally felt my productivity drop significantly following a time change. And all for what? Practically nothing.	7/8/2014 11:32 AM
3864	Daylight savings is very difficult to recover from. It is said that people NEVER get that rest recovered after losing it. I am one of those...then, when school is in session, I see little kids on the streets in the dark.....and, if people want to golf longer in the day....get up earlier in the morning when the sun is shinning. it's beautiful in the mornings.	7/8/2014 11:09 AM
3865	I prefer the longer hours of daylight post work/school hours.	7/8/2014 11:02 AM
3866	Changing the time wrecks havoc with children in school. It also is very difficult with children at home. I can't believe that anyone except sports people who want more time to play are benefited by Daylight Savings Time. It is not good for families. It is not really good for working people.	7/8/2014 11:01 AM
3867	I chose the Daylight Saving Time year round for a couple of reasons: 1) Changing time twice a year is really hard on my family's internal clock. It takes two to three weeks to adjust to the change. 2) Keeping the time on Daylight Saving Time year round would provide light later in the day, instead of it getting dark by 5, it would be 6. I would rather it be light later and have it be dark in the morning.	7/8/2014 10:37 AM
3868	I always enjoy evening daylight, even if it's only one hour. Without DST, it's dark when I leave the office during the winter months.	7/8/2014 10:35 AM
3869	It was never a big deal to me until I had kids. It throws them off for a month or two, only to have to go through it again a few months after they adjust. It made me ponder, and I've had a really difficult time figuring out why it's a thing. I know it "saves daylight", but it's only temporary and seems like a lame effort to put off what's inevitable. I hope Utah eliminates DST so other states might follow!	7/8/2014 10:34 AM
3870	Would LOVE to keep permanent spring forward time reserving a little more evening daylight during our cold winter days. Either way GET RID OF THE TIME CHANGES IN UTAH!! PLEASE!!!!!	7/8/2014 10:33 AM
3871	When my father worked, his workplace was outside and the group agreed to the earlier hours in the summer thus not inflicting it on others. I think that if there are those who want dst hours they should do so, but leave our time as mst. It is so hard for the children and many others, I hear lots of complaints each time we change.I hope very much that the legislators will stop cutting off 1 foot off the blanket and sewing it on the other end, telling us we now have a longer blanket. Please give us back our Mountain Standard Time.	7/8/2014 10:31 AM
3872	I think the earlier sunrise is a lot better...at the beginning and ending of the school year the kids would not be in the dark in the morning as they are now with the DLST..	7/8/2014 10:29 AM
3873	I prefer more daylight at the end of the day as I think it makes us all happier. I can see no reason fore changing back and forth if it is good for a good portion of the year why not the whole year.	7/8/2014 9:58 AM
3874	For those working and have early start times, it would be preferred to have daylight earlier.	7/8/2014 9:41 AM
3875	I have no love for DST but I think that staying in sync with the rest of the country is a benefit that far outways the inconvenience of springing forward and falling back. I do not believe that we should act individually as a state. My vote would be that the entire country adopts either a permanent daylight savings or gets rid of daylight savings altogether.	7/8/2014 9:23 AM
3876	I believe that it is healthier to stay on standard time year round. I am waking up in darkness pretty much all year thanks to daylight savings. I arrive at work downtown at 7 am and there are only a few short months in which I do this in daylight. Darkness doesn't truly fall at midsummer til around 10 pm. I would much rather have that hour in the morning before I go to work so that I can garden and get some chores done. It is difficult to wind down to go to bed at 10:30 or 11:00 PM when it doesn't get dark til 10. Also, the summer days are very hot. It would be great to be able to go for a twilight stroll at 9 pm rather than 10 pm. Please revert to standard time all the year round. Thank you.	7/8/2014 9:14 AM
3877	It pretty much doesn't matter since I'm retired, but when i was working, i hated the changes.	7/8/2014 9:12 AM

3878	There are more heart attacks and strokes when the time changes, whether it's forward or back. Additionally, it stays lighter longer thus harder to get to sleep, so more people are sleep deprived during the daylight savings shift. There is the cost to industry to make the daylight savings shift as well. There is no good reason to keep it.	7/8/2014 9:11 AM
3879	We have a state where the outdoors is some of the best in the nation, to be able to put a full day of work in and then have additional day light hours to golf, fish, hike, e.t.c is wonderful and is a boom to our economy, it seems those wanting to change could go to bed earlier, I seems that the agriculture Industry gains from day light savings time, if it is not broken, do not fix it!	7/8/2014 9:08 AM
3880	we enjoy cooler, darker times when we wind down to go to bed	7/8/2014 9:04 AM
3881	The changes in time impact the sleeping patterns of children and everyone, actually. Our lifestyles are vastly changed from the days that time changes were beneficial.	7/8/2014 8:59 AM
3882	Retain it keep the time as it is today no more time changes more light at night is much more helpful and less depressing	7/8/2014 8:38 AM
3883	I do like having more light in the morning, essentially the spring forward effect, but I do like always being mountain time too. (Its the best time zone for TV and sports). So the ideal would to just get the entire nation to drop daylight entirely and be unified in that matter.	7/8/2014 8:20 AM
3884	I don't need the extra daylight hours in the morning during the winter.	7/8/2014 2:07 AM
3885	I favor maintaining DST for the following reasons (which I have organized in sections related to my roles in life): 1. Diabetic in need of exercise: I am diabetic (type-2) and on the verge of needing insulin. I am committed to manage (and perhaps reverse) the disease through diet and exercise. My varied exercise activities take me outdoors during daylight hours. Therefore, I have an enormous interest in when it is light and when it is dark because my health is dependent upon my outdoor exercise. Evening light is prime! 2. Father and Husband: To maintain close family ties, my three sons, my wife, and I enjoyed outdoor recreational activities together, such as golf, fishing, biking, hiking, tennis, etc. I have genuine interest in the daylight hours that are available to me to recreate with my family in order to maintain a meaningful relationship with my sons. Evening light is prime! Without DST, there would not be enough time after work and before dark to do golf a round, hike a mountain, or drive to a stream to fish. 3. High School Athletics Booster Club Legal Liaison: I help a high school and a school district create policies that foster cooperation while maintaining arms-length relationships of high integrity. Many athletic practices and competitions are dependent on light in the evening. 4. Young Single Adult Leader: I volunteer to lead young single adults in pursuing worthwhile activities, some of which involve outdoor recreation during daylight hours in the evenings. 5. Aquatic Engineer: My career is to engineer and design outdoor swimming pools, water parks, splash pads, and other interactive water features. Outdoor pools' operating hours are directly tied with daylight hours. Evening hours are prime! 6. Vice President of conservation organization: As an avid fly fisherman and community volunteer, I champion a conservation effort to restore and protect local cold-water fisheries. Evening daylight is the best time to pursue fish and enjoy the sport of fly fishing. 7. Outdoor Writer and Photographer: In addition to my career as a pool engineer, I am also a professional writer and photographer focusing on outdoor activities, with a strong emphasis on fishing and conservation. My writings appear bimonthly in magazines, and I am writing a book of fiction and poetry. Evening hours of golden light are prime for photography. 8. Who am I: I hold a BS degree in civil engineering from the University of Utah, where I was elected to student government. I earned a Masters Degree in Business Administration (MBA) from Brigham Young University, where I was elected president of the business school's MBA class. I have graduated with honors in all my education, and I have studied at two universities in Europe.	7/7/2014 11:37 PM
3886	It always seemed the our current system is of extremes. We have really long days in the Summer, and very short days in the Winter. If we stay on one system, the days won't be so short in the Winter. I always hated that it got dark at five in December.	7/7/2014 10:46 PM
3887	It is so much cooler at night...too bad the kids are in bed! It gets dark WAY to late!	7/7/2014 10:14 PM
3888	Changing the time twice a year has always caused problems, and I especially felt sorry for my kids when they were younger, both as toddlers and when they were in school. I don't see any advantages in Daylight Savings Time personally, and I think we should join Hawaii and Arizona.	7/7/2014 9:58 PM
3889	It seems that changing time twice a year always causes problems, from my experience. I would enjoy the extra morning hour; also, during the summer, when school is out, it seems less important to try to create "extra daylight hours" at night (since no hours are actually lost or gained anyway).	7/7/2014 9:51 PM

3890	I like longer evenings but I do not like changing the clocks twice a year. Let's just leave the clocks alone.	7/7/2014 9:49 PM
3891	I am fine with the current system, but if we can only have one then I strongly prefer DST bc I believe it helps alleviate SAD.	7/7/2014 9:43 PM
3892	It's an old and antiquated idea created back in the day when it may have served a purpose or perhaps was only perceived to serve a purpose. It has been proven that it does not save energy and is not an asset to the farmer; which used to be the argument for DST. It is a proven fact that daylight savings time is harmful to our health; body and mind. It takes week's to adjust. It is not safe for our children heading out the door to school when it's still dark outside. It's worse on our teenagers who already do not get enough sleep. Studies have shown they would perform better if they could start school later, DST just adds to the brain fog caused by lack of sleep and the long period of adjustment to spring forward and then even worse fall back. If Utah must continue with DST as is then perhaps a better solution would be to make the adjustment a month later in spring (April vs March) and a month earlier in fall (Oct vs Nov). In reality the golfer who is not yet retired is the only person who truly benefits from DST.	7/7/2014 9:36 PM
3893	Drop DLST!	7/7/2014 9:24 PM
3894	Leave the time alone. It is what it is. It is not natural. Let's get back to natural.	7/7/2014 9:19 PM
3895	Leave the time alone. It is what it is. It is not natural. Let's get back to natural.	7/7/2014 9:17 PM
3896	Stop the changeover twice a year. The ideal situation would be to use STANDARD time, but if that isn't available, pick one, pick the other, but STAY with it without the constant changing of the time by an hour each spring and fall.	7/7/2014 9:10 PM
3897	I hate change. AND, I dislike evening starting at 4:30pm	7/7/2014 9:07 PM
3898	Just stay with one or the other. Being in alignment makes the most sense. Companies should make the necessary adjustments if necessary. Don't see how it benefits school safety as schools can also make the necessary adjustments. Don't see what it has to do to benefit agriculture, they work more according to the same time every day. anyway.	7/7/2014 8:40 PM
3899	When daylight savings was lengthened, they claimed that it would save money on energy costs. With stores open 24 hours a day and street lights on all night, I don't believe that it makes any difference and isn't worth the stress of changing times.	7/7/2014 8:07 PM
3900	Makes it easier on everyone! Families, workers, our bodies, and no more confusion.	7/7/2014 7:48 PM
3901	I've lived 77 years with Daylight Savings Time in effect--except for a year in Alaska. It's excellent for providing more daylight late in the day. I can hardly imagine life without daylight late into the evening. Winter is, of course, the exception--not enough daylight evenings.	7/7/2014 7:33 PM
3902	I like consistency in the time, no changing, and I prefer more light in the evening than morning.	7/7/2014 7:26 PM
3903	Wayne County Commission prefers Staying on daylight time. 2nd voice is changing time as we do now. No vote for Arizona time.	7/7/2014 7:06 PM
3904	I don't like the jumping back and forth of the time. I like to keep it on MST permanently.	7/7/2014 6:34 PM
3905	I just like Mountain Standard time all the time.	7/7/2014 6:24 PM
3906	I love the additional daylight hours.In the winter, when daylight savings time is not in effect, it is dark when I leave the office at 5:30. DLS time allows for more recreation outdoors.	7/7/2014 6:20 PM
3907	I can think of no logical reason to continue with Daylight Savings. It is more than clear to me that any positives in utilizing it are vastly overwhelmed by the negatives. Let's be done with it!	7/7/2014 6:03 PM
3908	I would have to believe that Daylight Savings has now constituted ads to sleep deprivation and insomnia issues in this country. I certainly know it affects my sleep pattern dramatically.	7/7/2014 6:00 PM
3909	As a retired middle school teacher, I know that the change of time negatively affects students. Twice a year their internal time clocks are tossed out of balance. Most everyone experiences a disruption in sleep patterns lowering productivity during waking hours.	7/7/2014 5:59 PM
3910	As a retired middle school teacher, I know that the change of time negatively affects students. Twice a year their internal time clocks are tossed out of balance. Most everyone experiences a disruption in sleep patterns lowering productivity during waking hours.	7/7/2014 5:57 PM
3911	I wish to align with the majority of states, and currently that huge majority has DST.	7/7/2014 5:55 PM

3912	I wish to align with the majority of states, and currently that huge majority has DST.	7/7/2014 5:54 PM
3913	I wish to align with the majority of states, and currently that huge majority has DST.	7/7/2014 5:54 PM
3914	As a retired middle school teacher, I know that the change of time negatively affects students. Twice a year their internal time clocks are tossed out of balance.	7/7/2014 5:53 PM
3915	Overall, I am a fan of not having things controlled by someone else, specifically the government, whether state or federal. Making rules that everyone has to obey without regard to the fact that there is a large number of people who don't want, like or need them is not the way things should work. If there is something wrong with the way something is, i.e. not liking what time the sun comes up or goes down, does it make more sense to change what time the sun comes up or goes down, or does it make sense for the people who don't like it, to alter their lives in a way to accommodate a natural occurrence. I would say that most people would like to go to work closer to 10 or 11 and stay out later than in previous years. I am not included in that, but if I were, the answer to that would not be for the state or federal governments to make all normal businesses hours from 11-7. - Craig Foutz	7/7/2014 5:51 PM
3916	I wish to align with the greater majority of states, and currently that majority has DST.	7/7/2014 5:50 PM
3917	I have children that are in elementary and middle school. My concern with daylight saving is how dark the mornings are when children are outside walking to school and waiting for the bus. An extra hour of daylight when it's cold in the winter and hot in the summer during the evening hours is not worth it.	7/7/2014 5:36 PM
3918	Astronomically speaking, the local time should have noon correspond, as close as possible, to the sun being at the zenith. Thus, I choose to have standard time being a year round constant. Having daylight saving's time in the summer is great, but it wreaks havoc with motorists and school children in the morning during the depths of winter. Having it alternate between DST and ST creates circadian problems for anything living - like me and my family.	7/7/2014 5:06 PM
3919	Early to bed, early to rise. Daylight Savings Time is outdated, unnatural, and unhealthy. When we change time in the spring, it causes a disruption in sleep and the effects last long into the summer. As a mother and health coach, I put sleep as a priority. The sun going down on time (MST) would help everyone get to sleep earlier thus improving health. Having an extra hour of sunlight in the morning would help farmers and gardeners get the extra hour they need. Summer activities such as fireworks and movies in the park could happen an hour earlier which benefits the health of both kids and adults and reduces crime. This will also put Utah in the media spotlight as a pioneer and leader in this much anticipated change.	7/7/2014 5:02 PM
3920	Move us to central time permanently.	7/7/2014 4:53 PM
3921	I would prefer more daylight at the end of the day - particularly during winter - it is the time for relaxtion and recreation after a day of work. Nice to think there is some daylight left at the end of the day to enjoy it. After June 21 we lose one minute of daylight at the end of each day leaving us with short days and long periods of dark during the winter - hard on those people who suffer depression and need more light to feel better.	7/7/2014 4:45 PM
3922	The reasons to have daylight savings are no longer applicable, and it only negatively affects the internal clocks of the residents	7/7/2014 4:40 PM
3923	I prefer a time which does not change during the year. I chose daylight savings time because I prefer the sunset times in the winter. Having family in the Central Time Zone, I also will be better able to contact them at reasonable times. I do wonder how this would affect winter television scheduling, however.	7/7/2014 4:36 PM
3924	I have a hard time adjusting to time be switched back and forth. It takes me a few days to get in a routine again. I also feel it is not good for babies adjusting to nap time, teen school time, work time, home time. I feel we have more accidents on the roads also. and for the benefits of the farmers, I don't think cows and chickens care what time it is. Please quite stop messing with the clocks.	7/7/2014 4:04 PM
3925	I like having the longer daylight hours in the evening.	7/7/2014 4:01 PM
3926	We moved here from Arizona and hate changing our clocks spring and fall. We want it to stay the same all year round, no matter which of those options is chosen.	7/7/2014 3:41 PM
3927	It makes little sense disrupting lives to try to gain an hour of time. People lived without it for years and managed to get by. It takes a month or so to get adjusted to it, only to switch back in a few months.	7/7/2014 3:16 PM

3928	The time change is dusrupting...very hard to adjust to. I really don't care which selection is made as long as it stays one way or the other.	7/7/2014 3:07 PM
3929	Year round Daylight Saving Time would cause winter mornings to be dark too long. Not having Daylight Saving Time at all would cause the summer mornings to get light too early. It would also keep people from being able to accomplish work or play during the evening hours. Therefore, I believe having the same arrangement of Daylight Saving Time that presently exists is the best situation.	7/7/2014 2:54 PM
3930	sun up earlier for kids walking to school and goes down earlier to help parents keep proper bedtimes. good for children	7/7/2014 2:40 PM
3931	Please just stop the continual adjustment of time. The sun will rise and set regardless of the time we use. There are a fixed number of hours of sunlight. We can adjust to the light, private businesses and government can change the times of business or work if they prefer, but we do not need to continually "adjust the time we use". Arizona has it right.	7/7/2014 2:33 PM
3932	I just don't like the change, too hard on the system.	7/7/2014 2:26 PM
3933	Time to go back to the basics.	7/7/2014 2:04 PM
3934	I think alighning with Az makes good sence. Adults and children would not have to have their body adjust two time a year to the time change. If bussnesses or people want to have more daylight at the end of the day they could get up earlier and go to work earlier. That is what you do with the time change anyway.	7/7/2014 1:59 PM
3935	I think alighning with Az makes good sence. Adults and children would not have to have their body adjust two time a year to the time change. If bussnesses or people want to have more daylight at the end of the day they could get up earlier and go to work earlier. That is what you do with the time change anyway.	7/7/2014 1:58 PM
3936	One or the other - don't really care, just please stop the constant switch back and forth twice a year.	7/7/2014 1:56 PM
3937	I'd vote for either DST or Standard if it meant getting rid of the time changes twice a year.	7/7/2014 1:55 PM
3938	Daylight saving time is built on a false premise. It doesn't save any time. Is all it does is mess up our biorhythms.	7/7/2014 1:55 PM
3939	I prefer longer daylight in the evening hour.	7/7/2014 1:48 PM
3940	I would like to see us align with Arizona. It upsets my dog and I am sure does other animals. It does not save a thing, I think it costs more because it stays hotter at night. Children go to bed later and don't get enough sleep and then can't function as well in school.	7/7/2014 1:44 PM
3941	Love spending cool evenings in the light at 9:00 in the evening during the summer hours!!! Out of state friends and family very jealous!!!!	7/7/2014 1:16 PM
3942	I picked retain because I think Utah should stay in sync with the rest of the country. I find DST to be silly, but I don't want AZ's headaches for our fair state.	7/7/2014 1:11 PM
3943	Safer to have the early morning light.	7/7/2014 1:11 PM
3944	Very difficult and unpleasant to be trying to readjust to different times twice a year	7/7/2014 1:08 PM
3945	I love daylight savings time. I love the light in the evening. I has never had trouble with the adjustment at the time changes. People act like they've never gone to bed and hour difference ever. There are many times I lose an hour of sleep because of an activity. If I have to choose I would much rather have more daylight in the evening for activities.	7/7/2014 1:07 PM
3946	I love daylight savings time. I love the light in the evening. I has never had trouble with the adjustment at the time changes. People act like they've never gone to bed and hour difference ever. There are many times I lose an hour of sleep because of an activity. If I have to choose I would much rather have more daylight in the evening for activities.	7/7/2014 1:07 PM
3947	i just enjoy more day ligth time throughout the year its difficult to get around when it dark at 4 to 430 pm i think there are many seniors in our state that would agree	7/7/2014 1:04 PM

3948	Daylight Savings Time is harmful to my health. I am more tired, I can't focus and by the time I get used to the time change, it's time to change the clocks again! I believe more people are affected negatively than positively with DST. Our bodies have their own natural clocks and we keep messing with them. We also need to remember that children and families are affected negatively by this. As a child DST was a nightmare for me, and even worse when I became a teenager. Now I'm a parent and making lunches, breakfast, packing bag, dressing children, doing hair. I don't want to be awake earlier.	7/7/2014 1:02 PM
3949	I dislike daylight savings time once my body gets used to the time it changes and throws me off again for a few weeks or more. Not to mention ruins my productivity quite a bit which is not helpful.	7/7/2014 12:51 PM
3950	Daylight savings time may have been a good idea in the past, but I'm not even sure about that. Changing the clock back and forth every few months is really hard on our bodies. One of several arguments is that "keeping DST can help with tourism and boost sales" Well, now days more people are shopping online and if it's too early people generally don't leave their house to go shopping anymore. Another argument is that it "helps farmers." While I am truly grateful for their hard work. The majority of us are not farmers. Taking children to school and waking up early to make their lunches and breakfasts is difficult enough. Please stop making it harder for families. Daylight savings needs to go. By the time our bodies get used to the new time change, it's time to change the clocks again. Please NO MORE!	7/7/2014 12:51 PM
3951	Why change something that works?	7/7/2014 12:49 PM
3952	I dislike the government's interference in the natural flow of my biorhythm, which results in more accidents and reduced productivity.	7/7/2014 12:35 PM
3953	Those who work by the light of the sun don't care what the clock says. Let's pick one time and stick with it.	7/7/2014 12:35 PM
3954	Daylight time saves energy and provides more non working hours for health purposes like walking etc, and family time as well as personal time. I feel the problem of adjusting sleep patterns is just a complaint and not a real problem.	7/7/2014 12:34 PM
3955	Day light savings time does more harm than good - it doesn't give you anymore day light time it only shifts it from the mornings when it is cooler to afternoon when it is hotter (especially in St. George) so we use more power to run the a/c. For us seniors on fixed incomes it costs us more than we can afford for power in the summer. Not to mention how it causes our internal clocks to be out of sync. It may have been a good thing when it started but it has out lived it's usefulness.	7/7/2014 12:28 PM
3956	Eliminating time switching eliminates unnecessary waste and dangers associated with drowsy workers or drivers for several weeks of the year	7/7/2014 12:22 PM
3957	I do not like the sun to rise so late in the day as it does when we "fall back". I teach school and do like like the fact that students are walking to school in the dark.	7/7/2014 11:55 AM
3958	I see no benefit to changing the clocks twice a year. There are X number of hours of daylight, no more. Shifting them back and forth creates no energy or other savings, it just messes up everyone's body clocks.	7/7/2014 11:48 AM
3959	Change the time you go to school, work, etc. not the time of day.twice a year!	7/7/2014 11:40 AM
3960	I feel better staying on a regular schedule. My body does not adjust to the sleep change. I've also noticed that our students do not adjust well to the time change. They are lethargic after both time changes.	7/7/2014 11:11 AM
3961	It's easier to work with and it's hard to adjust to the different time and to be the same as Arizona	7/7/2014 11:09 AM
3962	I vote to either keep the present schedule or go to a permanent daylight savings because I have a full time job and I am a farmer and I need the hour of light in the evening to work on the farm.	7/7/2014 10:47 AM
3963	Changing the clock twice a year accomplishes nothing. We still have the same amount of daylight.	7/7/2014 10:28 AM
3964	Reputable studies exist that show adjusting times twice a year increases heart attacks and car accidents, causes school children to fall asleep during class, and affects the elderly and mentally ill.	7/7/2014 10:16 AM
3965	I like the sun being up as long as possible later in the day.	7/7/2014 10:11 AM
3966	Given societal changes over the last 30+ years, I believe that DST has become obsolete. It has become an irritant and serves no useful purpose to me personally or society in general. Let's repeal it.	7/7/2014 10:10 AM

3967	I believe it is beneficial in many areas for people to have the extra daylight through the spring and summer months. It is beneficial for business as well as family life and offers many options for people to spend extra outdoor time with their children and grand children after work . Businesses benefit greatly too especially those in the food service, entertainment and tourism type industries. Agriculture must also see great benefit. Many of our states farmers are really part time and must have some form of 8-5 type job to subsidize their farming income. Many of them I know personally count on the 4 hours they have after there day job to keep up on the farm. I am not a farmer myself but understand where they are coming from. I believe to completely move away from daylight savings time would hurt them tremendously. I would find moving to it all of the time to be more acceptable if we have to change anything. I do find it ironic the representatives pushing for the change at least from the outside looking in would be very little affected nor would their constituency compared to many other areas of the state. I think we as the people and the politicians of this state probably have bigger fish to fry in comparison to the time and money spent on this notion.	7/7/2014 9:41 AM
3968	Daylight Savings time throws off my sleep schedule and makes it hard to adjust for work. I would like to have a standard, unchanging time so that I don't have to worry about time changes and sleep disruption. I would also rather have the same time as Arizona instead of creating a new time because I feel that if our time was permanently different, it would be more confusing for people coming to Utah that it is now.	7/7/2014 9:31 AM
3969	Switching is the worst part. Keep it one way or the other.	7/7/2014 9:30 AM
3970	The current practice has both advantages and dis-advantages...notwithstanding I don't belive one sides arguments have higher merit over the others. So the current practice is a good "working" compromise. Stay the course.	7/7/2014 9:23 AM
3971	Changing the time twice a year creates difficulty with sleep wake cycles for everyone!	7/7/2014 9:11 AM
3972	Every time we have a time change, it takes my body and especially the bodies of my children weeks to adjust. I feel the benefit is not worth the cost.	7/7/2014 9:11 AM
3973	Please stop the fall back madness! I work early in the morning too hard to get up when I have lost an hour doesn't matter if I go to bed early still feel sluggish Please.	7/7/2014 9:08 AM
3974	DST is an archaic, out-moded, tradition that needs to go away.	7/7/2014 8:53 AM
3975	Standard time should be maintained for the following reasons: 1. The disruption of the biological clock, particularly in spring, is evident for 3-4 school days in which students in my first period class look as though they've been wakened an hour earlier and act accordingly. I would suspect a similar reduction in productivity for most industries. The fall switch, while more pleasant, does not compensate with an equal quantity of increased productivity. 2. In summer, it will cool off an hour earlier in the evening. In many working households, this will allow for an hour less usage of a programmed air conditioning system which could result in significant energy savings. 3. Those who recall having small children understand the reduction in recharge time at the end of the day when daylight savings time has the sun up so late relative to the activities of the day. 4. Early sunrise in summer is largely irrelevant as it begins to get light before most people get up even with daylight savings time. Another hour shouldn't add significant impact to the majority of people who sleep through the sunrise anyhow. (Arizonians seem to survive just fine.) 5. Recreationally, it should be neutral. For example, while staying on standard time would cut short many ball games and warmer parades, it would allow for earlier use of fireworks and more pleasant evening walks.	7/7/2014 8:28 AM
3976	I have always disliked adjusting to the change in time twice a year. It's more than resetting the clocks, it's the time it takes the body to reset the inner clock and timelines for sleep and meals.	7/7/2014 8:08 AM
3977	Permanent Daylight Savings just makes more sense there is only a small amount of time that standard time would make sense and its not work it	7/7/2014 7:52 AM
3978	It makes no sense to artificially change the time, we should simply stay at a standard time throughout the year.	7/7/2014 7:42 AM
3979	I am most concerned in how the current system of changing in the spring and fall affects our health in a negative manner. It's unnatural and unhealthy.	7/7/2014 7:37 AM
3980	I'm more or less indifferent to what time standard is used -- I just want it to be a permanent fixture and not a biannual sleep-altering event.	7/7/2014 6:11 AM
3981	Sleep deprivation is a huge problem in this country. Disrupting sleep patterns makes the problem worse.	7/7/2014 5:07 AM

3982	Keep daylight saving time year round	7/7/2014 1:13 AM
3983	Don't like to change the clock twice a year	7/6/2014 11:19 PM
3984	DST stays light too late. Don't like to change the clocks	7/6/2014 11:17 PM
3985	Don't have to reset clocks twice a year	7/6/2014 11:04 PM
3986	Preference would be to do away with the time change completely whether it's permanent spring forward or permanent fall back. The benefits of daylight savings are somewhat outdated and only seem to apply to a select few. My opinion is they who want to can adjust their schedule as needed to take advantage of daylight. Ultimately, the time change is semantics and there is no daylight actually "saved", just clocks changed.	7/6/2014 10:43 PM
3987	Light already arrives in the sky at shortly after 5:00 in the morning--4:00 would be way too early.	7/6/2014 10:36 PM
3988	I just dislike the change. I prefer daylight saving, but would be equally happy with standard time if it was retained year round.	7/6/2014 10:36 PM
3989	Use an alarm and some light bulbs.	7/6/2014 10:28 PM
3990	DST is a waste. It doesn't change any thing in the big picture. If anything it wastes money and confuses twice a year.	7/6/2014 10:13 PM
3991	I've always kind of disliked changing times twice a year, but as a parent of small children, I've come to downright hate it!!! I work hard to keep them on a good schedule, then it gets completely out of whack with the time change and takes a long time to get them back on a good schedule. . . just to change it again. Do it for the children!!! Also, I am most in favor of the "align" option, because I find that having it get lighter earlier makes it much easier to get out of bed in the morning.	7/6/2014 10:01 PM
3992	Too dark in morning for school. Too light in the summer evenings.	7/6/2014 9:49 PM
3993	Late sunset allows opportunity for recreation. I would equally be interested in staying on DST year round.	7/6/2014 9:48 PM
3994	My office is in Utah but I travel to Arizona for my field work. I even occasionally go into Nevada. It is difficult to plan meetings and coordinate times with other entities when the time difference is frequently confused.I think this maybe a problem more for southern Utah than northern Utah, but it is problematic none the less.	7/6/2014 9:43 PM
3995	I really dislike the change - as a mother of young children, it really messes up bedtime when we switch to DST in the Spring. It's also easier to wake in the morning on Standard Time.	7/6/2014 9:21 PM
3996	I've always preferred DST. It just makes more sense to stay the same all year. DST provides more daylight to accomplish whatever we need, and more daylight is probably more healthy in the long run. I can only imagine how much it must cost industry to have to change their clocks and their machinery, etc. twice a year. Please make Utah an all-around DST state.	7/6/2014 9:15 PM
3997	I like the morning light and getting to bed earlier in the evening.	7/6/2014 9:13 PM
3998	Not changing the clock is very beneficial to schools, businesses, and I enjoy the summer night sky. It stays light late during the summer anyway, an hour more of dusk would be nice.	7/6/2014 9:11 PM
3999	I lived in Africa for 3 years where they do not practice DST. It was wonderful to not have to spring forward or fall back. There was no confusion on the time. This is very helpful for the elderly, shift workers and also for young children that require early bedtimes.We would still have plenty of summer late sunsets.	7/6/2014 8:51 PM
4000	Granted the human body can adjust to time changes. I went to Greece, nine time zones away, and eventually adjusted. It took a few days. But I really cannot see any "savings" that this switcheroo is always causing.Perhaps some might benefit from this semi-annual switching, but I just don't see it. My world won't fall apart if we continue as is, but I think it would be best to leave well enough alone, especially for school children that are often caught in the cross fire with getting to school early.	7/6/2014 8:30 PM
4001	Regardless of what time is assigned, dawn is always delineated by the rising of the sun and sunset is always marked by the setting of the sun. MDT is only an artifice to enhance the economy for a small segment of business which an be easily implemented by changing business hours of those groups affected. Leave the rest of us alone. The physical and psychological impact on the human body during the vernal time change on all Utahans is not worth the dollars accrued by a few greedy businesses.	7/6/2014 8:24 PM

4002	STOP DAYLIGHT SAVINGS TIME!!!! It makes everyone in our area feel terrible, and then 6 months later it happens again. It is against the natural rhythm for humans. This would be so WONDERFUL to end it.	7/6/2014 8:20 PM
4003	I really like the extra light in the evening .... with warm weather it's nice to be "out side" longer. I've always looked forward to it.	7/6/2014 7:56 PM
4004	Let's kill daylight savings!	7/6/2014 7:38 PM
4005	I have always complained about the daylight savings change because of the affect it has on everyone's sleep schedule. This change is especially hard on parents. Looking at the schedule provided here of the sunrise and sunset times, however, I can see why we change. Being on standard time in the summer would have the sunrise so early that much less outdoor work, play, and exercise could be accomplished in the early morning hours. DST all year leaves the sun rising so late in the winter mornings, but I love having more evening light all year. Ultimately, my vote goes for DST all year.	7/6/2014 7:18 PM
4006	Please do not continue with Daylight Savings Time changes twice per year. Select one or the other forever. Personally, I favor alignment with Arizona. There is no need to have these long, long evenings during the summer.	7/6/2014 6:58 PM
4007	Your choices make no grammatical sense at all. Leave the time just as it currently is right now.	7/6/2014 6:56 PM
4008	As an educator, I believe changing clocks twice a year wastes tax-payers dollars, but more importantly, it affects school students. It is hard for young students (and older) to adjust to two time periods during a school year. When we "fall back" in October, it becomes dark in the mornings again when children are still walking and riding bikes to school which can cause needless accidents. In the spring when we jump to daylight savings time, it stays light longer, encouraging children to stay up longer at night. They are more tired during the day at school and it takes longer for them to adjust to this time period. I believe Utah should create a permanent time which still allows agricultural workers and sports enthusiasts some extra daylight during spring/summer, but not the extremes of shifting back and forth twice a year.	7/6/2014 6:53 PM
4009	As an educator, I believe changing clocks twice a year wastes tax-payers dollars, but more importantly, it affects school students. It is hard for young students (and older) to adjust to two time periods during a school year. When we "fall back" in October, it becomes dark in the mornings again when children are still walking and riding bikes to school which can cause needless accidents. In the spring when we jump to daylight savings time, it stays light longer, encouraging children to stay up longer at night. They are more tired during the day at school and it takes longer for them to adjust to this time period. I believe Utah should create a permanent time which still allows agricultural workers and sports enthusiasts some extra daylight during spring/summer, but not the extremes of shifting back and forth twice a year.	7/6/2014 6:52 PM
4010	In the field that I work is is very hard to "fix" the correct time for meds, tests, tracking temp, BP, all the things that make up a hospital. It is hard on the staff. Students are at a greater risk. Workers have a hard time going forth and back, just pick a time and stay with it whole year. Working full time in the summer I go to work at the sun comes up in the summer, then go home and spend 5 to 6 hours working in my yard, and when it gets dark at 10 I get to go to bed, then back up at 5. With todays living people tend to just spend time on any IT item in the dark or light.	7/6/2014 6:35 PM
4011	I moved to Utah 2 years ago from NJ, and I love it! It already stays lighter a little longer in the summer than it did back home, but I've noticed that it depends on where you are in relation to the mountains. If you live high atop a mountain you may have direct sun longer than someone who say, lives in a canyon or who's sun has prematurely set by slipping behind the breathtakingly enormous mountain across the valley. Who doesn't love Spring forward? We all loved it as kids...playing in the street on a hot summer night at 9 o'clock in the evening.	7/6/2014 6:31 PM
4012	Actually, I would be fine with either keeping DST permanent or Standard time permanent. I just don't like making the changes in the spring and the fall. It is too hard on me to adjust to those changes.	7/6/2014 6:18 PM
4013	I prefer "Align with Arizona". Being aware of children walking to school and bicyclist on road, daylight savings creates a very dangerous situation. For health reasons, the change of times makes it difficult for the body to adjust.	7/6/2014 6:12 PM
4014	I hope we can just go to spring forward always!! Switching back and forth is a bunch of nonsense and it takes weeks for me to get back into a "normal" schedule.	7/6/2014 6:09 PM
4015	Either way is fine by me, just keep it year round!!! No more spring ahead/fall back!! Pleeeeeeeeeese!!!!!!!!!	7/6/2014 5:59 PM

4016	I like having longer days in the summer, but don't like changing back and forth.	7/6/2014 5:51 PM
4017	While confusing at times, the shift is effective in managing when we have daylight. It's easy and simple to determine the time in most of the country because we all shift together, just determine the time zone and the shift is easy to determine. With Arizona and Indiana you have to pause and determine who they are aligned with. Arizona is Mountain Time zone in the winter, Pacific in the Summer. There is no reason to change.	7/6/2014 5:35 PM
4018	I don't mind the changes in the spring and fall. The way it is, is just fine with me. I'm used to it.	7/6/2014 5:30 PM
4019	Changing my schedule by an hour twice a year disrupts my sleep, affecting my mood reducing my productivity for 2-3 weeks after.	7/6/2014 5:00 PM
4020	Utah is in the western edge of the mountain time zone and already has late enough evenings. I have read comments that daylight saving time gives agriculture "an extra hour of daylight." Really? Who added an hour of daylight to mother nature? The amount of daylight will never change. The only thing that changes is our artificial assignment of times on the clock. If we can't do away with DST, then my next preference would be to cut it back to a shorter time period, for instance, May 15 to Sept 15. We don't need it in early March or late October.	7/6/2014 4:54 PM
4021	We lived in Indiana for 10 years and not having to change clocks was great!	7/6/2014 4:50 PM
4022	Like the light	7/6/2014 4:12 PM
4023	Would like it to stay as light, as late as possible all year long.	7/6/2014 4:11 PM
4024	i don't like the switching back and forth. I'd prefer to just stay on daylight savings time.	7/6/2014 4:10 PM
4025	DST allows us to have more light day. This is good for mental health so that we diminish the depression and lack energy prevalent during the dark winter month. It also improves our efficiency because we have sufficient hours to both work and do other things while we still have adequate time to sleep.	7/6/2014 3:59 PM
4026	It is better to stay on standard time because it will help those construction workers who work outside as well as the many tourists who come to Moab to hike, bike and jeep to have the extra hour when it is cooler . Now the hottest part of the day is late afternoon and evening and those who need to sleep early, eg the young children, those who need to arise early do so when the house is the hottest and it is still light. And last but not least it is just plain easier.	7/6/2014 3:48 PM
4027	I just dont think itneeds to be light until 10:00 in June. Also, kids have to return to school on the 25th of July,(whole other issue). It would help if fireworks could go off and finish earlier.	7/6/2014 3:46 PM
4028	As a mother of young school age children I find that it is extremely hard for them to adjust to 2 different time changes during the school year. I see no purpose in changing the time, keep it one way or another!!!!!	7/6/2014 3:33 PM
4029	Even farmers can simply adjust their schedule to day light hours. Changing the time twice a year is a really bad idea.	7/6/2014 3:30 PM
4030	As I grow older it is harder on my body and mind to adjust to the time changes twice a year. It no longer serves the purpose for which it was intended.	7/6/2014 3:28 PM
4031	I enjoy the way it is now with the time change. My family loves to be outside late in the summer and enjoy the nice summer nights. In the winter when it is cold, it doesn't matter if it is dark earlier so we all enjoy the way the time goes forward and back with the seasons. In the summer we save electricity at night. I say leave it the way it is. Thanks!	7/6/2014 3:25 PM
4032	Maintaining MST year round avoids the difficult adjustment twice a year. This adjustment is extremely difficult for some people and can cause health issues. Any benefit as far as saving energy is questionable!	7/6/2014 3:22 PM
4033	Daylight savings is far outdated and must be updated. Our children suffer due to lack of quality of sleep since the sun is still up while trying to convince our children it is their biological sleep time. They also sleep in and do not wake at an appropriate time. Our children suffer with this sub par quality of sleep in school and all other activities.	7/6/2014 3:20 PM
4034	just keep one or the other	7/6/2014 3:10 PM
4035	Changing times is confusing, and disruptive. It is hard for families with children to adjust with school and other activities.	7/6/2014 3:06 PM

4036	In the healthcare business, I have been on both aspects of when time has either been moved forward or back. It is harder to experience seeing 2 a.m. come twice on a night shift, especially when it is very busy. I have worked more of the "fall back" shifts than the "spring forward" shifts in my career. It makes it hard for getting settled in for a routine when being changed back every 6 months. My shifts are a 12 hour + at times and I would like to know that I can have consistency in my patient care. My kids are all grown and now having their own families and lives. It does make things somewhat difficult for them especially with younger children in trying to get them to maintain a schedule for sleeping. Please consider this request. In growing up, I have family members who do farm and ranch, to them, when I have talked with them, now it doesn't matter for the time change, they are still going to operate whether there is daylight hours or well into the night. Farming has changed to where I don't think that the saving change has made any difference in their day to day operations.	7/6/2014 3:03 PM
4037	The time change is hard for kids who are in school.	7/6/2014 3:01 PM
4038	I pick the Align because for me it means that I can get the extra hour sleep I need because of my start time where I work out to the airport. Do these time changes really save us money?	7/6/2014 3:01 PM
4039	I don't like the time change.	7/6/2014 3:00 PM
4040	I do agree that we no longer need DST. The repercussions of the twice-yearly time change to the Human body, no matter what your age is, is very damaging. I would love for there to be just ONE time; forward, backward, on target, whatever, just leave it alone! Thanks.	7/6/2014 2:59 PM
4041	I think that the current method is confusing to a lot of people. Creating a new DST would be much easier and still offer plenty of day light during the mornings and evenings.	7/6/2014 2:57 PM
4042	Too much confusion on DST. Even with media reminding, it never fails that it throws workers and customers off of schedule for a day or two. Would be fantastic to not have to deal with those changes anymore.	7/6/2014 2:54 PM
4043	The usefulness of daylight savings time died with the oil lamp. There is little to no benefit to the average resident. The sun comes up and sets regardless of what time is on the clock.	7/6/2014 2:52 PM
4044	I always have a hard time adjusting to the time changes in the spring and fall. Let's just keep one time!	7/6/2014 2:35 PM
4045	I chose to align with Arizona above but only for lack of a clear alternative selection, namely, it matters not what system to adopt but PLEASE stay with one system and STOP the insane nuisance of switching clocks, schedules, internal time clocks twice a year.	7/6/2014 2:32 PM
4046	We should all experience the stars at night - aligning with Arizona will help that.	7/6/2014 2:23 PM
4047	I am so tried of changing all the clocks for just a few months as well as the sun up so late at night.	7/6/2014 2:09 PM
4048	It is so hard for our bodies to adjust back and forth twice a year. It is particularly hard on children, from babies all the way up to teenagers. It has a negative impact on family life, school and work performance, and overall well being. Please pick a time and let it stay.	7/6/2014 2:00 PM
4049	The only thing that Daylight Saving Time can claim credit for is putting 10,000 drive-in theaters out of business. It has no useful place in modern society. GET RID OF IT!	7/6/2014 1:54 PM
4050	I would like to see Utah stay on the same schedule year round. Changing twice per year is confusing and takes my brain awhile to re-adjust.	7/6/2014 1:39 PM
4051	Daylight Saving time is great in the summer. We should not be different than the rest of the nation. It would make Utah seem like an odd ball to change.	7/6/2014 1:17 PM
4052	WE SHOULD STAY IN STEP WITH THE REST OF THE NATION. IT IS GREAT IN THE SUMMER.	7/6/2014 1:10 PM
4053	Enjoy the Mountain Standard time. Seem like life moves easier and smoother. Need the extra light at the end of the day, especially so that we can unwind before the darkness closes in.	7/6/2014 12:59 PM
4054	Just when you need daylight saving time they take it away, just when you don't need it, they put it on....	7/6/2014 12:56 PM
4055	Keep one time, do not change it.	7/6/2014 12:38 PM
4056	I feel we should pick a time and stick to it. If Arizona can keep 1 time, why can't we? I work EARLY, and when I loose an hour of sleep it takes me forever to get back on track. Please leave the times alone, like I said pick one and leave it alone.	7/6/2014 12:35 PM

4057	apple macintosh apple macintosh apple macintosh

4081	My body has a hard time adjusting to the change. I do not look forward to the time change twice a year.	7/6/2014 9:18 AM
4082	Love DST, we do a lot of gardening and the extended hours are so beneficial during the spring and fall months. thank you!	7/6/2014 9:15 AM
4083	I do love the extra light at night in June thru August. But I believe we start to soon in the winter months and stay too late with it in the fall. It can be difficult for some people to adjust to the time changes. So I would prefer to just keep MST all year round like Arizona.	7/6/2014 9:13 AM
4084	The longer evenings in the summer give people who work opportunity to do daylight activities after work, with their families and friends.	7/6/2014 9:07 AM
4085	Daylight Savings Time is difficult for young children to get the necessary sleep they need in the summer. The change is also hard for all to adjust to both spring and fall and is not needed in today's world.	7/6/2014 8:56 AM
4086	I think Daylight Savings Time in Utah (as well as across the United States) is outdated and no longer necessary.	7/6/2014 8:41 AM
4087	Only an idiot and the Government would think you could cut one foot off the bottom of a blanket and sew it to the top and have a longer blanket	7/6/2014 8:17 AM
4088	I like the light in the evening. In the winter it is dark at 5:00 PM	7/6/2014 8:14 AM
4089	lets align, daylight savings time is just one more thing that disrupts production. CHANGING CLOCKS "NOT"	7/6/2014 8:09 AM
4090	The reason for dst is no longer valid. Our society has gone beyond: we should catch up and quit the artiface.	7/6/2014 8:00 AM
4091	We need to be on the same system as most of the nation. To be choosing the other alternatives would put us out of the mainstream and lead to confusion and problems in our daily functioning within the rest of the country. Why don't we just consider this issue settled and spend our time and money on more important "real" issues?	7/6/2014 8:00 AM
4092	I just want day light savings to permanently end.	7/5/2014 11:16 PM
4093	It is a stress to change forward or back so I think staying the same is good.And I would allign with Arizona	7/5/2014 10:58 PM
4094	For me it's a matter of sleep function. Studies and common cents says the earlier you go to bed the more well rested you will be. The studies I've seen indicate darkness helps to induce sleep and waking naturally to day light helps you feel well rested, thus you are more productive and safer because of a good nights rest. As far as the economics differences of the two, I can see where you can sway the argument either way. Daylight Saving Time allows us to stay out and recreate and spend an extra hour of money, tax revenue for the state, but also drain money paying for energy to run air conditioners all the while increasing the carbon footprint to utilize the extra hour many seem to want. My comments are but from one individual and won't make a difference, but hopefully it will keep the dialog out there and research can produce the best solution.	7/5/2014 9:59 PM
4095	I've never been in favor of daylight savings time. When we lived in Arizona on summer, didn't miss it at all.	7/5/2014 9:31 PM
4096	I prefer the later daylight at the end of the day.	7/5/2014 8:05 PM
4097	1. the affect of changing time on the body, sleep, work, study. 2. Gas wasted for cars running waiting for buses to pick up and drop off students. 3. Effect of the educational process of students who's body clock does not adjust. 4. I feel there are more costs to DST than benefits, such as children alone a dark roads waiting on buses, students who can't sleep, but sleep in class, students who can't eat unless the school feeds them breakfast. Heating and cooling cost of school, and all other buildings starting earlier, etc. Effect of families, and the costs to children getting up at 3 or 4 a.m. and changing it back and forth. I lived in Arizona for many years and enjoyed the benefits of no DST, I have also lived in Utah for many years and lived with the challenges of family and students dealing with DST. I spent thirty four year in education. And the challenges of Indian tribes and states no cooperating and different buildings and parts of town on or off DST, the effects on students, parents, workers, and delivery services. It's time to look at the real costs and negative effects of DST.	7/5/2014 8:03 PM
4098	I believe uniformity through the year would be beneficial, and vote for the permanent "spring forward" mode to allow later daylight throughout the year.	7/5/2014 8:03 PM

4099	I can understand why dst was created, but I don't believe it is beneficial anymore. It has become an inconvenience especially for those of us who are in the hospitality business who have to explain it to people who live in places without dst.	7/5/2014 7:16 PM
4100	If not for DST, we could have watched fireworks at a decent time.	7/5/2014 6:04 PM
4101	It is the best use of sunlight. Light summer nights are very enjoyable. It is not usually like Arizona where they need relief from the sun.	7/5/2014 4:21 PM
4102	It's safer for children to go to school in the mornings, working people to commute to work in the daylight, it's easier to go to sleep at night when it's dark out, and to wake up in the morning when it's light outside.	7/5/2014 3:09 PM
4103	I spend at least one week in the spring and fall adjusting my internal clock to the time change. I usually take at least one sick day during that time because I cannot deal with it. The time and money spent on those lost hours is enormous when you consider the multiplying effect over the state. We would have the same number of daylight hours, they will shift on their own and in a gradual effect which is much better for adjusting. There are many other things we can and should do to save energy.	7/5/2014 3:04 PM
4104	It's safer for school children to go to school in daylight, safer for workers to commute to work in daylight in the mornings, more invigorating to rise up in the morning when it's light outside, etc.	7/5/2014 3:04 PM
4105	I love the change to daylight, I save money and enjoy going out at 8:00 pm still light. More thing that the government of Utah can do with the waste time and money, then complaint about daylight saving time. Leave it, we love it.	7/5/2014 2:52 PM
4106	I never use the light at the beginning of the day (except for getting to work), only at the end (so I'd prefer to have more light when I'm working on personal affairs)	7/5/2014 2:21 PM
4107	In the late 70's I lived in Arizona, I have experienced Standard time year around, and I like it, I don't understand why we continue to put our bodies through Jet-lag just to reward those who like to stay up late at the expense of those who raise early to enjoy the best time of the day. Please stop punishing the good people of Utah with this meaningless time change twice a year.	7/5/2014 2:18 PM
4108	Having some light in the evening after work is both useful and desirable. Our non-working life happens in the late afternoon and evening.	7/5/2014 2:17 PM
4109	IMPORTANT REASONS UTAH SHOULD NOT OBSERVE DAYLIGHT SAVING TIME 1. Utah is in the western section of the Mountain time zone, which puts the sun east of the meridian by an average of 25 minutes at noon. Daylight saving time adds an hour to the 25 minutes. 2. Arizona does not observe daylight saving time. Utah, being north of Arizona, already has later sunsets than Arizona during the spring and summer seasons. Daylight saving time makes the sunsets one hour later. To average the sunset time more uniformly, Arizona should observe daylight saving time instead of Utah. 3. Before March 20 and after September 21, the sun rises later in Utah than in Arizona. Daylight saving time adds one hour later onto this later rising, causing more nighttime darkness in the mornings. This affects student learning and causes unsafe conditions for school children, bicyclists, etc., until daylight saving time ends. Safety of children and other residents is more important than the state economy. 4. Ranchers and farmers, who are in the minority, have more daylight during the day than those in Arizona, during the spring and summer seasons. Many of them can still work their same schedules, without the time change to DST. Those who have other job schedules can work an extra hour in the morning when it is cooler, instead of an extra hour in the evening. Note: Daylight saving time also causes physical and mental adjustment stress for many people, when the time changes occur, as well as extra time spent changing clocks twice a year.	7/5/2014 1:13 PM
4110	I would like to stay with the permanent spring forward. I do not like the time changes, because I see the effects it has on little children, school age children and also adults are effected by it. When you go to work in the dark and come home in the dark people's attitudes are affected by it. Light gives a person hope and a feeling of joy and more energy. When it gets dark really early my children talk about how depressing it is and there is no energy left to do things with family. Children have a hard time changing schedules and it makes them grumpy. When darkness comes early, you are ready to close up shop. At least if we stay with a permanent spring forward those leaving for work in darkness will feel that there is still a little bit of day left when returning home at night with family. Also I would just like to be on one time for the whole year.	7/5/2014 11:37 AM

4111	My kids go through a rough time for a few weeks after every time change. Also, the choice that makes sense is to align with daylight standard time so that we don't have to change our clocks if we travel to Arizona etc. Getting dark a little earlier at night would also make it easier to get my kids to bed. I believe that in the future the US government will abolish Daylight Savings Time and in order to stay aligned nationally we should stick with Mountain standard time permanantly.	7/5/2014 9:05 AM
4112	If an organization chooses to changes their hours of operation, they remain free to do so. Don't cut off one end of the blanket to sew it onto the other end. Don't force everyone to conform to the desires of a few. Leave the clocks alone.	7/5/2014 8:44 AM
4113	I'm tired of the back and forth time change and I think it has major safety issues for children going to school. Its not need anymore.	7/5/2014 8:27 AM
4114	Amazes me when supporters claim daylight savings time "increases hours" etc. It does NOT increase hours, you are simply getting up one hour earlier! Danger to small children in rural areas, waiting for school busses in the dark early morning hours should be enough reason to stay with MST. Love the adage that 'only a white man believes you can cut a foot off the top of a blanket and sew it onto the bottom and have a longer blanket'. DST does not add anything to the 24 hours we all have, is just confuses everything twice a year. If an extra hour is necessary, you can have it without changing the clock for everyone. Hope I live long enough to see us stay on MST, Thanks, M. Berger, Deweyville, UT	7/5/2014 8:11 AM
4115	It's difficult to adjust your body's time clock when you switch to Daylight Saving Time.	7/4/2014 8:21 PM
4116	Daylight savings time is a disruption of our family rhythms.	7/4/2014 4:52 PM
4117	PLEASE leave Daylight Saving Time as it stands now!!	7/4/2014 4:25 PM
4118	Mountain Standard Time make's a great deal of sense to and a large number of people I spoke to.	7/4/2014 4:00 PM
4119	I don't like the children going to school or the bus stop when it is still dark outside. I would like to change it to make it safer for them.	7/4/2014 2:46 PM
4120	Align with Arizona! Switching times is pointless and frustrating, and it's more helpful to have light in the mornings.	7/4/2014 1:51 PM
4121	There are so many fun summer activities that work best in darkness. Bonfires, fireworks, outdoor movies, flashlight tag, star-gazing, etc. If the sun doesn't go down until 9:00PM, it's hard to enjoy these activities, especially with small children. Also with small children, the switches in spring/fall are so difficult. Lost sleep, reduced concentration in school, general mayhem. Arizona has it right. Get that hot sun down ASAP in the summer and reduce the hassle of switching times. Let's do this and make all the other states jealous. For farmers and others who like extended daylight, just get up earlier and do your stuff in the mornings!	7/4/2014 1:36 PM
4122	1. Daylight savings time gives families the chance to participate together in outdoor activities such as youth sports. The additional light is especially helpful in the spring and early fall. 2. For those who work, it is daylight savings time that gives us the chance to attend to yards, gardens, and outdoor community activities that require light. Even if it is light before we have to go to work (as happens when standard time is in effect) it isn't generally practical to do these in the morning in the spring and fall. There isn't enough time while it is light to get out equipment, do chores, and clean up and commute.	7/4/2014 1:22 PM
4123	when we go into daylight savings time first, loosing that hour takes a bout a week to adjust to. Second, it is too dark for too long in the morning, the kids are walking to school in the dark, that isn't safe. Being this far to the north, changes all the answers as to why we should have daylight savings ! why should the lobbiest be able to have such contra; over so many lives !!	7/4/2014 12:13 PM
4124	I enjoy the extra daylight at night in the summer. I can enjoy our beautiful state and do activities after work before it gets dark.	7/4/2014 11:41 AM
4125	The main effects are for evenings when families are generally together. The worst affected time would be around Christmas time, but with the colder climate darkens is less of a problem, unlike Summer when people enjoy the outside more. Morning daylight is less useful as people are off to work and children go to school etc. Permanent DST benefits both sides especially as there would be light, albeit reduced for One Hour either side of the times listed allowing light, even at the darkest periods of the year for most see their ways to work and again to home in the evening.	7/4/2014 11:18 AM
4126	We just moved to Utah from Arizona and have never had to adjust time. Things worked fine that way.	7/4/2014 11:07 AM

4127	I do not like the changing time back and forth. Lets put it at one time and leave it there. With permanent change to DST we would have more daylight at the end of the day all year long. Farmers and ranchers do not prefer DST. The people who like it are mostly the politicians and professional (doctors, lawyers etc.) as it gives them more time to golf on summer evenings. The change from one time to another is very hard for most of us to adjust to. Let's put the clock on one time and leave it there. Thank You	7/4/2014 10:54 AM
4128	I read about the history of it and understand why it was implemented, but I'm not sure it is beneficial any longer. As a parent who keeps their children on a schedule that is suddenly changed twice a year, i would like that to stop.	7/4/2014 10:06 AM
4129	It would help my business because we do a great deal of work with companies in AZ and California.	7/4/2014 8:02 AM
4130	I like more light in the winter in the evenings when I get home from work.	7/4/2014 6:57 AM
4131	If we have the courage to do away with DST and align with Arizona, I'll bet other states will soon follow. No one I talk to likes DST.	7/4/2014 6:39 AM
4132	It stays light way to long! Changing of times makes it really hard for kids and their parents. We aren't farmers anymore!	7/4/2014 2:53 AM
4133	Its easier when the light is at the end of the day. It helped farmers which is why we did it. So keep it there and leave it.	7/3/2014 11:57 PM
4134	You said it all in your description. Daylight savings works perfect with the seasons. The other choices don't even make sense. People make such a big deal about the adjustment from one time to the other. Sure you notice it but it is short lived. We'll worth it!!!	7/3/2014 11:21 PM
4135	I like the extra hour of daylight in the summer. Allows for outdoor activities that would be cut short with getting darker earlier. Since we have all forgotten, it was instituted to save energy. More energy is saved by lights going on later, than is recovered by the darkness in the morning when a lot of the population is still sleeping. As far as the switching thing goes I raised 5 children and we never had a big issue with the change, but this option would do away with that anyway.	7/3/2014 11:17 PM
4136	We don't need the sun setting at 10 pm in the Summer. Our kids need consistency; our senior citizens need sleep, and working adults need to go to sleep early to get up for work the next day. Factor in not just sleep schedules, but medication schedules as well, and Daylight Savings is more of a hindrance than a help.	7/3/2014 10:59 PM
4137	A waste of time. keep the standard the same as Arizona. then People don't have to plan on things changing an hour ahead or back. Also similar to how it is in Hawaii. Also it's rather annoying on daylight savings day to either loose an hour or gain one so to speak. just keep with Arizona. Then convince Nevada if you can in your hearings. Oh and Also Colorado.	7/3/2014 10:45 PM
4138	I believe that people are experiencing a lot of depression in the winter months due to the lack of light. Working in the health industry I hear this quite often.	7/3/2014 9:57 PM
4139	I am in favor of keeping our clocks constant because changing our internal body clocks to match business/farming/schedule clocks causes stress on the body. Any stress reduces the body's immunity and opens the door for a wide range of ailments. This is economically poor planning.	7/3/2014 9:22 PM
4140	gives more summertime daylight hours without causing too much wintertime dark hours	7/3/2014 9:22 PM
4141	I have no preference as to which time is selected, as long as we keep that time all the time. The change every 6 months is what I don't like. It's hard on sleep patterns. Thank you.....	7/3/2014 9:06 PM
4142	As someone who goes to work in the morning, I have always hated having to get up and deice my car in the dark (as the case of an early DST during the late winter/early spring months.) Aligning with Arizona on Standard Time will allow it to warm up earlier in the morning during the older months and cool off sooner in the evening during the hot months. I will also dance for joy over the fact that I will no longer suffer from “DST Jetlag” if this bill is passed and we no longer have to worry about changing our clocks. Aligning with Arizona is the best choice in my opinion because it will be easier to keep track of the time differences across the different states. If Utah was to go with the CREATE option, it can grow confusing in keeping track the different times across Nevada, Arizona and Utah together.	7/3/2014 8:52 PM
4143	I would prefer to remain on the same time all year because I don't see the advantage of changing and see many disadvantages to changing.	7/3/2014 8:09 PM
4144	Astronomical and time calculations are more confusing with daylight saving time.	7/3/2014 8:04 PM

4145	I dislike changing the clocks as this is rather disruptive to businesses and life. Maintain one constant time and allow businesses, individuals and agencies to adjust their times as benefited by sunrise-sunset timing; it's still the same amount of light hours regardless of clock time.	7/3/2014 7:53 PM
4146	We need to keep things natural. Lots of light in the morning is so good for the soul and helps us to be smarter, happier, healthier. and wealthier(:	7/3/2014 7:42 PM
4147	I think we should keep it the same all year it is really hard on children, those with certain disabilities, and older people. We have the same amount of time in each day anyway why. not just leave it alone. People would be happier and not so tired. Also I think there would be less accidents on the day after changing times. Changing times really messes people up.	7/3/2014 7:18 PM
4148	I like the extended sunlight in the summer and having a little more light in the winter for the kids to go to school.	7/3/2014 7:05 PM
4149	You can,t save daylight,put it back where it belongs.	7/3/2014 7:00 PM
4150	Daylight savings time makes no sense to me. I believe countless hours of good, productive time are wasted each time the body and mind must become accustomed to the new earlier/later schedule twice a year. It just seems counter-productive to me.	7/3/2014 6:35 PM
4151	Constantly changing back an forth is detrimental to individual health and to worker productivity. We don't need extra daylight at night - we are on the western side of the time zone. We can use the extra daylight in the morning in the summer to do things outside before it gets too hot. With daylight savings, many air conditioners run an extra hour at night than without it. Those who work in agriculture don't set their workday by the clock but by the sun. If we were to implement year round daylight savings time, Utah would be out of sync with the surrounding states.	7/3/2014 6:32 PM
4152	It's rediculous it doesn't do the things it was intended to do. I want it to stay standard time all year round. Doesn't save energy and should be left alone year round.	7/3/2014 6:27 PM
4153	Daylight savings time was a nice experiment that has failed. If you are a farmer that needs more light during the day, just get up earlier. There's no reason to continue this madness.	7/3/2014 6:02 PM
4154	I really hate how the times are changing, I want to just stay on the time we are on now, because I lose an extra hour on the other time... which takes away an hour for me work on my computer. ALSO messes everything up because you know, you are not used to it and it takes time to get used to how the time is changing, JUST STAY ON THE TIME WE HAVE NOW.	7/3/2014 5:40 PM
4155	I like DST in the summer, because we have more daylight, but stop changing the clocks. Pick and time and stick with it!	7/3/2014 5:36 PM
4156	Enjoy the extra evening daylight. Also think it is confusing to do business with states that have different time zones than the rest of the country.	7/3/2014 5:35 PM
4157	Why try to change Mother Nature? If anyone wants to get up an hour earlier to do something, then let them. Why should we all have to do it?	7/3/2014 5:23 PM
4158	It is so annoying to change the clocks twice each year-and it gains you nothing--whatever you gain in one season you lose in the next. If you want an extra hour, of sunlight, adjust your work schedule--not your clocks.	7/3/2014 5:18 PM
4159	Changing times twice a year is difficult. When I was still working you went to work in the dark and came home in the dark. It is hard for my grandchildren when it stays light so late to get to bed at a decent hour. Lets stay the same year round.	7/3/2014 5:18 PM
4160	It upsets us twice a year. We just get used to one and we have to change again.	7/3/2014 4:53 PM
4161	The time change does not make any sense. The only thing it does is confuse and frustrate everybody. Employees, employers and government. Where we are all becoming a global economy, it only makes sense to keep the time the same in the USA/Utah.	7/3/2014 4:34 PM
4162	Leave well enough alone. The Spring forward time (daylight savings) time works for all of us in this family.	7/3/2014 4:31 PM
4163	I would like to see us stay with the DST that we have right now. I do enjoy having more daylight in the evening. I do believe that changing the times every six months is not good for the body. My vote is for not changing anymore.	7/3/2014 4:04 PM
4164	The economic benefit is over stated and the statistical data is not being fairly interpreted. A comprehensive and fair review of "so called" data does not support the changing of the clocks.	7/3/2014 3:51 PM

4165	I view daylight savings like cutting off the top of a candle and putting it on the bottom and believing you've magically made a longer candle. It doesn't work like that.	7/3/2014 3:26 PM
4166	I find Daylight savings a huge inconvenience and the benefits minimal. Consistency is a good thing, and the DST program introduces inconsistencies with international, and interstate business, as well as with our own living patterns whenever this disruption occurs. I would very much like to see us go back to normal Mountain Standard Time, and stay there. I hope the other states follow so that we can all be on the same page.	7/3/2014 3:07 PM
4167	Happen to like fall and winter times. Only my opinion. Nice that you are asking we the people.	7/3/2014 2:55 PM
4168	This would make things so much easier for scheduling. I would also not have to bother with the stupid switch on the back of my alarm clock, not to mention the lethargy I feel every Spring when I have to wake up "earlier" to be to work on time.	7/3/2014 2:47 PM
4169	A huge number of software bugs have occured over the years due to developers not taking Daylight Savings Time (DST) into account. These bugs have cost companies lots of money and even when developers do take DST into account it makes their software more complicated which also costs companies money. Keeping our time system as simple as possible makes it easier for everyone to collaborate.	7/3/2014 2:44 PM
4170	Keep the time the same unless it becomes a wider movement. Dealing with Arizona during the year is confusing for business and for those interacting with them. Uniformity with the majority of the country is important to remove impediments to business. Being different that the rest of the country would just make it confusing to deal with Utah. In some regards some feel that Utah is already a bit unusual. Let's not add to it.	7/3/2014 2:38 PM
4171	I love light in the morning. I like it lighter for kids to get on the buses, rather than have it lighter to drive home in. I loved living in Arizona where it never changed. I don't think it saves energy. I wouldn't mind if daylight saving was the second week of June to Second week of August so boaters and recreators will have more time after work to do things. Because most kids have the summer off. I do not want to have to get kids up earlier.But it caused me so much grief trying to get my kids off to school. At first it was only a month of misery, then they changed it to April, I throught that was ghastly. Then to March- I thought that was stupid. We did not gain any extra daylight. It was dark in morning and dark at night. I would love to stay on standard time.	7/3/2014 2:35 PM
4172	The benefits aren't substantial and are mostly unprovable. However, the fatigue, health problems, accidents, etc. that come from loss of sleep are.	7/3/2014 2:31 PM
4173	I really feel the time shifting to be a big problem physically and psychologically, especially in the days and weeks just after the change. The supposed benefits all seem fairly minor and are in dispute anyway. Having the sun set so late isn't really good for families with children either.	7/3/2014 2:31 PM
4174	I believe people are more productive on day light savings because they have more daylight to use in the evenings.	7/3/2014 2:16 PM
4175	1 - Hard on biological clock 2 - Necessity for settingit up over 100 years ago no longer applies 3- Concerns of children going to school: a- larger percentage these days are driven/bussed than used to be. b- School starts later than most work begins, therefore most children will be arriving to school during the morning twilight or nearly full daylight time, not as likely to be in the dark. 4 - Considerations of energy use are important, however, it will offset itself no matter what season it is. Use more heat and electricity in winter if dark ealrier, Use more A/C in summer if light longer. Pick your poison it wroks both ways. 5 - Large % of Workers are off around 5:00pm, arriving home in the dark. The EARLIER Darkness discourages activity in the winter and longer hours of sedementary (no activity) leaving way for easier weight gain. Going into hybernation so to speak. PLEASE CONSIDER LONGER HOURS FOR EVENING TIMES YEAR AROUND. NO TIME CHANGES.	7/3/2014 1:51 PM
4176	DST just causes confusion.	7/3/2014 1:49 PM
4177	Originally daylight savings time was for the farmers; however, farmers get up when it is light and come back in when it is dark and do not depend on a clock. The disruption of the time at the beginning and end of the season is most acute for school children. The abrupt time change is harder to adjust to then a gradual change which is how the universe operates on a yearly basis anyway. Economically I do not find that energy is saved since heat/cooling adjust according to the temperature not the clock. If the downside to this change is that we will not get some federal funding, that may be a determining factor but should not be critical since federal funding always comes with strings attached. The other states that opt out of daylight savings time seem to handle their concerns well and get along fine without the adjustment of time.	7/3/2014 1:41 PM
4178	springing forward & falling back interfere with a persons normal body clock.	7/3/2014 1:27 PM

4179	I don't like changing back and forth. Pick one and stay with it. I do prefer to align with Arizona.	7/3/2014 1:22 PM
4180	In Utah we need the late afternoon light. Option 3 Make it #daylightsavingstime 12 months of the year. http://www.nytimes.com/roomfordebate/2014/03/06/daylight-saving-time-at-what-cost/keep-daylight-saving-time-year-round	7/3/2014 1:07 PM
4181	I don't have trouble adjusting to the time change. Enjoy the extra light in the summer when it is cooler.	7/3/2014 11:58 AM
4182	If other states around us move, then we can move. But Arizona alone is not enough of a business partner with Utah to warrant a change. We are trying to be a legitimate power in the West, so we have to play nice with others.	7/3/2014 10:49 AM
4183	The most important issue is that we stop changing the clock. I personally prefer daylight savings time because we have more outdoor recreation in the summer with later daylight hours. Everytime the clock is changed I get jet lag for days. At Camp Bow Wow we take care of over 100 dogs every day and board dogs overnight as well. As with people, our pets follow certain routines for eating and sleeping and it disrupts their routine as well. So, I'm speaking up for all the pets who get their internal clocks upset as well!	7/3/2014 10:38 AM
4184	Daylight savings time lets my husband and I enjoy more daylight hours when he gets home from work. We have more time to enjoy camping, hiking and even taking a nice walk after dinner.	7/3/2014 10:10 AM
4185	Changing our home AND body clocks twice a year is an unnecessary and unhelpful evil. I raised 6 children and twice a year, it was a miserable adjustment on their little bodies. We still have the same number of hours of daylight every day, so while I prefer having it lighter in the morning (and it's cooler then in the summer, so we would be able to exercise outside in the cool summer mornings!) I would accept staying on DST year round rather than go through this ridiculous nuisance twice a year! Please see that we show how reasonable we are in Utah.	7/3/2014 10:03 AM
4186	When I worked, I found it very unsettling in the winter to arrive at work in the dark and go home in the dark. Year-round daylight savings time seems to benefit the most people - particularly those who like outdoor activities best enjoyed in the light of day.	7/3/2014 9:55 AM
4187	I believe that it is unhealthy. Our bodies have cyclical pattern with the seasons. Let businesses and others have "summer hours". I get up at daylight to weed and work outside while it is cool. The mandatory switch should be eliminated. Thanks.	7/3/2014 9:15 AM
4188	Daylight Savings Time is so hard on me because it takes me so long to adjust to a new sleep schedule.	7/3/2014 8:40 AM
4189	Having lived in several states (Utah for over 35 years) do not change to a fixed time zone. Others in the country will consider you odd. However, for many of us that have SAD and function on the suns clock, we need the time in the evening as much as possible. We understand the reason to reset it in the fall, so that children are safe going to school, not in the dark. However, if you fix on that time period, in the summer I will be awake from 4 until 8 pm. Please do not become an anomaly because some are vocal about having to reset their clocks. We all make sacrifices in something.	7/2/2014 11:30 PM
4190	It really is best for families and for enjoyment of our Utah outdoor activities and scenery	7/2/2014 10:51 PM
4191	DST has never made sense to me. Daylight is daylight and you can't save it. Changing the time just moves the clock so it is more dark in the am and sundown an hour later, depriving many of us of the benefits of cooler, longer evenings to enjoy. Standard time should be 12 months. I think there are many studies that have been done indicating standard time is more economical and safer for children.	7/2/2014 10:47 PM
4192	DST is not needed in Utah	7/2/2014 10:36 PM
4193	I dislike changing times. All it does is make people tired, less observant, and more prone to illness. There really is no need for it anymore.	7/2/2014 10:02 PM
4194	I find the constant switching from DST to ST to be annoying. Making the adjustment always take me weeks to recover. Arizona has it right.	7/2/2014 9:51 PM
4195	I'd like to be able to enjoy the summer evenings by having the sun go down earlier by not having DST.	7/2/2014 9:29 PM

4196	I think this is the strangest use of legislative time I have ever seen. Clearly our elected officials have far too much time on their hands. As a parent of a child with autism I find them citing affects of children with autism laughable. How about spending the legislative effort creating funding for children with autism and insurance coverage for autism treatment? Moving away from the current time standard will have a huge impact on numerous activities. Baseball and soccer games will have to be played on lit fields....which are in short supply. This is ridiculous. I move to vote in new representation.	7/2/2014 9:16 PM
4197	There is no need for Daylight-Saving Time in Utah. We're on the western edge of the time zone. Pacific Time begins near Tooele (Deseret News, 9 Aug 1967), so standard time is actually more than thirty minutes ahead of sun time, making for a later sunset according to the clock on standard time. All one needs to do to see the difference is drive from Mesquite to St. George. On June 21st, sunset is at 7:59 pm DST in San Diego; it would be at 8:02 pm in Salt Lake City on standard time. Changing to DST increases our energy bills and aggravates sleep deprivation. A 27 February 2008 Wall Street Journal article cited a UC Santa Barbara study showing residential electricity soared up to four percent in Indiana after DST was imposed on that state in 2007. Increased evening air conditioning use was the reason for the uptick. The study also finds that reduced evening lighting in March is offset by people using their heaters for a longer period of time on cool mornings. Another study out of Berkeley by Ryan Kellogg and Hendrik Wolff concludes that changing to daylight saving time earlier may use more energy because of increased demand when it's dark in the morning. The authors studied an earlier springtime DST change in Australia prior to the 2000 Olympics. They question if this clock change saves energy like it used to because "the widespread adoption of air conditioning has altered intraday patterns of electricity consumption." An April 5, 2007 USA Today article cited Energy Department figures to report a 3% increase in gasoline consumption during the three-week time period in March compared to the previous two years on standard time. Not only does the change to DST cause an increase in heart attacks and traffic accidents, the later sunset time according to the clock causes us all to unwind at a later clock time, but we still have to get up early to go to work or school the next morning. For instance, if we must get up by 5:00 am to get to work on time, but because it's not dark until 10:00 pm, we don't unwind and get to bed until 11:00, midnight, or later, so we aren't getting enough sleep. If it was dark by 9:00 pm on the clock, we would unwind and get to bed earlier providing us with adequate sleep. Year-round DST is a horrible option. Not only would it be impractical for someone traveling from Nevada to Colorado in the winter to have to set their clock ahead two hours when they cross the Utah border, then back one hour when they get to Colorado, year-round DST was tried in the 1970's and was an absolute disaster. Sunrises in December, January, and February didn't occur until nearly 9:00 a.m., so school children had to go to school in the cold, dark, and dangerous pre-dawn darkness. During this time period, Utah Governor Cal Rampton wrote US Representative Wayne Owens expressing his concern about the cold, dark mornings and the increased risk to school children. He also said public opinion in Utah was against daylight-saving time in the winter. According to a 1 February 1974 Associated Press article in the Yuma Daily, the Governor of Florida called a special session of the legislature to opt-out of winter DST citing the deaths of eight Florida school children in the first month of DST. As a Deseret News editorial once put it, "Is stretching daylight to nearly 10 p.m. in the height of summer necessary? " (Deseret News, 19 Mar 1996, p. A14) I think daylight to nearly 9 p.m. would be sufficient. Remaining on standard time throughout the year would help us sleep better and save us money. It will be exciting for romantic summer evenings to return to the Beehive State, and for the fireworks and outdoor pageants to begin at a much more reasonable hour.	7/2/2014 8:47 PM
4198	Most of my family and friends are in Utah (we recently moved away), and daylight savings is no use to anyone anymore. in fact it was no use to anyone ever. Just be done with it and hopefully other states will follow!	7/2/2014 8:16 PM
4199	It is no longer relevant to continue to use DST as a standard for any particular reason other than habit and a recent tradition. During WWI we used it as an energy savings tactic for our industries, but it was never really solidified through any solid research to provide such savings and in fact it has been suggested to either be either negligible in energy conservation or be more costly. We may be saving in lighting energy usage, we're actually using more air conditioners in businesses during the warmer hours, as suggested in a 2008 National Bureau of Economic Research study. Another issue that removing DST would resolve, would be the circadian rhythm interruption/offset caused to our biological clocks by the semi-annual adjustment. It's not necessarily going to help us in productivity if we keep offsetting the time we need to get up, as we find our rhythm again, going to sleep and getting up at a different time. Overall, keeping DST is somewhat of a short-sighted convenience in my humble opinion. Thanks for considering.	7/2/2014 8:08 PM

4200	I hate changing every six months. I really wouldn't care where it is if it just stays the same all year. Day light saving all year would put children going to school in the dark in the winterand that would be very dangerous.	7/2/2014 7:49 PM
4201	I would like no changing times. It is hard on the kids.	7/2/2014 7:24 PM
4202	Changing time twice a year is very painful and disruptive to our bodies and our lives. I prefer that we pick one time and stick with it. I prefer the "spring forward" time because it provides more light for people at the end of the day in the middle of the winter. No matter which time we pick, in the mornings we get up and go to work virtually in the dark. But an hour more of light at the end of the day would have us leaving work perhaps when the sun is still up and getting home at sunset rather than after dark. It is discouraging to not have any daylight during your discretionary time (after work). I think it would improve morale during the winter to get off work while it is still light. However, matching Arizona's time would probably be most practical.	7/2/2014 7:04 PM
4203	We are on the Western edge of the time zone. No needf for DST.	7/2/2014 7:03 PM
4204	I would like to comment. I lived in Calif. for many years, In Ariz. for 5 years, and now in Utah for 7 years. I didn't like the saving time much in Calif., I know of no problems in Ariz. without it and now I dislike it even more in Utah. I assume the idea was to have more daylight and thus save electricity with having the day begin sooner. In the Summer, unless you go to work at 5:00 AM, some do, most do not, there is light to drive at 6:00 AM (daylight saving time) or 7:00 AM (standard time). No saving there. If you come home at 5:00 PM (dst) or 6:00 PM (s t) still no saving. In the winter you drive in the dark both times. I could mention also the upset in the biological clocks for most normal people. But, that only lasts a day or 2, or 3 or 4. Interesting use of the "saving" in "daylight saving time". I guess one does "save" one hour in the Fall but of course must give it back, like it or not, in the Spring. Without interest of course. I guess I feel the same way, someone said, the old Indian felt when he was asked about daylight saving time. His comment was, "Only the government would think that if you cut one foot off the top of your blanket and sewed it on the bottom you would have a longer blanket. Sincerely, KC Ellsworth	7/2/2014 7:00 PM
4205	Simply put changing up your circadian rhythm can be detrimental to your health, scientists tracked large groups of people for eight weeks at a time as they made the transitions to daylight time in spring and to standard time in autumn. They found that in spring, people's peak activity levels were more in tune with their body clock than with the actual clock. Studies suggest that this disconnect between body time and clock time can result in restlessness, sleep disruption and shorter sleep duration. Other studies have suggested links between time change and increases in heart attacks, suicides and accidents. I lived in Arizona on a ranch and the benefits of DST where simply not needed, our bodies by themselves could figure out that the sun was going to raise at 5am in the summer.	7/2/2014 6:54 PM
4206	I prefer that we align with the other states. I feel it's kind of stupid that we have to keep switching our clocks all the time and we're like one of the few states that does this now.	7/2/2014 6:47 PM
4207	Please pick a time and stick to it!	7/2/2014 6:37 PM
4208	Daylight saving is great in the summertime with outdoor activities continuing until 9pm because of the extended summer evening light. It would be great to have this extended afternoon light in the winter time also. I hate going to work in the dark only to return in the dark because it get dark at 5pm without daylight saving time in the winter. Lets all keep it light into the afternoon and evening.	7/2/2014 5:52 PM
4209	I see no benefits from this outdated law. The world operates 24/7. Just leave the time alone and save the inconvenience of springing forward and falling back.	7/2/2014 5:48 PM
4210	I lived in Arizona most my life. We moved to UT 3 years ago. As you know AZ does not observe DST. It wasn't until we moved here that we were able to live it. When you look at it logically, it does not make sense to have it. It causes you to use more energy. With the sun "up" longer, we all have to use more a/c. When you look at it economically, drive-ins or fireworks, you have to wait until 10 for it to be dark enough for those. When we lived in AZ, it was completely dark by 9oclock and we were able to celebrate and things like that. I've never understood, if a 100 years ago the farmers needed extra light then they should have been the ones to alter their schedule. You don't change time for an entire country. I hope Utah will stop observing DST. I don't think you'll be disappointed.	7/2/2014 5:48 PM
4211	The nonsense of changing times has long lost it's usefulness. We prefer the good old standard of Mountain Standard Time. My husband's health is better with Mountain Standard Time!!	7/2/2014 5:34 PM
4212	I would prefer to have darkness in the morning and more light in the evening year round, thus giving us more productive light in the evenings.	7/2/2014 5:27 PM
4213	Aligning with AZ will help a lot of cross border time zone issues.	7/2/2014 5:04 PM

4214	I think day light savings time is no longer beneficial today. It is a hassle from both work and personal perspectives. It just seems to make most people tired and cranky and most people with small children despise and dread it.	7/2/2014 5:03 PM
4215	As a person who has observed people that get SAD (Seasonal affective disorder) and noticing that it seems to hit most in the fall about the time change to DST, I would prefer that we stay on either Mountain Standard or Daylight Savings and stop the "fall ahead and spring back". I think the time has come to reconsider decisions made in the past and if they are still valid. Thank you.	7/2/2014 4:57 PM
4216	I am not a morning person but I work outdoors on my own schedule. The permanent DST option puts sunset as late as possible year around.	7/2/2014 4:35 PM
4217	I would prefer no daylight savings time change.We live in a rural area and it is dangerous to have school students out standing in the dark in the morning waiting for the bus. Also, in the summer when it stays light so late it is hard to get to sleep when you have to get up early for work. Most of the agriculture work in my area is done in the early morning hours not evenings.	7/2/2014 4:12 PM
4218	I think the concept of "Daylight Savings Time" is outdated and that the United States ought to simply abolish it. If it won't, Utah can do as Arizona did. If people want to wake up earlier in the day so they can enjoy more daylight, that's their decision, but I don't think it ought to affect my schedule.	7/2/2014 4:07 PM
4219	It's an anachronistic tool that doesn't make sense any more and just creates more problems than it solves.	7/2/2014 4:07 PM
4220	Do not like changing to and from Day light savings time.	7/2/2014 4:03 PM
4221	I prefer first to align with Arizona, second to create a new permanent spring forward. I have personally felt the health effects and stress on our family with young children every time it changes in spring.	7/2/2014 3:53 PM
4222	maintaining light later in the day during the summer isn't necessary, and may cause problems with keeping people on a habitual sleeping pattern. The time change also occurs in the middle of school. It's hard enough getting used to getting up without having the time change on you.	7/2/2014 3:31 PM
4223	The time changes occur in the middle of school every year so it's not really pleasant for people to have to adjust to a new schedule twice a year. Staying lighter, later in the day during the summer also makes it harder to keep a bedtime schedule for lots of peole.	7/2/2014 3:26 PM
4224	Daylight saving time no longer serves a purpose. People have jobs and recreation 24 hours a day and the time on the clock no longer saves energy. The changes in spring and fall make people tired, cranky, and ill. There are more auto accidents during the first two weeks of changing the time. People dealing with health issues struggle more at those times. It is hard on your body to change sleep habits. I wish we could always stay mountain standard time .	7/2/2014 3:05 PM
4225	I like it to be light as long into the evening as possible. I can get more done. When the sun goes down, it seems my energy goes down, as well.	7/2/2014 2:49 PM
4226	Align with Arizona!!!!	7/2/2014 2:39 PM
4227	We are no longer dominated by farmers who rely on the sun to determine when to start the workday. We all have clocks. Lots of them. We carry on with an alarm in our pocket. And sleep with it next to us at night. We can determine when we need to get up or adjust our schedules. No need to waste the time/money/loss of productivity/missed opportunities of changing time every 6 months (or forgetting to do so).	7/2/2014 2:39 PM
4228	It no long serves a purpose. With the increase in technology and the increased demand for electricity, organizations no longer need to switch back and forth. With the reduction in the farming industry and reliance on technology to produce food, it has not been a benefit that is helping any longer. Beside, people hate losing an hour of sleep in the fall.	7/2/2014 2:28 PM
4229	Farmers and ranchers are able to work day or night and often times do, depending on the work that needs to be done. Please leave our clocks at one time year round ..... and we can set an alarm if we need to get up earlier or later. We have discussed the time change every time it happens and desire to have the time left the same year round....either time....just don't make us do daylight savings. It's funny that the newspaper said that daylight savings was put in to effect for the farmers. People aparently are out of touch with rural lifestyles. We work when we need to and for as long as it takes to get the job done.	7/2/2014 2:09 PM
4230	Every time we adjust the clocks, it causes sleep/health problems. My kids struggle with school because of it.	7/2/2014 2:03 PM

4231	I believe the population experiences adverse health consequences when the time is moved forward and everyone loses an hour of sleep.	7/2/2014 2:02 PM
4232	Chose Align because of Consistency year round. And I travel to AZ frequently. Get rid of the current time change - it's way past its usefulness and doesn't make sense.	7/2/2014 1:57 PM
4233	I hate it getting dark so early in the winter and I hate how changing it back and forth is hard on the body....especially as a school teacher, it effects the routines of my students as they try to adjust in the fall and spring.	7/2/2014 1:50 PM
4234	My husband lives in Hawaii, a non-daylight savings time state. The 3-hour time difference is far better than 4 hours. Current conditions show no advantage to it. And lastly, I'm a morning person and prefer the early light.	7/2/2014 1:48 PM
4235	There have been several deaths immediately after we go on DST which have been attributed to the dark mornings. For many activities, it is cooler to have an extra hour in the morning than after dinner. Thank you.	7/2/2014 1:46 PM
4236	One of the original motivations for creatting DST was to allow more time for recreation in the evening. Prior to DST many people dealt with longer summer days by simply starting their work earlier in the day. Most people have forgotten that adjusting their own personal schedule is a viable option (as opposed to adjusting everyone's schedule via DST for the convenience of some). DST is a never-ending nightmare for people who program computers, and the related mistakes that sometimes occur can be costly. Additionally, the idea that DST saves energy in the spring and fall appears to be false. Although a few (very few) studies have shown modest energy saving, the majority of studies show that DST actually increases energy consumption in the spring and fall. I propose that Utah do away with DST, and instead designate a voluntary summer hours period when businesses may choose to shift their work hours if it makes sense for them. If state employees had a separate summer hours schedule, many businesses would follow suit.	7/2/2014 1:39 PM
4237	Keep daylight savings year round!	7/2/2014 1:20 PM
4238	Never thought the DST thing was really worth it.	7/2/2014 1:20 PM
4239	Love Day Light Savings. Keep it year round!!!	7/2/2014 1:19 PM
4240	Why not be awake when the sun is up? A permanent "spring forward" option allows us to benefit from more sunlight year round.	7/2/2014 1:18 PM
4241	I support either one, the Mountain, or the move forward, but STOP the changing every two times a year. It is not necessary, especially as you look at the rest of the world.	7/2/2014 1:13 PM
4242	I would like to align with Arizona. I have detested daylight savings time for years. I would love if they did away with it. -Ryan	7/2/2014 1:06 PM
4243	Safety is my chief concern. From children walking to school in the dark to most "rush-hour" traffic hours being in darkness it just seems to make more sense to not change the time periodically throughout the year.	7/2/2014 1:01 PM
4244	DST is theoretically for farmers to have more hours of daylight to work in the agricultural industry. All farmers will work the hours necessary to complete their tasks regardless of what the clock says. The "Spring Forward" caused a short-term issue of lack of sleep for most, and this affects abilities/endurance in their jobs.	7/2/2014 12:54 PM
4245	We are on the western side of Mountain Time. We do not need the additional daylight. I have been in Denver, and see that they benefit from Daylight Saving Time. There is no energy savings, as I use just as much energy in the morning and evening.	7/2/2014 12:54 PM

4246	I would prefer to stay on year round daylight savings time for a number of reasons. I love to be outdoors. When we are on standard time, I am unable to be outside (yes even in the winter I enjoy being outside walking) due to it being dark about the same time I get home from work (5:00). Furthermore, my kids cannot go outside and play in the evenings because it is dark. I also suffer from SAD. I love that I do not have to use a light box once we are on daylight savings time. I am afraid that if we go on standard time year round, I will not be able to get outside and walk even in the summer time because it will be too hot in the morning at a time when I can currently walk (I cannot go any earlier than 7:30 a.m). I feel that with extended daylight hours, more people are more apt to be out moving; whether it is exercising, just outside doing tasks around the house, or going to the gym. I believe, regardless of the weather conditions, people will be more mobile with extended daylight hours. With obesity being among the number one killers in America, I cannot see how we cannot be proactive and do what we can to promote activity. Also, Utah was just voted as one of the most healthy states in the nation. I feel that it is due to our lifestyles and the amount of recreational activities that Utah offers. The study was done as a whole, not just a seasonal study, which leads me to believe that the people of Utah are active year round. Let us capitalize on this. I am also an educator. Many of the students in my district stay after school for after school programs in which they do not finish before 5:00. Many of the students have to walk home following the practices, homework sessions, and extra-curricular activities. It is dark when they walk home and I worry a little bit about their safety. Please please please make a change for year round daylight savings time.	7/2/2014 12:06 PM
4247	I prefer not to have to try and make my body adapt to changing a full hour forward or backwards every 6 months.	7/2/2014 12:03 PM
4248	This would greatly reduce the time kids and adults have to recreate and have a healthy life style	7/2/2014 11:55 AM
4249	Normal standardized time would align us with the rest of the world.	7/2/2014 11:47 AM
4250	Please put an end to Daylight Savings Time. It is unnecessary.	7/2/2014 11:42 AM
4251	I am a full time working mother of two. Daylight Savings Time throws off our work and sleep schedule and upsets my kids for at least a month each time! I have never liked changes and would love a permanent fix. Daylight Savings is not prudent in our modern society. Even the farmers I know have no use for it.	7/2/2014 11:37 AM
4252	The ski areas and golf courses would increase in visitors along with other venues if permanent daylight saving time were instituted. That would improve our economy. Utah would become a business destination rather than a pass through.	7/2/2014 11:25 AM
4253	I like daylight savings time because without it, the sun would come up before 5am in the summer time. However, switching from MDT to MST is difficult for young children. Therefore, I would be a proponent of staying of MDT all the time.	7/2/2014 10:58 AM
4254	Daylight savings does not serve any purpose other than being an annoyance.	7/2/2014 10:56 AM
4255	I believe that Utah, among many states has a high rate of suicide among school age children and adults. If we could see the sun longer during the long winter months, our mental and physical production would be higher and therefore our production levels would increase.	7/2/2014 10:53 AM
4256	I think we need the permanent spring forward to give us more light during the winter. It gets dark way too early.	7/2/2014 10:41 AM
4257	During the summer, on standard time, it's plenty Light enough at 9mp to do shopping, playing etc.	7/2/2014 10:26 AM
4258	I like the daylight hours in the evening when there is a lot to do. It is already getting light at 5:30 in the morning which wakes me up earlier. If we leave DST behind it will be getting light at 4:30 in the morning. I sure don't want to be waking up then after spending late summer evenings with family and friends. Thank you.	7/2/2014 10:23 AM
4259	I like having more daylight in the evening so that I can get things done after work. However I hate switching times the most. So I will either go with Create or Align, but I do not want the current system for daylight saving time.	7/2/2014 10:05 AM
4260	Stop the madness!!!!! Keep the time the same	7/2/2014 10:03 AM
4261	What about picking a time half way between standard and DST (i.e. standard + 30 min)?	7/2/2014 9:59 AM
4262	Not a fan of having the sun come up before 5 AM or after 8:30 AM. Generally between 6-8 works great for me.	7/2/2014 9:45 AM

4263	Daylight savings costs a lot of time, money, and health. The benefits are either no longer relevant to an urbanized society or were exaggerated to begin with. The only reason to stay on a DST program is to be consistent with the rest of the Nation/World. But I think we can be part of a movement to affect change nationwide. An option not presented here is to move to -6:30 from UTC which puts summer sunrise at 5:30am and winter sunset at 5:30pm which seems nicer year-round. While a half hour shift is odd it's also not unheard of in countries around the world.	7/2/2014 9:44 AM
4264	I love Daylight savings time. It is a great way to feel like we are extending summer and then, welcoming fall.	7/2/2014 9:37 AM
4265	It really is healthier to keep on a schedule as opposed to changing sleeping,eating and working schedules twice a year. I have not found any advantage to the change.	7/2/2014 9:19 AM
4266	I like the change and I don't mind changing the clocks. It's nice to have the sun and daylight longer, I think it keeps us healthier we need that vit D. Plus it helps the kids in winter so it's not so dark in the mornings on there way to school.	7/2/2014 9:16 AM
4267	I just want it to stay the same whatever is chosen. I don't like springing forward.	7/2/2014 9:08 AM
4268	In today's world the is no advantage to daylight savings. People adjust to daylight hours and use them as required. Farmers work from daylight to dark without regard to time. I was raised on a farm and we adjusted to evening activities as needed.	7/2/2014 8:55 AM
4269	It takes me over a month to adjust to each time change. This effects my health and my work productivity. I hate the time change and just want it to remain the same all year around.	7/2/2014 8:04 AM
4270	My second option is to align with AZ and standard MT time. The continued use of daylight savings is outdated for daily life today in 2014 and in the furture. Choose a time and stick with it. The economy, buisness interests, farmers, outdoor activists and families will all equalize and stablize with the decsiion to eliminate Daylight Saving Time in Utah.	7/2/2014 8:00 AM
4271	I see no benefit in changing something that is beneficial for many reasons and I see no benefit in halting or altering the current program. The options I have have read other than not changing seem to have adverse effects on many outdoor activities and youth sports at locations not setup with lights.	7/2/2014 7:58 AM
4272	I really do not care which one we go with, Just stick to one time (i.e.Standard or Daylight), We do not need to keep flip floping back and forth.	7/2/2014 7:16 AM
4273	Permanent spring forward. I like to have the daylight in the evenings to do things outside. I work dayshift. Its dark when I drive to work, regardless of the season, so permanent spring forward gives me more time to do things outside, after work.	7/2/2014 5:55 AM
4274	We desperately need free evening light because it saves money, it is healthier for the planet, and it saves our sanity by keeping our minds happier. When we go about our evening activities we are more safe because it is light. Being on Daylight Savings Time all year is optimum. If not starting that trend, we should at the very minimum be on the same Daylight Savings Time as the USA is currently. Arizona is missing out on free energy.	7/2/2014 5:52 AM
4275	For the sake of our planet we need to take advantage of every free hour of light that is given us. Many more people are out and about in the evenings than are out in the mornings. The evening light ward off depression. Utah winters are gloomy and we need desperately to have more evening light so that we can cope better. The evening light keeps driving to those many evening activities safer. The evening light deters crime. There is a lot of money to be saved when we don't have to generate electricity to have light.	7/2/2014 5:45 AM
4276	This is more of a hassle than helping.	7/2/2014 5:36 AM

4277	I think that we should stay with a permanent spring forward. Thinking on it, we should not do a permanent fall back because during the summer, that would make dawn prior to 5am....dawn should not happen or begin prior to 5am. It would also cut summer days shorter in the evening, which are luxurious as they are. Which brings me to why we should keep spring forward year round. During the winter months, dawn would come later, and that would be a bit of an annoyance, but most people are preparing for their days working and or commuting and don't really have the time to enjoy that hour. Whereas the extra hour in the evening, making the day seem longer, I believe would relieve much of the winter stress that people feel. It may be just enough to release the pressure cooker feeling one gets sometimes in the winter. I think more people would make better use of that day light hour in the evening than in the morning, and give the illusion that the day is longer than it is. Given that we are an area that is known to struggle with Seasonal Affective Disorder, this may greatly improve those who struggle with such and improve the moods of everyone generally. I also posit that the population would have a greater opportunity to catch some rays thus increasing levels of the hormone known as vitamin D, which are difficult for northern populations to get, especially in winter times. We here in the Wasatch Front also have the added hurdle of the inversion, with mixed in pollution, that makes it more difficult to get our much needed sunshine for good health. In the winter time, I believe more will take advantage of this daylight hour in the evening, rather than the morning hours, after it has gotten warmer through the day. Or at least enjoy remaining sunlight during their communte. Needs have changed and I am excited this discussion is being had. Thank you for hearing my thoughts.	7/2/2014 4:04 AM
4278	I suggest keeping it on permanent time frame we're on right now.	7/1/2014 11:36 PM
4279	Is there not bigger issues I n this country than worrying about getting up earlier or later. This has worked for many yrs.....WHY are we messing with the world clock????????PLEASE advise why this is an important issue.....	7/1/2014 10:43 PM
4280	Being a doctor, I firmly believe the body's circadian rhythm is aligned to the presence and absence of daylight. If the time is aligned to the sunrise and sunset, it will be beneficial for students, and working population. The whole society will be more productive. More evening daylight is beneficial for recreational and entertainment purposes only.	7/1/2014 10:43 PM
4281	I think I picked the right one - does "spring forward" refer to having summer time all year round? Because that's my vote.	7/1/2014 10:29 PM
4282	I think I picked the right one - does "spring forward" refer to having summer time all year round? Because that's my vote.	7/1/2014 10:29 PM
4283	I prefer to have DST all year as I do not like the dark in Winter months.	7/1/2014 10:17 PM
4284	It served it's purpose, but with how things are now it's irrelevant.	7/1/2014 10:15 PM
4285	It is not broken and does not need fixing. People who are against this measure cannot seem to and will not adapt to the time change. Being up north is a great advantage due to the amount of daylight we receive during the summer. I can spend much more time outdoors after work. As I said before, people seem to be careless and do not want to adapt. Furthermore including the safety of children going to school is also baseless. Daylight savings has been around for years and should not be an issue with those who could never adapt or use child safety, plus irresponsibility as an excuse.	7/1/2014 8:32 PM
4286	I don't thing it saves any energy Maybe a long time ago it berfefited farmers but we don't need it now	7/1/2014 8:26 PM
4287	I don't thing it saves any energy Maybe a long time ago it berfefited farmers but we don't need it now	7/1/2014 8:25 PM
4288	I don't thing it saves any energy Maybe a long time ago it berfefited farmers but we don't need it now	7/1/2014 8:24 PM
4289	Keep it as is, we are used to it. I love having the extra daylight in the summer time.	7/1/2014 8:23 PM
4290	I do not like going to work in the dark and coming home in the dark.	7/1/2014 8:18 PM
4291	I hate DLS. It is very hard to recover from the change in time.	7/1/2014 8:17 PM
4292	It takes at least a week to get back to normal	7/1/2014 8:16 PM
4293	The school children have a hard time with switching times	7/1/2014 7:51 PM
4294	I don't like it because of the children have a hard time with adjusting to the time	7/1/2014 7:48 PM

4295	I do not like day light savings time!!!!	7/1/2014 7:41 PM
4296	With this day and age i have the belief that the use of daylight savings is no longer needed. It just creates more of a hassle in my life.	7/1/2014 7:39 PM
4297	There is the same amount of sunlight during the day no matter what the clock says, we don't control the sun. Why give everyone the headache of having to remember when the clock changes?	7/1/2014 7:26 PM
4298	It makes more sense to have one option only. And to have it lighter longer in the day is what I hear most often when in conversation about this topic. The majority of people prefer to keep it one way consistently throughout the year.	7/1/2014 7:24 PM
4299	I hate it for my kids back and forth stay on mountain standard time PLEASE	7/1/2014 7:16 PM
4300	Pick one and stick with it. No switching back and forth. How can there be any saving of electricity. Either one used it in the morning or in the evening . Still have to use the electricity.	7/1/2014 6:58 PM
4301	It is a hassle to try to get adjusted. Your system doesn't adjust we'll.	7/1/2014 6:40 PM
4302	I live in a farming community and have heard farmers say how pointless daylight savings is. If it is not benefiting the people it was originally created for, why are we still doing it and why is it longer now? As a mother of young kids daylight savings is a headache for shifting sleep schedules. Plus if the sun set an hour earlier in the summer my kids might be able to stay up for fireworks.	7/1/2014 6:38 PM
4303	Daylight Savings doesn't benefit us and isn't necessary any more.	7/1/2014 6:36 PM
4304	set time all year. Hard to adjust to moving time.	7/1/2014 6:32 PM
4305	I do not like having to adjust twice a year	7/1/2014 6:25 PM
4306	I think Daylight savings is antiquated and ridiculous. it no longer serves any purpose. It does however, affect my students and their learning. There is always a period of time adjustment.	7/1/2014 6:11 PM
4307	one of the reasons that you gave for daylight savings is that the farmers and ranchers get more day light this is not true they work from daylight to dark and the clock time does not matter what time it is thy do not get hour for work just ask all of us an extra hour of work	7/1/2014 6:02 PM
4308	Time is time. I would prefer Daylite savings because we live in St. George close to the Arizona Border. However it is hard for us old folks bodies to adjust and we have had this time thing going on year after year---- But Daylite would be nice. It would help with children getting on the bus. Thanks Judy Bennett	7/1/2014 5:53 PM
4309	Utah is an outdoor recreation state because of our beautiful scenery and variety of things to do. A large number of families have both parents working or the only parent working in single parent households. During the summer when the kids are out of school, the only time families have to spend together outdoors is after work while it is still light or on the weekends when we are generally doing yardwork, cleaning, and running errands. This is the time for cookouts, going to the park, etc. when the family is all home. We would be fine with the create option or the align option, as long as we still have the later sunlight in the evenings during the summer months. I figure the create option would appease the people who just don't want to be bothered with changing their clocks twice a year. We should not be allowing a few people to determine this for the whole state. I hope they will put this on the ballot so everyone can vote on it if they decide to change anything.	7/1/2014 5:49 PM
4310	I believe that creating a new daylight saving (permanent spring forward) time would have lasting effects on health issues. I suffer from depression. Depression is worse during the fall and winter time frame, why? Studies have proven that a lack of natural light severely increase clinical depression occurances in a population not even diagnosed with depression. Modifying the schedule to allow for more sunlight hours after a typical work day will decrease depression and a vast array of social, economic and health related issues that coincide with depression.	7/1/2014 5:31 PM
4311	It's not necessary to fall back anymore and have it dark at 4:30 in the afternoon. Let's enjoy the daylight as long as we can, there's plenty of time to sleep.	7/1/2014 5:30 PM
4312	I love daylight savings time. It is depressing to come out of work at 6:00 p.m. in the winter to cold and dark. My neighbors would prefer for me to use light at 9:00 p.m. to mow my lawn than 4:30 or 5:00 a.m. to mow it.	7/1/2014 5:25 PM
4313	I like it to be lighter longer	7/1/2014 5:23 PM
4314	There should be a fourth option. I would like the change permanent. I don't really care if it's moved forward or back.	7/1/2014 5:08 PM

4315	More daylight, less electricity, more opportunities for our youth to participate in after school activities.	7/1/2014 5:07 PM
4316	Lack of daylight in the evenings would destroy youth sports.	7/1/2014 5:06 PM
4317	I would prefer to have more time after work than before.	7/1/2014 5:03 PM
4318	I do not like changing time twice a year.	7/1/2014 4:57 PM
4319	I do not like Daylight Saving Time. It upsets my body clock.	7/1/2014 4:55 PM
4320	I like having more light during daylight hours in the Summer. And I like not driving my kids to school in the dark during the Winter. So I am for keeping the light as it is.	7/1/2014 4:54 PM
4321	i believe daylight saving is detrimental to ones body chemistry and adversely affects sleep patterns.	7/1/2014 4:54 PM
4322	I struggle with depression. The short days in the long winters take a major toll on me. I have always felt that as far as a safety issue there are far more children out in the evenings than mornings - lessons, play, etc. I would much prefer light later into the evenings.	7/1/2014 4:31 PM
4323	I prefer to have to more daylight in the evenings for the summertime.	7/1/2014 4:26 PM
4324	I remember life before Daylight Saving time when life was simple. You got up in the morning early and went to bed when the sun went down. Now and forever...No one wants to rest, no one wants to enjoy the beautiful world that God created...all they want is a way to earn more money and spend more time playing. Play time is good so is gathering your family under your fold and enjoy life together. For children who have to wait for busses in the dark...I hurt for you. For fathers who work until after dark trying to earn that little extra, You are missing out your children are roaming the street while you are working late or heaven forbid you are playing without them. It all boils down to wanting a more simple life. Wake up with the Sun...go to bed with the moon.	7/1/2014 4:26 PM
4325	I do not like to change clocks every six months	7/1/2014 4:20 PM
4326	Most of my free time is in the evenings. I like the idea having an extra hour of daylight year 'round to be outside. I despise having to switch twice per year. At the very least, pick one or the other and leave it alone so there is no body clock adjusting.	7/1/2014 4:06 PM
4327	Please end this archaic and now purely commercial practice and leave the daylight in the DAYTIME! Just say NO to daylight at night!	7/1/2014 4:05 PM
4328	I formerly worked in Agriculture and we always worked with the sun, regardless of the time on the clock face. We now have a large number of electronic devices, watches & clocks and changing them all is a major hassle. Also, we have trouble sleeping with noisy kids outside our open windows. Also, we can open our windows sooner on Standard Time. I am from Arizona and loved the fact they stay on Mountain Standard time all year.	7/1/2014 3:53 PM
4329	Leave it on one way or the other, but please STOP changing it!	7/1/2014 3:48 PM
4330	I used to live in Arizona for many years and I never missed Daylight Saving Times.	7/1/2014 3:44 PM
4331	I love the longer summer evenings and it would be nice to have as much light as possible in the winter evenings as well.	7/1/2014 3:34 PM
4332	I think it's screwy to mess with people's body clocks twice a year. If businesses want to have DST they can have summer hours and winter hours.	7/1/2014 3:33 PM
4333	The time that our schools start was set before DST and going to school in the dark is dangerous as is going to work. Standard time worked well for many years and switching back and forth is unhealthy. Having more daylight in the morning ties in well with early to bed and early to rise makes a man healthy, wealthy and wise.	7/1/2014 3:30 PM
4334	I love the time now. I just don't want to change from it	7/1/2014 3:24 PM
4335	To change the time is destructive and expensive for many. It has never helped the farmers who get up with the sun anyway and to try to change the rythm of animals is to ask for trouble. It taks everyone time to adjust and is dangerous to many who end up driving etc. while drowsy. If we stop, others will follow.	7/1/2014 3:24 PM
4336	Why is this even a question? I'm a little disappointed that tax dollars are going into this effort. Just like same-sex marriage, fighting it is a waste of time and money.	7/1/2014 3:17 PM
4337	Switching to and from Daylight Savings Time is a thing that has long outlived its need. Let's get rid of it.	7/1/2014 3:13 PM

4338	Many youth recreation programs need the extra daylight to play on weekdays. The majority of city parks/fields do not have lights, so the number of games will be limited or eliminated. Most all youth sports games would need to be played on Saturdays, which already is limited on availability.	7/1/2014 2:49 PM
4339	I like the extra hour of light in the evening.	7/1/2014 2:47 PM
4340	It's too difficult to change back and forth.	7/1/2014 2:30 PM
4341	It is ludicrous that taxpayers' dollars would be spent on something as absurd as leaving the observation of DST-- why distance ourselves from 48 other rational states? Arizona is already ostracized for not complying. As an online retailer (I work for a fine jewelry retailer based in Provo), I do a great deal of business with customers outside of our state. Telling customers our business hours are Mountain Standard Time does not confuse them; changing hours halfway through the year would certainly confuse them and interrupt my communications with clients.	7/1/2014 2:21 PM
4342	I dread the time when this occurs...Get rid of it FOREVER!!!	7/1/2014 2:10 PM
4343	I love the extra daylight hours in the evening. Keep doing daylight savings time.	7/1/2014 2:08 PM
4344	I said to Align but I don't care which way just leave it the same all year. It takes my body a month to adjust with each change.	7/1/2014 2:05 PM
4345	Time should be based on the sun's position at GMT adjusted for each time zone, and not be changed "for more daylight". This should be the standard. It seems that MDT has replaced the standard because we observe MDT many more days than MST. To get more daylight in the summer, schools, businesses, etc., just start earlier, don't change the clocks. You are going to start "earlier" anyway. This way, you are not limited by just one hour, you are free to start as early as you like. Year-round DST is just fooling ourselves and the world will laugh at us. If you going to permanently change the clock, keep it standard to the sun (high noon).	7/1/2014 2:03 PM
4346	Does anyone else find it strange that we are on DST longer than we are on Standard Time? What's the point? It takes weeks for our "body clocks" to adjust to the changes. We will adjust our schedules to fit the daylight available-just another example of the government trying to control too much. Just pick a time and stick with it.	7/1/2014 2:01 PM
4347	I taught in a school for teenage parents. Every time the time changed, students came to school groggy and unhappy. The babies in the nursery would cry for nearly a week in the spring after the change. I prefer the standard time because it aligns with Arizona, but anything is better than shifting from one to the other.	7/1/2014 1:58 PM
4348	It's a bother and should be done away with. The percentage of Agrarians in the economy no longer justifies this program.	7/1/2014 1:52 PM
4349	Keeping the current time method allows for cooler hours in the morning when working in the construction field in So. Utah. Many cities on allow construction after a certain time in the morning. If the daylight hours are not pushed forward by the daylight Savings time shift then that light is lost.	7/1/2014 1:50 PM
4350	The daylight in the evening would seem to be a safer scenario. There are more bikes, pedestrians, and cars on the road for longer in the evening it seems. We tend to see a lot of kids walking from friends houses, or from games or other activities well into the darker evening in the winter months. And this seems to be more of an issue at night than in the morning. We would like to see the extra daylight in the evening during the winter primarily for this reason but also because it may also help reduce the seasonal blues that so many of us tend to expereince in the winter. That would benefit society greatly.	7/1/2014 1:41 PM
4351	We fool ourselves when we say that we are "saving" daylight, energy, or anything else. It is time to do the smart thing and stop this clock-changing nonsense!	7/1/2014 1:31 PM
4352	I would prefer to align with Arizona on MST. It's just really hard to bounce back and forth every 6 months or so, and I prefer the earlier sunset due to the fact that I have small children and it's easier to get them to sleep if it's dark outside at 8:00 pm.	7/1/2014 1:31 PM
4353	As a student I feel like daylight saving is a good thing. I feel better walking home after an activity in my neighborhood when it is light outside verse night. I don't feel like I have to go get my little sister from her friend's house. I feel like more kids play outside when it's light than night.	7/1/2014 1:24 PM
4354	I love having it light later in the day in the summer! Daylight Saving Time is also saves on energy. In the morning when it's dark I use fewer lights to get ready, and in the evening I use fewer lights because it is light outside.	7/1/2014 1:21 PM

4355	I prefer to have the extra daylight in the evening. This makes it so I have more light to accomplish tasks at home after I'm done working.	7/1/2014 1:19 PM
4356	As a full-time working parent I prefer daylight savings time because it gives me more opportunity to enjoy outdoor activities with my family in the evenings.	7/1/2014 1:16 PM
4357	I would like to retain daylight savings time. After 10 days of adjusting to it in March, it is worth it for the remaining months. However, if the majority vote is to get rid of it, do not make Arizona's mistake of having exceptions. The Navajo Nation in Arizona is NOT on daylight savings time and that causes all kinds of confusion. A town like, Tuba City is split, with part of the town on daylight savings time and part now. So, ALL of Utah needs to be the same whatever is decided.	7/1/2014 12:55 PM
4358	I like the change of moving forward and sprining back...I like the extra hours of daylight in the summer...always have...leave it the way that it is...	7/1/2014 12:54 PM
4359	We should stay on MST. I am retired, but spent a lot of time in Arizona while working. From what I could see, and when I asked, most Arizona businesses simply changed their working hours (started earlier) to give employees more afternoon/evening daylight that also got them home before the hottest part of the day. Also, I was raised on a farm. We didn't look at the clock much except for meals, so everyone ate at the same time. Otherwise, we worked until we couldn't see well enough to work. Now, everything is lighted or has headlights. I wish we would have had head-worn LED lights back in those days for irrigating at night. Technology and flexible modern work schedules have made DST obsolete.	7/1/2014 12:28 PM
4360	Daylight time for the working person is important to maintaining a beautiful yard and other evening activities. I would NOT support losing that time. An option that I MAY support keeping what is effectively Mountain Daylight time, as the permanent time setting. I does mean for dark mornings in the winter time, but I would consider trading that for having light later in the evening.	7/1/2014 12:14 PM
4361	I like the idea of permanent daylight savings. It's dark when I go to work in the winter anyway and I'm inside so it doesn't make any difference how long it's dark. The best thing would be that it would stay light longer in Winter so I could enjoy the sunlight for at least a little while after I get home during the cold months. It's depressing to have it dark during the Winter both when I go to work and when I go home. I'd like to exercise or do a little work in the daylight.	7/1/2014 11:54 AM
4362	As an early-bird, I use lights more in the morning and have to turn on AC earlier since it's hotter at night. The change is upsetting to many people's sleep patterns. If you want to get more daylight, get up earlier and give up late-night TV. Maybe businesses/stores need to open an hour earlier in the morning instead of staying open later at night. Hate to see kids standing at bus stops in the dark. If more states got rid of DST, other states would join in. Tourists do not care about DST - they usually come from other zones anyway. My grandfather was a farmer who got up with the sun - it had nothing to do with the clock - that excuse for DST is ludicrous!	7/1/2014 11:42 AM
4363	Keep it as is - it is horrible trying to do business in cities and states that do NOT change when the rest of the country does. Leave well enough alone!	7/1/2014 11:35 AM
4364	I like the extra light in the evenings, but I wouldn't mind going back to regular standard time	7/1/2014 11:29 AM
4365	Just keep it one way or the other year around. Let's quit pretending that it's one time or another, and leave the clock in one place all year long. I prefer the align option myself.	7/1/2014 11:26 AM
4366	DST didn't used to be so bad. Congress had to mess with it and expand it. A little is good, more is better? Not!	7/1/2014 11:26 AM
4367	It's very hard for a couple of weeks twice a year for everyone especially children to reset their biological clocks to adjust to the time change. Also, all farmers and ranchers I have known work from sun up to sun down without looking at a clock.	7/1/2014 11:19 AM
4368	DST is pointless	7/1/2014 11:11 AM
4369	I would like the daylight saving time but to last all year and not be changing every year	7/1/2014 10:58 AM

4370	I work indoors, and during the winter months, I go to work in the dark and come home in the dark, leaving only days off to get outside. I would prefer to have sunrise later in the winter months, which would allow me to enjoy daylight for a hour in the evenings. Furthermore, in the summer months, I typically stay on the same sleep schedule as in the winter, due to the fact that I work all year round. Having sunset at 10 at night in the summer causes me to loose track of how late it is, and makes it harder to get to sleep when it is still light outside. From an energy efficiency view, generally people sleep better in a cooler room. As the sun goes down, the temperatures fall. Less energy might be used if nature, rather than air conditioning assisted in dropping temperatures in the home. If I had to choose a second option, it would to join AZ. Changing time twice a year causes me to have to re-align my schedule twice a year, and interrups sleep patterns. From a work perspective, I have seen many people late (or early) for work or other obligations, and generally notice a degradation in work performance during the week of time changes. In addition, the US population doesn't get enough sleep, and by changing the time twice a year, we are just adding to the problem.	7/1/2014 10:53 AM
4371	It just make sense! Almost everyone I talk to hates the time changes. Lost sleep causes health issues & lost productivity.	7/1/2014 10:48 AM
4372	Studies have shown that these time changes cause health & safety problems and cost employers money in lost productivity.	7/1/2014 10:44 AM
4373	We enjoy our evening sunsets over the Salt Lake from our balcony and the cool evenings following the sunset, but can't do this until after 9:00pm. It would be much nicer to take advantage of this earlier in the evening.	7/1/2014 10:40 AM
4374	I don't see the point to Daylight Savings. The other aspect is that it causes extra work in any technology twice a year as Daylight Savings settings need to be verified. Usually this work is done late at night and into the morning.	7/1/2014 10:37 AM
4375	having the extra hour of daylight at the end of the day after work is fantastic, lets keep it.	7/1/2014 10:33 AM
4376	I don't care which way it goes, just so the time doesn't change during the year. I think it it hard for everyone to adjust, not just school children.	7/1/2014 10:19 AM
4377	Should be left alone and aligned with Arizona	7/1/2014 10:16 AM
4378	It has been proven that the changing times creates physical problems for everyone. The change in eating and sleeping times affects us in adverse ways. Please go with Arizona	7/1/2014 10:13 AM
4379	From a business standpoint, "spring"ing forward and "fall"ing back is costly and time consuming.	7/1/2014 10:05 AM
4380	Switching back and forth creates confusion. On DST our grandchildren are confused because the time changes. I prefer staying with MST.	7/1/2014 10:04 AM
4381	I don't particularly care about which way you swing it, just leave it alone. Quit messing with my body clock!	7/1/2014 10:00 AM
4382	I do not like changing back and forth. My body takes too many days to adjust. When we had children, daylight until 9:30 or 10 pm was awful with their sleeping habits. I much prefer that you leave it alone at Mountain Standard Time. Thanks for taking my input.	7/1/2014 10:00 AM
4383	Daylight savings is for farmers. I think we need to support the farming community. I know it is a pain for our families and especially kids. I prefer having to stay in the time zone we are in the summer, but I would only vote for this time zone if I knew it would not affect the farmer.	7/1/2014 9:46 AM
4384	I look forward to daylight savings from about a month after we return to standard times. It gives my busy day an opportunity to have some leisure time outside. Also, in the winter when we are on standard time, I get to go to work in the dark and return home in the dark. No daylight. Daylight savings in the winter would give me one more opportunity to see the sun. If we did not have daylight savings in the future it would negatively affect my life.	7/1/2014 9:31 AM
4385	I don't like changing back and forth. I think it is hard on the body to keep changing.	7/1/2014 9:22 AM
4386	Please stop changing the clock.	7/1/2014 9:14 AM
4387	I do not like the changing back and forth. It has gone on long enough. Keeping daylight saving time a simple fix for all.	7/1/2014 9:09 AM
4388	The argument of having more daylight is silly. There is what there is, no matter what you call it. I don't like flip flopping back and forth with the goofy "spring forward, fall back" slogan. It messes with my sleep schedule for for at least a week at a time every time it changes, not to mention changing all the clocks and other items in the house. How has Arizona suffered by not having it?	7/1/2014 8:51 AM

4389	I purpose to go back to (normal) mtn time PERMENANTLY. I've never been a fan of this time change in my whole life. It was ridiculous then is still ridiculous. It all started for male golfers with no regard to anyone else. Now it's being said the time change is for ranchers/farmers. I have ranchers in my family who laugh at this!!! Animals don't get up earlier or fall back to give milk, etc! Time does not change, men think they can change & control everything. The Earth rotates the same time day after day after day. Golfers, you waste our precious water, get another sport. GET RID OF MAN MADE TIME CHANGE...	7/1/2014 8:46 AM
4390	Changing back and forth makes it difficult for getting kids the rest they need.	7/1/2014 8:44 AM
4391	It's annoying to eliminate Daylight Savings unless the entire country is doing it. Even though you may eliminate it here, you still have to keep track of when it is for doing business with other states that still practice it.	7/1/2014 8:41 AM
4392	Thank you for giving us a voice. So rare in our government today.	7/1/2014 8:39 AM
4393	Longer daylight, with the hours added to the end of the day, allows for increased economic activity, and saves energy. While this primarily benefits the travel/tourism and recreation sectors, it also benefits construction, transportation and manufacturing. However, making DST year round would negate many of the benefits realized during the summer months because of the much later sunrise times.	7/1/2014 8:37 AM
4394	The majority of people are "not morning" people. DST gives the majority/"evening" people an extra hour of light to be active (including spending money). Switching the clocks kills people - so it would seem the best solution is to permanently remain on DST.	7/1/2014 8:36 AM
4395	The upset to our natural biorhythms for the sake of mostly economic reasons just doesn't hold up. Get rid of daylight savings and let us operate naturally.	7/1/2014 8:34 AM
4396	I prefer the fall back because I like to wake up to sunshine. I want it to be made permanent because my family has a hard time adjusting to the time changes. It takes almost a week before sleeping patterns are reestablished.	7/1/2014 8:32 AM
4397	The use for daylight savings is gone with industrial lighting and such, and it's a lot easier to just have a standard time and not have to remember the time is changing etc. Also, for employers/employees involved in graveyard shifts, it's easier to manage schedules, and not have to worry about "7 hours this day and 9 hours that day" etc.	7/1/2014 8:26 AM
4398	for my family changing time in spring and fall is a pain. we prefer one tine throughout the year. It would be great if the legislature would get rid of the Daylight Saving's Time and go to one time through out the year.	7/1/2014 8:26 AM
4399	I would prefer daylight savings year round.	7/1/2014 8:22 AM
4400	i prefer early morning light and feel that it messes with our bodies for the first few weeks after time has been changed	7/1/2014 8:21 AM
4401	Do not like changing all my clocks twice a year. Just a needless task in my opinion.	7/1/2014 8:20 AM
4402	Daylight Savings Time has always been a horrible adjustment to make in the spring and also in the fall. The sleep lost and resulting weariness result in economic, social, physical and mental losses that are not worth it. DST was instituted at the bequest of a couple men who wanted to be able to golf and collect insects at night: this reason is not good enough to deprive the rest of us of the sleep we so desperately need. As a mother I try to help my children each spring and fall adjust to this awful time change and for up to a month they are ornery, tired, and less responsive in school. DST is not worth the costs to families and businesses. Do away with it please.	7/1/2014 8:20 AM
4403	I really don't see the benefit in today's elctronic age	7/1/2014 8:17 AM
4404	The sunset may be around 9:00 p.m. but there is still daylight until 9:30 p.m. or later this time of year. In my opinion this is far too late in the evening. Being on the western side of the mountain time zone and farther north in the latitudes, Utah already has the sun shinning until later in the day. If we realigned with Arizona and permanently stayed on Mountain Standard Time we would still have daylight until 8:30 p.m. this time of year.	7/1/2014 8:14 AM
4405	I like having the extra daylight in the summer time, so a permanent spring forward would be the best option. Winter daylight hours are short anyways, and the snow keeps things from getting too dark.	7/1/2014 8:09 AM

4406	Our bodies take 3-4 months to adjust to a time frame, then it time to change again and then we are in adaptation mode again and it takes 3-4 months to adjust. The changes are hard on our bodies metabolism to keep getting thrown into a change mode constantly.	7/1/2014 8:05 AM
4407	n/a	7/1/2014 8:00 AM
4408	The change in the spring is especially difficult for me and my children. We try to keep a evening schedule to ensure things are done, kids are in bed at a certain time, but with DST it usually throws us completely out of our schedule. Kids end up going to bed later and struggle the remaining 3 months with getting them up for school. I don't care if we align with Arizona or create a new DST but strongly support doing away with the changing of time twice a year.	7/1/2014 7:53 AM
4409	I like the sunshine in the morning, it helps me wake up and the drive to work isn't so bad when it is light outside. I love it to stay lighter later, the darkness really depresses me. I would prefer for the DLS to stay the way it is right now. Thank you for letting us have a choice to Vote.	7/1/2014 7:37 AM
4410	I am an early morning riser. The earlier the sun comes up the better. I hate going back and forth twice a year. Pick a time and stick with it.	7/1/2014 7:35 AM
4411	I do not like to change time twice a year as it is difficult to adjust my body for at least one week.	7/1/2014 7:28 AM
4412	I dislike when the time changes and it takes a week or two to get used to the time change. It affects work productiviity, attitude, and your health.	7/1/2014 7:27 AM
4413	I prefer the permanent spring forward, because it allows more daylight hours.	7/1/2014 7:18 AM
4414	More daylight when I am off work. Get more done. Saves energy.	7/1/2014 7:07 AM
4415	Like it dark at night and light in morning.	7/1/2014 7:05 AM
4416	As a bus driver on long routes, safety is important. Because of daylight saving time many bus stops are made in the dark. I do not care to drive up to stop with out being able to see the children.	7/1/2014 6:57 AM
4417	It is just too tiresome to change all the clocks and watches. Furthermore, daylight saving time was established for the farmers and I'm not sure how they feel about any benefits.	7/1/2014 6:55 AM
4418	In the winter when I leave work there isn't any daylight. The switch was initally designed for farmers and in Utah I think the extra hour of daylight should be in the afternoon.	7/1/2014 6:52 AM
4419	DST gives us time to enjoy activities with our family after the work day is done. Even a round of golf. There are so many businesses that benefit from families like ours who patronize them because 'daylight' allows us to.	7/1/2014 6:41 AM
4420	Sing a long with me folks. Because I'm happyyyyyy.....That's the feeling me and everyone I talk to have about springing forward for good. Its a happy feeling when the time changes in March. It is a feeling of good things to come, there is more time to get various things done before dark, let alone better motivation to do so. Keep it that way and maybe we won't have as much depression? Ever think of that? I also think it would be much better for kids going to school ect... I think those that say it is bad for kids, are only using those statements as an excuse because they want their kids in bed early and out of their hair. Here's an idea. The schools cooould even start an hour later regardless of time anyway. Maybe kids can get MORE sleep(yes, I said more). Is there ANYONE out there, that can't say, MUCH of their time in school (kindergarten on up) was trying to keep from falling asleep? You know it. Couldn't stay focused to learn because you could have used more sleep. That's a reality. Think about it. I truly feel permanent spring forward is better. Why don't we carry on the happiness "spring forward" generates and let the grumps go ahead and go to bed. Clap a long if you feel like that's what you wanna do.....	6/30/2014 11:42 PM
4421	Simply put, DST makes life more interesting. It's like a holiday, a topic of conversation, and the subject of many a funny story. I like it.	6/30/2014 11:22 PM
4422	I have family in Arizona and visit there frequently. My observations are that not changing to daylight savings works fine for them. Daylight savings causes confusion for individual circadian rhythms, night shift workers, and people who travel.	6/30/2014 11:22 PM
4423	I prefer having an extra hour of daylight at the end of the day for recreation and chores.	6/30/2014 11:14 PM

4424	It makes little sense to run on a system where 'Standard Time' now makes up less than half of the year. Our body clocks don't change merely because we've changed the clock, as anyone whose experienced 'jet lag' could tell you. Accidents increase after a time change, as do heart attacks, and the number of sleepy kids in schools the next morning. It's a long outdated idea that's being held to out of tradition rather than common sense and it's time to let it go the way of lead-based paint and the telegram.	6/30/2014 11:12 PM
4425	I would otherwise be in favor of abolishing daylight savings time but my work requires me to interface all day long with people on the east coast. If daylight savings time were stopped here but not there then I would have to switch my work schedule every six months to match with my colleagues in NY. This is true of the entire Goldman Sachs workforce which is a huge employer in Utah.	6/30/2014 11:10 PM
4426	I grew up in AZ and never really appreciated the consistency of Standard time until I moved to UT 7 years ago. DST definitely takes a long time for our young children to adjust to — we even have to darken their window in the summer so we can keep them with a consistent sleep schedule. Also, some of us would prefer to have more light at the beginning of the day instead of the end during the summer (I miss having enough light at 5:00 AM to go jogging or hiking).	6/30/2014 11:06 PM
4427	Either springing forward or falling back is fine with me. It's the changing back and forth that causes me problems, especially in the springtime. These problems tend to be health related and the older I get the more frustrated I become with it. Also, I feel it is important for Utah to make things easier for global partners and potential partners in business and other endeavors. Having to use time conversion calculators every time I want to call someone in Asia or Europe is frustrating, especially since the nation changed the start and end dates for DST - change dates have never perfectly aligned, but that made it even worse.	6/30/2014 11:03 PM
4428	I need light more in the evening after work than the morning. And cutting off the end of a blanket and seeing it in to the other end over and over again is ridiculous.	6/30/2014 10:41 PM
4429	It isn't safe for kids going to school early in the mornings before it's fully light enough. It isn't healthy having to readjust natural biorhythms.	6/30/2014 10:33 PM
4430	Just leave the time to match the "rythmn" of the earth's natural timing.	6/30/2014 10:30 PM
4431	I would like it to be light in the evening rather than in the morning during the winter.	6/30/2014 9:57 PM
4432	Midday should be solar mid-day. Let those that want more or less daylight at a particular time of day or year adjust their schedules. Don't force everyone to accommodate them.	6/30/2014 9:52 PM
4433	I like day light savings! keep it as is putting the day light when you need it makes it nice!!	6/30/2014 9:41 PM
4434	Over the years I've found that my sleep clock never adjusts to Daylight Saving Time. I think it's a hard change for school children to adjust to. No matter what, there are still the same number of daylight hours in a day, and early morning light really sets the tone for the day -- physically and mentally the morning daylight hours are better for people healthwise.	6/30/2014 9:37 PM
4435	Very negative affect on recreation sport fields for our youth and adult. Majority of fields have no lights..	6/30/2014 9:26 PM
4436	As a society, we are becoming less agricultural, more industrial. Increased physical activity in evenings is helpful to offset our more sedentary lifestyles, and more compatible with our preferences.	6/30/2014 9:25 PM
4437	I would prefer to have Daylight Savings all year.	6/30/2014 8:55 PM
4438	I hate having it so dark during the winter months, more hours of sunlight during the winter is preferred.	6/30/2014 8:52 PM
4439	Changing back and forth is unproductive and unhealthy.	6/30/2014 8:46 PM
4440	Daylight Savings Time is just barely enough. We need the energy savings to stop polluting our planet. We need to save that money that we would have to pay for lighting our homes. We need to use all of the free light we have to this planets best advantage. It makes people with depression feel better when the light outside stays longer. I am older and wiser and this is what we need to do to make Utah a much better place to live. The optimum would be to stay on DST all year round, the minimum would be to stay on DST with the rest of the nation. There is a lot more activity later in the day than there is in the early morning. Thank you very much.	6/30/2014 8:45 PM

4441	Daylight Savings Time is important in many ways and needs to be retained. Besides all the benefits of having extra hours of daylight in the summertime for activities, tourism and business will be hard pressed by a change. No DST means an hour less of daylight in the afternoon and early evening--so that cuts down on a lot of skiing and therefore revenue. Also, without DST, businesses in Utah will be an extra hour off from Mountain, Central, Eastern and European time zones for EIGHT months of the year (we currently use DST for 8 months). Who can afford that loss of time when dealing with clients who will wait an extra hour in the morning for us to get to work and leave an hour earlier?! (Eastern offices who close at 5 p.m. will be closing at 2 p.m. our time, not 3 p.m.--this would be a problem, truly.)	6/30/2014 8:45 PM
4442	Creating our own time zone would work best in my opinion, since we would all benefit from longer daylight hours at the end of the day. If not that then we should just keep the time the same - the Arizona plan. Changing back and forth is difficult for children, wastes money and there really is no reason to continue this situation. Pick a plan and stick with it! No more changing!	6/30/2014 8:31 PM
4443	I prefer the option I selected because I would like it to stay lighter later at night. It's nice to be able to stay outside later in the summer since the weather is so nice and have it light enough to do so.	6/30/2014 8:29 PM
4444	I want to keep it in fall back because my kids are very grumpy when we change time. Therefore if we don't change time they will be able to get used to one time. I also don't see that changing time is a benefit. A lot of people get hurt because they are too tired with changing time and for what purpose.	6/30/2014 8:19 PM
4445	Either move away from daylight savings time or adjust state and county employment and education schedules to align with it.	6/30/2014 8:18 PM
4446	I really don't care which time we use, I just want to have one chosen and stick with it.	6/30/2014 7:55 PM
4447	DST is great and should be kept in its current format. There is nothing better than long summer evenings with plenty of daylight along the Wasatch Front.	6/30/2014 7:38 PM
4448	Day light savings affects my health. I just want to stay on Mountain Standard. Every time it changes to Spring Forward I get sick for days.	6/30/2014 6:57 PM
4449	Safer for school age students going to school in Winter months. Good for doing yard work in the summer evenings. Good for contractors during hot summer months to get started earlier in the morning when it is cooler. Safer for taking trips in the summer by allowing more sunlight in the evening while driving. Better for outdoor spectator sports in the evenings.	6/30/2014 6:51 PM
4450	Let's just use one time and eliminate the twice yearly changes that are difficult for many people. If businesses want winter hours, as many now do, they can customize to their needs.	6/30/2014 6:32 PM
4451	I HATE daylight savings time. We live in St. George and work in the construction industry (like 1/2 of Washington County Residents do). We NEED to be able to get started while it's as cool as it gets (which is still in the 75* range in the summer mornings) so we can get in our 8 hours before 1:00 pm. It's dangerous to allow our employees to work through the afternoon with temp around 110* With daylight savings time, it doesn't get light till 7:00 so it's hot before the work day is 1/2 over. Please understand SW Utah is closer to Arizona in temp and terrain than we are to Northern Utah. We need someone with common sense to see that, and leave our time alone so we sync with Arizona.	6/30/2014 6:29 PM
4452	Our winters are long and summers short and I think the extra daylight during the summer brings in additional revenue to the golf industry, the winter resorts vis a vis added summer activities with longer days for mountain biking, fishing, touring, and all other summer sports. It also saves many of us dollars in utilities, especially if one lives in the mountains. Don't need air conditioning and all utility bills go down during the summer unless one has air conditioning.	6/30/2014 6:24 PM
4453	It costs business a lot of money to change time twice each year. Especially when there is really no reason to have daylight savings time anymore.	6/30/2014 5:56 PM
4454	I don't see any reason to change daylight savings time - it's worked for as long as I've been on this earth (59 years). Why change something that works.	6/30/2014 5:52 PM
4455	Why have it light at 5am... I love it lighter at night to come home from work and be able to do things in the yard.	6/30/2014 5:51 PM

4456	I know that is can be hard to change time back and forth in the fall and in the spring! As many people may not understand we do still have farmers! The added light at the end of the day does help the farmer complete is work! The farmer also helps cost of food and the economy stay in the state or country. As the farmer crops or herds do help so that we don't need to import our food! Importing food will dramatically rise the cost of food and other imported goods!	6/30/2014 5:43 PM
4457	Adjusting the clocks to keep Daylight Savings time keeps the most productive hours of the day in the hours with the most light. Switching is an inconvenience. Having the sunrise at 0500 makes no sense as a small percentage of the population take advantage of early sunrise yet many enjoy and benefit from longer light hours in the evenings.	6/30/2014 5:40 PM
4458	Having little children in school has made me realize how difficult DST is. Every time we switch the clocks it takes weeks for my kids to adjust to the new times. This affects their performance in school and their temperament overall.	6/30/2014 5:38 PM
4459	I believe it will be beneficial to the tourism industry to accommodate the different sports that we all enjoy. We will be able to take more advantage of our off hours	6/30/2014 4:55 PM
4460	During the late fall, winter, and early spring, standard time makes the hours near the middle and end of the day, when people are out and about, warmer. The morning hours are a little cooler, but this is usually when people are commuting or waking up and aren't as concerned with the temperature outside. The earlier sunrise also means more sunlight during morning rush hour, making the roads a little safer, especially during poor winter weather. The sun still sets after a good part of evening traffic has passed. During the summer, many events that start in the afternoon start before the temperature really begins to drop on either calendar and are unlikely to be affected. With the set schedules of today's institutions, few people are likely to go to bed earlier because of an earlier sunset. Additionally, people are more liable to go and spend money on cold beverages or treats when it is hot then to go out to buy hot beverages when it is cold. People are also just as likely to venture out an hour early after sunset, during twilight, as they are to stay at home an hour earlier because of the dark, which is only a real deterrent for certain outdoor activities and is not likely to greatly affect commerce. Standard time in the summer would also provide daylight for both early commuters in the morning and late commuters in the evening, making roads safer during both these times. Perhaps the best way to decide, however, is to try out summer standard time and winter daylight savings time for short periods, and see how people like it, and what the actual rather than hypothetical effects are compared to the status quo.	6/30/2014 4:52 PM
4461	More daylight in the evening hours year-round!	6/30/2014 4:47 PM
4462	I prefer mountain standard time but wouldn't mind a permanent spring forward. Just choose one and LEAVE IT.	6/30/2014 4:46 PM
4463	Keep as is - thanks	6/30/2014 4:45 PM
4464	I would prefer staying on Mountain Standard time but wouldn't mind a permanent spring forward. Just pick one and LEAVE IT.	6/30/2014 4:44 PM
4465	It is disruptive to continually move back and forth. Please, please, please consider the feelings of those of us who want to make Utah a vibrant, sensible place to live.	6/30/2014 4:42 PM
4466	I have a terrible time adjusting to the "spring forward" and much prefer my daylight in the morning!	6/30/2014 4:42 PM
4467	I would rather have the light in the evening than in the morning. I don't have any need for the sun to come up at 5:00 am.	6/30/2014 4:38 PM
4468	As a working mother I would love to have that extra hour of daylight to play outside with my boys, do yard work, go for a walk, enjoy sitting outside.	6/30/2014 4:37 PM
4469	The change which occurs twice a year always, without exception, causes me biological grief. It disrupts my sleep cycle and my ability for function for a week or more. The adjustment time is getting worse as I age. I read that some people think it will benefit farmers and ranchers to leave daylight savings in effect. What a ridiculous idea. The current approach does not lengthen daylight or available work time; it only rearranges it. The old adage "early to bed and early to rise" is still very wise.	6/30/2014 4:36 PM
4470	It is time in this modern age to do away with the traditional "Spring Forward" and "Fall Back" mentality. It makes perfect sense to stay with the "Spring Forward" time year round.	6/30/2014 4:36 PM
4471	My children have a hard time adjusting to time changes. I would prefer it to remain the same.	6/30/2014 4:31 PM
4472	I do not see a need to switch between Daylight Savings Time and Standard time in the 21st century.	6/30/2014 4:30 PM

4473	I prefer the late daylight hours of summer in the present daylight savings and always thought it would be good for commerce to keep it permanent. I also have a small farm and two businesses.	6/30/2014 4:29 PM
4474	I prefer an Increase the afternoon sunlight in the winter rather than falling back into darkness.	6/30/2014 4:28 PM
4475	It is too disruptive to keep changing back and forth. I see my grandchildren struggle to make sense of it and if it gets dark at 9 so be it or if it stays dark until 8 am so be it. just leave the time zone alone. Please	6/30/2014 4:27 PM
4476	Let's get rid of the fall back and spring forward. It really does not add anything and only messes with everyone internal clocks.	6/30/2014 4:27 PM
4477	Having the extra daylight in the evening just makes sense and is a huge benefit. I understand peoples concern with shifting and the move forward in the spring is challenging for a few days but compared to the summer long benefits it is worth it. Going to a year round spring forward would eliminate the negative while keeping the positive.	6/30/2014 4:18 PM
4478	Daylight Time all year means sun rises at 8:46 a.m. in the winter. Nobody can want this. Standard Time all year is no better. Sunrise in the summer moves even earlier, as early as 4:54 a.m., so say goodbye to summer activities because the sun won't set any later than 8:03 (and that's for the longest day of the year). Also, this change would be a huge a problem for business. For parts of the year, we'd lose a whole hour of productivity when we work with colleagues and customers in other time zones. Who can afford that? We also would always have to remember the time change dates so we know when we are, for example, 2 or 3 hours different than the East Coast. It's best just as it is--managing sunrise and sunset to work around our work/school hours as best as possible given our latitude on Earth, and we can't change that! For those that like Arizona, you need to know it is much farther south than we are, and that's why it can work for them.	6/30/2014 4:16 PM
4479	Other than late outdoor activities in the summer, I see no reason to change around to Daylight Savings time.	6/30/2014 4:12 PM
4480	The time change negatively effects job performance of my works for about a week after each change.	6/30/2014 4:11 PM
4481	I think the change in time is unnecessary and hinders work performance following both time changes.	6/30/2014 4:09 PM
4482	Time shifts are disruptive. "Jet Lag" is a common problem caused by modern rapid transportation across time zones. Why do we force this upon everyone twice a year?	6/30/2014 3:58 PM
4483	I prefer the current Daylight Savings plan and urge that it be retained. This keeps us consistent with the majority of the country relative to hours of daylight and alignment of clock times. To me, it makes no sense for it to be daylight in June at 5AM, when most people do not rise at that time. Additionally, it likewise makes no sense for it to remain dark until almost 9AM in January when most are already up and about. Neither of the solutions proposed to keep the same time year-round offer any advantage over the present DST system - in fact, they each present unacceptable alternatives that I think are more egregious. A solution I would support is to change the effective dates of the DST time change back to the former April and October dates. March is too early, and November is too late for the current changes. But to remain on one standard time throughout the year brings no benefit at all. Leave daylight savings time as it is.	6/30/2014 3:57 PM
4484	I do not think we need the longer daylight hours. I don't like the children having to walk to school in the dark when we spring forward.	6/30/2014 3:50 PM
4485	I don't see the point. It just confuses everything.	6/30/2014 3:49 PM
4486	Don't care which option is used, just don't change the time two times per year.	6/30/2014 3:45 PM
4487	Many people work until at least 5pm and the added hour of daylight is very important for recreational activities and for a good mental outlook. Actually, I would prefer daylight savings time all year long except Utah does enough things to buck the national trend on a variety of issues, so I'd hate to add more fuel to that fire. As for those who think DST is damaging, business travelers (of which I am one), who travel frequently to states in the Pacific time zone, seem to be able to recover just fine on our "reentry" to Mountain time, even when faced with multiple trips in the same month. Would the supporters of year-round standard time also like to propose that ALL states and countries switch to Utah's time zone so that Utahns NEVER have to recover from the loss of an hour's sleep? I think the benefits of daylight savings time far outweigh the day or two tops it takes to overcome one hour of sleep deprivation. For Pete's sake, it's ONE HOUR. We're not talking jet lag after flying to Australia!	6/30/2014 3:09 PM

4488	Changing back and forth upsets my body clock. I'm from the old school that says"If it ain't broke, don't fix it"And changing the clock twice a year doesn't fix it.	6/30/2014 3:02 PM
4489	the time change really dosenot save any money	6/30/2014 3:00 PM
4490	concern over children walking to school in the dark	6/30/2014 2:57 PM
4491	I am still trying to adjust to losing the one hour. The older I get the harder it is to adjust to these time changes.	6/30/2014 2:56 PM
4492	It just makes it nicer to be able to have it lighter longer	6/30/2014 2:53 PM
4493	Changing back and forth interrupts the body's Circadian rhythm and requires an adjustment that is uncomfortable. I'd prefer to keep on a consistent schedule. Thank you for asking	6/30/2014 2:49 PM
4494	I think it is a waste of time, it is hard on everyone to adjust to new time twice a year. Please leave ast it us to be which aligns with Arizona.	6/30/2014 2:43 PM
4495	Daylight savings doesn't help anyone or company. Its hard on our bodies to adjust this twice a year.	6/30/2014 2:22 PM
4496	Utah should either retain current DST practice or stay permanently on DST as a second option. Those who argue for ending DST should spend a summer in Arizona, it gets light at 4:30 AM and dark at 7:30. Utah doesn't deal with the same heat issues as AZ, ending DST will result in a great deal of wasted daylight in the summer.	6/30/2014 2:19 PM
4497	I really like daylight savings time because it's so nice to be able to do activities longer in the summer and to sit out and enjoy the cooler evenings. I also like coming home from work when it is light.	6/30/2014 2:11 PM
4498	It doesn't save electricity, causes work to reset all clocks, it is hard on elderly and youth, seen research that says there are more suicides at these two reset times, too much darkness.	6/30/2014 1:58 PM
4499	I am not a physician so my comments are based solely on personal experience. I have lived with the change to daylight saving time most of my life. It used to be the year was split in half with the time change. Over the last several years there has been more and more time allocated to the daylight saving time. Everything in life is tied to the clock -- work, church, television, meetings. However, my body does not go by the clock so easily. It wouldn't seem that one hour would make that much of a difference. But I find it more and more difficult, and it takes longer each transition, to get aligned with the time. I am more tired when driving. It is more difficult to concentrate at work. It is time to stop messing with nature and leave the clocks alone. Thank you.	6/30/2014 1:55 PM
4500	Daylight savings time is just fine the way it is. It is nice to have longer hours in the summer and more calm sun hours in the winter. There is no point in opting out just because Arizona does it. Keep daylight savings time. And NO, a big, large, huge NO to the option of a permanent daylight savings time. That does not make sense.	6/30/2014 1:46 PM
4501	Is changing the time really any different that attending a late night event on a Saturday night? Some logical solutions.... go to bed a hour early, sleep in a hour on Sunday. One comment I notice was that with daylight saving time they had to run the AC longer in the evening. Since Mother Nature doesn't have a clock, it will get hot a hour eariler, on our clocks, so the AC will come on a hour earlier. The AC will run the same amount of hours.	6/30/2014 1:43 PM
4502	Daylight Savings is a difficult physical adjustment (and it is not getting easier as I age!	6/30/2014 1:35 PM
4503	Even though I'm retired there are still schedules with which to deal. I have never adjusted well to the time shift either way and found it disruptive to every aspect of my life. The very concept is ridiculous--you can't save daylight. Shifting it from one end of the day to the other is just silly and disruptive!	6/30/2014 1:34 PM
4504	I like the way it is now, moving up and back when needed. I like the early sun and the late sun.	6/30/2014 1:09 PM
4505	Not changing the clocks would mean either 1) Summer evening activities curtailed, such as outdoor concerts - or - 2) Ski areas would have to close earlier in the winter. Changing clocks optimizes both. It is awkward for a day or two, but the benefits last for months.	6/30/2014 1:02 PM
4506	I know it seems silly to some, but it is fun to have something to look forward to and it is tradition! Let's stop wasting time on a silly thing like daylight savings and focus on things like human trafficking, education, crime, and mistrust of our government.	6/30/2014 1:02 PM
4507	Those of us who work full time need the daylight hours.	6/30/2014 12:51 PM

4508	I personally change my work schedule from winter to summer regardless of the DST change. In the summer I work four ten hour days so I have longer weekends to enjoy outdoor activities. I also change my working hours to earlier in the day during the summer. I will continue to do this regardless of any decisions changing DST. To me the change is more of a nuisance than anything else. I personally know many individuals like myself that already change their schedules to take advantage of whatever seasons align with their favorite recreational activities. I believe we should just leave the clock set at one standard and then each individual can choose how they wish utilize the daylight hours as they see fit.	6/30/2014 12:50 PM
4509	It's about time.	6/30/2014 12:38 PM
4510	I like the longer evenings that we now enjoy in summer. I think it would eliminate some hassle and confusion if we stayed on one schedule all year.	6/30/2014 12:14 PM
4511	Keep one time all year long, I prefer daylight savings for safety in driving home from work in the winter.	6/30/2014 12:11 PM
4512	Keep a standard time. Don't move it or change it once the standard has been established.	6/30/2014 12:00 PM
4513	Thank you for initiating this conversation, it will be a beautiful thing to have our clocks stay the same all year.	6/30/2014 11:58 AM
4514	It really doesn't matter to me which way we leave it, just so it stays the same year round.	6/30/2014 11:56 AM
4515	I have always liked having more sunlight in the afternoons.	6/30/2014 11:54 AM
4516	1. When we fall back it gets dark too early. I would love getting out of work at 5 p.m. and still have the sun up for an hour during the dark winter months. Some people need the sunlight during the winter. I hate getting out of work and it being dark. Let's spring forward and stay forward. 2. If we permanently fall back then during the summer it will start getting light at 4:30 a.m. Why would we want that. I am asleep at 4:30 a.m. and so are most of you. Let's spring forward and stay forward.	6/30/2014 11:37 AM
4517	Just stop flipping us back and forth every year. Pick one and stick with it.	6/30/2014 11:20 AM
4518	The extra hour at night gives me energy and time to do things after work, which is important to feeling like I have time for myself. That extra hour really increases my happiness.	6/30/2014 11:03 AM
4519	I lived in AZ for 30+ years , including high school, and I HATE DST. It is awful in the summer waiting for another hour before it begins to cool off and allow for comfortable sleep (very important to good health). PLEASE do away with DST.	6/30/2014 11:00 AM
4520	I lived in AZ for over 30 years and, now that I live in UT I find DST to be a huge pain. In the summer it is terrible to have to wait another hour for the temperature to begin to cool at night so that one can be comfortable. Please do away with DST for UT..	6/30/2014 10:53 AM
4521	I believe it is simply unnecessary. Daylight hours are longer in summer and shorter in winter just as they should be. It is unnecessary to change our clocks forward and backward with the changing seasons.	6/30/2014 10:42 AM
4522	I drive between Utah and Idaho enough, that I'd rather keep the times in line with Idaho.	6/30/2014 10:26 AM
4523	Either way--just keep the time the same. Even after 50 years, the change is still a struggle two times a year for me (and my family). And the effects of the change last for more than just a day. It is more like a couple of weeks each time for the body and mind to adjust.	6/30/2014 10:18 AM
4524	I do not like changing times and believe it is hard on people's health and well-being - similar to travel through different time zones. I believe extending daylight for an hour makes it difficult to get kids to bed at a normal time which is not good for parents or children.	6/30/2014 10:18 AM
4525	Daylight saving assists in making individuals more productive and healthy due to more daylight hours after work hours.	6/30/2014 9:55 AM
4526	One would think that a "senior" wouldn't care about time changes. However we don't adjust with or to time changes like a younger person wold. It takes a great deal of time for our bodies to go thru these changes twice each your. It is much easier to stay on a steady unchanging clock.	6/30/2014 9:53 AM
4527	I have lived in Utah the majority of my life, but I've also had the benefit of living in AZ twice. The concept that somehow changing all of the clocks twice a year provides any kind of benefit is baffling. Artificially changing the hour does not affect the quantity of sunlight on any given day. Businesses have the flexibility of changing when they do business, and many operate 24/7.	6/30/2014 9:32 AM
4528	Daylight Savings just creates confusion and creates more issues in my life.	6/30/2014 9:12 AM

4529	would be nice to not have to change clocks let utah move foreward	6/30/2014 9:08 AM
4530	I would like to see day light saving time stay on I time rather than switch in the fall and the spring. Its hard on the body to switch.	6/30/2014 9:06 AM
4531	I love the longer nights that we have in the summer time. It is beneficial for the agriculture industry.	6/30/2014 8:38 AM
4532	It is not convenient to have to change clocks forward and back every time DST kicks in. Some of us like to have light in the morning hours. And some of us who work early like it to be darker earlier in the evening.	6/30/2014 8:21 AM
4533	it has outlived its original purpose even in rural Utah ... hasn't it?	6/30/2014 8:18 AM
4534	I prefer the longer day light hours. I don't like the switching forward and back. My body is slower to adjust. Thank you	6/30/2014 8:02 AM
4535	We now live in a 24/7 world where benefits of a time change are no more.	6/30/2014 7:51 AM
4536	I selected the Align choice as there was not another option offered that would let me select either Align or Create. I would like the time to stay the same all year round and not have any of the resetting of clocks during the year. Please choose one system or the other and lets run with it. Thanks..	6/30/2014 7:44 AM
4537	People always talk about the benefit of more sunlight in the summer months but, quite frankly, I think an extra hour of light in the winter would be better. Driving home from work in icy conditions, in the dark, is much more dangerous.	6/30/2014 7:28 AM
4538	None	6/30/2014 6:33 AM
4539	Longer days allow for more productive (more daylight) work days for me.	6/30/2014 6:11 AM
4540	I love the extra daylight in the evenings throught the spring and summer. Always have enjoyed "spring forward" but "fall back, not so much.	6/30/2014 6:03 AM
4541	DST benefits far too few people at the expense of those who pay the price for the change the most - kids in school. It is time to kill this antiquated, outdated policy.	6/30/2014 5:44 AM
4542	I drive school bus and it is very dark early in the am picking up students for school. It's a safety issue and to prevent accidents from happening.	6/30/2014 4:15 AM
4543	Get up early, get more done outside before it gets so hot.	6/30/2014 3:39 AM
4544	As a mother of small children, it is so difficult for them to adjust to a new time. They don't tell time. It just messes with their schedule. It messes with my schedule. Leave the clocks alone!	6/30/2014 3:13 AM
4545	Why would you even consider legislation for DST? There are so many more important issues to consider and worry about like Air Quality and Non Discrimination Bills. You want to spend our tax payer money on DST? Leave It Alone.	6/30/2014 2:44 AM
4546	Early winter darkness causes depression that is debilitating for many people. Daylight savings is a blessing for these people. The energy that is saved by taking advantage of DST makes a greener planet and saves thousands of dollars. It is safer to drive in light than in darkness. It is safer for citizens to be in the communities in light rather than darkness. Daylight savings time gives the most light in the time that more of the population are out and about. The joy of having a long balmy summer evening is one of the nicest things Utah has to offer. Benjamin Franklin came up with Daylight Savings Time, and we all benefit from his sharp mind. The benefits of DST are tremendous. It is like a black curtain has been raised when we go on DST. Thank you.	6/30/2014 12:23 AM
4547	I honestly believe that now there is no useful place for it. Just do like Arizona because it is such a hassle to change and to remember when. I don't think there isn't really any savings money wise either way. Make life simpler not more complicated.	6/29/2014 11:51 PM
4548	If we stay on MST, then in the winter we go to work when it is dark and come home when it it's dark. For many people, not being able to spend time outside or have time off when it is light causes depression. Not only that but I would like to do stuff outside when I get home before it gets dark. During the summer it is great to have all those extra hours in the evening. I hate it when it gets dark at 5 in the winter. Keep us permanently on daylight savings time please	6/29/2014 10:57 PM
4549	This is my favorite time of year in Utah now til Halloween. This time extends the day which is very full for our family everyday with work & play ! I feel that this would also cut down on power use since electric lighting can be used later if dark later. Thank you	6/29/2014 10:38 PM

4550	This is my favorite time of year in Utah now til Halloween. This time extends the day which is very full for our family everyday with work & play ! I feel that this would also cut down on power use since electric lighting can be used later if dark later. Thank you	6/29/2014 10:38 PM
4551	This is my favorite time of year in Utah now til Halloween. This time extends the day which is very full for our family everyday with work & play ! I feel that this would also cut down on power use since electric lighting can be used later if dark later	6/29/2014 10:36 PM
4552	As the wife of a local businessman (who deals with suppliers and customers online and by phone daily), I understand the problems it would create to have UT be out of step with the rest of the country! If DST is to be kept or reinstated nationwide, that would be one thing, but please don't hang us out there as another "do they or don't they" state. Aren't we trying to create a more successful atmosphere for local and national business platforms? I support the longer days for those who work late, but especially don't want to copy Arizona--we are not Arizona!	6/29/2014 10:33 PM
4553	Please don't take away my light in the evening. PLEASE! Who needs light at 4 AM? No one! But for those affected by seasonal depression this is HUGE. Please either keep daylight savings time or spring forward permanently. I hate having it get so dark early in the winter and it's the one thing I LOVE about summer. And yes, I have kids but come on, they adjust much faster than what people are saying. Plus, I'll be putting my kids to bed while it's light outside in the summer regardless of which time we're on, so to me it's not that big of a deal. Get a blackout curtain. Don't take away my evening light!!!	6/29/2014 10:28 PM
4554	We love DST and the extra light.	6/29/2014 10:19 PM
4555	Actually hired a lobbyist and bill passed the house (10-15 years ago) and was voted down. Argument for expense moving clocks, Canadian Highway patrol did a study showing an addition loss of life of 10-12 young people because of daylight saving. States with daylight saving experienced double spikes of suicides in states with daylight saving. Argument against weekend farmers(those farmers holding day jobs and farming after hours). When bill hit the senate opposition came from the Grocers Association. Their argument against keeping the same time all year was it had the potential to decrease sales. Small group rose up in opposition because they felt changing the present system ran the risk of losing an hour each day since we would not be saving that hour) Was a great time to learn the legislative system. If going to be successful need involve groups such as the PTA, business, convention industry, mental health, etc. Good luck would love to help Have spoken with my state senator and representative who support but we all watched last time when the bill lost.....	6/29/2014 10:11 PM
4556	With Standard Daylight Time (Arizona) year round children will not be heading out to school in the dark for as long as they would if DST was adopted year round. Also, in the summertime during DST our hours of work don't change but with the evenings being lighter later our sleep hours are reduced since we can't make them up in the mornings.	6/29/2014 9:10 PM
4557	I would like to have the other states who choose not to change with the rest of the nation to be mandated to change to keep consistency.	6/29/2014 9:03 PM
4558	I prefer light in the morning-that is the way the world was made and we keep trying to change it. I have a difficult time adjusting when I have to change the time. It's not just children that experience this. Moving the time does not increase the amount of hours of light each day!	6/29/2014 8:58 PM
4559	What a great idea having both daylight savings and standard time is to maximize sunlight. I'd rather have light in the evening versus early morning (it would be light at 4:00 a.m. if we stayed on standard). Really, how hard is it to change twice a year? How do the people opposing daylight savings travel and adjust to differt time zones?	6/29/2014 8:47 PM
4560	Permanent DST allows those with a 9am to 5pm job, or similar, to have some hours of sunlight before the night comes; this will lessen the effects of seasonal disorders.	6/29/2014 8:30 PM
4561	The sun affects individuals moods. In the winter there are so many individuals get Seasonal Affective Disorder, there are a lot more suicides in the dark winter. Having it light in the evening seems to be more energy efficient.	6/29/2014 8:29 PM
4562	Just pick one and stick with it!!!!	6/29/2014 8:25 PM

4563	PLEASE!! Don't take away any more daylight. I love daylight savings time, please change the permanent time to this one. I am so depressed in the winter when I have to leave work in the dark at 5:00, please give me that extra hour in the winter to actually see the sun for an hour after work. I really don't need the light waking me up at 4:30 AM, but I DO love having all that daylight at the end of the day to enjoy the summer more. My husband suffers from seasonal depression and is totally distraught about the possibility of losing daylight savings time. PLEASE either leave it as-is or make this time permanent :)	6/29/2014 8:19 PM
4564	I prefer more light later in the day during the winter	6/29/2014 8:12 PM
4565	The change of time from summer to fall and back to summer is very hard on the body, hard to adjust.	6/29/2014 8:07 PM
4566	please get rid of this pain. it is impossible to put small children to bed while the sun is still up.	6/29/2014 8:01 PM
4567	Only the government could think you can cut a length off the bottom of a blanket and sew it on the top, and the tell you you have a longer blanket	6/29/2014 8:00 PM
4568	I worked in an elementary school for 30 years and could see a real effect on the students. I am totally against day light savings time and I think it effects more aspects of our life then I could list here.	6/29/2014 7:54 PM
4569	I lived in Arizona for five years. Daylight Savings Time is absolutely ridiculous!	6/29/2014 7:52 PM
4570	There is no reason for it! Let's just stay the same time all year round. Sundown at 9:00 pm complicates everything.	6/29/2014 7:50 PM
4571	Getting dark so early in the winter is depressing, and certainly does more to suppress the economy. Moving the time ahead another hour in the winter would be a great fourth option.	6/29/2014 7:46 PM
4572	I feel the children are going to school in the dark in the Spring. It stays light to late at night and it should be left alone.	6/29/2014 7:22 PM
4573	I cannot think of a credible reason for the current spring forward/fall behind system. Utah should switch to a single system and not change. Daylight savings seems to be the best option.	6/29/2014 7:22 PM
4574	It is very hard to keep moving the clocks all the time. I think it would be a very wise thing to leave them with Arizona time. IT is time for the change, listen to what we want here in Utah We want it this way	6/29/2014 7:19 PM
4575	Daylight savings is a great option during the summer months to best utilize the daylight hours. The same reasoning holds true during the winter months. Though winter days are shorter, we would wake to daylight on a permanent savings-time schedule rather than the current cold/dark mornings of winter. Adjusting the clock forward and back, like we currently do, is nothing short of disruptive, confusing, and unnecessary. It's an archaic practice, that if ended, would benefit a majority of Utahan's.	6/29/2014 7:16 PM
4576	please leave the time as it is now --- it makes no sense to try and realign our times twice a year --- to say nothing of having to change the 15 clocks we have in our home.	6/29/2014 6:45 PM
4577	please leave the time as it is now --- it makes no sense to try and realign our times twice a year --- to say nothing of having to change the 15 clocks we have in our home.	6/29/2014 6:45 PM
4578	Having hours of sunlight in the mornings while everyone is still in bed makes no sense. Sunlight in the evening can be usefully enjoyed. Television programs, out-of-state business, etc. will all still be on daylight savings time whether we are or not. Spring takes a bit of adjustment time, but fall does not. Arizona government is full of extremist ideas, so why do we need to imitate them? They are an outlier state.	6/29/2014 6:37 PM
4579	I think it is no longer beneficial to change back and forth. I don't feel strongly about which time standard we follow; I would just prefer not to change every six months. Thank you for opening this subject up for input.	6/29/2014 6:30 PM
4580	Please stop changing Daylight Saving Time. I like the current plan.	6/29/2014 5:56 PM
4581	I always used to defend DST. And I think that originally it was a very good idea to save energy. However, our social activity is no longer defined by daylight hours, so I doubt it helps. I also doubt that anyone has any traumatic reaction to the change over. However, if it is doing no good, then there is no point in keeping it. The twice yearly confusion is enough reason to get rid of it.	6/29/2014 5:52 PM
4582	I ;think daylight savings time should be year around.	6/29/2014 5:35 PM

4583	I am a morning person. Every time we switch forward or back, it takes my body weeks to become accustomed to the change. I grew up before daylight savings so that would be my preference. My second choice would be to stay on daylight savings. The switch back and forth has always been difficult for me.	6/29/2014 5:16 PM
4584	The nuisance value of the present daylight savings time is simply not worth any questionable benefit that derives from it. It is a foolish requirement that needs to be done away with.	6/29/2014 5:13 PM
4585	Switching back and forth is difficult to adjust too. It is also difficult for tourists traveling. Tourists complain about having to figure out what time it is at their destination.	6/29/2014 4:50 PM
4586	I have never liked DST and think it should be replaced with standard time year round. i do not think there would be any problems staying on ST year round. It is. nusince changing the time twice a year	6/29/2014 4:49 PM
4587	In the summer you need longer hours in the afternoon, but in the winter you don't...it's just good for the season changes that we have.	6/29/2014 4:44 PM
4588	When daylight savings time was introduced there was a legitimate purpose for it, meaning planting crops in the spring then harvesting in the fall. In this day and time we are a 24 hour civilization. The risk verses the reward of daylight savings just isn't there anymore. One of the slogans Utah has adopted is Zero Fatalities. Every time the time changes we put that slogan in the back seat as the number of accidents go up, how is that safe for our kids walking to school or any place for that matter. Arizona has had it right for a long time. Instead of following like sheep lets do the right thing and leave time alone.	6/29/2014 4:44 PM
4589	Time should not be left to the whims of politicians. A permanent static time all year around would make life so much more bearable without the worries of having to change our clocks and our lifestyles every six months.	6/29/2014 4:42 PM
4590	Keeping daylight savings time is good for the seasons that we have. Changing it later in the year was good, but in the winter it does need to be changed back. Leave it just the way it is!	6/29/2014 4:42 PM
4591	Keep it standard and don't change.	6/29/2014 4:36 PM
4592	DST was a good idea when it was begun during WWI. It is now obsolete and I believe creates havoc with our natural biological clocks. As a retired teacher, I saw many ill-effects on children. As far as I can see, there is no reason to change the natural times and seasons.	6/29/2014 4:20 PM
4593	More quality time with my family after work, going to the park, hiking, sport etc.	6/29/2014 4:13 PM
4594	The vast majority of the country is utilizing a uniform daylight savings time system. Why set ourselves apart from that? It would make business more difficult and could cost potential interstate business.	6/29/2014 3:58 PM
4595	It works as is so don't monkey with it.	6/29/2014 3:56 PM
4596	I don't like the idea of standard time all year because I don't need the sun starting to coming up at 3:30 am in the summer. Also I never like that DST stopped with the shorter days and therefore it gets darker earlier in the evening. It's already dark in the morning in the winter, so why not make the day seem longer by having the sun set later in the day. Also changing times twice a year is hard on everyone.	6/29/2014 3:48 PM
4597	I like the light later in the day. I can do a lot more outside after work than before work.	6/29/2014 3:44 PM
4598	I like the sun to go down later seems like we get more done	6/29/2014 3:24 PM
4599	To adjust our clocks (many) and our body time every six months is absurd! Decide on one or the other and stay there!!!!	6/29/2014 3:09 PM
4600	Its a adjustment to make each time it happens. Just leave the time alone and move forward	6/29/2014 2:58 PM
4601	My mornings I prefer dark. I can do more outside activity in the evenings than in the morning, and if it gets dark earlier in the evening, that opportunity is taken from me. I can be much more effective in my community each day when the sun is late to rise and late to set.	6/29/2014 2:44 PM
4602	We can use the hour of sunlight during our normal waking hours, not while asleep.	6/29/2014 2:36 PM

4603	I never liked Daylight Savings time. With a big family school nights were hard when it did not get dark it was hard to get the kids to want to come in In the morning they were going to school in the dark and cold. I do not like the way it messes with my internal clock. I was raised on a farm and farmers work from daylight until the job is done. This is not an advantage for them or anyone else as I see it.	6/29/2014 2:32 PM
4604	If the object is to save energy retain DST...but not year round...school children should not be walking to school in the dark at 8 am in the winter	6/29/2014 2:30 PM
4605	We are not saving a thing. DOES ANYBODY REALLY KNOW WHAT TIME IT IS ? Let's do something right in this state for once.	6/29/2014 2:24 PM
4606	We are not saving a thing. DOES ANYBODY REALLY KNOW WHAT TIME IT IS ? Let's do something right in this state for once.	6/29/2014 2:23 PM
4607	I have hated daylight saving since we started having it. And we didn't have a choice. It was hard getting little children to bed, and hard to send the older children to school in the dark.	6/29/2014 2:13 PM
4608	daylight savings time is wonderful !!! its lets me enjoy family time after work . I believe the people that don't like it are old people , they have nothing to do but count the hours till its time to go to bed !!! leave it alone !! surely our law makers have better things to do . maybe they are part of the OLD people !!!	6/29/2014 2:01 PM
4609	I was seriously injured this last March in an auto-pedestrian accident in SLC right after the time change. While I have no hard evidence, I feel like the time change was a contributing factor. This was a hit and run accident while I was crossing the street at 7:00 am by the Triad Center.	6/29/2014 1:56 PM
4610	Changing time is very disruptive to our biological time clocks. It leads to less productivity and greater stress. Utah already is rated as being highly stressful. Perhaps this will be a positive step.	6/29/2014 1:54 PM
4611	Generally folks seem to prefer to have a bit more daylight at the END of the workday, vs. the beginning. The main point is to quit springing ahead and falling back. It is pretty much proven this messes up people's biology, resulting in loss of work productivity. My second vote would go to the option for aligning with Arizona and staying on standard time year round.	6/29/2014 1:29 PM
4612	I'm 83 years old and each time we change time my health is compromised, i can't sleep and my eating is in trouble, me being a Diabetic!	6/29/2014 1:13 PM
4613	I like the extra daylight in the evening.	6/29/2014 1:02 PM
4614	This is the worst thing to happen. Creates problems for sleeping, driving and safety. Junk it	6/29/2014 12:55 PM
4615	I have lived in ut and az and I can say it is much better to not spring forward and fall back. It is disruptive for children and hard for everyone to adjust to.	6/29/2014 12:48 PM
4616	I would think the deaths of two fathers bicycling to work in the dark would be enough to reconsider daylight saving time, or at least shorten it. I don't understand it in the first place, and expeciaily don't understand why it was lengthened. I have some more specific problems with it: kids can't or don't want to go to bed before it's dark, (many are sleep deprived); my dog doesn't change her bedtime because of DST, I think that proves that it is against nature; the month of July is horrible in that it has to be late before the fireworks can be set off--which means even less sleep. Why cut off the end of a blanket to sew it on the other end. There are only do many hours of daylight regardless of DST or not.	6/29/2014 12:43 PM
4617	I hate it. Its hard for my grandkids that live with me to adjust.	6/29/2014 12:11 PM
4618	Just pick a time a stay with it.	6/29/2014 12:07 PM
4619	I would love it to have a set time not only for me but also because I have kids. It is extremely hard to get them adjusted to a different time. I also work with children who are on the autism spectrum and it takes about two weeks for them to adjust to any time change. During those two weeks we have continuous melt downs and our learning time is shortened because we are having to deal with behaviors. If it would stay the same time it would stop many of those issues. I love this time but I just want the time to stop changing. Please pick a time and stop changing it twice a year.	6/29/2014 12:00 PM
4620	Leave the time alone. It should be kept as it is now.	6/29/2014 11:42 AM
4621	Due to the massive changes in available light we need to maintain this feature for our unique area.	6/29/2014 11:36 AM
4622	Getting dark so early in the winter is depressing, and certainly does more to suppress the economy. Moving the time ahead another hour in the winter would be a great fourth option.	6/29/2014 11:28 AM

4623	I would like to see the time stay the same all year as in Arizona.	6/29/2014 11:27 AM
4624	People who suffer from seasonal affect disorder (SAD) or depression have difficulty adhering to daylight saving time changes. Daylight savings does not actually save daylight and does generate energy savings. The time changes have shown to result in more traffic accidents. It is time to get rid of a useless law.	6/29/2014 11:16 AM
4625	When we get home from from work it is nice to have that extra hour for famiky, entertainment, yard work whatever. It messes up sleep for about a week but then we have the benefit of an extra hour to enjoy the day. Many people work shift work and deal with the sleep issue. That should not be an issue for daylight savings time.	6/29/2014 10:49 AM
4626	I don't like having to spring forward or fall back twice a year. It is disruptive to the body and mind. I also don't like how bright it is in the summer late at night.	6/29/2014 10:42 AM
4627	DST DOES NOT save any energy as once believed. It does in fact, us MORE energy. You get up an hour earlier and still go to bed later. Also, biologically, it places your body system in a state of "JET-LAG" from which you do not recover. It used be for six months. Now it has been extended into nine months. Farm animals can't tell time. Leave it alone and do away with it.	6/29/2014 10:28 AM
4628	Lost sleep. Always tired.	6/29/2014 10:26 AM
4629	I enjoy the longer days, period. It's nice to have longer daylight hours when I am awake. I suffer from SAD (seasonal affective disorder) and DST helps immensely with my mood.	6/29/2014 10:26 AM
4630	I think that daylight savings time is an antiquated idea that has outlived it's usefulness. The days get longer and shorter regardless of whether we have daylight savings or not.	6/29/2014 10:14 AM
4631	This is the worst thing to happen. Creates problems for sleeping, driving and safety. Junk it	6/29/2014 10:14 AM
4632	I personally hate DST.however,it really is disruptive for not just me.There are always accidents when school starts and it is too dark for the children to be seen. What are the local statistics ? It is not worth the danger to kids walking to school.	6/29/2014 10:10 AM
4633	we have put up with daylight savings for years. I have hated for years. Let's go off of it and stay off. It makes no sense and has never done what it was suppose to. Please do away with it.	6/29/2014 9:45 AM
4634	I prefer to align and not change the time because it physically is difficult to change back and forth every year.	6/29/2014 9:44 AM
4635	we have put up with daylight savings for years. I have hated for years. Let's go off of it and stay off. It makes no sense and has never done what it was suppose to. Please do away with it.	6/29/2014 9:44 AM
4636	Daylight Savings no longer is a an effective tool but a left over from days gone by, Time to repeal it.	6/29/2014 9:42 AM
4637	Keep it simple.	6/29/2014 9:29 AM
4638	I think this is a waste of resources. Spend more on something more important, like pollution levels in the SL Valley.	6/29/2014 9:20 AM
4639	everyone I know likes daylight savings time	6/29/2014 9:17 AM
4640	I hate the constant change, the day doesn't get any longer or any shorter we just force our bodies to change and that is disruptive. "it's not nice to fool mother nature".	6/29/2014 9:08 AM
4641	I enjoy the daylight, changing back to MST seems that you are going and coming in the dark. I would like to see daylight savings time always with no change.	6/29/2014 8:31 AM
4642	If you left it forward it would help the tourist industry. But I prefer to do away with the hole thing. No more springing forward or backwards keep it one way or the other.	6/29/2014 8:20 AM
4643	Love the extra eve light all year long	6/29/2014 8:11 AM
4644	Seems that the time change is disruptive, and dangerous for school children. there is no economic benefit for energy savings -- farmers can do what they like whenever, and the light bulb has been invented. It's only for golf, and that has been a money loser for Salt Lake City.	6/29/2014 8:02 AM
4645	Keep Daylight Saving Time! Businesses depend on out-of-state customers and vendors. Eliminating it would put Utah out of step with 47 other states and hurt the very Utah businesses that employ Utahns!	6/29/2014 7:56 AM
4646	Utah needs to align with Arizona. It works wonderful for them - with no consequences!!	6/29/2014 7:56 AM

4647	I love the longer nights. but I DON'T know why they changed the dates a few years back. I like the old dates.	6/29/2014 7:49 AM
4648	Align with Arizona! The changing back and forth on DST disrupts my already disrupted sleep patterns even more!	6/29/2014 7:33 AM
4649	I work graveyard shifts. Daylight savings time is brutal. It takes months to adjust my body to the time change.	6/29/2014 7:31 AM
4650	It takes my body over a month to adjust to both time changes every year.	6/29/2014 7:30 AM
4651	Stay on MST 12 months of the year. This is what God intended for us living here. Leave God's work alone!	6/29/2014 7:27 AM
4652	please leave the clocks alone	6/29/2014 7:10 AM
4653	Spring forward will help business. It's a constant. it allows more daylight hours for the ski resorts. It allows more activities with the kids after coming home for work. It makes the day more productive and useful.	6/29/2014 7:08 AM
4654	I am a teacher and notice a marked decline in my students' abilities when the time changes.	6/29/2014 7:07 AM
4655	After working long hours, more daylight hours allow quality time with family outside activities.	6/29/2014 6:46 AM
4656	Simply life and do away with DST	6/29/2014 6:43 AM
4657	I feel that as a people we have moved away from the need for conserving daylight work-hours. We no longer need to work during daylight hours.	6/29/2014 2:02 AM
4658	Neither time creates "more hours of daylight."	6/29/2014 12:35 AM
4659	The time change either forward or backward throws me off for at least two weeks. My internal clock is out of rhythm and I feel very disoriented until I can adjust. My school age children find the transition difficult too. They have a hard time getting up earlier and going to bed when it's still so light. The gradual change of increased and decreased daylight through the year is easy to get used to. The jarring change of time back and forth is not. It does not increase the amount of daylight and simply makes no sense. "Cutting off the top of the blanket and sewing it to the bottom does not make the blanket longer."	6/29/2014 12:18 AM
4660	I never liked the twice per year changes. The earlier or later rising and going to bed takes too long to get accustomed to. Keep the time constant all year long.	6/28/2014 10:43 PM
4661	Aign - Mountain Standard time provides the security of constancy.	6/28/2014 8:46 PM
4662	We need to stop changing time. Reports indicate that work place accidents and heart attacks rise for at least a period after clocks are adjusted ahead in the spring. You can't make more daylight simply by setting clocks ahead.	6/28/2014 8:43 PM
4663	My body is ill for weeks whenever daylight savings time is changed. I have trouble sleeping, I am groggy all day long. It doesn't give me anything I don't already have. If I want to get up earlier or change my work hours, I can make that decision on my own and do not need someone messing with my mind and body clock. It is not natural for the body..	6/28/2014 8:14 PM
4664	For me it is very annoying to fall back in the Fall. Having to drive home from work at five pm in the dark just seems wrong and hampers any desire as well as ability to get some things done at home, outside in particular, when its dark already. I truly dislike having to shovel the snow in the dark. Nor do I like to go anywhere on the dark and potentially icy roads of the winter masked even more by the darkness. It also feels like my body has just adjusted to the Fall back time when its time to spring forward again. It just seems somewhat confusing and unnecessary. I say leave the clocks alone and once we spring forward, leave it alone forever. My two cents. Thanks Doug.	6/28/2014 8:11 PM
4665	I don't like the current Daylight Savings because it affects my sleep every time we have to change in the Spring and in the Fall. I also like having more daylight hrs. in the summer time.	6/28/2014 8:04 PM
4666	Daylight savings time is useless. It doesn't add any more hours to the day.	6/28/2014 7:11 PM
4667	Don't keep changing. Choose one and stay with it.	6/28/2014 6:37 PM
4668	We don't need it anymore. I don't like it staying dark till almost 10 pm. Farmer don't stay out that late anymore. They don't use horses that take forever they use modern tractors. Just get rid of it.	6/28/2014 6:10 PM

4669	Daylight savings time killed my 13 year old son Collin Worland on 11/2/11, when he had to walk to school in the dark and was hit by an intoxicated driver. It is hard on my family's health, mood, and safety and should be done away with. Please vote to end daylight savings time!!	6/28/2014 5:31 PM
4670	Leaving it the same all year is easier on everyone. As one ages it is harder to adjust to the changing times.	6/28/2014 5:24 PM
4671	Switching back and forth is hard on kids and adults. As the day gradually begins earlier you gradually adjust without a jolting 1 hour change that takes a week to get used to!	6/28/2014 5:13 PM
4672	To change clocks twice a year is wearing and not in sync with our biological clocks, so probably unhealthy. And, it just doesn't seem to be necessary. The economy, farming and recreation will be the same if not better without DST.	6/28/2014 5:10 PM
4673	I have no problem with the time changes. But if there is going to be something set to stand I would prefer the later evening light.	6/28/2014 4:32 PM
4674	We should stop changing our clocks, it's a silly thing to do. We got along fine before Daylight Savings Time and we'll get along fine without it again. We should match Arizona and just stick to standard time. Thank You.	6/28/2014 4:17 PM
4675	I really don't care which one, just stop the time change. Pick one and stick with it.	6/28/2014 4:10 PM
4676	Aligning with Arizona simplifies my work and recreational activities which spill into Arizona.	6/28/2014 3:49 PM
4677	More daylight means less resources used.	6/28/2014 3:44 PM
4678	The time change is REALLY HARD on our KIDS. They have to get used to going to bed early in the Autumn and later in the Spring, both of which messes with their sleep patterns (not to mention mine.) I JUST WANT IT TO STAY THE SAME ALL YEAR --don't really care which way! -J	6/28/2014 3:43 PM
4679	I prefer my time match with the sun. When is spring I like knowing at 6 am I'm waking up with the sun and in the fall I don't want to be up at 9 pm only to have been up in the fall for a handful of hours over a couple. With certain disabilities like SAD's it can be hard to maintain one job let alone two if there isn't the pepper amount of sunlight for the hours pulled and not everyone can change there hours every season.	6/28/2014 3:14 PM
4680	We aren't a predominantly agrarian society, which might feel a need for it. And for those who may want more time to frolic in the summer evening light I think enough fun can be had before 8:00 p.m. Changing the time twice each year is wearing and unnecessary and is upsetting to our inner time clocks.	6/28/2014 2:48 PM
4681	We aren't a predominantly agrarian society, which might feel a need for it. And for those who may want more time to frolic in the summer evening light I think enough fun can be had before 8:00 p.m. Changing the time twice each year is wearing and unnecessary and is upsetting to our inner time clocks.	6/28/2014 2:46 PM
4682	DIs never should have been instituted in the first place. If this happens they would just be correcting a failure.	6/28/2014 2:42 PM
4683	Changing the time twice a year is annoying.	6/28/2014 2:22 PM
4684	Changing the time twice a year is annoying.	6/28/2014 2:20 PM
4685	As a teacher, the weeks of transition to and from Daylight Saving Time are difficult for students and counter-productive to everyone's health. Please end this unnecessary and costly move that seems to only cater to a minority who can adjust their own routines without adversely affecting so many others. Our bodies do best when their own rhythms are not disrupted bi-annually.	6/28/2014 2:19 PM
4686	I do not want to keep setting my clocks. I just want it to be the same year round.	6/28/2014 1:33 PM
4687	I don't like it. It is so hard to adjust to the change twice a year and is even harder for my little boy.	6/28/2014 1:15 PM
4688	The change feels pointless, and somewhat counterproductive. I prefer that it stays the same time, the whole year round. Staying the same the whole year round is maybe even more important than whether it is "Fall Back" all year round or "Spring Forward" All year round, though I think I would still prefer the latter.	6/28/2014 1:14 PM
4689	It's really nice to have the extra daylight to get more things accomplished that is hard to do in the dark.	6/28/2014 12:46 PM
4690	I see no reason to change times.	6/28/2014 12:41 PM

4691	make time as 360 days eather daylight or standared	6/28/2014 12:39 PM
4692	I enjoy the extra daylight in the evenings during Daylight Savings. I'm not an early riser so the additional evening daylight hour is great for me.	6/28/2014 12:38 PM
4693	The constant changing of times twice a year is disruptive to our family life, and especially the kids sleeping and school schedules.	6/28/2014 12:12 PM
4694	Mothers have a difficult time trying to get children to bed when it's light, and then up for school when it's dark.	6/28/2014 11:15 AM
4695	I would rather see a decision made nationally as to retain or remove DST. It's confusing now to work with my customers simply in Arizona. We need to maintain our existing time zones and decide as a nation whether to end the practice.	6/28/2014 11:14 AM
4696	I really do not have a preference on whether to align with Arizona or stay at the time we are at right now but I do not like switching twice a year. Keep the same time year round.	6/28/2014 10:38 AM
4697	I would accept any version that would just leave the clock alone - no more spring forward, fall back. Our bodies can do this without the governments help.	6/28/2014 10:37 AM
4698	aligning to MST would greatly improve the general healthy feeling to light and time that we were born with and help reduce energy costs such as running our A/C's longer into the night for comfort, and improve our feeling of well being by not always feeling behind on sleep!	6/28/2014 10:33 AM
4699	I think the time should be the same year round, no changing. The reasoning that it "gives ranchers and farmers more daylight" isn't true as the hours of daylight occur naturally-longer in summer, shorter in winter and farmer/ranchers more than any other group would just use the daylight hours available regardless of the time on the clock. It is outdated to keep changing it anymore and seems to bother more people than it would help. My family realy hates it!	6/28/2014 10:24 AM
4700	aligning to MST would return and preserve the natural body alignment to actual time and create a more functional public attitude to light and it's effects on mood and feeling of 'well being' without that feeling of 'lost sleep' that pervades people of all walks of life, without favoring those who want more recreational daylight to accomplish nothing more that is actually productive or beneficial to all members of our society.	6/28/2014 10:23 AM
4701	I'm a morning person. I prefer morning sun, especially in the winter. Instead of states opting out of DST, I think nationwide we should drop DST.	6/28/2014 10:06 AM
4702	We have more time in the day when there is light during the summer and we need another hour to experience that time.	6/28/2014 9:40 AM
4703	Day lasts from sun-up to sun-down... adjusting a clock has never changed that. The only thing that changes is the mood of people when they have to adjust their schedule twice a year to accommodate the changing clock. I have lived in Utah most of my life but spent 12 years in Arizona and I much prefer the Arizona way of keeping time!	6/28/2014 9:29 AM
4704	I see the school kids taking a couple weeks to adjust to the change each time. I know it takes me some time to get back into sync each time it changes. I don't see it saving anything as farmes and ranchers work off the sun not the clock. So I would rather see it stay steady over the year.	6/28/2014 8:56 AM
4705	I feel that it is easier on the body and mind to perform daily tasks such as exercise and preparation for the day as the sun rises or has risen rather than before. And aligning sleep with sunset or after is better for a more restful sleep and better overall health.	6/28/2014 8:49 AM
4706	I feel that it is easier to exercise and/or prepare for the work day as the sun is rising or risen, rather than before. The body works and functions better during the daylight and having light late disrupts sleep and has negative overall effects on health.	6/28/2014 8:44 AM
4707	When we make the time changes, it tends to throw my kids off for a couple of weeks. I would rather not do that. And, I want the daylight to last longer in the evenings.	6/28/2014 8:27 AM
4708	Obviously DST is great. Only 2 other states don't have it. That is saying something. I do not feel this gas any bearing on education and the people who say different May just be using that as a crutch to get it changed. I love it being light in the summer and I look forward to it all winter! Please leave it alone. We don't need to be different!	6/28/2014 8:24 AM
4709	If not full time DST, then keep it as it is. I enjoy the extra hour after getting hime from work.	6/28/2014 8:19 AM
4710	Arizona and Hawaii are right with no daylight savings time. Let's join with them Let the people vote and keep it non-partisan. Lois Johnson	6/28/2014 8:15 AM

4711	With a busy work schedule, I find it very helpful to have daylight hours after my work day has ended. I enjoy being able to be outdoors in the evenings and would love to have evening daylight hours for more of the year, which would be the case if the state adopts a year-round daylight saving time. I am very opposed to eliminating daylight saving time altogether because I believe DST brings great benefits. Arizona's non-DST policy makes some sense because many hot areas of that state get cooler, more comfortable outdoor temperatures after dusk. This is not the case in Utah where more moderate temperatures allow outdoor recreation throughout most days. At a minimum, we should maintain our existing use of DST in Utah.	6/28/2014 7:06 AM
4712	I chose align with Arizona, but what is most important to me and my family is that we simply stop switching back and forth. It takes me weeks to realign my body clock to the new time twice a year, which is very detrimental to my health and that of my loved ones. If we could just choose one time or the other and stick to it! That would be marvelous. Thank you in behalf of many of my friends and family!	6/28/2014 7:03 AM
4713	I have a vision condition that prevents me from driving after dusk. As a result, I am essentially home bound during evenings through much of the year. Daylight saving time is a great boon to me because it extends the daylight hours when I can drive. Having daylight saving time throughout the year would enable me to drive in the late afternoon evenings for a much longer part of the year. Losing daylight saving time would be a huge detriment to my quality of life because it would further reduce my ability to drive during many months of the year.	6/28/2014 7:02 AM
4714	I'm extremely in favor of keeping daylight savings time, and if nothing else, a permanent "spring forward." I have three main reasons for this: 1. Daylight savings time provides light later into the evening which saves on energy use. We need to be energy and environmentally responsible and daylight savings time helps with that. 2. Without it, it can start becoming light at somewhere around 4:30 a.m. when virtually everyone is still sleeping. We'd be wasting valuable light when people don't need or want it. 3. There is a mental health aspect that seems to being ignored. Seasonal depression is VERY real. People can become seriously depressed with it becoming dark earlier in the evening. It is mentally and emotionally healthier to have light lasting later into the evening.	6/28/2014 5:32 AM
4715	What I most want is to not change time. I would be happy with either the align or create option. I slightly prefer the align option as I have a hard time getting children to bed in the summer when it is still light out so late in the day.	6/27/2014 11:03 PM
4716	I seems unnecessary to continue this practice and a waste of money and productivity as we readjust to schedules.	6/27/2014 10:33 PM
4717	For safety reasons too many kis get hit going to school when we switch back in the spring, kids come to school exhausted	6/27/2014 10:28 PM
4718	I think we should have the time the same all year long, Either Daylight saving time or standard time. I prefer standard.	6/27/2014 10:05 PM
4719	I believe daylight savings time is detrimental to our health. Going back and forth takes me a week or two to adjust, both physically and emotionally.	6/27/2014 9:52 PM
4720	My kids saw an advertisement for free family outdoor film, starts at dusk...sorry kids I don't want you out until 11! What are we teaching them, yes stay up until 11 but you have to wake up early?? Late to bed late to rise makes a kid grumpy, fat and not wise...	6/27/2014 9:38 PM
4721	The need has passed. School children are going to school in the dark in the AM because the time changes so early in the year. There is only so much daylight in a day, if farmers or ranchers care they can just get up earlier.	6/27/2014 9:37 PM
4722	My preference is to always have more light in the evening, even though it means my kids go to school in the dark. But in any case, I would prefer either permanent change option over remaining with the spring forward/fall back rotation which is miserable!!! Please let Utah pick one time and keep it forever.	6/27/2014 9:34 PM
4723	Very often during the winter, I go to school when it's dark, and I come home when it's dark. For the last few years, I haven't had a window. I suffer a bit from SAD and it's very depressing to never see the sun. I live for daylight savings so that I can have light at night. I would love to keep it, but if we can't keep it, then PLEASE just stick to the Daylight Savings schedule. In addition to that, if we keep on the regular schedule year round, like Arizona, it means that we would have to get up extra early to do things in the morning before it gets hot. I don't see the benefit.	6/27/2014 9:31 PM
4724	Staying in the spring forward time would give us light longer in the nights, especially in the winter. It is time for Utah to do away with changing the time every six months.	6/27/2014 9:25 PM

4725	The adjustment twice a year is a difficult adjustment, especially for kids. I don't feel that it benefits me or my family in any way, and I dread the time change every fall and spring.	6/27/2014 8:53 PM
4726	Removing DST would be awesome.	6/27/2014 8:34 PM
4727	Pointless to adjust time given our social structure	6/27/2014 7:19 PM
4728	I don't like changing back and forth. It takes a month at least to recover from the change whether going forward or back. Let's stay one way or the other. Hopefully MST	6/27/2014 6:52 PM
4729	I've visited Arizona several times and the timing of the sunrise and sunset felt much more natural. I'm in complete favor of aligning our time with Arizona's. There is no need for a Daylight Saving Time switch.	6/27/2014 6:51 PM
4730	I feel the day lights saving time has no real legitimate purpose any more. No one works the same hours they did, on average, now compared to when it was created. Arizona gets along just fine with out confusing its residence twice a year. All it really is, is a rouse. A way to make us perceive that we have received a longer day, or more light, than we really have.	6/27/2014 6:25 PM
4731	It's just a big head ache, and hard on Senior Citizens.	6/27/2014 6:23 PM
4732	I hate what the time changes do to my children's sleep habits BUT I have children who rise with the sun- and I really don't want the sun rising at 4:56 AM. I then thought- that year round DST would be the best way to go, until I looked at the chart and I realized how late the sun would rise and since I also have a child who will be in the first grade, getting on the bus at 7:30 AM I don't want him to have to walk to the bus stop and wait there when it it still pitch black out, with sunrise not occurring for another hour and a half.	6/27/2014 6:01 PM
4733	See my Daylight Savings Calculator at http://frictionlessmedia.com/DaylightSavings.htm	6/27/2014 6:00 PM
4734	The adjustment a couple of years ago was needed and very helpful. Keep the present Daylight Savings program and don't mess with it.	6/27/2014 4:42 PM
4735	I chose to align with Arizona time because I think daylight savings is not beneficial. I think it would be great if we aligned with Arizona because employees sleep patterns won't be messed up. They can just stay the same year round.	6/27/2014 4:33 PM
4736	I prefer extra daylight in the morning to be more viable at my workplaces.	6/27/2014 4:26 PM
4737	We need to quit changing this back and forth. It's great to keep it just like Arizona. Never change. Thanks for listening	6/27/2014 4:21 PM
4738	Lived in Utah all my life. Hate the time changes!!! Anne	6/27/2014 4:17 PM
4739	Moved to Utah 30 years ago from Arizona. Still not happy about changing time back and forth! Makes no sense. I do not know of any family or friends that like changing the time. Gary	6/27/2014 4:13 PM
4740	Aside from no change in the times, cooler summer evenings would be a joy.	6/27/2014 4:11 PM
4741	I really see no benefit to changing the time. With modern conveniences, there is no practical reason to go to all the trouble.	6/27/2014 3:56 PM
4742	I love coming home and having several hours of daylight to enjoy with my family Such a waist to loose daylight to the morning when we prepare ourselves for the commute to school or work.	6/27/2014 3:56 PM
4743	Why change when the rest of the country still follows Why change? If we have to change, keep daylight savings time year round.	6/27/2014 3:55 PM
4744	Daylight savings serves no purpose whatsoever. I think daylight savings should be eliminated globally. As a software developer, I know that there can be technical problems with changing our time zone status, but aligning with Arizona would allow us to use the existing Arizona time settings on our electronic devices rather than our current Denver settings where systems cannot be updated. Creating a new time zone (permanent spring forward) is a bad idea. We would essentially need to set our old devices to CST and MST at different times during the year. The real simplification for technology will come when everyone on the planet removes daylight savings and conforms to an hourly time zones. While this isn't within the purview of Utah lawmakers, each sovereign state needs to vote internally to do the right thing, then through time we can all end up with a sensible time zone system.	6/27/2014 3:36 PM

4745	I think that we should be permanently forward an hour because that would allow more time in the evenings for outdoor activities. Also nobody likes to wake up when its bright out, it hurts your eyes. So the gradual light would be so much better in the morning and evenings would be more productive.	6/27/2014 3:35 PM
4746	Please make spring forward permanent!! I've always appreciated more evening light and never minded morning dark. Thanks.	6/27/2014 3:22 PM
4747	I think we need to retain daylight savings time so that there is more sunlight in the summer time and in winter when there is school it gets dark sooner.	6/27/2014 3:16 PM
4748	I feel it messes with our schedules. I notice a huge effect on our sleep schedule and how it knocks our circadian rhythm out of balance to keep the same work schedule. I know a few people with mental illness who also struggle more with the time change and maintaining balance in their lives.	6/27/2014 3:09 PM
4749	I feel that Daylight Savings Time did not work as well as people thought it would. If we were one one time I would not have to look in the manuals to reset the clocks.	6/27/2014 3:06 PM
4750	In the winter time, I like it staying lighter later in the day than lighter earlier in the morning.	6/27/2014 2:56 PM
4751	I enjoy waking up with the sun in the morning and bringing my children in when the sun goes down in the evening. It is difficult to maintain regular schedules and sleep patterns year-round through day light savings time changes. It takes us about one month to adjust to day light savings in the spring and one month again in the fall. It would be very nice to eliminate this inconvenience in our lives.	6/27/2014 2:01 PM
4752	changing the time each year seems useless to me!	6/27/2014 1:54 PM
4753	It makes it so hard on children it seems right when they adjust to just starting school something else changes... No more daylight savings.	6/27/2014 1:28 PM
4754	Prefer daylight after work to spend time with kids	6/27/2014 1:25 PM
4755	I lived in Arizona and loved not having to change back and forth. Plus it's hard to get kids on a new sleep schedule.	6/27/2014 1:23 PM
4756	I prefer the choice to have daylight hours after work. More family and fun time	6/27/2014 1:13 PM
4757	I'm recently retired but worked many years as a nurse. During that time it was difficult to adjust to the time changes each year and especially difficult during the years we worked various shifts in addition. This is a problem for medical, police and fire personnel especially. I prefer to go back to the way God designed it. It took about 3 weeks each time change for our bodies to adjust and get over a "jet lagged" feeling. I've seen reports of increases in accidents as well. Thanks.	6/27/2014 1:05 PM
4758	Both options have their benefits. Lighter mornings for kids going to school, lighter evenings for wintertime. Either way, let's just keep it one or the other. No changing twice a year. Pick one and stick with it!	6/27/2014 1:01 PM
4759	I enjoy having sunlight later in the day especially during the colder months. It helps it be less dreary. However, the biggest reason is that the time change is very difficult on children. Trying to adjust their sleeping to align with dark and light gets very difficult. By the time you have them well adjusted to one time, it's time to change again. Very disruptive and hard on them.	6/27/2014 12:53 PM
4760	I want/need to retain longer daylight in the evening. As a homeowner, I need the additional daylight to get my yard work done. If we say on the Arizona schedule, it will become very difficult to do yard work on a weekday as the days get shorter.	6/27/2014 12:51 PM
4761	It's only twice a year. Stop being such babies..	6/27/2014 12:51 PM
4762	I LOVE the extra night time daylight hours.	6/27/2014 12:50 PM
4763	I like having longer daylight after work . Also, I'm tired of having to set clocks forward and back. It screws up with my sleep cycle and I feel more tired due to my adjustment to the time change.	6/27/2014 12:31 PM
4764	I simply do NOT understand the need to miss with the clock. I didn't like it before I retired and I don't like daylight savings now.	6/27/2014 12:27 PM

4765	I prefer to stay on daylight savings time because of the added light at the end of the day. I work full time and I'm very limited in what I can do after work if it gets dark an hour earlier. For example, on standard time I can't get a full round of golf in, I can't go on a hike, or take a bike ride. In addition, by not "springing forward" it will get light super early in the morning. Even on daylight savings time it starts getting light barely after 5:00am, without daylight savings it will be getting light just after 4:00am, is that what people really want? I feel very strongly about this, please keep the current system of switching twice a year, or stay on daylight savings permanently. I would like to add, I don't understand all this talk about how the hour switch causes so much problem, I have no issues switching, I may be kinda tired one day, but big deal, people need to quit whining and just deal with it.	6/27/2014 11:46 AM
4766	I'm just weary of changing the clocks twice per year.	6/27/2014 11:26 AM
4767	Let the kids, workers and adults have some time to enjoy the day in the beautiful evenings.	6/27/2014 11:24 AM
4768	It would be so nice to have some sunlight when I go home in the evening during the winter. The snow refreezes before I can get it cleared. Creating a time and sticking with it will save more animals on the road. When we switch our clocks the animals don't know about that and many more are killed by cars.	6/27/2014 11:12 AM
4769	It just makes sense to set your clock and let it be.	6/27/2014 11:08 AM
4770	I don't ever notice a significant advantage when changing to daylight savings times. I grew up in Arizona and enjoyed the fact that there was not a daylight savings change. Do away with it in Utah.	6/27/2014 10:50 AM
4771	I think it benefits the farmers & the local economy to stay on Mountain Time Zone all year long like Arizona. I hate changing my clocks every six months. I see zero difference in the affect it has to change times, other than people are late to church & it causes a lot of accidents for the first week as people adjust to the different times.	6/27/2014 10:45 AM
4772	Staying a permanent spring forward with time works best with my work schedule. Thanks for considering this change.	6/27/2014 10:28 AM
4773	More people have things to do in the evening rather than the morning. Dark at 5:00pm is just terrible. Most people just commute and go inside in the mornings. Make the change twice a year or make Daylight Savings permanent.	6/27/2014 10:27 AM
4774	Customers I serve in the farming and livestock industry simply operate by daylight hours available and the time shown on any clock is not an issue. There are functions they have to complete either before sunrise or after sunset or during daylight hours and the re-setting of their clocks twice each year have been nothing more than an inconvenience and continuing irritation for my customers and me since the ritual started,back there in the 1960's. As a side issue, I HAD friends in the Drive-In Outdoor Movie business whose investments were decimated by this practice of Daylight Savings Time. That entertainment industry simply disappeared.	6/27/2014 10:16 AM
4775	For me the big issues with changing time is the adjusting of sleep habits and for my job I collect data on a 24/7 basis, which means one day a year I have to account for only 23 hours in a day and for another day each year I have to account for 25 hours in a day.	6/27/2014 10:04 AM
4776	I honestly don't care deeply about whether it's a "permanent fall back" or a "permanent spring forward". It's the constant changing back and forth that I'd love to get rid of!	6/27/2014 10:00 AM
4777	Daylight savings time causes me health issues and I would like to see it abolished in Utah.	6/27/2014 9:38 AM
4778	Daylight savings time year round is my prefrence because I to see the sun still up in the afternoon.	6/27/2014 9:36 AM
4779	Since we are no longer a farm based nation no need to give more daylight during prim planting and harvesting times.	6/27/2014 9:28 AM
4780	My thoughts are that it is very difficult to change your schedule for daylight savings time, sleep patterns are disrupted and I feel sluggish for 10 or so days after a time change. In the past I have heard that the time change saves energy, people will turn on their lights regardless of it being light in the morning or at night. Farmers and ranchers will get the work done during daylight hours, early or late. Let's just stop messing with the clock!	6/27/2014 9:08 AM
4781	Please don't dilute the votes by mulitple options for getting rid of it. Just get rid of it.	6/27/2014 9:06 AM
4782	I suggest that we move to daylight savings time and just stay there. I enjoy the hour at the end of the day. It would be a little crazy but you could move ahead a half hour, call it an hour, and not change. This would splitt the differnce between the two.	6/27/2014 8:57 AM

4783	It was required that I pick an option, so I picked the one that would have light the latest in the day. However, my true preference is to just pick one option and make it permanent! Especially now that the change is 8 months on and 4 months off, instead of half a year on and half a year off, it's 2/3 permanent. Switching back and forth is more ridiculous than ever now. Please make one option permanent! Arizona has the right idea.	6/27/2014 8:53 AM
4784	It gives office workers a chance to get in the sun a little without having to leave the office early it has worked for all these years why would you change?	6/27/2014 8:50 AM
4785	One important thing to keep in mind is just how dark the Winter morning hours are when staying on daylight saving time. I remember back in about 1973? 74? when the state decided to stay on daylight saving time when Fall came instead of reverting back to regular time. I don't recall if it lasted the entire Winter or just part of it. But what we all discovered rather quickly was that, as we got deeper into the Winter, it stayed dark for so long in the morning hours that it became a safety concern for younger children going to school. Yes, we had more daylight in the evening, but the morning stayed darker much longer. I'm not sure that people realize just how dark it will be in the Winter morning hours if we stay on daylight saving time. I definitely don't like the time changes. But at least in this case of the 70's, the safety of the smaller children trumped anything else. Hence, my preference to just stay on regular Mountain Daylight time. Thanks for your consideration.	6/27/2014 8:49 AM
4786	Keep daylight time all year. NGO	6/27/2014 8:21 AM
4787	I find Daylight Savings Time to be an unnecessary annoyance. The stated benefits are based on dubious, outdated research.. However, forcing young children to commute to school in darkness and dusk is real. Interrupting our sleep cycle is real. The annoyance of resetting clocks and timers is real. Please end Daylight Savings Time. Thank you, Ron Smith, St. George, UT	6/27/2014 8:03 AM
4788	I don't like the switching back and forth. As I get older it's harder to make the adjustment. So I'd like to pick a time (either one really, I don't care) and stay on it. It just makes sense to be the same as AZ.	6/27/2014 7:24 AM
4789	Day light saving time is ridiculous. Let's get with Arizona and forget changing back and for and just stay on MST.	6/27/2014 7:18 AM
4790	Don't like going to work and coming home from work in the dark during the winter.	6/27/2014 7:12 AM
4791	Retain the spring forward fall back because it positions our daylight for the most optimum use and safety for school children. Let's not be different just to be different!	6/27/2014 6:57 AM
4792	The hassle of the kids adjusting to a new sleep schedule is painful. Also, it is nice to have some sun light when I get home from work to enjoy with the kids.	6/27/2014 6:55 AM
4793	Can we keep daylight savings time year round?	6/27/2014 6:28 AM
4794	I dislike DST and dread having to deal with it for so long. It seems that I never get enough sleep and am always tired until we go back to standard time in the fall. I sympathize with parents of young children.	6/27/2014 6:12 AM
4795	It would make everything simpler to just be in alignment with everyone else.	6/27/2014 5:25 AM
4796	It is hard on all of us! Our bodies shouldn't have to go through this twice a year! Especially our children, it's hard enough to get a schedule that works for them...only to have it uprooted in the spring and fall....	6/27/2014 2:10 AM
4797	Can't we just set the sun on a timer so that it rises and sets at the same time each day?	6/27/2014 1:42 AM
4798	A week is required to transition each spring. It is like moving to a Central Time city. No real advantages are obtained by changing to DST and the disadvantages are real.	6/26/2014 11:51 PM
4799	It is not healthy for us to change our time twice a year. If we want to enjoy the daylight, we should get up earlier in the morning.	6/26/2014 11:12 PM
4800	I lived in Arizona and liked skipping Daylight Savings Time.	6/26/2014 11:07 PM
4801	Changing the clocks back and forth is a huge pain when you have kids. I have two. The weeks after each change are brutal! Their sleeping, eating, and waking schedules are all off. Please, pick one and stick with it. I prefer the spring forward choice because it means lighter mornings in the winter.	6/26/2014 10:59 PM
4802	Just stay the same as Arizona....changing times benefits no one, and messes up kid's sleeping schedules. I prefer to drive to work in the daylight, not in the dark. I believe it is safer. thanks!	6/26/2014 10:59 PM
4803	It messes up sleeping, and by the time you get used to it, it is time to change again.	6/26/2014 10:54 PM

4804	It doesn't matter what option is picked as long as a time change goes away. Just pick one and stick with it.	6/26/2014 10:34 PM
4805	I don't feel strongly one way or the other. However it would be nice to not have to worry about the time change.	6/26/2014 10:31 PM
4806	Daylight savings time serves no practical function! Setting our clocks an hour ahead in spring does not increase productivity; it just creates an unnecessary schedule adjustment.	6/26/2014 10:27 PM
4807	I was told this was for farmers originally, well farmers don't punch a clock. They just get up when they need to while the rest of the world is constantly plagued by this since we punch our employer's clock. Millions of people are late to work on these days who are not farmers and didn't know it was moving forward or backward that weekend. It needs to be abolished for the sanity of people who work for someone else. It needs to be even to where the light Is even throughout the day. I think 6 am to 9 pm of light is perfect actually. Permanent spring forward is best.	6/26/2014 10:03 PM
4808	I love schedule...everyone agrees that children thrive on schedule but if bed time is at 9PM and it is not dark it is so hard to keep to the schedule.	6/26/2014 9:50 PM
4809	Not healthy to make changes in people's life's, especially in children. Health should be considered. We hear about the money being saved with DST but I don't believe we save any money in our household.	6/26/2014 9:43 PM
4810	The reason and justification for DST has long passed. I'm sure that there are statistics about increased accidents and other anomalies resulting from entering and returning from DST enough to recommend the elimination of the practice.	6/26/2014 9:27 PM
4811	Love and appreciate the early morning sunrise and extended daylight hours.	6/26/2014 9:13 PM
4812	I have lived in Arizona and hated the glaringly bright, early mornings and early summer nights. Utah has the most gorgeous summer evenings of any place I have ever lived...please don't make them shorter than they have to be! Also love that my husband can come home from work in the summers and still have hours to spend outside with my children and me.	6/26/2014 9:09 PM
4813	please get rid of daylight savings time	6/26/2014 9:09 PM
4814	Daylight saving does not benefit farmers. Farmers farm from daylight until dark. It doesn't matter what the clock shows. Sometimes it is necessary to farm after dark.	6/26/2014 9:04 PM
4815	I am a sickley man and the change interrupts my sleep, if They have to do it go back to from the beginning of April to the beginning of October.	6/26/2014 9:02 PM
4816	I think it I s unnecessary to change the time.	6/26/2014 8:58 PM
4817	The time change is so hard on my children, especially the daylight savings time. It seems that every time we start daylight savings time, my children are exhausted and only start adjusting around the time to go back to the regular time. I struggle with this time change as does my spouse and other family members. It seems I can never catch up with the daylight savings time and I am much more exhausted during the daylight savings time all other factors considered. Having a choice between the two options, I would much rather the regular (non-daylight savings time) for my children, my spouse and I, however if it came to the only choice of either staying with daylight savings time or continue to change twice a year, I would rather we stick with one or the other, rather than changing back and forth.	6/26/2014 8:55 PM
4818	Absolutely no reason to hang on to DST. It causes more problems in my view (including my 4 other businesses), than it helps. Do away with DST.	6/26/2014 8:55 PM
4819	Last year I was involved in an auto-pedestrian accident that occurred a couple days after the switch to daylight savings time. The driver of the car could not see the kid crossing the street because it was way too dark in the morning. There were three passengers in the car (including me) and none of us could see him either. This horrific accident could have been avoided if we could have seen the kid crossing and he would not be permanently paralyzed (but thank goodness he's alive). I think Daylight Savings Time should be moved forward into either April or May, or it should be removed completely.	6/26/2014 8:48 PM
4820	there is only 24 hours in a day, moving the hands on the clock does not change a thing	6/26/2014 8:47 PM
4821	Spring forward and leave it be!	6/26/2014 8:46 PM

4822	As a parent, I have found Daylight Savings Time to be very disruptive to my children's sleep patterns, and I know I am not alone in this problem. In discussing this very topic with the many mothers in my association I have found the week following Daylight Savings Time, both in the Spring and Fall, to be a difficult period of adjustment and overall frustration. My children do not adapt easily to the time change and it seems to be to be an outdated and utterly irrelevant program. I sincerely hope Utah will join Arizona and Hawaii in doing away with Daylight Savings.	6/26/2014 8:43 PM
4823	Socker moms, doctors & lawyers who want to get in a round of golf in the late P M love the present arrangement. Moving the hands on the clock does not add one minute to the 24 Hr. day	6/26/2014 8:27 PM
4824	Daylight Savings Time may have had it's benefits decades ago, but it's "time" to scrap it.	6/26/2014 8:27 PM
4825	Socker moms, doctors & lawyers who want to get in a round of golf in the late P M love the present arrangement. Moving the hands on the clock does not add one minute to the 24 Hr. day	6/26/2014 8:27 PM
4826	Socker moms, doctors & lawyers who want to get in a round of golf in the late P M love the present arrangement. Moving the hands on the clock does not add one minute to the 24 Hr. day	6/26/2014 8:26 PM
4827	It does not matter which way it is leave it one way or the other not both ways.	6/26/2014 8:17 PM
4828	I like the longer nights in the summer. I also think it's crazy (and dangerous) that when the time changes in the fall, there are kids out at bus stops in the dark morning. As a parent of small children, I hate when the time changes. It throws my kids off for weeks.	6/26/2014 8:08 PM
4829	lets get rid of it...	6/26/2014 7:57 PM
4830	As an employee who has to be to work at 8 AM with an hour commute, DST makes it even worse with the dark drive. It just perpetuates laziness.	6/26/2014 7:53 PM
4831	Daylight Savings Time creates issues for young students in school. As a parent, I really hate seeing my daughters walk to the bus in the dark. At the same time, I hate forcing them to bed when it's still light outside so they can wake up in time for school the next morning.	6/26/2014 7:48 PM
4832	The benefits of changing all of the clocks twice a year are minimal, and the cost can be partly found in the increased number of highway and street accidents (and sometimes deaths) in the week immediately following each time change. Let's stop the madness now.	6/26/2014 7:43 PM
4833	Option three will have the most light during the times most people are awake.	6/26/2014 7:34 PM
4834	Don't like how late the sun sets in the summer	6/26/2014 7:33 PM
4835	Forget the hassle of changing it. We can adapt to one and not have to dread the next change. I have thought this for probably at least 30 years.	6/26/2014 7:27 PM
4836	It's was really hard, and is for my grandchildren now to focus on settling down at night just before a school day. I think it could save energy in the summer if it wasn't light as long, for residents/businesses with central air. Gets dark just before rush hour in the winter, roads get slick an hour sooner.	6/26/2014 7:27 PM
4837	I would rather it be lighter in the morning than in the evening since I work outside on a job site all year. Also I don't think kids need to stand out in the dark at the bus stop.	6/26/2014 7:23 PM
4838	I love daylight savings time. It makes my evenings wonderful. We get outside much more. A real benefit to enjoy. Please do not change it.	6/26/2014 7:18 PM
4839	I would prefer to pick a time and stick with it. I own two retail businesses. It is disruptive in our home, to our children, with school and with business. We all abhor daylight savings!	6/26/2014 7:17 PM
4840	we just want to to see it go away we are tired of changing are clocks	6/26/2014 7:12 PM
4841	Although Daylight Savings Time is meant to make the daylight adjust to our schedules, I think it does more harm in upsetting our natural body rhythms. It takes weeks, not just a few days to adjust to the change when we set the clocks back or forward. I am in favor of staying on Mountain Standard Time, but I would also be open to staying on a set Daylight Time. Either way, I am in favor of stopping the semi-annual flipping of the time which upsets the sleep schedules and health.	6/26/2014 6:57 PM
4842	As I grow older, I find it increasingly difficult to adjust to the time change, both in the spring and fall. In all actuality, it doesn't matter which time is selected, I would just prefer a constant time. Logistically, it makes the most sense to align ourselves with Arizona.	6/26/2014 6:36 PM
4843	My students take a week to adjust to the time change twice a year. Learning during these two weeks is disrupted.	6/26/2014 6:33 PM

4844	Under our current plan, sunset in the winter months is unbearably early. Working late means working into darkness.	6/26/2014 6:17 PM
4845	Daylight Saving time. The tax payers cost to make the changes, and how it affects the health of people in Utah.	6/26/2014 6:14 PM
4846	We are on the mountain time for just a few short months. It would be better to stay on one time. I choose align because I like the sunrise/ sunset hours better than the other two options.	6/26/2014 6:14 PM
4847	I prefer to keep daylight savings year around. 1) They say daylight savings is hard on the school children and on everyone and that is true. However it is not daylight savings that is the problem it is the switching back and forth from daylight to standard time that is the problem. Leave it on daylight year around. 2) They say with daylight savings the kids go to school in the dark and that is true at times. But with standard time they come home in the dark and it leaves no daylight for them to get outside and play. 3) People who work are also affected by the change in time. I worked for over twentyfive years as a RN and it was a lot easier going to work in the dark and getting off work when it was still light as it gave me time outside with the fanily. I do not look forward to the time of year when it changes to standard time as it is dark so early in the evening, it makes you feel like you just want to go to bed.	6/26/2014 5:56 PM
4848	There is no savings of daylight by switching--it simply moves the window. School children would benefit by going to back to regular time, as it would be light earlier in the morning when they catch a bus.	6/26/2014 5:37 PM
4849	I think it is better to have the light in the evening. In the winter it doesn't matter what the schedule is, you are always waking up in the dark. On DST we have the light in the evenings so we can have our family time. Nobody has time in the mornings, but evenings are when we need the light. DST gives us that extra hour in the summer and I would prefer to stay on that schedule rather than change back to standard time in the cold, dark, winter. It just makes it worse.	6/26/2014 5:34 PM
4850	I just don't like changing times. It doesn't seem to really benefit me, and I don't like the sun up so late in the evening when I want it dark. Some outdoor activities are fun when the sun is down sooner, like fireworks, outdoor movie screens, camp fires. I don't like to wait so long for the sun to go down.	6/26/2014 5:33 PM
4851	being a morning person i take an early shift at work. working in transit the time shift is really hard. trying to get to sleep with the extra hour, the longer daylight and the neighbors children out til all hours is a pain. the only time i see my patio is during the hottest part of the day or on the weekend if i want to throw my body clock off (makes driving monday a risk). really ...just leave it one way or the other.	6/26/2014 5:26 PM
4852	I like to have more daylight after work in the summer. Having more daylight in the morning in the summer does me no good. The transitions to DST in the spring and back off in the fall are a little painful, but worth it.	6/26/2014 5:19 PM
4853	It is time to stick with one time year round and I feel it should be aligned with Arizona.	6/26/2014 5:14 PM
4854	No more daylight savings time in Utah. Extending it was the stupidest decision ever made back when the laws were being revised. You should have just gotten rid of it all together, not extend it to make life worse.	6/26/2014 5:08 PM
4855	Daylight savings was a good idea 100 years ago. We have H.I.D. lamps now and L/E/D/ lighting too, lets put the clocks back to normal time and cancel this useless clock changing.	6/26/2014 5:01 PM
4856	I see no advantage to switching back and forth. I am a believer in the "early to bed and early to rise" philosophy, so I'd rather get the early morning light in summer and have it get dark earlier. I vote strongly to eliminate DST in Utah.	6/26/2014 4:58 PM
4857	Keeping daylight saving time makes it easier to keep in sync with other businesses nationwide. Adjusting the amount of offset twice a year would make a coordination nightmare. We need to be considerate of our national business partners.	6/26/2014 4:55 PM
4858	It takes some effort to make it through the time change each year, but I sure like the results. The extra hour of daylight in the evening during the summer is wonderful to spend with my family.	6/26/2014 4:48 PM
4859	As a parent and educator or children, I feel that it is more of a hassle to shift internal schedules and sleep patterns, change the clock and explain how we are changing a constant form of measurement in their lives. I don't see how the benefits outweigh the challenges of retaining the current system.	6/26/2014 4:46 PM

4860	It's time to stop the time change the makes every person in our state suffer due to the adjustment in time (that we subject ourselves to twice every year)! Permanent DST would allow those who struggle the worst with the time change to have one less thing to make their lives harder.	6/26/2014 4:43 PM
4861	Changing time was a difficult transition for me before I became a parent. Now that I have a son and no one else at home to relieve me, the transition time to get on track with the new time is longer and much harder on my body. I would love to have one less thing to worry about twice a year. Please!	6/26/2014 4:35 PM
4862	The latest the sun will rise under this selection is 8:00am. The earliest is about 5:00am. This is reasonable.	6/26/2014 4:32 PM
4863	It is difficult to readjust to a time change 2 times a year. It disrupts the human interlock, It is a silly thought that a farmer has more daylight hours, they always utilize the daylight no matter what the time is. I don't believe the daylight savings time has any effect on tourism in the state, I lived with regular time and it was great as I remember it. I have hated the day light savings time every since they adopted it.	6/26/2014 4:23 PM
4864	I find the time changes to be very upsetting to my internal clock. I am often late to meetings right after a time change, and I think it's just plain stupid to keep changing the time. I think Arizona has the right idea.	6/26/2014 4:18 PM
4865	Let the sun rise and fall as it must as Mother Nature knows best.	6/26/2014 4:12 PM
4866	I hate Daylight savings time	6/26/2014 4:03 PM
4867	I think this option gives the best "balance" of daylight for both the morning risers/school attendees and for evening hour activities.	6/26/2014 4:01 PM
4868	As a teacher, each time we change, it affects our students for about a week. Kids don't get enough sleep as it is. Maybe this would help. (Neither do most adults.)	6/26/2014 4:00 PM
4869	I can't believe so many people, including government officials, are unaware of the negative health problems associated with changing the time twice a year. It's a fact that there is an increase in heart attacks following these time changes. It also disrupts the normal rhythms of our nervous systems. I also hate seeing the little children going to school so early in the dark of winter. PLEASE do away with Daylight Savings Time -- it SAVES nothing!! There is plenty of light in the evenings without messing with the clock.	6/26/2014 3:57 PM
4870	I don't see any benefit to changing the time around every 6 months.	6/26/2014 3:50 PM
4871	The human body always needs time to adjust to the new time changes in Spring and Fall and I have always found that sleep cycles are adversely affected... which means that judgement is impaired and in some people I find their tempers are more likely to flare though they might not have if not overtired or off balance physically. Additionally, it is a royal pain in the neck to remember to set clocks back or forward and I don't like how Daylight savings time always affected my children during the summer months when it was bedtime and they wanted to stay up and play longer because the sun was still up so late. I just want time to be the SAME; just as it was before some well meaning soul decided to alter the rhythm of life, stop messing with it.	6/26/2014 3:48 PM
4872	We either need to leave Daylight Savings Time as it is or leave it on the Permanent Spring Ahead Schedule. I don't like it in the winter when it gets dark at 5:00 pm. I would rather have it stay lighter longer in the afternoon. It just makes more sense to me to do it that way.	6/26/2014 3:37 PM
4873	It is hard to remember turn back or foward the clocks that have to be turned manually	6/26/2014 3:31 PM
4874	I think it's archaic and outdated. It's completely unnecessary, and we ought to follow Arizona's lead and get rid of it. Then Idaho can get rid of it, and eventually it will bleed through the rest of the country. :-)	6/26/2014 3:26 PM
4875	Daylight Savings as it is allows those that work an opportunity after work to utilize more daylight for activities following work. In the winter it is not as big a deal as typically it is cold and or stormy.	6/26/2014 3:14 PM
4876	Daylight Saving Time is outdated. It serves no one.	6/26/2014 3:13 PM
4877	I do not really care just pick a time and stick with it not jumping back and forth.If the majority want day light savings just continue with it all year.	6/26/2014 3:12 PM

4878	Daylight Saving time is detrimental to many people's health. Children have difficulty adjusting to the time change. Energy dollars are not saved, just spent at a different time. It might have worked, way back when stores weren't open late or on weekends. Times have changed and it's time to stop Daylight Saving Time	6/26/2014 3:10 PM
4879	Please go to Arizona time. There has been recent research done that shows that daylight-savings time is harmful to human health. It causes stress and therefore contributes to the obesity epidemic. I have always been hard hit during time changes, my body never fully adjusting. Daylight-savings was created for an agrarian culture who needed the extra light to haul in crops and still make the train schedules. We are no longer that type of culture. Please, help the people of Utah get off of this horrible, unhealthy time schedule. Furthermore, daylight savings does not save energy. Moving the use of energy from evening to morning, does NOT save energy. Here are some links to the effects: http://www.businessinsider.com/economic-and-health-effects-of-daylight-saving-time-2014-3 http://www.washingtonpost.com/blogs/wonkblog/post/daylight-saving-time--still-mostly-a-scam/2012/03/09/gIQATaxP3R_blog.html	6/26/2014 3:02 PM
4880	The time switches cause an increase in heart attacks. Don't believe me? http://www.reuters.com/article/2014/03/29/us-heart-daylightsaving-idUSBREA2S0D420140329	6/26/2014 3:01 PM
4881	I just don't see that dst makes much of a difference other than throughing off the sleeping patterns of everyone that I know, including myself and my own family.	6/26/2014 2:48 PM
4882	Its original purpose no longer exists. Why are we still implementing the practice?	6/26/2014 2:47 PM
4883	switching time is disruptive and not necessary or beneficial	6/26/2014 2:41 PM
4884	I believe there are no longer any real benefits to daylight savings time. Studies have shown accidents increase twice each year during the "switch." Pick a time and stick with it. I think it makes sense to align with Arizona, otherwise each state picking a different time could be confusing. Looking at the chart provided, Mountain Standard is the option I prefer. I have always held strong feelings about having to (seemingly arbitrarily) spring forward and fall back, and am happy I have an opportunity to comment.	6/26/2014 2:38 PM
4885	I enjoy having light later in the evening rather than early in the morning.	6/26/2014 2:36 PM
4886	I have the hardest time with daylight savings. It throws off kids schedules which then throws off my schedule. I have friends who live in Arizona and I think that following what they have done would be ideal.	6/26/2014 2:36 PM
4887	It is nice to have long afternoons to enjoy all the recreation options available to us in the summer. It helps golf courses, lakes, and other parks with visitors in the afternoons that would not be able to make it work if it was dark at 8 instead of 9 in the summer.	6/26/2014 2:35 PM
4888	An obvious compromise would be to permanently adjust to half way forward or half way back, but that would put Utah out of phase with the rest of the world. That would certainly make it an interesting situation to deal with.	6/26/2014 2:30 PM
4889	Quit changing the time. I prefer to align with AZ, but second would be to create a new day light savings, but last and please quit changing the time. Everyone complains about it and it affects work for the few weeks after the change.	6/26/2014 2:29 PM
4890	I prefer more light in the morning so I can get up early and walk.	6/26/2014 2:28 PM
4891	Such a pain to figure out time difference through the year when communicating with family in Utah.	6/26/2014 2:25 PM
4892	We enjoy a lighter morning and a darker evening so please get rid of daylight savings time.	6/26/2014 2:24 PM
4893	It's horrible on children's bodies, they have a miserable time adjusting, it's unnecessary.	6/26/2014 2:23 PM
4894	We fool ourselves if we believe that we are "saving daylight." We have the same amount of daylight no matter what. All we do is change the clock. People involved in agriculture have the same amount of daylight, they merely have to alter their routines. Putting our children on the streets in the dark, going to school makes no sense at all.	6/26/2014 2:23 PM
4895	The change in time is a slight in convenience for a day or two and then one adjusts. Do not change it.	6/26/2014 2:22 PM
4896	It's those two days in the year when the time changes back and forth that I do not like. It gives me jet lag in either direction and takes a week to recover from the change.	6/26/2014 2:16 PM
4897	It's time to do away with daylight savings time.	6/26/2014 2:13 PM

4898	Leave it early. I get home sooner and temps are cooler in the morning. I work outside and would rather work my hours in the morning so I can get home where I'm most comfortable.	6/26/2014 2:05 PM
4899	I like the daylight lasting longer into the evening, and I like getting up early and getting to work. I DON'T like the bi-annual change. It's so depressing to wake up in the dark suddenly at the beginning of the year. It takes a good two weeks to adjust to the new time. Just pick one and leave it so we don't have to suffer time adjustments anymore!	6/26/2014 2:03 PM
4900	Two times a year my body gets out of wack for weeks because of the time changes. I want it to stay the same all year round.	6/26/2014 1:59 PM
4901	as a working individual, it is nice have some day light time after work.	6/26/2014 1:54 PM
4902	My kids have a certain bedtime during the school year. When it comes time to switch the clocks, it seems to take a few weeks for them to adjust to the new time. It's more of an inconvenience than anything. Utah should be like Arizona and just do away with Daylight Saving Time!!!	6/26/2014 1:53 PM
4903	I honestly don't care which permanent option we choose, but I don't think it is beneficial to switch times twice per year.	6/26/2014 1:44 PM
4904	It seems unnecessary to change back and forth. We love the family time in the evening and would love more light then!	6/26/2014 1:36 PM
4905	The time zones seem off to me. I prefer to have more light at the end of the day rather than at the beginning - even if if means driving in the dark early in the day.	6/26/2014 1:31 PM
4906	I cannot get out of bed when it is dark. Hard enough to get motivated everyday to go to work. thank you.	6/26/2014 1:22 PM
4907	I'd rather retain than align with Arizona.	6/26/2014 1:13 PM
4908	I love having longer daylight hours in the evenings during the summer -- it's very conducive to outdoor activities after work.	6/26/2014 1:01 PM
4909	Shifting the clock has unfavorable medical consequences. There have been several studies reporting increased accident rates on the Monday after each change, particularly on the change to Daylight time. These changes are particularly problematic with regard to maintaining our sleep phase. The change is similar to jet lag during travel. Not only does it affect sleep and daytime function but it also has unfavorable metabolic consequences. In our modern society, there is no advantage to be gained by changing the clock twice a year. In fact, the economic and health cost should preclude this change. Since we seem to like Daylight time better than Standard time (we spend 8 months each year with Daylight time), it would make sense to change to Daylight time and maintain rather than making regular changes. In truth, we CANNOT AFFORD to continue to make the time change given the costs involved.	6/26/2014 1:00 PM
4910	The abrupt change 2x/year is disruptive. There is no actual need for it. It's absurd to say that DST "gives more daylight". There is the same amount of daylight regardless of whether we choose to label it as 6 oclock or 7 oclock!!!	6/26/2014 1:00 PM
4911	Is that much energy or the use of lights "saved" by being on DST??? Think about it!!!	6/26/2014 12:51 PM
4912	I LOVE Daylight Savings Time. It gives more time in the evenings to do things.	6/26/2014 12:50 PM
4913	I feel very STRONGLY that we should not mess with that which God has created.	6/26/2014 12:50 PM
4914	We love the extra hour of daylight in the evening.	6/26/2014 12:48 PM
4915	Because of the location of the State of Utah in the Mountain States time zone, changing to daylight savings has more of an affect on this state than those to the east. It stays light too late. We can get up early and use that extra light in the morning hours and the children will not have to go to school when it is so dark.	6/26/2014 12:47 PM
4916	I guess, if there were to be a change, I don't really care which DST option gets picked out of ALIGN or CREATE, I just hate the switching. I would like to just pick one and stay with it, no more changing in spring and fall.	6/26/2014 12:41 PM
4917	It takes me days to adjust. Stop messing with my circadian clock.	6/26/2014 12:33 PM
4918	This practice was effective when we were an economy based solely upon agriculture. In the same thought so did ending your education when you were old enough to work the farm. We have abandoned that notion and should also move on from this.	6/26/2014 12:22 PM

4919	The sleep disruptions are really hard on me and my family. It's hard to get adjusted, and by the time my body feels like it is fully adjusted, we swing back again. Based on my understanding, the original reasons for instituting Daylight Savings no longer exist, so let's return time to where it belongs.	6/26/2014 12:14 PM
4920	Daylight savings should be abolished. It is light at 9:30 p.m., dark in the mornings when children are leaving for school. It is not beneficial to anybody. No good reasons have EVER been found to keep it n place. Therefore, do awaywith Daylight Savings Time.	6/26/2014 12:12 PM
4921	Because we have become a 24/7 society there is no set time anymore when people are home. Too many people feel this was done for farming and farmers farm day or night. If it has to be done at two in the morning, that's when they will do it.	6/26/2014 12:07 PM
4922	Mountain Standard Time All the Time!	6/26/2014 12:05 PM
4923	There's no reason for it. It's depressing leaving work when it's dark. If people need more daylight, stay up later.	6/26/2014 11:39 AM
4924	Earlier dark = more sadness!	6/26/2014 11:29 AM
4925	I love the long daylight in the evening. It gives me a chance to enjoy the outdoors after work.	6/26/2014 11:14 AM
4926	Well, this is a tough one. Daylight Savings Time was initially introduced as a war time measure during WW I. We really don't need DST in this day and age. I would make the time uniform with the time we have in the fall. The trouble with tinkering is that one would expect ALL states to comply.	6/26/2014 11:12 AM
4927	I think DST is unnecessary. I heard it was originally started to help out farmers, but I have some farmer friends that say they get up when the sun comes up, regardless of what the clock says. In my opinion, DST just messes with everyone's schedule for no reason.	6/26/2014 11:10 AM
4928	As a parent, I witness and experience a disruption to our household twice each year as we suddenly all go to school and work at a different interval. My child's attitude, attentiveness, and general behavior are quite oblivious to the clock change, as his body's daily rhythms do not take into account any adjustments made to our timing devices. As an aside, choosing which time zone Utah aligns with is of little consequence to me. It is the change in time that is disruptive, much more than what position of the sun aligns with which hour on the clocks. To be really pedantic, I would happily choose Pacific, Central or even Eastern time over Mountain with Daylight Saving. Just pick one and stick with it, I say!	6/26/2014 11:07 AM
4929	The semi-annual time change creates more hassle than benefit.	6/26/2014 11:04 AM
4930	It no longer provides any benefits. Commerce will take place during business hours, regardless of the amount of daylight. Those industries that require sunlight can shift with the seasons. Many already do anyway. DST is a relic of a different era, and an unnecessary complication.	6/26/2014 11:03 AM
4931	I love long summer days and hate long winter nights. I believe that Daylight savings time keeps those in a better order and help monitor more daylight when people are more likely to be awake and working.	6/26/2014 11:00 AM
4932	A permanent spring forward will provide more annual daylight hours after work for personal interest, projects, and hobbies - much of which requires daylight hours to perform.	6/26/2014 10:59 AM
4933	I like the daylight in the evening hours, especially during the summer. I like to spend time outside, but once the sun starts to set, it feels like it's time to close up and go inside. There's so much more to do in the evenings with the extra hour of sunlight than there is to do at 5 in the morning.	6/26/2014 10:57 AM
4934	I would do either time, considering each ramification. I just don't want to keep changing back and forth, and I see no real benefit to do so.	6/26/2014 10:56 AM
4935	The time change messes with my internal clock in the spring time and its hard to get up to go to work. Plus its hard to go to bed when its still light outside.	6/26/2014 10:56 AM
4936	I've heard that a Native American once said of Daylight Saving time "Only a white man would believe you can make a blanket longer by cutting a foot off one end and sewing it to the other." I believe Daylight saving time is disruptive to children's schedules, and is not beneficial to anyone in today's 24-hour world. Construction companies and others who work and play outdoors are more concerned with when it becomes light enough to accomplish what they want to do than what time it says on any timepiece.	6/26/2014 10:52 AM

4937	Really my preference is to keep the same time year round whatever time that may be. We have 3 small children in our home and one of which has autism. Time changes are extremely difficult for us and can spiral into meltdowns that occur everyday for about a month until their little bodies get used to it. Please - let's keep the same time year round.	6/26/2014 10:47 AM
4938	If the extra hour of light is the issue, then let's just stay on DST all the time. Changing time messes up everyone's sleep schedule and that's detrimental to our health.	6/26/2014 10:43 AM
4939	I love the sun being up early with me!	6/26/2014 10:34 AM
4940	With regard to medical needs (medication schedules, precise timing required for feedings, etc), child care needs (naps, feedings, schedule change), and personal schedule change, it is much easier to adjust to the light outside than to the time on the clock. Let's eliminate daylight savings!	6/26/2014 10:30 AM
4941	I just plain don"t like having to change back and forth!	6/26/2014 10:26 AM
4942	I like having it light later in the summer months as that is the busiest time of year for my business. Much easier to show homes in the light!	6/26/2014 10:18 AM
4943	I prefer the time stay the same all year around, however, I would much prefer it stays on daylight savings all throughout the year.	6/26/2014 10:17 AM
4944	I am a teacher. Every time the time is changed we have lethargic kids for days trying to readjust! It is hard on us all for even though it is only an hour it is much like jet lag, it takes time to adjust. Please standardize the time!	6/26/2014 10:17 AM
4945	I have always thought it silly that we would change the time just for continence. Our world around us operates on one schedule and then we change the time because we think it's necessary. If you do not like the time frame you are in then adjust your schedule do not adjust the time of everyone. There is no need for economic debate people are up when they want to be and do as they will. Their life style will not change just because you changed the clock. They will still do as they will.	6/26/2014 10:15 AM
4946	It's terribly inconvenient. Also it makes winter seem longer.	6/26/2014 10:14 AM
4947	1- I hate when daylight savings ends each fall and dread the months where it is dark by the time I leave work. As a tax payer I favor permanent spring forward. 2- Daylight is actually a quality of life point that attracts people to Utah. Even with the existing daylight saving system, our placement in the time zone and our western slope geography make much of Utah more favorable for after work recreation than Colorado. Perma-forward could actually attract residents and revenue. 2- As a computer professional, a change to daylight savings represents work, which is good for me. Honestly though, it would be an unnecessary expense to businesses and tax payers. If there is not a significant majority I don't think it should be changed. 4- Arizona style would reduce the quality of life, and cost us. Very no.	6/26/2014 10:14 AM
4948	It is so hard on us to keep trying to adjust every six months to a new schedule. Please leave the clocks alone and help us out!	6/26/2014 10:14 AM
4949	Biologically, we would benefit from not having to change times. In the summer time, evening activities are enhanced by the longer hours; in the winter, with short days, it doesn't matter which way it goes. Therefore, I prefer the spring forward. Thank you.	6/26/2014 10:09 AM
4950	It disrupts our lifestyle!	6/26/2014 10:09 AM
4951	I would prefer that the times stay constant and never change. It is confusing and throws my body clock off for days after. The original reasons for changing times seem outdated and worthless.	6/26/2014 10:09 AM
4952	Nothing gained with DST. It's a complete Nuisance changing clock twice a year, let alone to cost to business.	6/26/2014 10:08 AM
4953	I am personally affected by the time changes by being tired and mentally slower. It also is a hassle to have to change your watches, and clocks to the new times. I like to get up early in the morning, in the springtime and daylight savings gives me 1 hour less in the morning to enjoy my patio time.	6/26/2014 10:08 AM
4954	Nothing gained with DST. It's a complete Nuisance changing clock twice a year, let alone to cost to business.	6/26/2014 10:07 AM
4955	I have never liked DST. I believe we should align with our neighbors in AZ to make it less confusing for everybody.	6/26/2014 10:06 AM
4956	I think it's stupid.	6/26/2014 10:02 AM

4957	Please terminate all unnecessary government mandated items such as daylight savings time change!!! I grew up on a horse ranch and guess what it was early to bed and early to rise because of the number of tasks to be done not some government mandate. Terminate daylight savings time !!!	6/26/2014 9:57 AM
4958	Daylight savings has become an antiquated idea. I dislike the bi-annual interruption in my sleeping pattern. I would rather have some consistency. It makes half a year insignificantly 'better' at the cost of the other half of the year. I'd rather have annual stability, not a rapid change every 6 months.	6/26/2014 9:56 AM
4959	We should never make any choice that aligns us with Arizona.	6/26/2014 9:55 AM
4960	I love having the later evenings in the spring and fall to be do more outside after I return from work each day.	6/26/2014 9:53 AM
4961	I work in health care and see the effects of sleep loss with individuals and how it affects our health. We contribute more to our communities and families when we have consistent sleep patterns. We also cut down and reduce health care costs when we are talking better care of ourselves by getting the sleep we need. Our bodies repair and reguvinate while we sleep.	6/26/2014 9:53 AM
4962	Daylight time offers more daylight during waking hours both during the summer and during the winter.	6/26/2014 9:53 AM
4963	Not needed anymore. Plus it will save energy.	6/26/2014 9:51 AM
4964	Daylight savings is out-dated. We're not milking cows, etc. It also disrupts people's sleep cycles, which can lead to increased depression, fatigue, and decreased performance. Last it plain annoying to change multiple clocks and watches at home, in the car, and at word.	6/26/2014 9:46 AM
4965	I don't want to change anymore. I would prefer staying on Spring forward but I would be content with stay with just daylight savings time.	6/26/2014 9:45 AM
4966	While I would prefer to keep the "spring forward" time, I would just be happy to do away with changing the time altogether! So either keep MDT or MST, but stop with changing!	6/26/2014 9:41 AM
4967	Give us more time for outside activities after work year round.	6/26/2014 9:38 AM
4968	I personally prefer the current Summertime hours, rather than the Winter hours. I love having more light later in the day. I say if we're going to to against what the rest of the country is doing, we might as well take advantage of it and have permanent "Daylight Savings" hours.	6/26/2014 9:37 AM
4969	I prefer to KEEP Daylight Savings Time as it currently is. I like being able to use the daylight hours during the summer and winter most usefully. I do like the expanded DST months. Please keep this the way it is.	6/26/2014 9:37 AM
4970	Lets get it back to the way it used to be when I was a kid.	6/26/2014 9:32 AM
4971	Keep it simple. Keep the daylight!	6/26/2014 9:31 AM
4972	there is no need to change the time it only messes up our internal body clocks and our minds	6/26/2014 9:26 AM
4973	I struggle with the time switch every year, and I would be happier if Utah quit doing it. I enjoy the long evenings in the summer, and would benefit from having more light on winter evenings. That said, I understand that the "create" option actually increases energy consumption because it increases demand on a/c units. The bottom line is that I would like to stop springing forward and falling behind. Whichever time we pick is fine.	6/26/2014 9:25 AM
4974	I have a full-time 8 hr a day job, and a small farm at home. With Daylight Savings time I would be able to have a little more daylight to get the chores done in the winter.	6/26/2014 9:17 AM
4975	No question on this one. Everyone I have talked to is for changing to daylight savings time and leaving it there. The time change messes with people's internal clocks and psychics. And standard time has people leaving for work in the dark and coming home in the dark most of the year. The only way I can see you getting this wrong is when you cave in to some special interest group.	6/26/2014 9:17 AM
4976	A study done in California determined Daylight Savings time did not save energy, energy actually increased because of the increased length of darkness during the mornings. People have a harder time adjusting to the change and school students are more tired and do not perform as well. Also the danger of an accident increases because of the darkness when children walk or ride their bikes to school.	6/26/2014 9:01 AM
4977	Before daylight saving time we got along just fine without all the hassle twice a year getting used to changing our regular schedules.	6/26/2014 8:55 AM

4978	The constant changing of time messes with the normal and natural body clock. I wake up the same whether 5 or 6, it doesn't matter. There is an old adage, "Early to bed early to rise keeps a man healthy, wealthy, and wise". Time changes are also hard on the children. When they have that extra hour of daylight in the evening, they have a difficult time getting to bed because the sun is still up. They are not getting their full rest time. This affects their general health and well being. Their schedules and routines are messed with. Some of them and their parents need those schedules and routines.	6/26/2014 8:53 AM
4979	I dislike adjusting to a new time. I'd rather just pick a time zone and stay. While standard time is my first preference, I could survive with DST year round as well. If standard time were accepted, residents would learn to use the early morning sunlight instead of evening light, just like Arizona residents have.	6/26/2014 8:52 AM
4980	I like when it stays light out longer into the evening. Having it get dark at 4:30 in the evening is too much.	6/26/2014 8:47 AM
4981	I enjoy the longer daylight hours in the summer. However, I always hate the switch from one to the other, it takes weeks for my body clock to reset. To me it doesn't matter which one we choose as long as we choose to stay the same all year long.	6/26/2014 8:40 AM
4982	I would love to stay the same all the time	6/26/2014 8:34 AM
4983	I prefer permanently springing forward because it would give us the same amount of daylight in the summer and avoid the change in the fall.	6/26/2014 8:32 AM
4984	It makes sense to keep it the same why change something that actually works.	6/26/2014 8:30 AM
4985	DST is really not needed anymore	6/26/2014 8:24 AM
4986	It's too dark for kids to be going to school safely in the morning, and it doesn't help anyone's SAD when they have to wake up, get ready, and drive to work, all in the dark.	6/26/2014 8:21 AM
4987	If we didn't have day light savings it would be dark by 8:30-9:00 PM in the summer and 5:00 PM in the winter. I personally enjoy having daylight later in the day because I get more done-like yard work and shopping. I also think from an economic stand point that people tend to stay out more when it's light and spend more money. When I lived in Arizona we didn't have day light savings and the days seemed much shorter. I don't think as a general rule that people wake up early just because the sun is out. I think they sleep until they have to get up so it doesn't matter if it's dark in the morning for longer. I do think it makes a big difference if it stays light longer in the evenings. Just my opinion. I have lived in both settings and prefer day light savings by far.	6/26/2014 8:16 AM
4988	It is too difficult to adjust schedules to DST.	6/26/2014 8:09 AM
4989	I would like to see Utah stay on Mountain Standard Time year round because many people, including myself, need to get to bed by 9:00 PM and it is pretty tough to fall asleep when it is still light outside. Adjusting to the time change is also very hard as it takes me weeks to get back in sync, which makes me less productive at work.	6/26/2014 8:00 AM
4990	Staying with Mountain Standard time all the time avoids the constant readjusting of ones time clock to the obligations of society, such as work, school, etc. It is so much nicer to have light in the cool of the morning so you can exercise (walk, bike, run) or work on your garden before you have to go to work. Farmers, ranchers and outdoor laborers work sun up to sundown and it doesn't matter what time the clock says.	6/26/2014 7:57 AM
4991	I do not find it helpful anymore to lose/gain an hour throughout the course of the year. When I worked, the only positive to gaining an hour was being able to leave work while it was light out. I do not see any benefit to my wallet in energy preservation.	6/26/2014 7:54 AM
4992	I dislike most reasons for having Daylight Saving Time, I think it is an outdated cause, but mostly I hate adjusting my sleep schedule, and that of my kids.	6/26/2014 7:47 AM
4993	I cherish the extra daylight after work, when I can do hardworking, enjoy a bike ride around the city and so on.	6/26/2014 7:45 AM
4994	To stop the incessant whining and excuses every morning for a week twice a year.	6/26/2014 7:30 AM

4995	I really dislike changing the time back and forth. it upsets our life schedule. you get use to eating at a certain time, and going to bed at a certain time, and then everything is changed around and children don`t want to go to bed when they are used to. also you want to call someone in another state, and you don`t know if you are on the same time schedule you are. I DO NOT LIKE CHANGING THE CLOCKS AND THE TIME BACK AND FORTH. PLEASE LEAVE THE TIME ON MOUNTAIN STANDARD TIME. thank you.	6/26/2014 7:29 AM
4996	You can't get any more light out of the sun by changing the clock around. We still only have so many hours during a given day. No one will have to adjust their lives for a time change every six months or so, and medically all of us will be healthyier if we don't have a time change.	6/26/2014 7:26 AM
4997	Spring forward and fall back causes "jet lag" experience and should be one way or the other, not switching between the two.	6/26/2014 7:21 AM
4998	Daylight savings is a nuisance, but I don't believe it entails any serious negative consequences such as a loss of economic productivity or increased physical danger. Becoming a permanent fall-back state will have its own nuisances. For example, it will be more difficult to remember what time it is in other regions of the US. There will be disadvantages either way, unless the entire country moves in the same direction. I don't think the current system is particularly problematic. I'm actually completely baffled about why this issue is a priority in Utah politics. I don't have a strong preference for what time zone we choose to fit into, but I hope we can move past this issue as quickly as possible so we can focus on the more important and divisive issues. I also hope that Utah can avoid being too closely associated with Arizona in the public mind. Arizona is that kooky, belligerant, Tea Party neighbor that no one wants to be caught with in public. I would rather stay with the rest of the nation in DST rather than announce that we're turning into Arizona. Utah's reputation is bad enough as it is.	6/26/2014 7:20 AM
4999	Having lived both where time was adjusted for daylight savings time and where it was not, I firmly believe that NOT changing time is more beneficial to both sleep schedules and productivity at work. It is hard to make that adjustment twice a year.	6/26/2014 6:58 AM
5000	I taught school for 44 years before retiring AND both changes played havoc with the learning, productivity, moods, sleeping habits, eating habits, and all around well-being of the students. It took the majority of the students several weeks to adjust and in the meantime, valuable learning time was lost. Keep it the same all year round. PLEASE.	6/26/2014 6:45 AM
5001	I don't understand why we use daylight saving time. Let's just stay on the Spring time hours no need to fall back.	6/26/2014 6:35 AM
5002	Re setting my biological clock every 6 months is very irritating. It is something that is an old tradition that needs to be done away with.	6/26/2014 6:16 AM
5003	Its beneficial	6/26/2014 4:54 AM
5004	More daylight hours! It will also help out our farmers !	6/26/2014 4:53 AM
5005	Aligning with Mountain Standard Time year-round helps maintain stability in scheduling, routine building, and simplifies the calculation of time difference between other non-DST states and countries.	6/26/2014 3:31 AM
5006	I want to do away with daylight savings as the time shift is more of a disruption than a benefit (my line of work is not tied to the daylight). I chose to Align because this would result in what I believe to be the most "normal" sunrise hours. To unify with Arizona (and Pacific Daylight time) would also be strategic for inter-state workplace collaboration.	6/26/2014 2:58 AM
5007	I really dislike having to change my sleep patterns every six months. I lived in Arizona for many years and really appreciated not having to deal with daylight savings.	6/26/2014 2:25 AM
5008	PLEASE put Utah on year round daylight savings time because: 1. I have to work from 10:30am to 7:00pm. I find it very dangerous to drive home in the dark. 2. I work in the yard until sunset. If not for daylight savings time I would not have enough time for yard work M-F. This would result in a poor looking yard. 3. Vacations are much easier when one is able to drive late and still have the sun up - this is a safety factor. NOTE: Regarding the argument that it will result in sleepy students, That already happens with appalling regularity. I subbed for 3 years and in HS period one 2 to 6 students would always be asleep during class, and I mean snoring with heads on desk or books. IT WAS WORSE during standard time! I would suggest the legislature study starting HS a full hour later rather than following the mistake of Arizona.	6/26/2014 1:46 AM

5009	I don't like the time change because it's takes weeks for your body to adjust to the new time. It is extremely difficult for my children and for weeks after as we are trying to adjust to the new schedule and it makes bedtime and mealtimes difficult. Permanently falling back would be wonderful because I feel like the sunrise and sunsets wouldn't be too late or too early but we wouldn't have to deal with a time change.	6/25/2014 11:14 PM
5010	The switch every spring and fall causes some people to have problems adjusting. It is a proven fact that auto accidents increase when the clocks are turned ahead due to not getting enough sleep. We don't need the extra hour any more for working reasons, don't mess with Mother Nature.	6/25/2014 11:01 PM
5011	I don't see a need to have the change in time anymore. It served its purpose, but is a nuisance now.	6/25/2014 10:50 PM
5012	I don't think it is necessary and is confusing sometimes. I prefer to leave it the way nature intended it to be.	6/25/2014 10:46 PM
5013	People like summer time and the long days, but farmers hate it because the cows do not like being milked and hour early and the result is less milk in spring and fall. Why not adjust school start times so children would not be leaving in the dark in the winter and just leave the time the same for fall, winter & spring.	6/25/2014 10:45 PM
5014	Eliminate standard time.	6/25/2014 10:44 PM
5015	We do not need it. Period!	6/25/2014 10:43 PM
5016	It would be nice to not have to adjust the time twice a year. Arizona is doing fine lets join them!	6/25/2014 10:39 PM
5017	With the warm summer in Utah, the sun setting earlier would help with energy usages during the summer months. What ever is decided, I would like the time not to change over the year.	6/25/2014 10:30 PM
5018	No need for dst. Too hard to keep adjusting	6/25/2014 10:22 PM
5019	I don't care if we stay on DST or stay on regular time, but please please please, let us stay on the same time year round.	6/25/2014 10:22 PM
5020	I run in the mornings and hate the going back into darkness with daylight savings.... I wish daylight savings time went back to the dates they were a few years ago, so it was 6 months of savings time and 6 months of standard time- that would be perfect.	6/25/2014 10:18 PM
5021	The week after DST, spring and fall, is pretty much the worst pair of weeks for me in the year. I can't adjust to go to bed on time in the spring, and I wake up too early in the fall. A week of sleep deprivation wreaks havoc on my focus at work, and my immune system. I usually get sick within a week and a half of the time shift. Also, I use public transit for my work commute, and the buses are always late those weeks, like the drivers haven't adjusted to the time shift either. I think the benefits of removing DST, and thereby getting rid of the adjustment period and fatigue that goes along with it, outweigh what we'll lose in shifting time to keep people out in daylight instead of the dark. A significant spike in fatigue probably causes more accidents than driving home after sunset for an extra two months out of the year.	6/25/2014 10:17 PM
5022	For years I have thought Arizona had the right idea for keeping the time with no spring forward. It takes working people and children weeks to adjust, and I believe saves little energy.	6/25/2014 10:15 PM
5023	Leave it alone. It is scientifically better for the human body to have an hour lighter later. Don't fix it if it does not need fixing and it doesn't need fixing!!	6/25/2014 10:13 PM
5024	The more light, the better!	6/25/2014 10:08 PM
5025	I love it how it currently is. I have lived in Arizona as well as Queensland, Australia where they have one set time zone and I don't like it. It is dark by the time you get home from work and doesn't give you time to enjoy the long summer nights.	6/25/2014 10:08 PM
5026	Good heavens!! No change!! I like DST just like it is. It give me quality time with my Grandchildren.	6/25/2014 10:03 PM
5027	I oppose DST because it plays havoc with our bodies! It is not good for our over all health.	6/25/2014 10:00 PM
5028	The time now would work all year around people don't mind going to work in the dark if they can come home and still have a little day light fill like doing a little bit, if it dark you eat watch tv and go to bed.	6/25/2014 9:54 PM
5029	Just doesn't make any sense. No benefit as far as I am concerned with Daylight savings time. Causes me more problems as School Bus Driver. Just need to leave it one way or the other.	6/25/2014 9:51 PM

5030	To whom it may concern, I have been reading the comments of many different people concerning the issue of daylight savings time, and I decided that I would like to make my own ideas heard as well. It may sound crazy, but I actually have a strong opinion when it comes to daylight savings time. The truth is, I have kind of always thought of daylight savings time as Christmas, part 2. You see, I am a twenty-two-year-old college student at Brigham Young University in Provo, and after four years of leaving work/class and having to walk home in the dark because the sun begins to set around five o'clock in the afternoon during the winter months, I can say with real sincerity that it would be a very sad thing for me personally if daylight savings time was taken away. I am of course speaking on a purely personal level here, but gathering personal opinions is the point of this survey, so I will carry on in good conscience. I'm not sure about the rest of the world, but winter is a difficult season for me. It's cold and dark, and somehow that combination makes every setback in my life seem that much more troubling. Sure, snow is beautiful and poetic when it is lit up by colored lights and complemented by Christmas carols, but once January hits, everything seems to get a whole lot harder. Until that beautiful day in the middle of March when we are gifted with one more hour of daylight. Maybe this sounds ridiculous, but I legitimately look forward to that day. In fact, this past March I dedicated a good portion of a blog post to the subject. I can't help but thinking that I am not alone in my opinions, despite the comments I have been seeing arguing against daylight savings time. Seasonal depression (seasonal affective disorder) is, after all, a real concern for many people. And I think we can all agree that a great form of light therapy is natural sunlight. Some people have commented that daylight savings time isn't necessary because, in the natural order of things, people should go to bed and wake up with the sun. However, there are times during the winter months that the sun begins to set around five o'clock. I can't really see many people going to bed that early. As I mentioned before, I (and many others I'm sure) am just getting off work at that time. Then there is family (or friend/colleague/significant other, depending on your situation) time, dinner, homework, and general unwinding to attend to before you can even think about sleep. During the summer months, the days are, of course, longer than that. But even then, I highly doubt that the sun setting earlier will cause anyone to go to bed any sooner than they already do. Based on my past experiences as a child, and my present experiences as a college student, I believe that the sun going down earlier would only drive the majority of the population inside to their TVs and video games, and heaven knows we have too much of that in our society already. I have also seen some concerns about the toll that losing/gaining an hour twice a year has on our bodies and on worker productivity the following day. I have always felt personally that I have recovered quickly from the time change (I don't think that one hour can have too detrimental an effect), and, at least for the children in my own family, sleeping habits don't seem to be interrupted too drastically. As far as worker productivity on the Monday following daylight savings time goes, I have always thought that Mondays were difficult, whether or not I got one less hour of sleep the night before. I have seen good arguments on both sides of this issue—I would not mind seeing some of the science behind the claims about the negative effects of switching over to daylight savings time—but even then, I would hope that we could consider keeping the extra hour of daylight all year round rather than getting rid of it altogether. That being said, I don't feel that it is completely necessary to make any changes at this point; I don't think that losing one hour once a year is a terrible price to pay for more Vitamin D and sunshine in my life. I hope that a satisfactory solution can be found to this issue, and I am grateful for the chance to participate in the discussion. Thank you, Katie Parker .	6/25/2014 9:50 PM
5031	Daylight savings time is unhealthy to all,unfair to those who must work in the early hours to provide the consumer with food,news and other items. It places children in the dark while going to school. Teenagers struggle to stay awake as it is and those who take AP and accelerated classes now spend more time awake and less time sleeping. Farmers still get up no matter what, livestock doesn't care what the clock says. Place us in standard time for the benefit of all. Drive in movies especially.	6/25/2014 9:49 PM
5032	DST serves no useful purpose. Moving the clock back and forth twice a year has no effect on the amount of daylight, it merely moves the clock for the sake of it.	6/25/2014 9:49 PM
5033	I chose Create because I prefer having daylight later in the day. Because I work full time, I have limited time in the evening to do all that needs to be done. Having more daylight in the late part of the day would be very helpful.	6/25/2014 9:47 PM
5034	There is no concrete evidence of any real benefit being derived from DST. Studies I have seen indicate that work place accidents and heart attacks increase at least for a period after the clocks are set ahead. Common sense tells me we cannot lengthen the day.	6/25/2014 9:45 PM
5035	It is critical for businesses, tourism and recreation that we have daylight hours in the evening. Very few people hike, play sports, golf, etc. in the morning. It also saves energy by allowing more natural light in the evening.	6/25/2014 9:41 PM
5036	I'd just like to see the clocks stay on one time or the other.	6/25/2014 9:39 PM

5037	Study after study I have read shows that work place accidents increase for at least two weeks after we spring forward and incidence of heart attack also rise. There is no concrete evidence of any real benefit from changing time. Please align us with Arizona and Hawaii and return to common sense.	6/25/2014 9:38 PM
5038	As a school counselor, I have read the research that tells how adversely early rising affects teenagers' school performance. Daylight Savings time just aggravates the problem. Studies indicate that teens perform better when they don't have to get up so early. Also, from a personal viewpoint, the changing back and forth every year is a nuisance, and the first week of going back to Daylight Savings Time is always miserable because of trying to adjust to getting up an hour earlier. Let's just stay on Standard Time year round!	6/25/2014 9:37 PM
5039	I prefer the light later into the day and would like the "Create" option. I am against year round standard because in summer I don't want the sun waking me up at 4:56 am. I would be okay with retaining the current spring / fall adjustments. My one suggestion would be if a future survey is done to rank preferences, 1 2 and 3.	6/25/2014 9:28 PM
5040	I feel very strongly about this we should not change time twice a year. It is not good for our sleep habits especially young children, that are expected to adjust immediately and go to school the next day. It is not good for adults either.	6/25/2014 9:25 PM
5041	When you get up with the sunrise, MST is the best option.	6/25/2014 9:22 PM
5042	IT SEEMS MORE PRACTICAL TO STAY AT THIS TIME SCHEDULE	6/25/2014 9:22 PM
5043	I prefer to have more daylight in the hours when I am home from work (after 5/6 PM) and able to enjoy the great beauty and outdoor activities so readily available in Utah.	6/25/2014 9:13 PM
5044	Even though I'm not fond of the biological adjustment for 2 weeks after each change, I find the early sunrise (without DST) to be very hard to sleep through. Also, I appreciate having more daylight possibilities in the evenings.	6/25/2014 9:09 PM
5045	As a parent I dread daylight savings and adjusting bedtimes.	6/25/2014 9:08 PM
5046	Since it seems that everyone wants to get rid of daylight savings time it's really just a debate between which time we should make standard. Creating a new time will save a lot of energy costs compared to aligning with Arizona since everyone is awake in the evening hours but not as many people are during the earlier morning hours.	6/25/2014 9:06 PM
5047	Since everyone is still awake in the latter evening having the permanent shift to daylight savings time will save much more money versus pregnant shift to standard time.	6/25/2014 9:03 PM
5048	I do believe that the reason for making this in the first place is no longer valid!!! Please take it away...it is so hard for the kids and for the parents!	6/25/2014 8:59 PM
5049	DST has worked effectively. It is a waste of time, money and energy to change it.	6/25/2014 8:57 PM
5050	Keep daylight where it is most beneficial.	6/25/2014 8:48 PM
5051	I feel that all are benefitted by keeping the clock consistent. Students & children have a particularly hard time making the adjustment. Sleep cycle is not determined by a law but by the sun. When we change what time they need to arise in the spring, we invite tired children who cannot perform as well. Many adults have a hard time with the transition, also. I feel the idea that farmers have more daylight is flawed. According to the clock, they may arise earlier, but, in my experience farmers don't work by the clock, rather by what needs to be done.	6/25/2014 8:47 PM
5052	I like the Daylight Savings time, it is a better time scenario. I do not like the constant back and forward of time...it effects mind and body.	6/25/2014 8:46 PM
5053	I don't like changing times. I would like to keep longer days in the summer.	6/25/2014 8:46 PM
5054	I would like to do away with daylight savings time permanently. Falling back each year isn't too bad - an extra hour of sleep (unless you are a parent or have a dog). But springing forward is torture when you have to wake up an hour earlier than usual. You are slow and lethargic for weeks as your body adjusts to a sudden change in your routine and schedule. Removing this would provide a constant, year-round schedule for everyone. This would benefit parents with young children who wake up when they wake up no matter what the clock says, teens who have a hard time waking up anyways, commuters who would be more alert in the spring instead of groggy from lack of sleep, and employers for the same reason. Please choose this option or to create a new time (this option makes more sense as it aligns with AZ).	6/25/2014 8:45 PM

5055	It is a hassle changing times. I think it's pointless and strange to manipulate time. It isn't something we can control.	6/25/2014 8:41 PM
5056	I much rather come home with some sunlight in the fall and winter than darkness.	6/25/2014 8:41 PM
5057	I think we should align with Arizona. I think it would make travel easier for other people from out of state. I think Daylight Savings is an outdated practice. I would prefer to not have to realign my schedule and my families schedule every six months. I have small children who do not understand why I change their sleep schedule, which always creates unwanted chaos.	6/25/2014 8:39 PM
5058	With Daylight Savings time as it is now, the sun sets at about 5:00 in December. Not only does this make rush hour dark and miserable, it makes people use more energy. If it gets dark at 5:00, then people turn their lights on at 5:00 and leave them on until they go to bed. If it gets dark at 6:00 instead, then most people would leave their lights off for an extra hour. Many people sleep in during the mornings or work later, so they don't notice any extra daylight in the mornings, but almost everyone notices how early it gets dark in the evenings. We should permanently switch over to Daylight Savings Time so we have more daylight in the evenings when more people can take advantage of it.	6/25/2014 8:30 PM
5059	DST simply feels wrong. Let's go with what nature intended.	6/25/2014 8:29 PM
5060	It disrupts student schedules and learning ability. I teach Kindergarten students.	6/25/2014 8:18 PM
5061	I have expressed my opinion on this subject since it began in World War 2. PLEASE give upl the difficult, confusing changes back and forth. Standard time is the best time. Gwen Sandberg	6/25/2014 8:10 PM
5062	Changing times is very hard on our children and it makes business dealings with other states who do not change more difficult.	6/25/2014 7:59 PM
5063	Prefer the additional daylight hours available to spend with family after work.	6/25/2014 7:54 PM
5064	David McCullough was once asked what future generations will think of our time. He replied "I think they'll be dumbfounded that we could waste so much time watching television." I think if you'd ask McCullough the same question again, he might add " . . . and they actually did something as foolish as use Daylight Saving Time". It is truly one of society's dumbest creations - trying to manipulate the effects of the natural movement of our planet.	6/25/2014 7:49 PM
5065	It's time for it to go.	6/25/2014 7:43 PM
5066	Let's please stop changing our clocks every six months, I prefer either option over doing this! Or let's change the time half hour one time and everyone is happy.	6/25/2014 7:34 PM
5067	I prefer the extra daylight at the end of the day because I am an elderly person and do not go outside or drive when it gets dark and it gets dark very early in the winter.	6/25/2014 7:33 PM
5068	I have lived in UT for over 20 years but prior to that resided in AZ for many years. I find changing the time twice a year to be counterproductive and I really don't see a point to continue this practice. I don't feel like "Daylight Savings Time" is an accurate title to how it affects me and many others in this state. It feels more like daylight "stealing" time to me. As one who works early in the morning I feel like I have lost an hour of sleep and then come evening I am still feeling like that hour is lost. Suddenly its my bed time even though the sun is shining brightly and children are out playing etc. I know also when my children were very young and school age as well, it was always hard getting them on a new sleep schedule. Now that I work in a school I see first hand these poor kiddos coming in practically asleep on their feet after the spring time change. Really, what is the purpose today of changing our clocks twice each year? Is it just because "we have always done this"?? I do not believe it is for helping farmers--who simply work while they have the light regardless of the clock on the wall. The only reasons I have ever heard anyone speak up in favor of DST was from housewives who like to do crafts late into the evenings or recreationists who want to ride their bikes after work....sounds a bit lame to me. Going to work or school tired and foggy brained each spring just doesn't seem smart or safe. Even if we don't align w/AZ time not changing our clocks twice a year would be a better option in my opinion. Thank you for this discussion--it is long overdue.	6/25/2014 7:31 PM
5069	The change is always hard on my system, my body likes it to stay one way or the other.... just make up your mind and leave it alone!	6/25/2014 7:18 PM
5070	I prefer standard time because I do not like the abrupt change. Lets keep it one way or the other.	6/25/2014 7:07 PM
5071	I only care that we stop the time changes and pick one. As a teacher, it feels like a week is lost every year to groggy, confused, sleep-starved kids.	6/25/2014 7:06 PM

5072	Sunshine rocks!!!	6/25/2014 7:05 PM
5073	Daylight savings is a waste of time and taxpayer money, stay on one time!	6/25/2014 7:04 PM
5074	Arizona does just fine with the way they have time.	6/25/2014 6:58 PM
5075	Please keep daylight saving time.	6/25/2014 6:58 PM
5076	People aren't machines. It's unwise to treat them as if they were. We can't reset our internal clocks twice a year without consequences.	6/25/2014 6:57 PM
5077	I hate getting my kids re-adjusted to the time change every time it switches. I also don't like how dark it gets	6/25/2014 6:57 PM
5078	I don't like daylight savings. I would like it left alone.	6/25/2014 6:56 PM
5079	We are currently on DST almost 9 months of the year now. I think that it's ridiculous to change back for just little over 3 months. Keep DST year around.	6/25/2014 6:50 PM
5080	The number 1 issue is safety. Because the schools share buses, this forces the High Schools to start early and with the extended weeks we have now, that means for 2 weeks where many high school students walk to school in the dark. Combine this with sleepy drivers in a hurry and you will notice that every November and March there are several auto-pedestrian accidents involving high school age students. Several have been fatal. I was also hit while in a cross walk in the pre-dawn hours. These accidents can be avoided if Daylight Savings is stopped. A recent example was teenagers hit and killed at Kearns High School at 7:15am in March. At that time of year it would have been dark because of daylight savings time had just started. Had there been more light the outcome surely would have been different. Thanks, Mel Graff (Layton Utah)	6/25/2014 6:37 PM
5081	All of us need to go to work/school when it is light outside and come home during light. None of us like going/coming during dark time.....	6/25/2014 6:35 PM
5082	I have a hard time adjusting to the time change. I work split shifts. One week mornings next week afternoons and sometimes evenings.	6/25/2014 6:34 PM
5083	I appreciate the extra daylight hours during the summer months.	6/25/2014 6:27 PM
5084	I don't like daylight saving time because it is very disruptive of work and activities.	6/25/2014 6:27 PM
5085	There is an increase in medical problems every time the time change occurs. Just leave it the same all year.	6/25/2014 6:12 PM
5086	It takes so e adjusting when it changes but it is not that hard I just say get over it	6/25/2014 6:07 PM
5087	Our temperatures reach 100 and over each summer. We need to have the time normal to help save on electricity and water used to run air conditioners that extra hour.	6/25/2014 6:00 PM
5088	I won't feel like I have jet lag two extra times a year. It will help adjust my med's much easier.	6/25/2014 5:58 PM
5089	Im tired of the changes, hard to get used to very up setting. Stop changeing the time. Its killing me.	6/25/2014 5:57 PM
5090	There is no need for daylight savings anymore. It only seems to make everyone have a hard time adjusting to new schedules.	6/25/2014 5:51 PM
5091	I look forward to the spring forward all winter long. However, I dread the fall back. I would be happy to stay with our current (daylight savings) time year round.	6/25/2014 5:42 PM
5092	We are a 24 hr society. Daylight savings had overstayed is welcome and no longer had any being on anything.	6/25/2014 5:40 PM
5093	I would like to keep Daylight Savings year-round	6/25/2014 5:38 PM
5094	Adjust work schedule instead of time.	6/25/2014 5:29 PM
5095	Lose hours of sleep is not fun	6/25/2014 5:22 PM
5096	Going off DST would have a big economic toll on many recreation industries. Also why do we want to join 2 states (Hawaii makes sense at 20 degrees N) and some goof-ball counties in Indiana?	6/25/2014 5:18 PM
5097	I'd just seems a better flow of things	6/25/2014 5:17 PM
5098	I would really love to see Utah remain on the same time line all year long. Mountain Standard time works for me. Thanks so much for considering this matter. I feel like we have been putting up with this nonsense WAY to long.	6/25/2014 5:11 PM

5099	do not like changing time 2 times a year...keep it MST or DST	6/25/2014 5:11 PM
5100	I would rather work in the dark and play at night in the daylight.	6/25/2014 5:11 PM
5101	The extra hour of light in the evenings gives me more time outside with my kids when I get done working and just makes the day more enjoyable. If it gets dark to early people always seem less active and a little more depressed.	6/25/2014 5:07 PM
5102	I hate changing my clocks twice a year. MST would be much more easier for K-12 school students, parents, and bus drivers.	6/25/2014 5:07 PM
5103	I think it is beneficial for most Utah residents AND TOURISTS to have daylight at the end of the day to participate in recreational activities and household chores.	6/25/2014 4:54 PM
5104	I like the longer daylight in the evening.	6/25/2014 4:50 PM
5105	I chose the option of continuous standard time, it fits our normal circadian rhythms.	6/25/2014 4:44 PM
5106	More light in the evening year round would be very nice. ;Less depressing	6/25/2014 4:39 PM
5107	All things considered, it would be best for us to be on MST all year long. That's how it works best and used to be before someone thought it should be changed. Why mess with Mother Nature?	6/25/2014 4:37 PM
5108	I like to ride my bicycle to work each day for good health, until it gets too dark and/or too cold in the mornings. I start work at 7AM and Daylight Savings makes it harder for me to do this with an extra hour of morning darkness, which is also colder. Year-round Standard Time would make it so I can enjoy this health benefit more months of the year.	6/25/2014 4:35 PM
5109	I am not a fan of the twice yearly changes. I really don't think farmers needed it to begin with since they are most likely up with the chickens and done with the sun regardless of the numbers on the clock. But I definitely don't like the idea of "losing" daylight time in the summer by doing the Arizona thing (I used to live in AZ and it's ok to play baseball at midnight when there's a chance it will be cooler).	6/25/2014 4:35 PM
5110	Standard time is much better for families. It allows time in the evening after the sun goes down for families to be together in the home where they can share experiences of the day, work with their children on studies and generally increase family solidarity.	6/25/2014 4:19 PM
5111	I would prefer to remain on one constant time zone, and not have to worry about moving our clocks forward or backwards one hour depending on the time of year. Please create a new daylight saving time and get rid of the daylight savings nonsense.	6/25/2014 4:14 PM
5112	The reason I selected my choice is I would rather have the extra daylight in the evening instead of the morning. I strongly favor getting rid of switching between DST and Standard time. If a permanent spring forward isn't what is decided on, I would slightly favor staying with the switch.	6/25/2014 4:08 PM
5113	1. I find adjusting to the time change difficult, and I think it's disruptive in general 2. I think it's dangerous for children in the spring, and results in more darkness at the time they may be going to school. 3. The argument that there is "more daylight" is ridiculous; there is the same amount of daylight whether you change your clocks or not. 4, I don't think it saves energy... it just shifts energy usage from morning to evening, or visa versa. In summary: generally the change to DST is disruptive, causes fatigue, adds to risk for drivers and pedestrians (including children), and does not add "daylight hours"... people can just get up earlier or stay up later if that's important to them...	6/25/2014 4:06 PM
5114	Stop changing clocks every six months. A compromise would be to set the time back 1/2 hour from Daylight Savings or forward 1/2 hour from Standard time and leave it there.	6/25/2014 4:00 PM
5115	I don't want to wake up at 5 in the morning on my lazy summer days. The sun seeping through the drapes wakes me up, the later that happens, the more I can sleep in.	6/25/2014 3:58 PM
5116	springing forward irritates me more because I feel I lose time and sun, it makes me feel sluggish, we might gain the sun in the evening but we lose it in the morning. I don't like feeling like I've lost time, it leave me in a state of confusion. Most people feel they lose an hour in the fall, but I feel when you skip an hour I lose time.	6/25/2014 3:55 PM
5117	I love DST! It gives my family more outside time to spend together, after everyone is home from school and work.	6/25/2014 3:55 PM
5118	I lived in Arizona for 5 years and preferred the no time change. It's not just just one day after the time change that is difficult, it's the week or two afterwards.	6/25/2014 3:53 PM
5119	I'm tired of retraining my kids for their routine every few months	6/25/2014 3:51 PM

5120	I don't see a benefit to daylight savings time. I get up early and like to go to bed early, so standard time works best for me and my family. It seems like changing the clocks twice annually is annoying, confusing and unnecessary.	6/25/2014 3:43 PM
5121	There is no need to continue with DST. It is an outdated tradition.	6/25/2014 3:39 PM
5122	I am a teacher, it is hard for my students after the change of time. They have a hard time focusing and I've even had students fall asleep in class. My own children also have a hard time with it. Going to bed in the summer is always a struggle.	6/25/2014 3:33 PM
5123	It just seems to me like a silliy game. Just give me one straight time and leave me to it. I am a simpile man and I like a simple life.	6/25/2014 3:30 PM
5124	I feel that we dont need to change the time no matter what state we are in,,why cant things be left alone and go back to when things were no time change anywhere,,they just need to leave it alone!!!	6/25/2014 3:27 PM
5125	Please end the madness!	6/25/2014 3:23 PM
5126	It is so hard on everyone to change the time constantly, and now that it is only in "winter" time for about five months, the whole thing seems pointless.	6/25/2014 3:23 PM
5127	It really doesn't matter if you align or create, as long as it stays as a single time and doesn't change. Who cares if it's darker sooner? I don't.	6/25/2014 3:22 PM
5128	I prefer the extra hour of daylight in the evening. I do not appreciate the early sunrise that would occur with a move to year around standard time. I have not experienced any of the negative effects that many have stated with the change of an hour. The only experience is the need to reset all the clocks twice a year. Maybe I have not experienced the change on body functions over the years since my 20 years in the Navy was a continuous rotating change in daily schedule. Again, give me the extra light in the evening and extra dark in the morning that around the clock daylight saving time would provide. Thank you,	6/25/2014 3:22 PM
5129	The constant changing back and forth is hard to adjust to, both personally and as a family. I believe that we should not mess with nature, let's just live life as it is. Most everyone I ever speak with concerning Daylight Savings time has very negative feelings about it. It seems that perhaps only the politicians seem to be in favor of it. Perhaps it should be place on a general election ballot. We would probably have many more voters for that election, as it seems to me that the majority of citizens oppose it and feel that time should be left alone.	6/25/2014 3:21 PM
5130	I have never really understood the need for DST. If you need the sun to accomplish something, just get up earlier. It really isn't that complicated. DST only causes stress on the whole population. Maybe we should change the clocks to help the night shift out??? That way banking hours would coincide with the night shift.... but, then the day shift couldn't go to the bank. Sometimes we are to accommodating to the minority and forget what is better for the whole..	6/25/2014 3:20 PM
5131	It is very hard for me to adjust to the change. My body does not like change. It is very annoying to change all the clocks in our home. We lived in Germany and we have several. It is hard on the clocks. It is very hard for children to adjust to the hour change. I believe there are health issues with daylight savings. I believe peoples bodies and trying to adjust to the change makes them more sleep deprived and more prone to accidents. Please take away Daylight Savings from Utah!!!!!!!!!!!!!!!!!!	6/25/2014 3:16 PM
5132	Daylight saving is known to cause health issues and cost cities millions if not more each year. Save lives and save money!	6/25/2014 3:14 PM
5133	I just prefer to stay on Mountain Standard time.	6/25/2014 3:14 PM
5134	I love daylight savings time. When we need to work in the yard or travel, or when we have a family activity it is great to have that additional hour of daylight, during March to November. I always look forward to its beginning each spring, and I always dread going back in the fall to regular time. But it is better that way than having regular time all year or daylight saving time all year.	6/25/2014 3:13 PM
5135	As a teacher, I have seen first hand how it effects student's learning. It would be better if we had one consistent time. I would rather not go home from school in the dark so I chose CREATE to keep it lighter a little longer in the winter. As long as you are considering what's best for Utah, I wish you would also consider 'observing' Halloween on the last Saturday of every October. That would also help education in our great state.	6/25/2014 3:12 PM

5136	The time change is really hard on myself and my kids and it takes a long time to adjust. I would prefer to just leave the mountain standard time alone. We lived in Arizona for a few years and it was nice not having the time change.	6/25/2014 3:11 PM
5137	The time change is hard on our bodies and the adjustment takes several days. I work with children and these adjustment days are mostly a waste.	6/25/2014 3:10 PM
5138	To hard on health of the elderly and school children.	6/25/2014 3:08 PM
5139	I have lived with Spring Forward, Fall Back for many years, working and retired, and fail to see the benefits. Addjusting to the time change twice a year takes about six week each Forward or Fall back. Our ancestors, including farmers, as most were, survived just fine with natural daylight and I believe we can as well. The number of daylight hours are the same, so why mess with nature's normal sunrise, sunset?	6/25/2014 3:07 PM
5140	I am the mother of a toddler & school aged children. It is so hard for them to adjust back & forth, especially while they are in school. It is hard for us as parents also! As a working registered nurse, I have also noticed that many people get sick after the time change, especially in the Fall right when the Flu season is starting to hit hard. The state could save thousands & thousands of dollars in health care bills if the stress of daylight savings times on our bodies was eliminated, especially as the Flu season is starting! I am so glad the state is looking at the pros & cons of daylight savings times. I say eliminate it for good!!	6/25/2014 3:06 PM
5141	Time to do away with the constant time change - Let's pick one and stick with it.	6/25/2014 3:06 PM
5142	To hard on health of the elderly and school children.	6/25/2014 3:06 PM
5143	Would like to see Utah stay off daylight savings time.	6/25/2014 3:03 PM
5144	Prefer retain because the sleep loss with time change takes a horrible toll on myself & my kids. It takes 1, sometimes a full 2 weeks to get my kids' sleep back on schedule. I'm tired enough as a parent without the extra toll. Plus, in the summer the sun goes down so late it's hard to get them up. In the spring, it finally starts to get light in the morning and then the time changes and it's dark again.UGH! Why, why, why do we do this? Let's get rid of it.	6/25/2014 2:59 PM
5145	As a former school teacher, it was difficult to deal with children who we're sleep deprived. It is also unsafe for children to walk to school safely I the dark. Please align us with Arizona and leave the clocks alone!	6/25/2014 2:43 PM
5146	I think it is dumb to have the daylight savings because losing an hour of daylight makes it more difficult to finish things i need to get done in my yard, it helps to have extra time so i can work in my yard after work.	6/25/2014 2:39 PM
5147	Just think about it! Common sense would keep it one way or the other not going back and forth. Why would we do this the past years? There is not a reason.	6/25/2014 2:37 PM
5148	Joining Arizona would be the optimal solution. A new time zone would not need to be created for computers etc. People would just choose Arizona instead of Denver.	6/25/2014 2:28 PM
5149	I will be moving to Utah in a few weeks. It would be wonderful not to have to worry about daylight savings time. My biological clock works better on "fall back".	6/25/2014 2:25 PM
5150	It really messes with children's and adult's inner time clocks. There are still the same amount of daylight minutes in a day whether we say it is 5 or 6 o'clock.	6/25/2014 2:17 PM
5151	The change to Daylight Savings Time in the spring is very high on my list of enjoyable days, no matter how the weather is. There would be fewer changes that I can think of, as far as light and dark, except to make DST permanent. Folks don't seem to like the changing more than anything else so lets make it year around DST. I can see no valid reasons for a return to Standard Time for any length of time and the reasons to go backward are pretty much fantasy. Remember, God decides when the sun comes up and goes down, we don't! DST is convenience!	6/25/2014 2:16 PM
5152	I don't think DST is necessary anymore.	6/25/2014 2:11 PM
5153	Personally I have always enjoyed light in the evening. I feel light in the morning is less important because people are usually at school or at work. But in the evening is when people get home and can maximize their time outside when it is light.	6/25/2014 2:07 PM
5154	I love the sunlight during the later hours of summer. . However, I wish we would just kept the time the same without changing the time twice a year! Make DST PERMANENT ALL YEAR LONG!	6/25/2014 2:06 PM
5155	Whether always on standard time or always on DST, it does not matter, just leave it alone!	6/25/2014 1:54 PM

5156	It's pointless in my opinion.	6/25/2014 1:51 PM
5157	There are only so many hours of daylight on any given day no matter what you do with the clocks. Let's stay with one time. This daylight savings time makes no sense at all.	6/25/2014 1:42 PM
5158	Daylight savings time is beneficial for many reasons. One is that energy savings are realized because lights do not need to be turned on as early in the evening. Another is that it is lighter at Halloween which makes it safer for children. When daylight savings time ends it becomes lighter in the morning for children walking to school. There are safety and practical reasons for keeping it as it is.	6/25/2014 1:33 PM
5159	I prefer to do without daylight savings time. As a teacher I see the effects of Daylight savings time on my students. It takes them at least 2 weeks or longer to get into the groove of the new time change. Everyone feels grumpy, tired, sick, and out of sorts for a while, especially the teachers! I think that it also contributes to heart imbalance. As I get older, each year's time change seems to be harder to face. Losing 1 hours sleep on an already early and busy schedule has been increasingly difficult situation. This is my opinion about daylight savings time. Thank you for allowing me to comment!	6/25/2014 1:26 PM
5160	If it ever had a point I think daylight savings time has long outlived its usefulness. The twice annual disruption of schedules is not worth whatever minor benefit there might be from the time switch. We can get along very well without it.	6/25/2014 1:25 PM
5161	I THINK IT WOULD BENEFIT EVERYONE TO STAY ON MOUNTAIN TIME HERE IN THE MOUNTAIN TIME ZONE. AFTER ADJUSTING TO IT, I THINK EVERYONE ESPECIALLY SCHOOL CHILDREN, WOULD REAP THE BENEFITS.	6/25/2014 1:25 PM
5162	I do not believe that the benefits of DST are enough to warrant the change. It was better when DST was for a shorter duration of the year.	6/25/2014 1:22 PM
5163	I substitute in elementary schools and am a parent of 2 boys. The weeks after Daylight Savings are horrible! Teachers, students, and parents are all sleep-deprived leaving tempers volatile and emotions easily on the surface. Learning is slim to non-existent for at least 2 weeks maybe longer because the body is trying to adjust to the new schedules. Please align it with Arizona - permanent fall back. Thanks.	6/25/2014 1:15 PM
5164	The most important reason I, and my family as well, want to remove daylight savings time (DST) is because of: 1.) the work schedules are being disrupted. 2.) resulting in prolonged sleep disruption while our bodies become accustomed to the new schedule. 3.) each year having to remember to adjust all the clocks in the house to the new Government time change and back again at the end of the year. 4.) my family and I oppose additional government intervention and intrusion into our lives for something we don't want anyway. 5.) distracted and sleepy driving increases for a period of time after the time change. 6.) My family and I have never been accepting of the DST concept and think it is a concept not well thought out.	6/25/2014 1:14 PM
5165	As a mom it screws up sleep patterns for weeks!	6/25/2014 1:12 PM
5166	I believe the continuance of Daylight Savings Time is more of an old tradition that it is necessary in any way shape or form and should be done away of. Just takes some leadership from someone to make the change.	6/25/2014 1:11 PM
5167	Create new or align, just get rid of changing the clocks back and forth.	6/25/2014 1:10 PM
5168	The Daylight Savings Time change doesn't save me or give me any more daylight. It infact takes it away. It forces me to go to bed while the sun is still up in order to get the minimum sleep to functions properly, not healthy. My work day start at 5 am. Eight hours back from that is 10pm during the summer hours the sun is still up. Add time for travel to work and getting up and getting ready for work and I am defict on sleep. Not easy going to bed with the sun up. Besides myself my three kids do there worst school work in the weeks after the change. It doesn't matter which way. That change of schedule negitively effects their learning ability. Besides the fights of getting them into bed at the new time until they become used to the schedule. I would honetly not care which time is chosen but would greatly appreciate sticking to one only. The change is the hardest part to deal with. I could also add that it does force my family to use more energy because we get up earlier in the fall and need light and heat. And in the summer going to bed before the nights start to cool the house we use the A/C to cool it for a comfortable sleep.	6/25/2014 1:09 PM
5169	To be honest, it never should have been created to begin with. Life was perfectly fine without it.	6/25/2014 1:08 PM

5170	The Spring Forward option allows more daylight hours in the evening. As soon as the time changes, all of the kids are indoors and not out getting exercise. It is also depressing to get off of work and drive home in the dark. I think this would also improve our economy and would not make us lose sleep.	6/25/2014 1:07 PM
5171	I've noticed that between the time we "fall back" until the time we "spring forward", I feel more energized, productive, and focused. I'd like to keep it that way... set our clocks to "fall back" and leave it alone.	6/25/2014 1:06 PM
5172	DST is outdated and not only an inconvenience but also disruptive when it occurs.	6/25/2014 1:06 PM
5173	It is nice to have the daylight for working outside later into the evening or going somewhere and still being able to do things later in the evening with daylight.	6/25/2014 12:47 PM
5174	I believe we should ban daylight savings because it diminishes workplace efficiency during the spring forward cycle	6/25/2014 12:42 PM
5175	Daylight savings time tries to make the most out of days. I would love to see it remain.	6/25/2014 12:38 PM
5176	I enjoy the hours set with the sunrise and sunset during Daylight savings. However, I do not care to switch times and fall back. I am willing to forgo the morning light in the winter to maintain a constant time.	6/25/2014 12:36 PM
5177	If we stay on mst we get sunrise beginning at 4am and sunsets by pm.. Think about it.	6/25/2014 12:36 PM
5178	I really think it is no big deal. I would retain it, but if it we are going to change it I would opt for create. I know people who have seasonal depression because there is no day left, in the winter, after working. Good luck with this.	6/25/2014 12:36 PM
5179	I hate daylight savings time and the switching back and forth. whether it is springing forward or falling back it always takes month to adjust. I would prefer to be like AZ and Hawaii and just stay on one time all year.	6/25/2014 12:33 PM
5180	My students and my family are groggy for a week after the time change. Over a student's k-12 education that adds up to 13 weeks or more than 3 months of decreased productivity. It's time to get rid of daylight savings and go with Az time,	6/25/2014 12:29 PM
5181	If you want longer days, get out of bed earlier. Changing the clocks does 'NOT' change the sun! No one wants to go to bed when its light outside.	6/25/2014 12:29 PM
5182	We are a 24 hour society now. We do not have "regular" work hours any longer. People work nights and weekends. We flip a switch or turn on the TV at all hours now. This is an old attempt at saving energy but all it does now is make us cranky when we have to spring forward. I say get rid of it and just let time be time.	6/25/2014 12:28 PM
5183	It is just to hard on a body to ajust to the change twice a year, everytime my body is used to it, it changes it is getting to hard to keep up with the change.	6/25/2014 12:26 PM
5184	It has outlived its usefulness. Regulating how many hours of daylight in a day seems silly. There are several reasons this does not promote energy savings.	6/25/2014 12:25 PM
5185	Daylight Savings had a place back in the Agriculture Era, since then we have sped through the Industrial Era and into the Information Era. There is no need or place for it now.	6/25/2014 12:23 PM
5186	I have lived through both options for as long as it has been in effect. There are only 24 hours in a day, no matter how you choose to use it. Mountain standard was used for many years, and we all survived. When I am on DST i feel rushed and tired all the time, and have ever since it started. Please use common sense and leave us on MST and get us back to normal. The world still turns, the sun still rises and sets and with all the people in the world, you will never please everyone. I vote wholeheartedly and realistically that MSt is by for the best for everyone!!!	6/25/2014 12:21 PM
5187	As a parent of young children, it is very, very, very difficult to have a set nap time for kids when we change the time. When we spring forward they aren't tired at the appointed nap time. So we have to adjust that nap time by an hour or so. Then when they are just getting used to a set nap time again, we fall back and have the hassle of trying to move it back again. It would be better to leave the time alone just for that reason alone!!!	6/25/2014 12:21 PM

5188	I, living so close to Arizona, think it would be better to stay with Arizona on the time change. I used to work in an industry that would have people confused on what time we would pick them up. This would eliminate the confusion. Also studies have been done and proven that when you adjust the clock (daylight savings) suicide rates go up. Leaving the clock alone would save lives. People not rushing to get to work because they slept in and forgetting to set the clock back or forward. The government has said that it does save power(electricity). I have not seen in my own life how it does that. The US is the only country in the WORLD that has daylight savings. It is stupid!! We just need to leave the time alone and not adjust it any more!!!	6/25/2014 12:16 PM
5189	When DST was put into effect they said it would benefit farmers along with other reasons. Well let me tell you it never benefited my husband or any of the farmers around us, they all got up at dawn and worked till dusk, they didn't work by the clock. I've heard many mothers say they can't get their children to bed in the summer when it is still light outside.	6/25/2014 12:13 PM
5190	Lighter later is always better! Winter would be so much less depressing - it would make it easier to get out with the kids after school to play during winter months. I love daylight savings! And I dread the return to standard time each fall.	6/25/2014 12:09 PM
5191	DST is outdated and should be removed.	6/25/2014 12:06 PM
5192	It is difficult for kids to wake up when it is dark and go to school. I want to retain daylight savings. There are a few days of adjustment when we spring forward and people feel like they lose an hour, but daylight savings is worth it overall.	6/25/2014 12:04 PM
5193	Please stop this waste of citizen funds. Leave well enough alone.	6/25/2014 12:00 PM
5194	Although I question the "beneficial" part (there's no actual energy savings), for me it's just that I can't get used to the idea of a sunrise before 5 AM on permanent standard or almost 9 AM on permanent daylight. Talk about disrupting your natural rhythm. The time change balances everything nicely. The only inconvenience is actually setting the clocks.	6/25/2014 11:59 AM
5195	hate daylight savings time. get rid of it.	6/25/2014 11:57 AM
5196	Please just leave it one way or the other.	6/25/2014 11:57 AM
5197	I'm still recovering from the last change. No kidding.	6/25/2014 11:55 AM
5198	I don't have a strong opinion on the matter one way or the other. But, for what it's worth, I think we should side with Arizona. During the summer, it's too hot to want to stay outside when the sun is up, anyway! Why spring forward when it's hot and dry and unpleasant to be outdoors?	6/25/2014 11:53 AM
5199	Just let it be and keep the same time year-round!	6/25/2014 11:51 AM
5200	Adjusting to a time change every six months is inconvenient and serves no real purpose.	6/25/2014 11:50 AM
5201	I feel that we would have more day light hours in the evening and would save more energy. We also wouldn't have to change our body clocks 2 times a year which has cause and effect issues.	6/25/2014 11:44 AM
5202	I prefer the time we are on currently, but I would even be happy if we align with AZ, just as long as we STOP switching back and forth.	6/25/2014 11:43 AM
5203	I like the light to do things in the evenng during the summer.	6/25/2014 11:37 AM
5204	STAY ON THE SAME SCHEDULE YEAR ROUND!!! NO MORE CHANGING THE CLOCKS FOR THE BENEFIT OF MERCHANTS...LET'S SUPPORT FAMILIES!!!	6/25/2014 11:25 AM
5205	1. It's easier for me to get up and get going than to stay up. I would just as soon get up and get as much work done as possible in the mornings. 2. Daylight Saving Time does not provide sufficient light for children going to school during part of the year in the mornings and there is too much light some nights for the kids to get to bed at a time that is reasonable for school. 3. It takes about two weeks with each change for me to adjust to the change.	6/25/2014 11:24 AM
5206	I hate it because of the adjustment to the kids	6/25/2014 11:24 AM
5207	The time change is difficult on me. It is hard to adjust to the changes each year. My students have difficulty as well. It is terrible and need to end!	6/25/2014 11:23 AM
5208	Early to bed, early to rise, make a state smart, healthy and wise.	6/25/2014 11:23 AM
5209	Children are too tired since they don"t want to sleep in the light. Also someone is always killed at the start of daylight savings, due to the severe change in the time. We need to get up in the morning.	6/25/2014 11:22 AM

5210	I enjoy having the sun go down late in the evening. It makes the days seem like they last longer.	6/25/2014 11:22 AM
5211	The fact that the sky is still bright well past 9pm makes it extremely difficult to convince my children that's it's bedtime. The entire family seems to suffer from lack of sleep during the daylight savings months. I have noted that this in turn effects emotional and physical health, as well as ability to focus and reason. Please align with Arizona, at least for the southern portion of Utah.	6/25/2014 11:20 AM
5212	Daylight Saving Time disrupts my time schedule and my life. Please get rid of it!	6/25/2014 11:19 AM
5213	It is more convenient and less troublesome.	6/25/2014 11:18 AM
5214	As a school teacher I find the change in times negatively impacts students for 2-4 week this impacts learning depending on the student potentially up to a month. Let's stop changing the time.	6/25/2014 11:13 AM
5215	We need to maximize our daylight hours. It's important as an employed individual to have the option to enjoy our beautiful state throughout the week when not working.	6/25/2014 11:12 AM
5216	I feel that the benefits of retaining DST outweigh the inconvenience of changing our clocks. It is not that hard to adjust to the time change. It takes a couple of days at most and only happens twice a year. We are talking about an inconvenience of maybe 7 days total out of 365. My family loves the long summer evenings. It would be more expensive for city youth sport leagues because they would have to turn the lights on at the fields much sooner.	6/25/2014 11:12 AM
5217	My belief has always been; if you want to go work earlier, reset your own alarm clock and get up earlier. Leave other people's clocks alone.	6/25/2014 11:10 AM
5218	My belief has always been; if you want to go work earlier, reset your own alarm clock and get up earlier. Leave other people's clocks alone.	6/25/2014 11:10 AM
5219	I do not want sunrise to be at nearly 9 am in the Year Round DST - too hard to get children to school in the dark already in the deep of winter - morning recess right at sunrise is not good. However, I would not want sunrise prior to 5 am as in the Year Round Standard. Too hard to keep the children's room darker that early in the morning. I enjoy having the sunset late in the evening in the summer since I am in an office all day.	6/25/2014 11:09 AM
5220	Stay on standard time or stay on daylight time, but let's not keep shifting the clock around. Keeping the clock the same year-round prevents the body from going through the shock of adjusting to a different biorhythm twice a year (I feel jet lag for about a week both times). I prefer standard time. Young parents would find it easier putting their children in bed earlier during the summer; the daylight tends to keep children awake longer. The supposed economic benefits of daylight savings time have been shown to not actually exist; if anything, moving the clock seems to have negative economic impacts. If I'm coming to work in the dark during the winter months, it doesn't matter whether the dark lasts a few weeks longer in the spring, and I'm not such an outdoor enthusiast that I need an extra hour of daylight in the evening. I think people who recreate outdoors are probably the only ones who really benefit from daylight savings time.	6/25/2014 11:09 AM
5221	Let's do it. Let's stop ruining our lives as parents and make a positive change in our families for once. Family, isn't it about time?	6/25/2014 11:04 AM
5222	I have always dreaded losing an hour of sleep every year. I have a sleep disorder to beginning with and so losing yet more sleep is devastating and throws me off for a couple weeks. I also think it's an antiquated system that is no longer relevant.	6/25/2014 11:04 AM
5223	Daylight savings has always messed me up. My children when they were young, didn't change without a lot of hard work on my part. They were grouchy for the first month. I see the children going to school in the dark. We live on a rural road that has no side walk and the speed limit it 55. Children have to walk to catch the bus. It always scares me to have this happen in the dark. To say nothing about all those who are driving cars at a time when they are not ready to wake up. Just leave it alone so we don't have to change all the time. Glad to see someone is thinking about all of us who are really effected by it. The moms and the children.	6/25/2014 11:00 AM
5224	I think Daylight saving benefits the farmers but not the majority. And why adjust the time if you don't have to adapt to change of time twice a year. The routine of sleeping time is mess up. Sorry, I don't like daylight saving but align with Hawaii and Arizona is my choice.	6/25/2014 11:00 AM
5225	Changing like we do causes problems for people. A new system just for us would be confusing for travelers. I think we should match our neighbor states.	6/25/2014 11:00 AM
5226	With the advance of energy saving electronics and equipment, the required need for the original "savings plan" is no longer applicable.	6/25/2014 10:59 AM

5227	Why not split the difference and stay ahead 1/2 hour? Given the choices a would much rather have longer evenings, and darker mornings.	6/25/2014 10:57 AM
5228	I grew up with Mt.Standard Time and I like it. Let people that don't, change their time or office hours too their liking. I'm tired of setting my clocks.	6/25/2014 10:57 AM
5229	It's outdated and no longer needed. It is confusing for working on a global perspective as well.	6/25/2014 10:57 AM
5230	I like the daylight at night especially during the summer. I'd prefer to keep it all year but would rather have it the same as no rather than falling back.	6/25/2014 10:57 AM
5231	DST is no longer needed and outdated. If people want to have activities at night, there are outside lighting sources available. Why lose an hour of sleep (which can be detrimental to your health) when its not necessary.	6/25/2014 10:54 AM
5232	My preference is to do away with Daylight Savings Time. My body clock never catches up when we switch to Daylight Savings Time. At the very least let's pick "one" time and stick to it. No more of an hour of spring forward and fall back.	6/25/2014 10:52 AM
5233	I always prefer it to get dark later. I hate in the winter when it gets dark at 5:00, and would hate it in the summer if it got dark at 8:00. In the winter, a permanent spring forward would help with evening commutes by keeping it light later in the day, particularly during snow storms. If a change is made, please please please do not adopt a permanent standard time setting (permanent fall back).	6/25/2014 10:49 AM
5234	I have to arise at 5 am to go to work. (DST makes it 4 am) It take weeks for me to get used to the earlier time. I work at a nursing home every Sunday and have always had to change the clocks on my hall. That is 75 clocks and I have to climb up a ladder to get to most of them.....The elderly residents seem disoriented and more confused with the time changing. Me too. I've always disliked it in the spring. The fall isn't so bad. Let's just get rid of it.	6/25/2014 10:44 AM
5235	Having light in the evenings in the summer creates more opportunities for activities after work and when my husband gets home. It is a good balance. Plus more daylight is healthy for everyone and you don't want it to get too light too early for children's sleeping purposes in the summer	6/25/2014 10:41 AM
5236	I don't care which way it goes but I am tired of having to changing the clocks twice a year. Pick a time and stick with it.	6/25/2014 10:40 AM
5237	It is unnecessary to have DST. Study also shows that during that time of change. More people are suffering with heart problems. I am also very tired and more irritated	6/25/2014 10:40 AM
5238	I lived in Arizona for years, and we LOVED not having to change the time. With small kids, its really hard to change their sleeping habits, it feels like we are always wanting better sleep and DST ruins it twice a year! Please follow the example of Arizona!	6/25/2014 10:38 AM
5239	There is no need to change it.	6/25/2014 10:37 AM
5240	I prefer staying on Daylight Saving Time year round now that our time off of Daylight Saving Time is so short. The adjustment to springing forward and falling back an hour can be difficult.	6/25/2014 10:36 AM
5241	Lost productivity man hours/difficult to adjust to myself and a total disruption on the family especially teenage children that do not adjust easily.	6/25/2014 10:32 AM
5242	The older I get the harder it is to adjust to the time change every 6 months. I prefer going with daylight savings time permanently to give us more daylight in the evenings and not have to go through the hassle of changing every 6 months.	6/25/2014 10:31 AM
5243	As a mom with kids - Daylight savings is so hard! Every six months you have to deal with a new time change which means new bed times and adjusting. I like it to stay light later also. It would be nice if we could keep the same time all year long. Thanks!	6/25/2014 10:29 AM
5244	The event of adjusting for daylight savings time breaks routines and increases accidents. Creating a new time zone would be an unnecessary complication and would make it dark while kids are going to school in the winter.	6/25/2014 10:29 AM
5245	It is great having the longer daylight hours during the spring/summer months. During the winter we have so much darkness, that we cherish our summer activity time. After working all day, it is nice to know that you can still go out and enjoy many hours of daylight while taking part in the many activities this state has to offer. Also, with our cold winters, it is nice to have warmer temps lasting longer during the day and not experience cool downs as early especially in the mountain communities.	6/25/2014 10:26 AM

5246	The event of a time change breaks routines and increases accidents on the road. Creating a new time zone would cause unnecessary confusion. I propose we align with Arizona on Mountain Standard time.	6/25/2014 10:25 AM
5247	The best set of daylight options is to permanently spring forward. Jumping back and forth is kind of dumb and messes up your internal clock, and the "loss" of an hour of light in the morning in winter won't affect people much as it is dark anyway for most of us in the morning when we get up anyway (including school kids).	6/25/2014 10:24 AM
5248	With the change in time twice a year it takes me and my kids (4 kids 12 and under) at least 4 weeks to adjust our schedules. That's 8 weeks every year of not only cross children but struggling to wake up, do their best at school, and get to sleep on time. In the spring my husband and I have to fight to drive safely toward the rising sun, not once but again once the time changes. What would be a week of safety issues becomes several. As we all try to maintain a schedule, even during the summer, the extra hour of daylight does not benefit us. It's detrimental to all of our sleep cycles. I'm glad that people in Utah are looking into this issue. And I hope we'll be able to join Arizona and not deal with the biannual time change anymore.	6/25/2014 10:22 AM
5249	It interrupts our bodies sleep cycle. Leave it alone.	6/25/2014 10:22 AM
5250	As a sociology professor at the U of U, I see firsthand the very positive effects of DST on business, students, the economy, tourism, and health. I understand those who may suffer a few days of "jet lag" each year when the time changes, but feel it a small price to pay for the many other benefits. Thank you.	6/25/2014 10:21 AM
5251	My first choice was to RETAIN DST, but then I saw the CREATE option and chose that one only if we keep PERMANENT SPRING FORWARD. Otherwise, I say RETAIN as is. I prefer the longer daylight and don't mind it darker in the mornings in the winter.	6/25/2014 10:18 AM
5252	Keep it the same year round. For those people that work it is hard to get to sleep with kids outside still making noises when you're trying to go to sleep. It is hard for students and employees to adjust to the changes twice a year.	6/25/2014 10:18 AM
5253	I really don't see the point to daylight savings time. If it is beneficial to the economy I would like to see that data. Otherwise lets align with Arizona.	6/25/2014 10:17 AM
5254	I think it is easier to get up in the morning when it's light. I think the option I chose (#2) is the best at that. I don't like changing time in the spring because we lose an hour and it's darker in the mornings again for a while. I like light at night, but would rather have it in the morning.	6/25/2014 10:17 AM
5255	It's so hard to get kids to adjust to time changes. Please leave it alone!	6/25/2014 10:13 AM
5256	Quite honestly I'd prefer it either stay on permanent mountain time or switch to permanent daylight savings time. Having the change twice a year causes some issues with feeding animals, farm operations and also the personal human factor of adjusting to changing hours. One day I have daylight to work in and get things done at the end of the day and the next day it is pitch black just because of the time change. I would push to end the time changing and stay one way or the other. I do like having the daylight more at the end of the day rather than the beginning but that part isn't a big deal either.	6/25/2014 10:13 AM
5257	Daylight Savings Time is unnatural and makes for confusion. In this hectic world we should always opt for the system God Created.	6/25/2014 10:11 AM
5258	For those of us that go to work early in the morning it's hard to go to sleep before 10pm when it's still daylight outside and activities run later. Back in the day of the farmer it made sense.	6/25/2014 10:11 AM
5259	I hate going back and forth...Arizona has this one right!!!	6/25/2014 10:10 AM
5260	I lived in Arizona twice and really much prefer the option that they have selected. The twice a year change seems to be cumbersome and ineffective. Let's just opt out of that nonsense.	6/25/2014 10:10 AM
5261	Just stay on the time the sun dictates and let those that want to get up earlier do so and those that want to get up later do so. Changing the time doesn't change the amount of sunlight or moonlight. Please stop the twice a year time change. I would think that aligning with Arizona would create minimal hassle on computers and smart phones.	6/25/2014 10:08 AM
5262	It seems silly to permanently go to Pacific Time, which is what option 3 essentially would be. All the states surrounding Utah are either Mountain or Mountain DST. It would be very confusing to tourists, and a significant portion of state revenue is derived from the tourism industry.	6/25/2014 10:06 AM

5263	It is hard for the body to adjust especially for early working people (3am is when I go to work) I can see the benefit of fall back to have more light in the waking hours but spring forward for later sun in the summer is pointless. It was done for the farmers way back and there just isn't the demand anymore	6/25/2014 10:06 AM
5264	Why are you changing things when it's NOT BROKE LEAVE IT BE... It cost more money for everyone to sit around and figure out what to do and what not to do. GET BACK TO WORK AND LEAVE IT THE WAY IT IS..... MORE STUPID PEOPLE THINKING... STOP THINKING	6/25/2014 10:04 AM
5265	I like the idea of year-round Daylight savings time	6/25/2014 10:01 AM
5266	If I could select 2 options, I would have chosen either ALIGN or CREATE. At this time, we are on the Savings time more months than on the real time so CREATE would be great: it would keep the benefits of the DST without the hassle of changing the clocks twice a year. Otherwise, ALIGN sounds good.	6/25/2014 9:58 AM
5267	Leaving Day Light Savings would create immense confusion. We just need to stay in line with the rest of the country!	6/25/2014 9:57 AM
5268	I very dislike DST!!! It is SO hard when you have kids and you are trying to keep them on a good bedtime schedule! Plus some of us are pretty forgetful and hate being late or an hour early to church or other events. GO WITH ARIZONA WHO DOES IT RIGHT!!!	6/25/2014 9:57 AM
5269	I love Daylight savings. It allows more time in the evening after work to enjoy my hobbies. If I plan to go somewhere after work it allows me to get to my destination while it's still light.	6/25/2014 9:50 AM
5270	Please, no more time changes. It's disruptive twice a year. I have friends that work in health care who tell me it's confusing and dangerous when medication schedules are involved. I have friend that work in transportation that tell me people get confused and frustration is caused. I have family that tell me it's really hard on little kids to change their sleep schedules. I personally just don't like the twice a year change. Align with Arizona so computers don't have to be messed with that much. I guarantee you'll have less complaining about the issue after we do that.	6/25/2014 9:50 AM
5271	Daylight savings time simply leads to increased student absenteeism, as the later sunrise times during spring and fall make it more difficult for young bodies to haul themselves out of bed. Arizona, as the lone mainland holdout against DST, actually got this one right.	6/25/2014 9:47 AM
5272	Align - MST - makes the most sense. Do not need to have daylight at 10pm - especially when school starts. Need to get the kids to bed and so much daylight interferes with this important process.	6/25/2014 9:47 AM
5273	Lets have consistency. Decide, one way or the other, but do NOT retain the way it is now. It was terrible when raising our children. Trying to have them come in after playing to ready themselves for bedtime with the sun still shining was battle I do not want to continue for my Grandchildren. Make a decision please! But again, do not Retain the craziness of this schedule.	6/25/2014 9:44 AM
5274	I prefer to be in line with the majority of the United States. The change would only result in confusion.	6/25/2014 9:43 AM
5275	One or the other, then leave it alone - no changes!	6/25/2014 9:43 AM
5276	What is the point of daylight savings time anymore. I would rather keep on the current schedule we are on and have an extra hour of daylight come winter and not have to adjust my internal clock to get up an hour earlier in the spring.	6/25/2014 9:38 AM
5277	Daylight Savings Time has out lived its purpose and usefulness. The vast majority of residence no longer have a need for the extra hour. For those that do, nothing is stopping them from setting their alarm clocks one hour earlier. This is a hassle and a nuisance that should be discontinued.	6/25/2014 9:35 AM
5278	Will school schedules change if it gets dark later in the morning?	6/25/2014 9:34 AM
5279	Bring back the drive-in-theaters	6/25/2014 9:32 AM
5280	Will it be too confusing going from state to state trying to determine the hour of the day? Should we be in line with the other surrounding states, i.e. Wyoming, Colorado & Idaho?	6/25/2014 9:32 AM
5281	I think it is easier, especially for my children if time does not change. We can keep our schedules the same without disruption from time changing.	6/25/2014 9:31 AM
5282	My preference is to set a time and leave it alone. I lean toward the 'create' option. If we are to 'Align' it should be with the Central time zone with no daylight savings change. But even 'Align'ing with AZ is preferable to DST.	6/25/2014 9:30 AM

5283	Having an extra hour of light a day would benefit our community because the light would encourage participation in outdoor activities, and potentially reduce the amount of time spent on the couch.	6/25/2014 9:26 AM
5284	I really like daylight savings time, but I don't like the jet lag I experience when we change back in the fall. So let's just leave it year-round.	6/25/2014 9:26 AM
5285	I don't like adjusting to the change. Even more important to me than Align with Arizona or Create is just that we choose one time and stick with it.	6/25/2014 9:25 AM
5286	Tourism industry keep the days lighter for the visitors...	6/25/2014 9:25 AM
5287	There are two reasons I LOVE daylight savings time. I love the working in the cool of the morning outside. But most importantly, I enjoy the extra light in the evening when our family spends time together outside. Please don't change it.	6/25/2014 9:25 AM
5288	I can see no value in upsetting the time in spring and fall. We can probably accomplish more or just as much keeping a consistent time through the year.	6/25/2014 9:23 AM
5289	I like having more daylight after work to do things. Plus having to switch the hours is hard on my kids and me. We suffer for a week to 2 weeks every time the time changes.	6/25/2014 9:22 AM
5290	I think it should be a permanent spring forward. That would be the best option.	6/25/2014 9:22 AM
5291	I have always been against the present Daylight time system. It messes with sleep and I'm tired all the time. I like the Arizona system and feel it would be best for all of us. We don't need more light in the evening and darkness in the early morning.	6/25/2014 9:18 AM
5292	Thanks for letting us vote on what we like	6/25/2014 9:17 AM
5293	I hope I am understanding the chart correctly, and if I do, I would like to be on standard time, all the time. I have children in school, and am very concerned about their safety in the mornings going to school in the dark (I highly doubt the school district is going to be willing to change the time of school in the winter). I am not concerned about losing daylight in the evening because it is much easier to get kids to bed if the sun is not out in the summer so late in the evening, I would like to stay on one time or the other because it takes so long for my family's bodies to adjust every time we have to change the clocks! Losing an hour in the spring is especially hard. I would just love to stop changing times regardless of which time we pick to go with, but would be prefer to have more sunlight in the mornings.	6/25/2014 9:17 AM
5294	Daylight savings time year-round would be great for getting things done after work.	6/25/2014 9:10 AM
5295	Year round standard time is the best.	6/25/2014 9:08 AM
5296	I believe that Daylight Saving Time is antiquated and no longer useful. I think that instead of inventing our own standard, that we align with Arizona if the state chooses not to observe DST.	6/25/2014 9:06 AM
5297	I hate Daylight Saving Time. It takes me 2 weeks each time to get my body back in sync. Just leave the time where it should be. The reason behind changing is no longer an issue. We work around the clock so it doesn't save energy by changing the clock forward and back.	6/25/2014 9:02 AM
5298	First of all I find the DST change to be very unnatural for our bodies and I notice it makes my family and I much less productive for a significant period of time and messes up our sleep schedules in a big way. We lived in AZ for 8 years and it was one of the things I loved so much about the state. No day light savings time! I also do not see the need for it to be light as late as 9pm and after. But the earlier light gives more productivity to the day in the winter and allows an earlier rise up when the weather is nice to be productive as well. I find this a win win situation and a boost to our economy.	6/25/2014 9:00 AM
5299	1) With every change of the clock my biological clock gets reset as well and it takes DAYS to make the adjustment. To what end? Just to shift my every day activities one direction or another? It does cut into productivity. 2) the whole argument that it helps farmers is bogus anyway. They work with the light cycle anyway - dawn to dusk, etc. The only benefit it used to give is to certain businesses to capture more revenue when light was not as easily generated. Businesses use electric lights now and a difference in 1 or 2 hours of daylight doesn't mean squat to them. As a technologist, I'm not unfamiliar with what it might mean to be on call for 24 hours. 3) As a professional who works with a team spread out across the country, timezones are all relative and little more than a nuisance; more a convenience to your specific location than helping anywhere else. Make life easier for everyone and go to MST year round like AZ.	6/25/2014 8:59 AM

5300	It screws up peoples sleeping habits. The extra hour of sunlight in the morning is still their, even when daylight savings time is not implemented. Everyone is tired & a bit irritated from the one hour of sleep that is ripped from our tired bodies every year. Please take us off any daylight savings time & put us on the same time as Arizona. Thanks!!	6/25/2014 8:57 AM
5301	too hard to change twice a year.	6/25/2014 8:54 AM
5302	Changing back& forth is detrimental to the health of everyone - especially children and older people	6/25/2014 8:52 AM
5303	too much effort to adjust back and forth.	6/25/2014 8:52 AM
5304	The adjustment seems completely unnecessary. It always feels like it takes several days to adjust to the new time when we lose the hour. The sun is going to be in the sky the same number of hours, so businesses and people can adjust schedules as needed to get the benefit. I see far more benefits to keeping the Standard schedule over the few who argue for the change every Spring-Summer.	6/25/2014 8:52 AM
5305	DST saves lives. Once the change happens in the winter, children who must walk to school are able to walk in the daylight. There has been more than one accident leading to the injury or death of a child in the weeks leading up to the time change in the fall. Whatever inconvenience it creates, isn't it worth saving lives?	6/25/2014 8:46 AM
5306	I don't like adjusting the clocks twice a year because it throws off my internal clock. However, I think it's important that the winter sunrise be early. I don't mind that it makes the Summer sunrise even earlier.	6/25/2014 8:43 AM
5307	I don't like adjusting the clocks twice a year because it throws off my internal clock. However, I think it's important that the winter sunrise be early. I don't mind that it makes the Summer sunrise even earlier.	6/25/2014 8:43 AM
5308	DST has outlived its usefulness. We should go with Arizona and fall back permanently.	6/25/2014 8:43 AM
5309	I don't think it's needed anymore	6/25/2014 8:42 AM
5310	I see no beneficial reason to continue moving the clock back and forth twice per year. The process costs my company personnel time to schedule and adjust processes that are not built to handle the schedule. I don't think we need the "light to stay on" so late in the evening during the summer months. If people want to enjoy more of the sun, they can simply get up earlier. That goes for businesses as well. The adjustment is a major pain each time we move to Daylight Savings for my family, especially my kids when they are used to a set schedule for school and church. It's just not fun, and I simply do not see a benefit that justifies the need to continue this. THANK YOU for considering action. I would love to move to a permanent Mountain Standard Time.	6/25/2014 8:38 AM
5311	In today's work environment, keeping the outdated daylight savings time has zero effect on the economy. It worked back in the time when it needed to but hasn't been relevant to the majority of people I've talked to in recent years.	6/25/2014 8:35 AM
5312	I think a permanent Daylight Savings option provides the most sunlight hours during the time frame when most of the population is awake, providing better hours for schools, businesses, recreation, and the like.	6/25/2014 8:35 AM
5313	Being both a mother of small children and a junior high school teacher, it is very hard on these children's and students' growing bodies to have their sleep patterns interrupted twice each school year. It takes them at least a week to adapt, and their behavior, health, and academic performance is greatly impacted. I have long felt that Daylight Saving Time should be eliminated in Utah.	6/25/2014 8:33 AM
5314	The artificial time change may have been a benefit during World War 2. It is woefully obsolete, has served its purpose, and it's time to get back to natures clock.	6/25/2014 8:33 AM
5315	It really doesn't matter which is chosen just stop changing it!!!!! Those who need to rise early to farm or whatever can still get up whenever they choose.	6/25/2014 8:32 AM
5316	I prefer getting up with the sun	6/25/2014 8:27 AM
5317	I really think a permanent "spring forward" time change would be very beneficial and enjoyed by the majority of people in the state of utah. I have had this very conversation with many people over the years, and I truly believe everyone would like to stop changing times back and forth, but most tolerate it because of the benefits of the spring forward change. I think if it stayed on savings time people would enjoy that more overall. I do not support changing time permanently to mountain standard time	6/25/2014 8:27 AM

5318	"Daylight savings" time does not make sense. It provides no daylight and no savings.	6/25/2014 8:26 AM
5319	"Daylight savings" time does not make sense. It provides no daylight and no savings.	6/25/2014 8:26 AM
5320	I don't think it has been beneficial to the people or the state of Utah to have daylight savings time. In my opinion, time should remain constant.	6/25/2014 8:25 AM
5321	In early November chidren are walking to school when it is still partially dark outside. I see a safety issue here.	6/25/2014 8:23 AM
5322	In the late spring through early fall rising with the sun gives extra time to complete needful tasks without as much electricity used	6/25/2014 8:23 AM
5323	Just put it one way and leave it alone. I can't see that it makes much sense to take it from one end and add it to the other. It disrupts peoples schedules when it changes twice a year. Kids are now walking to school in the dark. Preschoolers and infants sleep and eating patterns are interrupted. It just doesn't make sense LEAVE IT ONE WAY OR THE OTHER! ! !	6/25/2014 8:19 AM
5324	I understand the reasoning behind doing it but it messes up my family's schedule every single time we spring forward or fall back. My utility bills don't manage my household. I do - all by myself - so when my internal clockworks get messed up, our family dynamics are messed up for a little bit til we all can adjust to the new daylight schedule. It's all we've ever known but it's still hard.	6/25/2014 8:17 AM
5325	There is little justification for this terrible human experiment, I worked on farms when I was young we worked based on the sunrise not the clock. There are more problems with people changing time twice a year like drowsy driving and school kids in the dark schools can set times for safe travel for kids. You can't make the day longer buy changing the clock it's time to make this move back based on real science. G Rooks	6/25/2014 8:17 AM
5326	A needless, unnatural nuisance.	6/25/2014 8:15 AM
5327	There are 24 hours in every day - no more- no less. the amount of daylight changes based on the tilt of the earth and its location along its orbital path - we cannot change either of the above facts. As the old indian said, 'only a politition thinks that by cutting the end off a blanket and sewing it on the other end results in a longer blanket' (substitute time - same meaning). In today's society, with flex scheduling of work, swing and graveyard shifts, and all-night cities, daylight savings time no longer makes sense. Now to add to the confusion, the older I get, the more difficult it is for me to adapt the change every 6 months - I am starting to understand how terrible it is for the mentally disabled (yes, I do have a child that fits this category). For decades, I was told that DST was so that people had an extra hour when they got home from work to get chores done before dark - so there could be a 'lights out' which, during war time was a defense strategy as well as an energy saving. Remember, back when it started most people worked a daytime shift (8-5, 9-5, etc) and it was rare for people to work swing or graveyard shifts. not so today. in fact even the daylight shifts in any given office may vary as much as 2-3 hours of actual start times for individuals - due to flex scheduling. No longer can DST be considered an energy saving policy. While I prefer MST, I don't care that much because I can flex my schedule to meet my preferred daylight working hours - but only if the clock doesn't change. I really am against the twice a year clock change. Please count my vote a vote to discontinue DST.	6/25/2014 8:14 AM
5328	It would be so much easier on everyone, especially young children and their parents, to eliminate the time change. The children always have a hard time making the adjustment, and it is is more difficult for them to go to sleep when the evenings are so light. The argument that DST provides more daylight for farmers and ranchers to complete their work is pure poppycock. There is an identical amount of daylight either way--the clock just reads differently. I'd like to see one cow that adjusts milking time to coincide with the time change. I also have a hard time with the argument that it affects tourism. How many people check to see whether a particular area is on DST or not? And how many people have canceled a vacation to Hawaii because they don't make a time change. It would do us all a favor to stick with Mountain Standard Time and skip the time change nonsense altogether.	6/25/2014 8:14 AM
5329	I have always preferred not to have daylight savings time, primarily because I am a morning person. I always ran before going to work and was more often running in the dark because of it.	6/25/2014 8:09 AM
5330	Love the extra hour of sunlight, hate the time change.	6/25/2014 8:08 AM
5331	Daylight Savings has a negative biological effect on our bodies and it takes so much time to adjust. It is unnatural.	6/25/2014 8:08 AM
5332	I don't care if we permanently spring forward or fall back, I just want to pick a time and quit changing.	6/25/2014 8:02 AM

5333	Time for our bodies to adjust to the change. I do not see any benefits from the time change.	6/25/2014 8:02 AM
5334	I am a software engineer for a manufacturing plant in Ogden. Daylight Saving Time causes a large number of problems for us, especially regarding logged data. Depending on the system, every 6 months we have to go around the plant manually adjusting times on PCs, recording time discrepancies, reconciling duplicate time entries, etc. Daylight Saving Time carries a significant cost to us, and the same is likely true of other facilities in Utah.	6/25/2014 7:57 AM
5335	Permanent spring forward to have the sun up longer in evening year round will help with short winter days so we can see the sun after work then too. May help with seasonal blues so many experience.	6/25/2014 7:54 AM
5336	Obseriving Mountain Standard time would mean that sun rise would be between 5:00 and 5:30 AM through out the summer. I think having the sunrise that early will result in wasted daylight hours. A hefty price for a state that promotes outdoor activity. I think not observing Day Light Savigns time would result in lost tourism revenue.	6/25/2014 7:50 AM
5337	I don't think it's needed in these days and ages. Just confusing to people and animals.	6/25/2014 7:49 AM
5338	Who uses daylight savings time anymore anyways? It does not save any energy and farmers can work with lights if necessary. Makes no sense to continue to have to change clocks all the time.	6/25/2014 7:46 AM
5339	DST was originally implemented to save energy. Recent studies have shown that DST in our current society does exactly the opposite. With more daylight after wok more people are out driving around, running errands, not saving energy. In addition it has also been shown that the transition to DST in the spring results in disrupted sleep patterns, less productivity and ultimately loss of revenue. Please let's stay with MST (like Arizona) all year.	6/25/2014 7:45 AM
5340	I think daylight savings time is a huge inconvenience.	6/25/2014 7:43 AM
5341	Most of the rest of the world does not change their time. There is no real practical reason to change our time now. While having daylight until 9:00 PM can be a nice perk to some people some of the time, it is not practical to most of the people and does not add to quality of life.	6/25/2014 7:34 AM
5342	I've experienced the productivity shifts to be substantial as employees and managers try to shift their sleep patterns to the new settings. Productivity increases may be experienced, and general hassles would seem to be eliminated should Utah vote to eliminate the bi-annual time shift.	6/25/2014 7:30 AM
5343	I think daylight savings time is not needed anymore just is a pain for mom's with kids trying to get them on a new schedule 2 times a year.	6/25/2014 7:23 AM
5344	Just keep it one way the year around. Daylight savings time!	6/25/2014 7:21 AM
5345	Daylight Saving serves no purpose.	6/25/2014 7:09 AM
5346	I think it is a waste of time and it messes up my kids sleep schedule for about a month twice a year. I think we should spring back permanently rather than foreword so my kids are not getting up in the dark to go to school in the winter. Please do away with it, most of the world doesn't use it anyway.	6/25/2014 7:06 AM
5347	In this day and age, I do not understand the reasoning behind keeping daylight savings time. It may have been useful once, but now it seems to be more of a nuisance then anything else. I lived in Arizona for a few years and found that not having to make the time change was a nice benefit and did not seem to cause people to go out less in the evening. It also was wonderful not to have to get used to waking up early or going to bed later.	6/25/2014 7:05 AM
5348	Born and raised on a spring forward and fall back time frame. As an adult I have grown to love more of the sunshine throughout the days in the spring and love the fall time as well. Keep it.	6/25/2014 6:51 AM
5349	Don't like switching back and forth. But would rather keep the extra light towards the end of the day - it would be nice in the winter also. Only drawback - darkness for school children. But kids in Alaska still live with worse than that. In Utah, it shouldn't be so bad, we'll adapt. Besides, we have already crept forward to having DST nearly 7 months out of the year anyway. Just make it all year long and quit switching. 2nd choice would be to go with Arizona and keep it MST.	6/25/2014 6:49 AM
5350	I enjoy having extra hour of daylight in the summer. It often times allows me to get yardwork done after my kids go to bed. It also allows us to have extra daylight when on family vacations. I would prefer DST to be extended through the winter as well. And extra hour of daylight in the evenings during the winter would be great. I do not like the fact that it is dark when I leave for work and is almost dark when I get home. That is actually hard mentally and affects my mood and activity level in the winter.	6/25/2014 6:45 AM

5351	It's FINE as it is!	6/25/2014 6:02 AM
5352	I am so used to the time zone the way it is as normal and change will not make a difference to me.	6/25/2014 5:56 AM
5353	It simply makes more sense to be able to have more light in the morning and less in the evening. Better for kids and better for sleeping. You know a lot people get up early and sleep early.	6/25/2014 5:33 AM
5354	I like having a few extra hours of daylight in the summer like everyone else but beyond that I don't see what benefit moving the clock forward/backward brings. If it's supposed to benefit farmers then I think it would do more good in other states that have more farms than here in Utah. Maybe we could try not having DST like Arizona for a period of 3 - 5 years in order to study the impact?	6/25/2014 5:12 AM
5355	The world as it stands today runs 24/7 not only when the sun is up.	6/25/2014 3:49 AM
5356	I have never liked DST! I chose that option because initially we gain an hour, safer-- arriving an hour early as opposed to realizing you're an hour late & rushing, distracted while driving worrying about being so late & it feels the most natural or normal.	6/25/2014 3:27 AM
5357	Stop this nonsense, it is archaic!	6/25/2014 2:50 AM
5358	I concur with much of what has been said about the benefits of light in the evening. I am very opposed to any actions that would minimize evening light. Light has a tremendous positive effect on mental and emotional health. Please do whatever you can to ensure that we enjoy as much evening light as possible throughout the year. My first preference is to keep more light late in the day throughout the year. My second choice is to leave it how it is. I have not noticed any real impact of the time change beyond one day in my household of 5. We are hardly rigid with our bedtimes here. We make adjustments from day to day with our sleep patterns.	6/25/2014 2:46 AM
5359	DST has outlived its' usefullness	6/25/2014 2:10 AM
5360	As a resident of St. George, we depend on tourist dollars. Daylight savings requires later openings and higher costs for businesses dependent on these dollars. DLS is no longer needed. I've seen the beneficial effects as a past citizen of both AZ and HI.	6/25/2014 2:05 AM
5361	Love having daylight longer in the day.	6/25/2014 1:30 AM
5362	Please consider that this poll is obviously UNscientific and UNreliable (statistically). Your data collection methods are FLAWED (not a random sample by a LONG shot) and therefore any conclusion from the data will be as well.	6/25/2014 1:20 AM
5363	Aligning with Arizona (Mountain Standard Time) would be less confusing. Springing ahead or falling behind isn't necessary!	6/25/2014 1:00 AM
5364	Why in the world would you want to see daylight at 4am in the summer months? My kids are very much into thier routines during the school year however, they do adjust after a few days and very much enjoy the summer evenings free to engage in all that our state has to offer. It would be a shame to have to end all that by 8pm.	6/25/2014 12:59 AM
5365	I find it a waste of peoples time and disruptive to sleep and work for everyone. I'd be for either spring forward all the time or permanent fall back. I just like the idea of not having to deal with the change.	6/25/2014 12:39 AM
5366	Stop DST now	6/25/2014 12:36 AM
5367	I have been a resident of Arizona, Utah, Alabama, and Louisiana. The most impact that I have seen as DST comes and goes is late employees, endless questions of when it happens, and hangover-esque headaches by those who thought they had all the time in the world. I really don't see a positive impact on commerce, society, or life in general.	6/25/2014 12:24 AM
5368	I LOVE more daylight. Simple!	6/25/2014 12:22 AM
5369	Daylight savings time has been a hard adjustment. Living in Arizona for 13 years of my life I was used to the time never changing. It would be nice to just have a standard time because it is healthier for your bodies. It is an adjustment that has to be made every fall and summer when the time changes.	6/25/2014 12:19 AM
5370	I lived in AZ for 6 years and I LOVED that we never changed. It was hard coming back with little kids trying to get them to adjust during the school year.	6/25/2014 12:18 AM

5371	daylight savings time is an outdated use for farmers who had very little time to farm in the darker seasons. then it became a way to save power so that people would be awake during the day time hours more often. in this day and age however so many people are awake at night anyways that many of them (myself included) use more power at nighttime then they do during the day. so it took a couple hundred years but now it has backfired on us. i vote we align with arizona. there is no point that i can see in making a whole new timezone.	6/25/2014 12:17 AM
5372	There is absolutely no reason to change the clock. There are twenty-four hours in a day. This is a fact and cannot be changed. You can change what the clock says, but you cannot change where the sun is. What purpose does DLS actually have? When you adjust your clock, you are doing that and only that: adjusting your clock. Personally, I like to use 24 hour time (commonly known as "military time"). Does this change what time it is? No. If I preferred to use the timezone of Japan, would that change anything? No. If I decided to create my own means of measurement, would that change the length of my TV screen? No. DLS serves no purpose other than to disorient those who observe it. We do not "gain" an hour of sleep, nor do we "lose" an hour. An hour is simply moved from one end of the clock to the other. This changes nothing. When I was younger, my grandma told that DLS was created to "help the farmers". I don't know if this is true, nor do I know how this would have helped. If a farmer needed to get up an hour earlier, the easiest solution would be to do just that: get up an hour earlier. Forcing everyone to change their clocked just to accommodate him is... stupid, for lack of a better term. The only thing that changes is how we view time. Why does this need to change? The simple answer: it doesn't.	6/25/2014 12:14 AM
5373	stop daylight savings it makes changing to hard on the elderly and school childern to switch . Making some children miss out on needed circumstantial information.	6/25/2014 12:09 AM
5374	If companies want to start an hour earlier, let them. All DLST does is make it so I have to get up an hour earlier than if it stays the same. High school students need the sleep and starting at 6:30 instead of 7:30 makes a difference. Changing the clock does not change the sun and Utah is only an hour from the Pacific time zone	6/24/2014 11:55 PM
5375	Just want to have the consistency of one time frame.	6/24/2014 11:55 PM
5376	I would like to know why it would be the fall back time vs spring forward. Which was the original? The confusion it creates in a global environment now is nothing like we experienced in the past. I would like just one time and to not have to readjust twice a year....daylight savings makes us all lose days. Doesn't make sense. Thanks.	6/24/2014 11:43 PM
5377	I prefer to have the early wake up and early out. If time went to Arizona sure it would be light but hotter during the day and comming home almost in the dark	6/24/2014 11:37 PM
5378	I really appreciate maximizing the evening daylight in the summer months! And I don't want to become a random state that doesn't align with the vast majority of the rest of the country. It's too confusing for everyone.	6/24/2014 11:29 PM
5379	We need standards that are easy to keep up with in a global setting	6/24/2014 11:29 PM
5380	It makes more sense to keep DST year around because it saves on utilities and decreases depression for seniors staying year around makes more sense than changing clocks twice a year that is why most people don't like the way it is now it also safer for school children and comutters lets keep it year round thank you	6/24/2014 11:26 PM
5381	I hate changing my children's schedules every time the time changes. It's either too dark or too bright at the worst times of day.	6/24/2014 11:25 PM
5382	1. The safety of school kids walking in the dark to school and to catch the bus. By the time DST springs forward, it puts the kids back into walking in the dark. 2. My body does not adjust well to the 'Spring Forward' I struggle with it during this time. 3. Very honestly, my most favorite day of the year is the day we fall back! It tops off all holidays! 4. There already aren't enough hours in a day .. without robbing us of one less hour. It plain isn't right.	6/24/2014 11:25 PM
5383	I have always LOVED Daylight Savings Time. It gives more daylight hours in which much more can be accomplished or enjoyed. It saves on bills for our homes. - If you must change - Make Daylight Savings Time our PERMANENT time. Please.	6/24/2014 11:19 PM
5384	Please keep MST all year like AZ. I hate the change. It is so hard on me and my kids.	6/24/2014 11:17 PM

5385	I notice that the only time this argument is brought up is when we "spring forward" or when the legislature wants to waste time on this argument. Why bring this up every single year? This is a mute point. Does this lost hour really counter the fact that hundreds of people are spending hundreds of dollars in that last hour of the day that the (few) complainers and whiners want to eliminate? No. Go to bed on time when it is time to "Spring Forward", you'll be fine. To those that complain about lost hours, what about the weekend? Does your body regulate itself when you go to school or work on Monday? Yes. it does. And it does not take weeks or months to do so? No If you actually go to bed at an appropriate hour, you will not have major ill effects from the time change. This is a system that people love to complain about--however. no matter how many complain, the sun continues to come up, and set. And, yes, it gets darker in the winter and the mornings are darker than summer... ever heard of seasons or sunrise and sunset? Kids and adults have an extra hour in the summer to enjoy the evening. The economic ramifications are there- they cannot be ignored. People stay out later, spending more time in the park or on a walk, or at an (outdoor) event-- they will purcahse food at these events, from the vendors that are there, also taking advantage of the extra hour of sunlight to make additional money. Or we will purchase take out--sandwiches, pizza, BBQ, etc to eat at the park. We will purchase ice cream and sit out in the park. We will go to baseball games or other events (plays in the park, for example) and we will patronize the local markets to provide us goods for a picnic. The stores and other markets benefit by us buying supplies(volleyballs, nets, tennis racquets, fruits, snacks, bug repellant, etc etc.) Why are we (you) listening to the (few) complainers? They complain because they are a little tired 1-2 days a year as their bodies regulate to 1 lost hour...they complain that they have to adjust their clocks--for the most part, their clocks are computerized and do so automatically no days. (smart phones, VCR, TV, etc) there is not much of a basis for that argument today.	6/24/2014 11:16 PM
5386	It is disruptive.	6/24/2014 11:10 PM
5387	Permanent spring forward could have children waiting at the bus stop in the dark.	6/24/2014 11:10 PM
5388	I feel like Daylight Savings is not beneficial any longer and is not necessary.	6/24/2014 11:08 PM
5389	I love being able to take advantage of the outdoor recreation activities in Utah during the summer. Having the extra daylight hours in the evening helps reduce electricity costs as well as gives more time to get out and go hiking or biking during the summer (and would give an extra hour of afternoon skiing in the winter).	6/24/2014 11:08 PM
5390	i remain tired for weeks after the "spring ahead" and have read studies showing an increase in illness - our bodies have their own internal clocks -we don't need to try and reset them twice every year- my body doesn't like it!	6/24/2014 11:07 PM
5391	I don't have strong opinions on which direction it goes, I just want it to stop switching back and forth. Just pick one and stick with it.	6/24/2014 11:03 PM
5392	Being a mother of children from ages 7 months to 11 years, the sun staying up until 10:00 is a challenge to keeping them on a bed time schedule.	6/24/2014 11:02 PM
5393	There is not benefit to the spring forward and fall back. As for Tourism it stay light so late in summer not because we spring forward but because of the tilt of the earth.We still have the same number of daylight hours. When we spring forward kids have to go to school in the pitch black. I have always hated that my child had to wait in the dark. I never let them do it. It is very confusing for everyone. Leave the time alone please and than you	6/24/2014 11:00 PM
5394	Gives us an extra hour in the day. Very useful.	6/24/2014 11:00 PM
5395	When we "fall back" we end up using more electricity because it's dark so early! Lights are on in the house, and because we can't go outside a it's dark, we are inside with electronics on! Sucking more power. I prefer staying on daylight savings year round. It makes far more sense than losing an hour of daylight in the evening in the fall and winter seasons. If starting on dst year round isn't an option, then just stop messing with the clock all together. This is an out dated practice. But in this day and age where conserving our natural resources is important, why aren't we going green and staying on dst year round? It makes the midst sense.	6/24/2014 11:00 PM
5396	As a southern Utah resident, I would prefer to be in synch with Arizona. Less confusing for tourists and residents alike.	6/24/2014 10:53 PM
5397	Align with Arizona, no one likes the time changes anyways	6/24/2014 10:46 PM
5398	To succeed, Utah will need to be the same time as Arizona.	6/24/2014 10:44 PM
5399	I really do not see the need for it. I have never fully understood why we do it in the first place. It has never benefited anyone I know, just seems to cause confusion.	6/24/2014 10:39 PM

5400	I would love to discontinue Daylight Saving Time in Utah! It is difficult getting my children on a good sleep schedule and Daylight Saving Time adds to the challenge. It is just one more thing to worry about in our very busy lives.	6/24/2014 10:38 PM
5401	My children don't know the time has changed. It's hard for them to fall asleep, and then get up for school. Not only for the next day, but it seems like for about two weeks. I also hate my kids having to walk to school in the morning while it's still dark. It seems like just when it's light enough for them to get to school walking they change the time. I think pedestrian auto accidents are higher at those time changes. I would love to get my kids to bed at a decent hour in the summer and still have time to spend with my husband. They want to be outside playing because it's so light out at 9:00 in the summer. I just don't like daylight savings with kids.	6/24/2014 10:36 PM
5402	DST is counter-productive, tends to increase accidents during spring-forward and has never really been shown to save money, time or energy.	6/24/2014 10:34 PM
5403	to light in the night, hard to get kids to bed and hard for them to concentrate because they don't get enougt sleep	6/24/2014 10:31 PM
5404	I hate the time changes. It is hard on the animals I take care of.	6/24/2014 10:30 PM
5405	I want to stay on DS. I grew up in AZ where there is no time change. Changing the clocks is terrible! I think there is no real reason to adhere to the time change.	6/24/2014 10:25 PM
5406	Our grandchildren start school so early that when they are finally getting some daylight to walk to the bus in, along comes day-light savings and they are back to walking in the dark again. I think it will make things safer and better for school children to not go on daylight savings.	6/24/2014 10:21 PM
5407	I would support either the Align or Create option. DST is an archaic system that no longer is needed in the modern era. It is a fallacy that it creates more daylight to create work.	6/24/2014 10:20 PM
5408	I have always disliked daylight saving time. It is unnatrual & it is not a good thing for ones health. In the summer time it is not needed & during the winter the days are so short anyway. Because of being so close to the mountains our sunrise is so late already we don't need to make it worse with daylight savings. Would love to see UT for once make an intelligent response to daylight saving & get rid of it.	6/24/2014 10:15 PM
5409	We see children going to school when it is still dark and I don't thin it is safe,and they couldn't help but be tired having to get up earlier than they bodies are used to.	6/24/2014 10:14 PM
5410	Changing time twice a year has been nothing but a big hassle and it seems like their is no reason for it anymore. We are close to Arizona and visit there so it would make sense to align with them.	6/24/2014 10:06 PM
5411	Do not change daylight saving time! Stay as is. Spring forward and fall back. It makes possible wonderful things spring, summer and fall. Nice evening walks, wonderful evening family togetherness, late evening outdoor meditations in a perfect environment. Lots of good stuff. And yes, it saves energy. The Legislature is ludicrous to even consider it. Representative Menlove and Senator Osmond are living in a past bygone era. They need to get onboard with the culture, society, individual and family demands, individual and family opportunities etc. that exist today. I say DOUBLE NO to changing daylight saving time in any way!!	6/24/2014 10:06 PM
5412	I love Daylight Savings time. It gives me more hours to travel in daylight, do yard work, enjoy family activities, camping, boating, golfing and other recreation Utah has to offer during our summer months. Even though I'm retired now, I loved having the extra hour after work to get chores completed before dark. Please keep our extra summer hours, either keeping daylight savings or spring forward all year, would be great. The only concern with all year spring forward is school children going to school in the dark hours. Sincerely, Pam Wixom	6/24/2014 10:05 PM
5413	Life would be much easier if the time was kept the same year round. Moving to Daylight Savings time year round doesn't make any sense. It should stay mountain standard time year round.	6/24/2014 10:04 PM
5414	For safety and health reasons I believe the state of Utah should stay on MST year round.	6/24/2014 10:02 PM
5415	It serves no purpose. Get rid of it.	6/24/2014 9:59 PM
5416	More people would go out later in the evening during the winter if it stayed lighter later. Besides, I hate going to and from work in the dark in the winter.	6/24/2014 9:58 PM
5417	I like to have as much daylight available during daylight hours.	6/24/2014 9:58 PM

5418	I absolutely love it when he gets light outside the springtime and I hate it when we jump back to dark in the mornings. I'm a teacher and it's hard for teachers and students to get used to getting up that early when the time changes. Many students are sleepy in the mornings or miss school. I use a lot more electricity in the mornings getting ready. The point is I don't like the dark cold mornings. I think we should be on the same schedule all year round.	6/24/2014 9:56 PM
5419	I think if you want more daylight at the end of the day start work an hour earlier and leave the clocks alone.	6/24/2014 9:54 PM
5420	There is no need for it to still be light and very hot at 9:30 at night.	6/24/2014 9:54 PM
5421	There is no need for it to still be light and very hot at 9:30 at night.	6/24/2014 9:51 PM
5422	I don't really care about spring forward or fall back but I would like to get rid of daylight savings. There is no need for it.	6/24/2014 9:44 PM
5423	DST has never been in the interest of the average citizen. It was forced on us by big business and big government. We need to come to our senses and go back to an uncomplicated "follow the sun" system.	6/24/2014 9:44 PM
5424	I don't really care whether or not we use pemenet standard time or permenet daylight time. I DO NOT LIKE the change in time twice a year. It upsets my life. It is hard to remember when the date for the change is. Please just choose one or the other and forget the twice a year change of time.	6/24/2014 9:43 PM
5425	I have lived in Arizona, and I loved that we never had to spring forward or fall backwards. I don't see a need for daylight savings time.	6/24/2014 9:43 PM
5426	This is a pointless exercise for the masses. Set the time and leave it alone. A serious look at this issue would show it's completely unnecessary.	6/24/2014 9:39 PM
5427	I like that we fall back in the fall and that we get an extra hour of sleep in the spring. Really the point of it being up for debate is stupid. Who care if we have it, who cares if we dont.	6/24/2014 9:35 PM
5428	Please keep the current Daylight Saving Time schedule. I look forward to it every year because it gives us more time to work outside and recreate, and enjoy daylight. I can't wait for it to start each Spring.	6/24/2014 9:29 PM
5429	I would prefer to stay on the same time all year, whether it is daylight saving time or standard time. Changing is disruptive and makes it difficult to adjust myself twice a year.	6/24/2014 9:28 PM
5430	The costs of switching clocks on computer systems and manufacturing systems is NOT worth any benefits that might accrue from changing twice per year. Forcing everyone in the state to change all their clocks twice per year is a burden that we should give up.	6/24/2014 9:23 PM
5431	I work in a windowless lab. During the winter, I go to work in the dark, and by 5:00 pm, I go home in the dark. I literally never see daylight during the work week in winter. It takes a severe emotional toll. If we stayed permanently ON daylight savings time, we would have that extra bit of daylight after working hours in winter to shovel the walks, take the dogs on a walk, and run errands while there is still light out.	6/24/2014 9:23 PM
5432	For the past 13 years I have had to adjust the schedule of small children twice a year. It takes a full month for them to adjust, twice a year. We have enough disruption in our lives without this malarkey. It's not just small children who are wildly disrupted -- it's hard on everyone. If DST actually accomplished anything I wouldn't mind but it does not save energy. Pointless.	6/24/2014 9:19 PM
5433	I just like "natural" time and don't think it should be adjusted. I also think it's too dark in the morning for children going to school. Adjustment for DST is simply too difficult & not necessary	6/24/2014 9:16 PM
5434	You should use Qualtrics for your surveys.	6/24/2014 9:10 PM
5435	Scrap it !! It is detrimental to our children grandchildren and families. It no longer serves a purpose in this millennium. Seriously if people want to do more in the day light hours then they should start the day an hour earlier along with business. Its just so damaging to everybody to switch the clocks twice a year. I really don't see it saving any energy as well, with all the technology available I think we can work around "Clock Manipulation" !! Party on Wayne !	6/24/2014 9:07 PM
5436	If we can't change it to where we retain the afternoon, then I would prefer it stay the way it is. I like being able to come home from work and being able to do things before it gets dark.	6/24/2014 9:06 PM
5437	I care less about whether we align or create, and more that the switch twice a year stops!!!!	6/24/2014 9:04 PM

5438	I,m tired of kids running wild at night and not getting a good nights sleep while school is in session. I really think we could do well to keep some things constant. Please keep like Arizona has done.	6/24/2014 8:58 PM
5439	I hate daylight savings. I see no benefit to it after all these years. Just keep it the same all year.	6/24/2014 8:56 PM
5440	I would like it light later in the day. As a teacher I would like to daylight after work, it is dark in the mornings most of the school so more light later would be very nice.	6/24/2014 8:49 PM
5441	Do not like daylight saving time at all.	6/24/2014 8:47 PM
5442	Do not like daylight saving time at all.	6/24/2014 8:46 PM
5443	It no longer serves a useful purpose. The negative effects on workers and especially students are great.	6/24/2014 8:43 PM
5444	There are many studies that have been done on daylight savings time and the actual cost to society. The only reason I have found to keep it is for businesses that do more business during the summer after work, but those same business lose productivity twice a year (not just for a day either). Keeping standard time year round is also much easier for children, parents, and teachers. I lived in Arizona for 8 years, and saw only benefits from having standard time year round. I think Utah should change to MST year round.	6/24/2014 8:40 PM
5445	It helps me to feel better to have more light in the day. Also working all day I am able to come home and get something done in the evening and play with my family and enjoy the outdoors that Utah has to offer.	6/24/2014 8:40 PM
5446	MST lets the citizens stay alert and attentive all the time. Thousands of hours are spent trying to keep clocks set to the twice yeZrly time change which translates in to Dollars.	6/24/2014 8:39 PM
5447	It was nice when it was 1st Sunday in April and 1st Sunday in October - way easy to remember. Now, it's confusing and too hard to remember. Either put it back how it was or get rid of it.	6/24/2014 8:38 PM
5448	Daylight Saving is a hassle to remember, and is very hard to adjust to every year.	6/24/2014 8:36 PM
5449	Archaic	6/24/2014 8:33 PM
5450	I HATE daylight savings time.	6/24/2014 8:32 PM
5451	It's an artificial time change that gives the entire country jet lag for several days every year.	6/24/2014 8:23 PM
5452	Eliminate daylight savings. It is hard enough to raise children without having to change the bedtimes every 6 months.	6/24/2014 8:21 PM
5453	"Only the government would believe that you could cut a foot off the top of a blanket, sew it to the bottom, and have a longer blanket."	6/24/2014 8:20 PM
5454	I think it is not safe for our children to have to go to school in the dark. I remember a boy who was killed by a car because the driver couldn't see him in the dark.	6/24/2014 8:20 PM
5455	Sun sets too early in the winter.	6/24/2014 8:17 PM
5456	I like day light saving because it gives us longer light in the evenings	6/24/2014 8:14 PM
5457	Keep it!!!!	6/24/2014 8:12 PM
5458	The last thing we want or need in Washington County in the summer is long, hot evenings. Even if the rest of Utah is stuck with the silliness of daylight savings time, leave Washington County out of it. Align Washington County with Arizona.	6/24/2014 8:06 PM
5459	Mountain standard would be in sync with Arizona, which has not suffered any decrease in the number of tourist that visit the state. The choice should not be based on the $ associated with tourists, but the what the residents would prefer.	6/24/2014 8:06 PM
5460	I lived in Arizona for a number of years, I loved not changing time. I prefer standard time, but it is the changing I hate. I dont care is lawyers etc have time for golf after work. They can shift their day an hour forward not mine.	6/24/2014 8:03 PM
5461	Daylight is a waste of time and money.	6/24/2014 8:02 PM
5462	I think daylight savings time lasts too long in the year and is too hard to get used to each switch. school children should not be catching a bus in the dark.	6/24/2014 8:00 PM
5463	No more spring forward or fall back. Just set the time and be done.	6/24/2014 7:59 PM

5464	We just need to keep the time the same all year round. We aren't in the everyone farms and needs the day light to work longer, time frame any more. Changing the time only messes with everyone's internal clocks, and makes it so hard if you have little kids.	6/24/2014 7:55 PM
5465	It is about time we addressed this issue. I DETEST Daylight Savings Time. It is stupid that we think we can gain an hour just by moving the clock around. It is hard on people and I hate it. Get rid of it! Go Gov!	6/24/2014 7:50 PM
5466	It is nice to have the extra light in the evening we run a 24 operation and can get alot more work done.	6/24/2014 7:45 PM
5467	I don't care if we align with AZ or have a permanent spring forward, I just don't want the time to change twice a year!	6/24/2014 7:45 PM
5468	I prefer the current model as it helps with light-sensory-deprivation and mood swings. I also enjoy being able to garden early mornings in the spring.	6/24/2014 7:45 PM
5469	Making the change each time is hard on my health. It causes accidents.	6/24/2014 7:40 PM
5470	I do not care if we stay on Mountain Standard Time with Arizona or stay on Daylight Saving Time. I just want Utah to pick one and stay on it. The bi-annual changes wreck havoc on my family. It's very hard on the children as well as on the adults. It is difficult to get kids to bed an hour earlier and then difficult again to wake them up an hour earlier than the time that their bodies are accustomed. Then when we change the other way, my kids get up an hour earlier than what is necessary. Both changes are exhausting for the entire family and population. Everyone I know complains about being tired for at least two weeks after we change the clocks. I do not see any benefits from changing the clocks, so I beg you to please stop the changes. Let's pick one and never change it again. Thank you.	6/24/2014 7:40 PM
5471	Would be great to align with Arizona and keep it the same time year-round! No more changes, longer days, it would be perfect.	6/24/2014 7:34 PM
5472	Beneficial to farmers and tourists, as well as people who enjoy the outdoors. If children need daylight when going to school, start later or parents can arrange for carpooling.	6/24/2014 7:30 PM
5473	Why be different than the rest of the country? This is ridiculous to even talk about!	6/24/2014 7:29 PM
5474	By time the body adjusts it's time to change again.	6/24/2014 7:26 PM
5475	Even though I'm retired, I still live with my wife, who is still employed part-time ... and she hates the twice-yearly changing of the time. It's such a bother to go around changing all the clocks we have: 3 radios, 1 microwave, 1 oven, 2 wall clocks, 1 grandfather clock, 1 atomic clock (that never seems to change itself) and the Central A/C thermostat clock. Oh, then there's the clocks on the variety of recording devices we still have but only rarely use.	6/24/2014 7:14 PM
5476	Daylight savings messes my childs sleeping schedule. And my depression is worse because it is darker earlier. Which affects my mothering snd bany is unhappy trying to adjust ebery 6 months.	6/24/2014 7:07 PM
5477	No need for so-called DST! We still have 24 hours in a day. The seasons are there for a reason. We should leave things the way God made them. Longer days in the summer and shorter days in the winter and mid-days in the spring and fall. So what's the big deal about "saving" one hour? It just messes up our biological clocks twice a year and I, personally, HATE it! PLEASE do AWAY with DST!!!	6/24/2014 7:05 PM
5478	We always end up sick at my house when the time changes. I believe it is because of the physical strain on our bodies: not sleeping well because of the time disruption, and eating at different times. I have autistic children (Utah has the highest rate of autism in the country by the way), and the sleeping and eating changes are especially hard on them.	6/24/2014 7:04 PM
5479	It's so last century.	6/24/2014 7:04 PM
5480	We always end up sick at my house when the time changes. I believe it is because of the physical strain on our bodies: not sleeping well because of the time disruption, and eating at different times. I have autistic children (Utah has the highest rate of autism in the country by the way), and the sleeping and eating changes are especially hard on them.	6/24/2014 7:03 PM
5481	I get sick every year a week or two after the switch, and miss one or two days work. It's silly, and computer systems the world around have to jump through hoops to accommodate some social experiment and I honestly cannot see the benefit.I hope you realize that by splitting the vote three ways you have tilted the result to the status quo. You ought to have just had Keep and Discard as options, and saved the fall-back/fall-forward discussion for later.	6/24/2014 7:02 PM

5482	PLEASE make it go away - I hate it. I spend half a year training my body to wake up & fall asleep "on time" without a clock, but then we have a Spring Forward or Fall Back. When you Fall Back, everyone is tired, late, grumpy, unattentive, and frustrated. When you Spring Forward, most people like the bonus hour, but they rarely sleep because they are used to getting up! If you are an outdoors person (or even your daily drive home), you get used to the time via the position of the sun; Daylight Savings Time messes you up and it makes your body confused as to what time it really is. There are only so many hours of the day or night - Daylight Savings Time doesn't change that - it only makes the people frustrated! PLEASE make it go away!!	6/24/2014 7:00 PM
5483	leave it one way are the other	6/24/2014 6:55 PM
5484	It just makes sense to align with Arizona, they make it work just fine. Are we better than they are?	6/24/2014 6:54 PM
5485	It makes no difference what time the clock says, We all still have or should get up with the sun!	6/24/2014 6:51 PM
5486	Please do away with daylight savings time. It is physically hard on me and my family and I think that it is not necessary. Also, it is more natural to the body's clock to not change time.	6/24/2014 6:51 PM
5487	Please detach the remnant of time and sew it back where it belongs.	6/24/2014 6:50 PM
5488	Would be happy with one time zone	6/24/2014 6:50 PM
5489	leave it at one way are the other, please don't keep changing it back and forth, it takes weeks to get your body adjusted!!!	6/24/2014 6:47 PM
5490	Daylight Savings Time needs to be done away with, if for the dip in general productivity alone. I feel VERY strongly about this. This video explains things very well, in a fair way: https://www.youtube.com/watch?v=84aWtseb2-4	6/24/2014 6:46 PM
5491	The switch back and forth has always been a pain: when I was a child as well as now that I have children. Trying to convince a child that he/she should go to bed when the sun is up until 10PM is a challenge. The argument that farmers need the extra daylight hours is irrelevant. All the farmers I have known work when the sun is up, not when the clock tells them to. I have wanted to remain on standard time for years and am glad that we are finally talking about it.	6/24/2014 6:41 PM
5492	end it!!!!!!!!!!!!! In this day and age it makes no sense for dsl!!!!!!!!!!!!!!!!!!	6/24/2014 6:38 PM
5493	I am writing to encourage the Utah legislature to adopt daylight savings time all year long. As a mother of a daughter with bipolar disorder and with several family members who suffer from SAD (Seasonal Affective Disorder), I know first-hand who difficult it is for these loved ones when there is less sunlight available in the evenings. Since all of them must work during the day, during the winter they go to work in the dark and return in the dark, never getting the sunshine that helps them to cope. If it was daylight savings all year long, they could at least have an hour of light in the evenings during the shortest days of the year. Keeping us on one time schedule will also solve some of the accidents and health troubles associated with time changes. Thank you so much for listening to my feedback.	6/24/2014 6:37 PM
5494	I can't believe that I am having to waste my time trying to stop some minority agenda from stealing even more of my time! (7 hours a week for 34 weeks = 238 hours) The only acceptable option is to leave DST unchanged. Those of us that actually go to work during the day, unlike the 100 million Americans that are no longer in the workforce, need those precious hours of daylight at the end of the day to complete chores and spend time with our families outside at the end of our busy work day. The argument that DST doesn't actually save energy can't be accurate because everyone will still run their air conditioning 24/7 even when it is colder outside of their house than it is inside (I can't afford to do this and wouldn't do it if I could afford it). Who will pay for all of the costs associated with Utah no longer recognizing DST? It isn't going to be free! Who is going to do that study and will they be non-partisan? What good does it do for the sun to rise at 4am? I bet the majority of the people that want to get rid of DST don't get up at 4am. The complaint that it is too hard to adjust your sleep twice a year (really only once a year since you get an extra hour of sleep in the fall) is ridiculous. How are you capable of traveling across any of the time zones in the United States let alone to other countries that are many hours ahead of us without having a nervous breakdown? Everyday regular Americans are being blitzed by these minority special interest groups that are taking our money, time, livelihood, and most importantly our freedoms. When is the regular American going to stand up and say NO MORE! (Maybe when there cell phones no longer work and they can't update their facebook status, send a tweet, or find out which celebrity is dating which celebrity.)	6/24/2014 6:34 PM
5495	I would be okay to create a new or align with Arizona. Constantly adapting to the changes of DLS is inconvenient for me and I wish it would go away.	6/24/2014 6:33 PM

5496	I have never been bothered by springing forward or falling back. I thoroughly enjoy the longer days in the summer. I think that most people who complain about it would complain no matter what. It has worked for the majority of people all these years, why change it now. LEAVE IT ALONE!!! Maybe our lawmakers should be more concerned about more pertinent issues like illegal immigrants, taking care of our veterans and clean air just to name a few. It is wonderful the not have to use as much electricity on lights in the summer. Please leave it as is. Thank you.	6/24/2014 6:32 PM
5497	I live my life according to the clock, not when the sun rises and sets. If daylight saving went away, who would miss it?	6/24/2014 6:29 PM
5498	I hate the time changing back and forth.	6/24/2014 6:29 PM
5499	Daylight savings time has always created an imbalance in my sleeping habits during summer. Having light so late Into the evening makes me feel lime it is much earlier than it is so I delay shopping and other activities believing I still have time when in fact it is too late. We have plenty of lighting options for late night projects. This isn't the old days where lighting was limited so let's grow up and put the clock on normal time. Let us join Arizona and alight our time year round never using daylight saving any longer. Thank you for listening.	6/24/2014 6:28 PM
5500	Daylight savings time has had a negative effect on my mental and physical sense of well-being for the past 45 or so years. please set it back and leave it.	6/24/2014 6:22 PM
5501	I don't like dst. Every year it gets harder and harder to adjust to the change. I think changing back and forth is hard on lots of people.	6/24/2014 6:19 PM
5502	The older you get the harder it is on your mind and body.	6/24/2014 6:17 PM
5503	As a parent for the past 10 years, I have noticed how difficult it is for our children to adjust to a sudden, jarring time change. I would support either a permanent "fall back" or permanent "spring forward", but would by far prefer the permanent "fall back". It is difficult to get kids to go to bed when it is light outside. That, and the sudden change of time, makes it hard for them to do well in school for several weeks until they adjust to the change. As an adult, I get really cranky every time the time changes as well.	6/24/2014 6:13 PM
5504	There is absolutely no good when it comes to Daylight Savings Time - it violates the natural order of things, it frustrates, confuses and endangers everyone and work and home life suffer. It is complete garbage and needs to be removed. Let us stick with Standard Time, you know, Mountain Standard Time and quit jerking everyone around.	6/24/2014 6:08 PM
5505	there is no reason to have daylight savings anymore. all it does is mess up sleep squeduals and messes with kids even more.	6/24/2014 6:07 PM
5506	As a teacher daylight savings creates a mess for almost two weeks trying to get kids back on schedule. Also being in a border city with Arizona there is constant struggles with youth sports and activities because half the year we are on different schedules living only 7 miles apart. It's time we aligne with Arizona	6/24/2014 6:04 PM
5507	I love being outside and working in the yard, going to kids games and enjoying the day. Having it dark when I get home from work makes it difficult to do all of those things. Some adult soccer/baseball games don't even begin until 8 , 9 or later. This would mean parks would need to spend money to light ALL fields, when do you think that would happen? The second choice would be a permanent daylight savngs time.	6/24/2014 6:00 PM
5508	It's stupid to keep changing what time it is.	6/24/2014 5:57 PM
5509	It causes more problems than it fixes and having to adjust sleeping schedules especially for kids	6/24/2014 5:55 PM
5510	As an educator of young children I see every year how physically challenging it is for at least a week after we switch our clocks. I lose 2 weeks a year of having my class at their best because of DST. It's not worth it.	6/24/2014 5:55 PM
5511	The time change is all about business and hours worked, people will still work and shop the same no mater what time it is on the clock.	6/24/2014 5:51 PM
5512	I really do not care whether we stay on MST or DST just as long as we keep the same time. It takes time for the body to adjust to the change.	6/24/2014 5:50 PM
5513	I like the extra hour of daylight. (and the sadistic side of me enjoys hearing non-fans bitch about it.)	6/24/2014 5:49 PM

5514	I object to the change back and forth. It used to last 6 months and now it's 8 months. It does mess with one's internal clock and each shift takes 2-3 days to straighten out. The original need no longer exists so lets leave it be. If it's good enough for Arizona and Hawaii it should be good enough for Utah also.	6/24/2014 5:48 PM
5515	I am looking at it from a health perspective--changing on and off DST twice yearly has made it virtually impossible to maintain a regular sleep pattern and has negatively affected my health. It isn't right to put economics above health. Also, the idea of helping farmers is a myth--farmers work from sun to sun, no matter what the clock says; cows and chickens want to be fed at the same time each day and they can't read a clock. Side note: I think you should first let people vote whether to keep changing or not changing; then, if to not change is chosen, in a secondary vote decide which plan. Doing it the above way splits the vote unfairly, as many people don't have a preference whether to stay on DST permanently or go to MST, as long as we don't have to switch back and forth.	6/24/2014 5:45 PM
5516	I believe the federal government does not allow year long daylight savings time, so to not change clocks we need to have permanent standard time.	6/24/2014 5:43 PM
5517	While I respect studies, what is most important to me is how it makes me body feel. I don't like the disruption and feeling tired. Please stop the insanity and keep it one way or the other.	6/24/2014 5:42 PM
5518	It's hard to get the body clock in rhythm with the time changes!!	6/24/2014 5:40 PM
5519	It is very good to have the extra hour in the evening when it is not winter to do whatever in the day light.	6/24/2014 5:39 PM
5520	I no longer have children in school, but it was very disruptive to all of them. Going to school during winter months, in the dark and half asleep. I understand the tourist issues and if best of both could be accomplished I'd suggest daylight savings for June through August or September	6/24/2014 5:37 PM
5521	I and all of my family, young and old, love the longer evenings of daylight. It's great during hunting season and camping time or whatever, and when we were working it was so nice to be able to come home and have more time in your yard. We just really dislike it when we have to change back to regular time. When Rhonda Menlove states that the senior citizens hate it, she's wrong. I'm 74 and love it, along with my grandchildren.	6/24/2014 5:37 PM
5522	it is easier to keep trac	6/24/2014 5:33 PM
5523	Daylight savings time does not save energy costs and does disrupt our lives twice a year for the time change. It has been shown to cause an increase in health care problems. It has no rationale for its existence in todays world.	6/24/2014 5:33 PM
5524	I believe daylight savings is now an outdated practice and I no longer see any value to it, it is now a nuisance more than anything else.	6/24/2014 5:25 PM
5525	Please leave it on the same time as Arizona. It is such a mess for everyone that I know. I have never liked it myself. Let nature do what nature does and if it is dark or light then so be it. It is so hard to adjust when it changes for me & my family.	6/24/2014 5:23 PM
5526	I am a mother of 6 and raised 5 here in Utah. They are all in their twenties now but I still remember vividly how much changing time twice a year really messed with them all day long and their sleep habits, for weeks and weeks. Their learning in school suffered along with their temperaments within the family and with friends. I have prayed for the canceling of Daylight savings time for years. I have hope it will be done away with. Thank you	6/24/2014 5:22 PM
5527	Daylight savings time is no longer needed.	6/24/2014 5:20 PM
5528	This is just to confusing to keep switching times. Arizona does not and they get along just fine. Please just leave the time on Mountain Standard like it use to be.	6/24/2014 5:18 PM
5529	It's difficult to get used to the time switch twice a year....seems really silly since the original reasons no longer apply.....Stay on one time all year!	6/24/2014 5:18 PM
5530	I work nights. The sun is up when I go to work & up an hour after my lunch. I am not a fan.	6/24/2014 5:17 PM
5531	just not a good idea for me it is just too hard to adjust back and forth leave it alone	6/24/2014 5:15 PM
5532	There is no longer any reason to have DST. Follow AZ and other states that do not change their time.	6/24/2014 5:13 PM
5533	Would love to stay on Daylight Savings Time and no more changing of the clock!	6/24/2014 5:10 PM

5534	The change is difficult and unnecessary.	6/24/2014 5:10 PM
5535	I think we should stop changing the time altogether. Personally I like the "Spring Forward" time better because I hate driving home in the dark from my office in Salt Lake to Heber where I live. It's hard on kids, its hard on employees and its hard on employers. Plus having come from a medical back ground it leaves room for mistakes in the timing of medications and testing. Thank you, Angelina Nelson 801-824-0678	6/24/2014 5:10 PM
5536	I have only ever heard complaints regarding daylight savings time, may as well get rid of it.	6/24/2014 5:04 PM
5537	MST would improve work performance thus improving the economy, enhance greater public safety, increase student learning through alert attentiveness, increase farm and ranch animal productivity, and tourists would be rested enough to enjoy Utah's grandeur in the cool morning hours.	6/24/2014 5:04 PM
5538	Going away from daylight savings would be a major mistake and only	6/24/2014 5:03 PM
5539	I really want to see Daylight Savings Time abolished. Daylight Savings really makes it difficult for children, let alone adults, to adjust twice a year. Sometimes it takes weeks for our bodies to get used to the time change, and then we turn around and do it again a few months later. Also, if you consider how difficult it is for typical adults and children to adjust, think about the estimated 19.4% of people in the United States (48.9 million), who have disabilities and difficulty adjusting to Daylight Savings. I believe abolishing Daylight Savings would benefit ALL people.	6/24/2014 4:57 PM
5540	It is too hard on children and old people to adjust to different times twice a year and it takes 2 weeks to a month just to get used to the new time. Pick a time and stay with it we will all benefit from not having our sleep patterns changed so often.	6/24/2014 4:55 PM
5541	The "usefulness" of DST has long past any real issues of why it was first created. It takes more "out of one" to adjust to the changing time-frames than its purpose intended. It should have been made constant YEARS ago, and its time has simply come. PLEASE GET RID OF DAYLIGHT "SAVINGS" TIME!!!!	6/24/2014 4:54 PM
5542	I would like the benefits of more daylight in the evening year round, while avoiding any time shifts. Create a permanent spring forward!	6/24/2014 4:50 PM
5543	The reasons we change the time are not that big of an issue anymore. It would be easier on health, children, families, employers, etc to remain in one time zone. I don't think it will have a huge effect on business or agriculture if it remains one time without changing for the summer	6/24/2014 4:49 PM
5544	Daylight savings time has always been and will always be a bad idea	6/24/2014 4:48 PM
5545	If we "create" it'll be too dark to open ski areas, and we'll be driving to work in the dark in the winter. It's nice to have an extra hour of sunlight in the evenings in the summer	6/24/2014 4:48 PM
5546	It is really hard in my family to change time every 6 months, it messes up everybody's schedule.	6/24/2014 4:47 PM
5547	It is a difficult adjustment for our kids and usually takes weeks to get them accustomed to the new time and having to go to bed with the sun still shining.	6/24/2014 4:46 PM
5548	It was bad for an early wake up time. I had to wake up at 4 a.m. for work. When we would spring forward it was hard to wake up. It was like I was actually waking up at 3 a.m. It caused me to not work as well the whole day. This may happen to a lot more people too. I believe it causes a lot of lost production for businesses.	6/24/2014 4:45 PM
5549	I really don't care which one we choose, just pick one and stick to it. The 4 weeks it takes to adjust your body every time we switch the clock isn't worth it.	6/24/2014 4:42 PM
5550	It seems like when the time changes it takes the body longer to adjust. And as for farming farmers can work later with the benefit of lights on their tractor.	6/24/2014 4:42 PM
5551	I do not like changing time. Some say it benefits the farmers and ranchers. If they were live as farmer or rancher they would find the daylight and dark, dictate their hours not the clock. Leave the time one way or the other don't keep changing it. Thanks	6/24/2014 4:41 PM
5552	I vote to get rid of it. All it's ever done os confuse my kids schedules. Easier to let your body adjust naturally with the change in daylight hours.	6/24/2014 4:41 PM
5553	Just stop changing it, i don't care what it is set at.	6/24/2014 4:40 PM

5554	I like getting up with the sun. I realize that school children may be boarding a school bus in the dark for part of the year. Getting up with the sun seems the natural way things should be and going to bed earlier fits me best. I never watch the "Late Show", I watch the 6:00 PM News, and like to work in the garden when it is cool and everything is quiet and beautiful. I like the "spring forward" choice as first pick and then the same as Arizona as second choice. Get rid of the switching back and forth. I think it is ridiculous and it irritates me every time the change takes place. Let's get with the sun and the rest of nature.	6/24/2014 4:40 PM
5555	people should have a few minutes of daylight after work in the winter.....	6/24/2014 4:32 PM
5556	I would like to prevent my seasonal depression on when the day ends.	6/24/2014 4:31 PM
5557	I feel Utah's dark winter months can be very disheartening. It's tough giving all of your daylight hours to the work day, arriving home in darkness when the day seems already spent. I feel an extra hour of evening daylight could lift many spirits and provide increased opportunity for precious, post-work time with family and friends.	6/24/2014 4:27 PM
5558	What's the point of DST? I see no benefit to me, my family, my business, or anyone else. Conversely, I am increasingly frustrated every year when my clocks need to be changed (and my husband lives six months or so with the wrong time on his car clock), I'm annoyed with changing my kids' bedtime, I'm annoyed by having cranky kids for about two weeks after the transition, and I'm annoyed by the decreased quality of work my family experiences (school and job) because of being tired during the adjustment. Bail on it as soon as you can. We'll stand behind you!!	6/24/2014 4:25 PM
5559	I really don't feel daylight savings time brings any benefit considering our current culture and societal status in general. I've heard the arguments about it being Benjamin Franklin's idea and then as a result of protections put in place during World War II but considering today's modern American lifestyle it simply makes no sense. Personally I feel it adversely affects my health and sometimes takes me months for my body to adjust, especially after spring-forward. It's like my 96 year old Grandma keeps telling me, "The cows don't care what time it is." I appreciate your attention to this matter and thanks for allowing me to contribute.	6/24/2014 4:24 PM
5560	Set it at MST and leave it alone!	6/24/2014 4:24 PM
5561	It seems most people utilize evening daylight rather than morning daylight in our culture. I think we should adjust to suit our current needs instead of honoring a practice more suited to a different time when most people woke at 4AM.	6/24/2014 4:24 PM
5562	It's hard on my little ones to keep switching the time every 6 months.	6/24/2014 4:23 PM
5563	We need MST only. No need for changing back and forth.	6/24/2014 4:22 PM
5564	just leave it one way or the other no need to change twice a year it really messes with people	6/24/2014 4:20 PM
5565	MSD will do it - no need for confusion with changes twice a year.	6/24/2014 4:20 PM
5566	Please, no changing back and forth.	6/24/2014 4:19 PM
5567	DST is an extremely ridiculous invention. Sure, it may have had its use during the Agrarian Era, but not today. It is a waste of time and has caused more confusion and pointless clock changing than I can guess. Just get rid of it already... It's almost as bad as America using their own silly measurements for distance and weight...	6/24/2014 4:18 PM
5568	Align is my preference. But whichever choice prevails, let that be the year-round mode and DO NOT CHANGE back and forth. It's a total pain to deal with.	6/24/2014 4:17 PM
5569	Changing time is a pain. Leave it as Daylight time all year around to give us more light in the evenings, including the winter time. It just makes more sense!	6/24/2014 4:16 PM
5570	I don't care which time you pick just pick a time and stick to it.	6/24/2014 4:15 PM
5571	The changing of the times always puts my body in a tizzy for a few days. I see no reason to "save" daylight. only God can do that!	6/24/2014 4:14 PM
5572	More evening daylight hours allow more business to happen. Stores can stay open later, more economic activity can take place, and people and families can enjoy more outdoor time that is normally in the dark. Having an earlier "sunrise" doesn't let me do anything outside with my family when we are rushing off to school and work, but extra time in the evening with sunshine does!	6/24/2014 4:13 PM
5573	The efforts to spring forward or fall back are greater than the benefits. Besides, coming home when dark (ie, Nov - Feb) is more dangerous when people are fatigued. This may help those with Seasonal Affective Disorder (SAD) or circadian rhythm problems as well.	6/24/2014 4:11 PM

5574	It is sure nice to have the light during the summer months when the kids are playing soccer. Do we really want it light outside at 4:40 a.m?	6/24/2014 4:11 PM
5575	Daylight savings is horrible for children and those with sleep problems. Please please do away with this silly tradition!	6/24/2014 4:08 PM
5576	I believe we should stay on Mountain Standard time all 12 months because we would all get an extra hour of sleep all year round which we all need and I would rather there be extra daylight in the morning than at night. Another opinion I have if we stay on daylight savings time it would be getting light later in the morning in the fall season than in the spring and summer so there's one thing I like about having both but it would be nice to have a change.	6/24/2014 4:07 PM
5577	I believe Utah's winter months can be very depressing for many of us. It is difficult to give all of your daylight hours to the work day, often arriving home to family and friends in darkness when the day seems already spent. I feel an extra hour of daylight in the winter evenings would lift Utahns' spirits and provide more opportunity for precious post-work family time.	6/24/2014 4:05 PM
5578	More daylight in the evenings year round, you could plan more outdoor evening activities after work.	6/24/2014 4:04 PM
5579	Daylight savings is an outdated practice. It has no practical application today. I think we should keep it spring forward to allow as much daytime daylight year round as possible to help winter and summer tourism.	6/24/2014 4:02 PM
5580	I like Daylight savings time but dread the change back and forth each year . I feel awfull for weeks after the change each spring and fall. I think it causes more harm than good. Either keep it one way or the other without messing it up 2 times a year. Thanks	6/24/2014 3:59 PM
5581	The regular changing of clocks is a waste of time. Pick a time zone and leave the clocks alone. I prefer mountain standard time because I do more in the morning. Daylight after bedtime is wasted.	6/24/2014 3:57 PM
5582	1. Children--and even adults--are injured and even die every time the clocks change, as they are forced to walk/bike to school/work in utter blackness when they would otherwise not be in the dark. Cars. Don't. See. People. In. The. Dark. 2. If a business/farmer needs to get up earlier/later in order to use optimal sunlight, let them do so--w/o messing with the rest of our clocks. 3. It is a fact that on-the-job injuries increase right after the time changes take effect. Also, ER visits increase when the times change due to heart attacks. Are our lives not worth it to stay on Standard Time? Really--they should be. 4. Mother's are tormented by the changes because they tirelessly work to get their children on regular schedules and then--BAM--times change & their children's schedules are screwed. And, what mother has gotten tired of the child saying, "but the sun is still up--why do I have to go to bed?" 5. Students. Children do not like to go to bed when it is still light outside, therefore they are more tired the following day because they haven't had enough sleep--and getting up an hour earlier, in the darker hours, only makes them more tired & apt to sleep during classes & to do worse in school (yes, I have children & have been quite frustrated with this problem). 6. The only "change" in energy costs during the time changes are increases in our energy costs. 7. We are currently left with only 4 months out of the year on "normal" time (STANDARD). How can this possibly justify a "fairness" in sunlight? ...it doesn't work. 8. Our natural body clocks do not include rising in the dark of night...put us on Standard Time 12 months of the year. If someone wants to adjust their own sleep patterns because of different desires, then let them, but leave the rest of us out of it. Kudos to Arizona & Hawaii...I hope to someday--and soon--be able to say the same about Utah. Thank you.	6/24/2014 3:55 PM
5583	I think that we should have daylight saving time all year round because then it is lighter at night and so kids can play outside longer, which is good because kids in the United States are suffering from obesity. Then, they will be healthier. Plus, if it is dark when people are driving home, then there would be accidents.	6/24/2014 3:55 PM
5584	The winter months will get light sooner for school children but still retain enough light for those who want to do things after work during the summer months.	6/24/2014 3:54 PM
5585	I prefer the option to align with Arizona on Mountain Standard Time because I find the change to be disruptive to sleep patterns and I quite frankly do not see enough of a benefit to continue it. I feel that it makes more sense to align with Arizona than to opt for the permanent daylight savings time because it avoids confusion.	6/24/2014 3:52 PM
5586	I am in favor of staying on daylight savings time year-round, although I would also be in fine with doing away with it all together. Just so we don't have the taxing physical toll every few months. Thank you.	6/24/2014 3:48 PM

5587	Times have changed the reason it was created in the first place doesn't exist to the same extent and now it creates more problems than benefits. It is time to change.	6/24/2014 3:46 PM
5588	I've been advocating for the demise of Daylight Savings Time for years (http://jamesfarrer.com/?id=246). Any argument I've heard for keeping it can easily be negated by other cons. Arguments such as "it saves daylight for farming" are misleading at best. Since when does the time of day that we say it is actually have any impact on how many hours of daylight there are. As an IT professional I have spent way too many hours trying to accommodate for the changes. That is very real time and money that is being spent needlessly. That money would otherwise go toward actual productive work. I know my industry isn't the only one affected, but it is hit with a significant share of the negative impact. At the end of the day when it comes to our personal time, how many hours do you spend every single year trying to figure out what time it will be and how to adjust the clocks. The painstaking work of countless programmers have made that less with time by automating bits and pieces of it, but it is still significant. Multiply that wasted time by each person and the results are staggering. Please end daylight savings time.	6/24/2014 3:44 PM
5589	Please just keep the time the SAMWE ALWAYS....it is mentally healthier and fewer auto or work-related accidents. These are just a few beneficial reasons. Thanks for considering!	6/24/2014 3:44 PM
5590	I'm tired of making the switch twice every year. Spring Forward permanent would be my first choice. Fall back permanent would be my second choice.	6/24/2014 3:42 PM
5591	I like those extra hours of daylight when I get home from work. gives me time to work in my yard or spend time on the deck with my wife.	6/24/2014 3:41 PM
5592	I say we just go with UTC (Coordinated Universal Time) as a move towards a more global society.. It only takes a short time to adjust to the fact that Sunrise would be around 1200. In the long run it makes it easy setting meeting and appointment times since there is only a single time everywhere in which to work.	6/24/2014 3:39 PM
5593	As a parent, time changes are very hard on kids AND parents! I would prefer to not have a time change at all, since it seems that the original purpose of Daylight Savings time is outdated.	6/24/2014 3:39 PM
5594	I would hate to see daylight savings time go away. I love having the later lighter summer evenings. It just wouldn't be summer if it was dark by 8.	6/24/2014 3:34 PM
5595	It seems unnecessary and it is so hard on kids.	6/24/2014 3:32 PM
5596	Studies have proven that the time change is not beneficial in any financial way, but that it is harmful physically to individuals, especially with disruption of sleep, leading to headaches and increases in auto accidents.	6/24/2014 3:31 PM
5597	I have always seen it as pretty pointless. The schedule change is annoying, and, at times, difficult to get accustomed to (especially for children).	6/24/2014 3:30 PM
5598	I feel the benefits that may have been had in previous times by enacting DST are now archaic. It makes no sense that I can see to make this bi-annual time change. Certainly, we can learn something from Arizona's example and will hopefully follow suit.	6/24/2014 3:29 PM
5599	I think we should leave the time alone and no more switching at mid year. It's hard on people who work and children that go to school, and parents that have to get their children off to school plus go to their jobs. It's hard on our bodies to adjust every 6 months.	6/24/2014 3:29 PM
5600	The changing of times messes with our natural body clocks. It takes weeks to get our family back into normal patterns.	6/24/2014 3:28 PM
5601	my body clock system gets interrupted every 6 months as well as setting all my clocks each time. I can see no logical use for it since I can adjust to sunlight on my own. I have lived in Arizona and I can tell you there time is wonderfull.	6/24/2014 3:27 PM
5602	I don't see the point in interfering with time. Time is the only thing that never changes so why should humans have the ability to modify it. Leave time alone it helps no one by modifying it.	6/24/2014 3:26 PM
5603	I recently moved from Utah to Arizona and am enjoying the benefits of not participating Daylight Savings time. It is much easier on my kids in that they don't have to have their schedule changed two times each year.	6/24/2014 3:23 PM
5604	I just don't like flipping back and forth. Leave it one way or the other! I bike in the morning so I have a preference to stay with fall back, but I'm good with a permanent spring forward as well.	6/24/2014 3:22 PM

5605	I prefer the extra hour of sunlight in the evening during summer, but the process of changing the time twice a year is very annoying, especially with young children. Move the time forward and leave it there.	6/24/2014 3:22 PM
5606	Adjusting kids to daylight savings is hard. I lived in AZ for a couple years and it was easier just not having to deal with it. When I moved back, the first time I had to adjust my kids to daylight savings they were a wreck with naptimes, eating schedules, and bedtime.	6/24/2014 3:21 PM
5607	my internal clock doesn't "update" twice a year so DST is just a pain in the ass.	6/24/2014 3:21 PM
5608	As there is a growing body of evidence reveals that daylight saving time increases rather than decreases energy consumption, and that it's clear that the human body does not readily or easily adapt to jarring changes in the alarm clock, and that it's increasingly clear that there are substantial business costs from the time change it seems obvious to me that we should do away with this silly custom. Keep it simple: do away with daylight saving time so that we can tell when it's noon by the position of the sun.	6/24/2014 3:19 PM
5609	Sunshine in the morning helps me wake up and get the kids to school on time. I struggle to get up when we switch to daylight savings time until the sun starts coming up earlier (I also struggle in the middle of the winter - thank goodness two weeks of vacation happen right after the winter solstice). In the summer I dislike staying up until 10pm waiting for fireworks to start because I'm beat by then. I also like family time in the mornings and evenings but with daylight savings time it seems the daytime is too hot to play outside with friends until about 6pm. If we get rid of daylight savings time, my kids could play outside an hour earlier with friends and we could still have dinner at 6pm as a family. Another reason to get rid of daylight savings time is so we have the option of playing nightgames an hour earlier and still getting enough sleep before we need to get up.	6/24/2014 3:19 PM
5610	As there is a growing body of evidence reveals that daylight saving time increases rather than decreases energy consumption, and that it's clear that the human body does not readily or easily adapt to jarring changes in the alarm clock, and that it's increasingly clear that there are substantial business costs from the time change it seems obvious to me that we should do away with this silly custom. Keep it simple: do away with daylight saving time so that we can tell when it's noon by the position of the sun.	6/24/2014 3:19 PM
5611	I like having daylight in the evening so I can do things outside after work. I do not like the annual time changes, and I do not like coming home in the dark in the winter.	6/24/2014 3:18 PM
5612	PLEASE DO AWAY WITH THIS SILLY PRACTICE. we just get used to one time and it changes again.	6/24/2014 3:16 PM
5613	It is time to eliminate daylight savings time. No benefit ensues from cutting one foot off of the end of the blanket and sewing it back on the other end of the blanket.	6/24/2014 3:16 PM
5614	DST is an anachronism that doesn't achieve the intended result.	6/24/2014 3:16 PM
5615	multiple studies have confirmed that accidents go up during the week after DST. with the advances in technology and the worldwide nature of business it makes no sense,	6/24/2014 3:16 PM
5616	I think it should stay the same, not because it it the best way, but the established way. We should align with the rest of the country. Too bad about AZ. If any change, I'd say permanent spring-forward make the most sense.	6/24/2014 3:15 PM
5617	Just get rid of daylight savings.	6/24/2014 3:13 PM
5618	Please listen to our preferences.	6/24/2014 3:12 PM
5619	While it has good intentions, it is my experience that Daylight Savings time just annoys everybody and isn't really much of a help. It takes time for the body to adjust to the difference, and it is depressing when you "lose an hour" by springing forward, yet equally a bummer gaining one by "springing back", because you have to wake up even earlier than you're used to-- which totally and completely sucks. I grew up in Arizona and even after living here in Utah for over 11 years, still miss their non-changing time. Get rid of daylight savings time! It's more bother than it's worth.	6/24/2014 3:09 PM
5620	Let's stick with the way nature intended it!!	6/24/2014 3:07 PM
5621	Do not like the twice a year change, just want it to stay on standard time	6/24/2014 3:05 PM
5622	Lets stay on mountain time all the time	6/24/2014 3:03 PM

5623	There is no evidence that the switch to MDT saves any energy. There is a great deal of evidence, though, that it causes accidents from drowsiness and the sudden change from light to dark. Please end it!	6/24/2014 3:00 PM
5624	I don't like it being daylight until 9:30 pm in the summer months,and I don't like it being dark by 4:15 pm in the late October through January. Neither do my patrons who stay at my Inn for 7 months out of the year.	6/24/2014 2:59 PM
5625	Switching back and forth doesn't help anyone. It does not serve any useful purpose.	6/24/2014 2:59 PM
5626	Switching back and forth doesn't help anyone. It does not serve any useful purpose.	6/24/2014 2:59 PM
5627	i actually do not care if we spring forward or fall back, as long as it is PERMANENT and we don't change back and forth like the current system.	6/24/2014 2:58 PM
5628	There is no evidence that the switch to DST saves energy. What it does do is disrupt our sleep cycle and cause automobile and workplace accidents from drowsiness and the sudden change from light to dark. Please put us on MST and keep us there!	6/24/2014 2:58 PM
5629	DON'T LIKE IT LETS GO WITH ARIZONA AND HAWAII.....	6/24/2014 2:58 PM
5630	The time change twice a year is very difficult, annoying, and unnecessary. I agree with some of the comments that longer daylight in the evening is both safer and better for tourists. That is why I say we should create a 'always daylight on' time zone for Utah. Keeping it an hour later than MST (being the same as MDT year round).	6/24/2014 2:56 PM
5631	I think it's a useless waste. Time to get rid of it all together.	6/24/2014 2:56 PM
5632	After living in Arizona and Hawaii (who do not participate in daylight savings time) I hate dealing with daylight savings time because all it really does is screw with your internal clock. There are no negatives with leaving the clock alone. When I was young I was told that they do it for the farmers but farmers don't care about clocks, they get up when it gets light enough to see and go home when it gets too dark to see.	6/24/2014 2:54 PM
5633	The two times per year that we change time are disasters for 1/4 of the population and it can be avoided.	6/24/2014 2:52 PM
5634	I have read that daylight savings doesn't really save energy anymore because of the 24/7 operation of most companies nowadays. It is most stressful to have to change sleep schedules and routines that disturb family and personal quality of life.	6/24/2014 2:51 PM
5635	Don't try to mess with Mother nature!! Many businesses, people and especially hospitals find it hard to adjust to the time change. Please let the time stay as it should, without trying to change it.	6/24/2014 2:47 PM
5636	I don't see the need to change the clocks	6/24/2014 2:46 PM
5637	I don't see the need to change the clocks	6/24/2014 2:45 PM
5638	I like the time change so there is more light in the evening hours in the summer after I get off work. More time to spend outdoors with my family before it gets dark.	6/24/2014 2:44 PM
5639	I believe we should be on the same time all year round and alignment with AZ MST makes sense. It is too difficult to adjust to the back and forth of the time.	6/24/2014 2:43 PM
5640	I believe we should be on the same time all year round and alignment with AZ MST makes sense. It is too difficult to adjust to the back and forth of the time.	6/24/2014 2:43 PM
5641	If legislators think doing away with daylight savings will take the place of funding schools in Utah- the lowest in the nation- , they forgot to turn their clocks ahead. We all know why those two states stay on standard time and that is fine. Please don't make us look stupid by not changing just because of a few residents who have nothing to do in the evenings. Agriculture and tourism will suffer greatly if daylight savings time is not retained! Thank you for allowing my input.	6/24/2014 2:40 PM
5642	Daylight savings was done for farmers that had no power. I fell the whole county should move 1/2 and hour and always stay the same. The studies have found that there is no change in the power coasts so why put people through the frustration of messing with schedules 2 times a year?	6/24/2014 2:40 PM
5643	If you would like to enjoy an extra hour of daylight please feel free to wake up as early as you would like. I thought the whole idea of America's freedoms was to make your own decisions for your own life. Why is it OK to let the government mandate that we all comply to this disruption in everyone's personal biological clock?	6/24/2014 2:40 PM

5644	Daylight savings time is outdated and unnecessary in today's world. I personally would like to see it done away with in Utah.	6/24/2014 2:37 PM
5645	Utah is an outdoor state. Having as much light after work in the summertime is great. There is nothing better than still being able to hike or bike ride or garden in the summer after work. If we got rid of daylight saving time it would be light at 4:30 in the morning in the summer. Why waste that light when the summer meant to be spent outdoors	6/24/2014 2:37 PM
5646	What people do not realize is that if Utah was on Standard time during the summer months the sun would rise around 5 AM meaning it would be light at around 4:30 AM. Also Doctors report that the 1 hour Daylight saving shift should only take 1 day to overcome. Much like Jet lags 1 day recovery per time zone.	6/24/2014 2:33 PM
5647	The additional hours of sunlight allow me to keep up with yard work after a full 8 hours of work each day.	6/24/2014 2:32 PM
5648	People can wake up as early as they like. Changing clocks is unnecessary and too much hassle for what it's worth.	6/24/2014 2:31 PM
5649	I think the reasons for DST are no longer valid. It is more disruptive than beneficial.	6/24/2014 2:28 PM
5650	I feel as a former business manager, it effects the output of the employees for a few days. It also take a while to get our selves adjusted to the change.	6/24/2014 2:27 PM
5651	We lived in AZ, it was really nice not to change the time!	6/24/2014 2:27 PM
5652	DST doesn't make sense to me. We have the same number of daylight hours no matter what option is chosen. Why can't people just get up to do some work when it's light, no matter what time it is. Here, in Utah, I think it is good for all people to be on a regular schedule. Our sons-in-law who are fire fighters, and our son who is a paramedic sometimes have real problems with time changes in addition to their crazy schedules. I vote to keep things like Arizona.	6/24/2014 2:27 PM
5653	In the summer, without DST, the sun would come up at 5:30 AM. That's too early. In the winter, the sun already goes down really early, so keeping things as they are sounds like a great idea to me.	6/24/2014 2:25 PM
5654	I used to live in Arizona and absolutely loved the Permanent MST. There is no time shift to get used. This is good for me but for my kids especially. Also Having a sunset that pushes into the 9PM hour is hard on me as a parent.	6/24/2014 2:24 PM
5655	It's really not a big deal. It's a momentary inconvenience of a day or two (at most). Spend money and time elsewhere.	6/24/2014 2:24 PM
5656	I love daylight savings time. I would be happy to keep it year round.	6/24/2014 2:23 PM
5657	I am a daycare provider and a mother, I see first hand the tail spin kids are put in when the time changes. It affects their appetite, their social skills, the natural sleep patterns, their school work, and so many more aspects of their little life. I feel that the time change places an unneeded stress in their worlds. I'm sure any school teacher would also tell you how much it affects their students. I VOTE FOR NO TIME CHANGE!	6/24/2014 2:23 PM
5658	Have 2 time zones, East and West, this way NY would only be an hour off of LA.	6/24/2014 2:23 PM
5659	It is difficult for people to adjust. Employees are less productive for at least a week following the changes. I believe it is even more difficult for children to adjust because they don't sleep in or they have a difficult time going to be earlier to help adjust.	6/24/2014 2:22 PM
5660	I have long wished to end daylight savings time. It's hard on families with small children and does nothing to help the working class.	6/24/2014 2:21 PM
5661	I used to like the October - April dates for time change. March is TOOO early to change the clocks, in my opinion. So I actually either support going back to how it used to be, or eliminating MDT all together. My spouse on the other hand, hates the time change all together and wants one time, all year round because it messes up his sleep-wake schedule for weeks. I could be happy with going back to one time only also.	6/24/2014 2:20 PM
5662	I prefer the permanent daylight saving time, and a permanent standard time would be my second best option. Either way, I'm strongly in favor of not changing times during the year.	6/24/2014 2:19 PM
5663	Daylight Savings time enables families to spend more time together after work hours, after 5pm families can go on picnics, spend time at the park, go to the zoo, just enjoy being together and outdoors	6/24/2014 2:17 PM

5664	I don't see the need or benefit for Daylight Savings time. It is actually a waste of time changing my clocks twice a year. I will still get up at the same time and go to bed at the same time and would prefer to leave the clocks on one time all the time.	6/24/2014 2:17 PM
5665	We've reached the point where the majority of employment is indoors and it has become unnecessary to alter our body clocks biannually.	6/24/2014 2:14 PM
5666	Please keep Daylight Savings Time the same as it is now.I love the sunlight in the evenings but feel that we need to change off DST during the winter months because it makes it too dark in the mornings if we don't. I even enjoy the ritual of "springing forward" and "falling back" when we make the change.	6/24/2014 2:11 PM
5667	There is no longer any benefit for daylight savings time. It saves no money on energy bills, which is one of the big reasons I was given as a teenager for its creation. I find that now all it does is mess with ones body clock. Lets give it up and be normal again.	6/24/2014 2:11 PM
5668	Put us on one or the other and leave it alone.	6/24/2014 2:10 PM
5669	I do not like it.	6/24/2014 2:09 PM
5670	Please leave the time alone...the changes are so hard on my family...and the effects last a very long time.	6/24/2014 2:09 PM
5671	There is no need to retain this antiquated practice. Let's settle on one time zone and stick to it! Thanks for letting us have a voice!	6/24/2014 2:08 PM
5672	I like having the sun set at a later time during the summer	6/24/2014 2:08 PM
5673	I believe this is an out-dated program that doesn't really benefit anyone especially families with small children who have not concept of the switch. I personally struggle the rest of the year when we 'spring' forward and it is like running a rats maze everyday. I have also had to help a student through the school year and I didn't see any benefit to switching in the sense that it is supposed to give more daylight cause it doesn't. As for being ECO conscience and hoping to conserve our resources this is a dream. People are so glued into their entertainment and because we have the ability to stay up we do and most likely will continue to do so because we need a break from our hum drum lives or we have to work to support ourselves. What I am trying to say is that the times have changed then making this an annoyance, an inconvenience and no longer relevant.	6/24/2014 2:07 PM
5674	It is a disruption of Life - It is NOT good regarding Education - in the modern day of Mega-Machinery for Farming there is no reason to adjust the clock for faarmin. Keeping track of the change-over vs other countries time is a pain. Now comment on THIS Comment Section: If you spell a word wrong and try to "mouse" back to it - the cursor for this area automatically reverts to the top of the box!	6/24/2014 2:06 PM
5675	I love to "Fall back". But it takes me a couple of weeks to adjust to losing an hour when we "Spring forward". I absolutely dread springing forward. I would love to stay on the spring forward time. At the very least simply stay on one time, whether it's Forward or Back, so that twice a year we don't have to adjust to a new time. Thank you!	6/24/2014 2:04 PM
5676	FAVOR A SET TIME, EITHER ALIGN OR CREATE, NO ADJUSTING / CHANGING	6/24/2014 2:04 PM
5677	I grew up with Mountain Standard time and when daylight savings time started, it was very hard for me to adjust to it. I prefer to stay with the same time all year long and have daylight savings all year long might be good for those who don't have to get up early in the morning, but I want to go back to the way time used to be when I was young.	6/24/2014 2:01 PM
5678	I actually don't care which time is kept, just choose one and leave it. Tired of changing, see no benefit.	6/24/2014 2:00 PM
5679	I've lived in places with both and it's so convenient not only for residents but for people trying to communicate internationally to prevent confusion of time.	6/24/2014 1:59 PM
5680	Daylight Savings Time is a disruption whose benefits do not outweigh the negatives.	6/24/2014 1:58 PM
5681	I would greatly prefer Standard time because: I dislike having to adjust to the time change, I would prefere to have more time outside after duck during the summer. Who cares about an extra hour of daylight during the morning?	6/24/2014 1:58 PM
5682	I don't see any reason for it. It just makes me late to work once per year.	6/24/2014 1:57 PM

5683	Changing to DST is dangerous. Accidents are more prone during the weeks following changes as people are out-of-sorts. Children are walking to school in the dark in the morning. As a former college professor, I can attest that student attention spans were dramatically reduced in the weeks after the change to DST. Thank you for allowing public input.	6/24/2014 1:54 PM
5684	I feel the constant "springing" forward & then falling back is a hassle & would really prefer to just abolish it altogther	6/24/2014 1:54 PM
5685	I often work late into the night. I always wake up with the sun. Without daylight savings time I would be waking up at 4:30 to 5 in the summer.	6/24/2014 1:53 PM
5686	I would prefer not to have to change the clocks twice a year because it is disruptive; I feel that the costs outweigh the benefits.	6/24/2014 1:51 PM
5687	DST make no sense! Cut off one end of a blanket and sew it to the other side is not rational.	6/24/2014 1:49 PM
5688	I grew up on mountain time I find it hard to adjust to the time change twice a year. Most of us lose sleep when we change time.	6/24/2014 1:49 PM
5689	I really don't care if we stay on MST or DST year round - just quit changing it for 4 months. I can see no benefit other than being exhausted for 6 wks until w get use to the time change.	6/24/2014 1:45 PM
5690	I really enjoy DST it allows me time at night, because I work, to get things accomplished or enjoy to outdoors.	6/24/2014 1:43 PM
5691	My preference would be to retain the existing system. Not only is the "spring forward" beneficial to tourism and outdoors recreation, as well as farmers, staying synced with the rest of the country (Arizona aside) is helpful for business practices. My second choice would be for daylight savings year-round to keep the light as late in the day as possible.	6/24/2014 1:40 PM
5692	DST = more time in the evening for recreation, yard work, etc. Apply it year-round and leave it alone.	6/24/2014 1:40 PM
5693	I would like to see Daylight Savings Time discarded. I think it is very difficult for people to adjust to these time changes...not just children, but adults too!	6/24/2014 1:36 PM
5694	I prefer staying on the same time all year.	6/24/2014 1:35 PM
5695	It is bad enough that our body clocks get disrupted by this change but I think it is criminal that we do this to our children! It is much harder for them to adapt!!	6/24/2014 1:35 PM
5696	I would enjoy a little more daylight on both ends of the spectrum both morning and evening to start the work day. The reason daylight savings was originally initiated for farmers is now obsolete.	6/24/2014 1:34 PM
5697	Utah doesn't need any more reasons to be considered out of the mainstream for tourism. The perceptions about parochialism, unavailability of alcohol and extremism are bad enough. Why add to the list?	6/24/2014 1:34 PM
5698	I thought it'd be nice to stay same as Arizona but I like our Summer time best. Because of crazy weather throwing us off all the time as is, I feel strongly that getting rid of daylight savings would be most beneficial.	6/24/2014 1:32 PM
5699	Disruptive to the body to switch twice a year. Costs business to pay OT when clock drops back. Increase in accidents when body rhythm is disrupted.	6/24/2014 1:30 PM
5700	I think we should keep daylight savings because of the extra hour of sunlight in the summer. With the extra hour we can be outside and play sports, or hang with our families and friends, longer than we could without it. When we are outside in our neighborhood all the adults chat, the kids play, and we all have a blast! That would all be cut short or missed without daylight savings.	6/24/2014 1:24 PM
5701	no more change	6/24/2014 1:20 PM
5702	I want the time to stay how it is now. Don't change in the fall. Keep it spring forward.	6/24/2014 1:18 PM
5703	I don't like it! It's dumb to change times.	6/24/2014 1:13 PM
5704	I am a high school teacher and first period is so hard! The kids are barely awake and we have a big problem with tardiness to first period classes. I think that having it be lighter in the mornings may help them be more awake and ready to learn.	6/24/2014 1:11 PM
5705	I love Daylight Savings Time! We visit Arizona every year and it gets dark so early there every summer and it is light before 6:00 a.m. Please don't change it!	6/24/2014 1:11 PM

5706	What I really want is a fixed time. I also would like staying the hour ahead because I like to go to bed early.	6/24/2014 1:07 PM
5707	Circadian rhythm is disrupted. Get rid DST. Serves no real purpose and benefits no one. Saves no energy either. Being retired now I stop looking at the time. It also serves no purpose anymore in my life.	6/24/2014 1:05 PM
5708	My concern is for commuters using alternate means like cycling or walking. The risk of injury is significantly reduced by increased morning light.	6/24/2014 1:04 PM
5709	I've always found it very disruptive (DSA) and now it's worse because they have lengthened it. It was difficult when my children were little to get them in bed when it was still fairly light outside. It's never been easy to adjust your body to the hour difference either no matter what your age. I think it has outlived its usefulness.	6/24/2014 1:01 PM
5710	Daylight Savings Time is very unhealthy. When we change time our bodies don't adjust for months and we just don't feel completely whole. It is not needed and it is not necessary.	6/24/2014 12:59 PM
5711	Im not sure why we have daylight savings time? there is no arguement that can change the fact that there is the same amount of daylight no matter what the time is! Daylight savings needs to end now! Also, it confuses the heck out of the old people as far as setting the clocks.	6/24/2014 12:59 PM
5712	PLEASE - don't eliminate DST!! If anything, move the spring change to a month later. We as a family enjoy so many outdoor activities in the summer that would be cut short an hour if it were eliminated. For example, we love to golf nine holes after work - that would be very difficult to do with an hour less light.That equates, too, to more money spent in our community. Don't eliminate it.	6/24/2014 12:59 PM
5713	I have never liked it. There have also been several studies done that indicate an increase in dangerous vehicular accidents and a decrease in productivity both at school and in the workplace. In addition to this, the energy that is being "saved" at night is symphony being moved to the morning. It would be highly beneficial to get rid of daylight savings and stay in the same timezone as Arizona.	6/24/2014 12:59 PM
5714	It makes more sense to me to keep the extra hour of daylight on the end of the day. I also don't like going back and forth on the time change twice a year. It's difficult on kids (and adults) and I prefer to get to one time and keep it that way.	6/24/2014 12:56 PM
5715	so much easier on everyone physically to not have to worry about changing time	6/24/2014 12:54 PM
5716	I am concerned for those who are using alternate commuting forms such as pedestian and cycling. The risk of injury is significantly decreased with added morning light.	6/24/2014 12:53 PM
5717	The twice yearly changes take too much toll. The later sunset has some advantages.	6/24/2014 12:51 PM
5718	We and other members of our family have lived in areas where they do not have the time change, and it is a relief not to have to go through that twice a year.	6/24/2014 12:50 PM
5719	Let's stop switching back anf forth - it costs money and lives - look at the traffic accident spikes around just after the change spring and fall. Spring forward and never change again.	6/24/2014 12:47 PM
5720	I think switching back and forth is hard on everyone. It takes awhile for our bodies to adjust every time we switch, so I would appreciate the time staying the same all year.	6/24/2014 12:46 PM
5721	Just don't make me change anymore. The week after both time changes is difficult.	6/24/2014 12:43 PM
5722	As a mother of seven grown children, my comments are particularly based on experience w/DS. I discovered long ago that our body clocks: eating, thirst, sleep, work, play, even creating are on a cycle. We play catch-up through spring, summer and fall. When DST changes back we were/are in sync again with our natural body rhythms. Please leave nature alone.	6/24/2014 12:43 PM
5723	I prefer to stay on one time without changing in the spring and fall. I selected mountain time mainly for the winter months while keeping the time consistence throughout the year	6/24/2014 12:42 PM
5724	I would prefer to stick with one time with a preference of matching Arizona's time.	6/24/2014 12:42 PM
5725	It was created to save energy, but the air conditioners/swap coolers have to be left running until midnight, where is the savings?	6/24/2014 12:39 PM
5726	Dislike the back and forth.....takes days to adjust tp the change. Plus we will be Arizona and this makes it easier for the change.	6/24/2014 12:38 PM

5727	I would prefer we stayed on daylight savings time year round. The extra hour of daylight in the evening is beneficial for most of us. But if that is not an option, then I would prefer reverting back to Mountain Standard time for the entire year. No more switching back and forth.	6/24/2014 12:37 PM
5728	I believe changing times around disrupts sleep and eating patterns. Especially for someone who has dietary requirements, body clocks are trying to match up with time clocks. Trying to get children to sleep at the right time can make for irritable morning/nights. I would prefer having the same time all year.	6/24/2014 12:37 PM
5729	Don't change the time back and forth!!! Pick one and stay with it! Besides, my old clock keep changing automatically on the wrong day!	6/24/2014 12:37 PM
5730	Go back to Ariz. time. We don't need this anymore. I remember when there was farming in Utah. Not so much anymore. You the Government want so much business. You got it.	6/24/2014 12:36 PM
5731	Lets just do away with it .	6/24/2014 12:35 PM
5732	They have shown there are more accidents, DST does not save money. If people need to change time (such as schools) then they can change their hours. It is hard on people especially the young and old to change that hour twice a year.	6/24/2014 12:35 PM
5733	I like the way it is now and think it should stay that way year around So we have light in the morning & later at night	6/24/2014 12:34 PM
5734	I think that we should either stay on or off daylight savings time for the whole year, preferably off. It stays light so late in the summer, and so it's hard to get kids to bed. If anything, it's backwards. You want it to stay lighter in the winter! So, I say get rid of it completely!	6/24/2014 12:34 PM
5735	I have lived in a backward state (Indiana) during a decade in which they were out-of-step within the state and with neighboring states. Much of the state did not adopt Daylight Savings Time while a few counties did. It was a mess. Go with the national system.	6/24/2014 12:34 PM
5736	Keep as much daylight as possible year round.	6/24/2014 12:31 PM
5737	Cost and inconvenience vs. Benefits don't warrant keeping the practice of DST. I was a Crossing Guard for 4 years and in the morning the kids are walking and riding bikes to school with dim or outright dark conditions. Look at the number of auto/pedestrian accidents where the light is a factor. The reasons for originating the practice are not the same as they were. Let's do away with DST. Thank you for inviting input from the public.	6/24/2014 12:31 PM
5738	I am grateful for an opportunity to express my opinion...which I have held for many years...as a parent of children and as a school teacher for 20 years in Utah. Daylight saving time has a negative effect on students of all ages...high school students should start school later in the day...research has proven that teen agers and young adults sleep patterns help learning when school starts at a later time in the morning...I have seen first hand what elementary school children suffer in fatique and lethargy from early school hours...if the state of Utah insists on daylight saving time...then the Board of Education should consider...adjusting the school hour day to start one or two hours later...	6/24/2014 12:31 PM
5739	1. It is disruptive of the body's natural rhythm. 2. DST makes it difficult to get little children to bed on time in the summer. 3. DST is a misnomer: there are the same hours of daylight regardless of which schedule is applied; the difference is whether people get to enjoy daylight in the morning or at the end of the day. 4. In this day with so much technology which all have clocks associated with them, it is a pain, a nuisance, and time consuming to have to change all the clocks twice a year. 5. Children are safer going to school when the hour of daylight is utilized in the morning rather than at night. 6. The adage: Early to bed, early to rise, makes a man healthy, wealthy and wise is true. DLS makes it hard to go to bed early, and equally difficult to rise early.	6/24/2014 12:30 PM
5740	The change in time twice a year is difficult. It would be easier to have the one time. Regardless, of the time, there is the same amount of hours in the day.	6/24/2014 12:29 PM
5741	Winters here are hard enough..... when you leave for work in the morning and its still dark, just to work all day, and not get home till its dark.... its horrible!!!	6/24/2014 12:23 PM
5742	I work in the construction field and have a small farm. I am an early riser and prefer day light savings time.	6/24/2014 12:15 PM

5743	I would love to have the daylight savings time all year, I don't like the jump forward or the fall back. If the time stays as standard time year round it would mean daylight at 4 am. I don't like the jumping forward in the spring, but would hate daylight at 4. During the winter it is dark when the kids go to school anyway, it wouldn't make much of a difference to keep the time as Daylight savings, it would give them an extra hour, after school, of daylight.	6/24/2014 12:14 PM
5744	Routines are good, but it's good for mental health to change them occasionally. And I like daylight during the day--I couldn't stand waiting for the sun in the winter or sleeping through half the day (or being rudely awakened) in the summer.	6/24/2014 12:14 PM
5745	It is safer and easier for and on the general public.	6/24/2014 12:13 PM
5746	The older I get, the more I think changing back and forth is a BAD idea.	6/24/2014 12:12 PM
5747	Just leave it how it is know (spring forward). Makes no sense anymore to do daylight savings time. Get rid of it.	6/24/2014 12:11 PM
5748	I love daylight savings because I can play spring and fall baseball in the evening before the sun goes down. It lets me play outside in the summer with friends for longer. The longer I'm outside in the evening, the more fun and exercise I get. If I go inside I'll probably just watch T.V., so daylight savings is great for me and all kids.	6/24/2014 12:09 PM
5749	It is so hard to keep changing from one to the other. It throws your body off for about 1 month. We need to keep it how it is now the time that is.I like this time. It gives us extra time in the evening with it staying light. Parents aren't driving in the dark.Kids life's aren't in danger when walking home for school for the after school programs. Let us leave it as is.	6/24/2014 12:08 PM
5750	I believe that the function accomplishes exactly what the name implies - makes the most efficient use of daylight throughout the year.	6/24/2014 12:06 PM
5751	We should stay on Mountain Standard time. DST is costs an inordinate amount of money, is a giant pain to reset everything, and messes up people's sleep rhythms. The small percentage of the population who like having it light later in the evening doesn't even remotely justify the negatives using DST causes.	6/24/2014 12:05 PM
5752	Would love DST all year long. As a parent, the switch is not fun. As somebody who likes to do things after work, the extra light in the evening is great.	6/24/2014 12:03 PM
5753	I'd like the state government to balance any anecdotal gains to industry (which are inconclusive, at best) as a result of DST with the general welfare of citizens, for many of whom the time shifts are an unwelcome disruption.	6/24/2014 12:03 PM
5754	stop wasting taxpayer's money on issues that is a matter of opinion without any facts or studies to back it up.	6/24/2014 12:01 PM
5755	Twice a year it makes a significant impact on schedules and the ability for individuals to function. I would prefer to stay with a single time.	6/24/2014 12:01 PM
5756	I was never for the change, the cows want to be milked when they are ready. They don't care what time it is. And I see many students sleeping in class until they get use to the time switch. I don't understand why we ever agreed to change times. Let's just keep it Standard it is better for everyone.	6/24/2014 11:58 AM
5757	DST only causes extra work, stress and confusion. It doesn't change the number of daylight hours that exist in a day. It's a waste of time and money.	6/24/2014 11:58 AM
5758	Everybody has the same 24 hours in a day, whether they are MST or DST. It doesn't give you an extra hour of daylight, so mellow out.	6/24/2014 11:56 AM
5759	I hate the changes it causes my kids to go through.	6/24/2014 11:56 AM

5760	We still benefit from Daylight Savings in Utah for so many reasons: First: Spring and Fall sports programs (and summer activities). The extra hour of daylight in the evenings provide the light and warmth for kids (and adults) base-ball, soccer, and many other outdoor activities. This is good exercise, good for the community, and even for the economy. It allows for longer light in the summer for concerts, amusement parks, and pools. Second: The Economy. Added daylight hours in the evening help stores bring in more customers adding to more sales. It helps the vacation industry and entertainment industry. Third: Mood and happiness. When we spring forward and add an hour of daylight in the evening, people who have been inside for the long cold winter come out. They visit with neighbors, the kids play, and everyone begins to feel better. They feel like the warmth of spring is finally here. They get excited for summer and begin to make vacation plans. Everyone's mood improves. Then in the fall when we "fall back" and gain an hour of sleep, that feel so great. It helps the kids in school to feel more awake and focused for a few weeks. That's an added boost for education near the beginning of the school year. Fourth: Clocks get adjusted to the correct time. It is a pet peeve of mine that clocks all over town are always over 5-10 minutes off from each other. Thanks to daylight savings, twice a year we all fix our clocks and watches. Yes, I know smart phones and computers are correct, but not all wall clocks, watches, or alarm clocks are auto-set. The only reasons I ever hear about getting rid of Daylight Savings Time are things like "It's such a pain to change all the clocks" or "I'm so tired when we spring forward" or "My babies won't go to sleep". These people who are sooo tired never complain in the fall when they GAIN an hour of sleep. Yet, everyone loses hours of sleep on weekends when they choose to stay out late or when they need to get up early for some reason. They survive that okay. So, once a year they are extra tired for this reason. Many times a year they are tired for other reasons. These are just not valid reasons to eliminate daylight savings time. As for the babies, they nap during daylight hour just fine don't they? The sunset time changes all year with or without daylight savings and light effects the babies bedtime no matter what. Many other factors effect the babies naps and bedtime as they grow as well. Please do not listen to only the complainers! Listen to reason and what is best for the community as a whole. There are so many more reasons to leave this alone. I get so sick of the complainers making this an issue every year when we should be focused on so many more important issues.	6/24/2014 11:55 AM
5761	DST is an absolutely worthless twice-a-year annoyance. GET RID OF IT!	6/24/2014 11:53 AM
5762	I am a high school teacher. I see dramatic problems with changing from MDT to DST and back again. It takes my students weeks, not days, to adjust to the time change. They are tired, inattentive, unable to concentrate and irritable. Frequently tardies and absences increase during 1st period. In the last period of the day students put their heads down on their desks. I avoid giving exams during the first two weeks after the change because test scores are always lower than usual. Also, it is irresponsible to have children going to school in the dark (in the past 15 years we have had 3 of our students hit by cars early in the morning on their way to school,) when time changes occur so that we can have an extra hour of daylight in the evening. What is more important? our children, their education and safety or encouraging people to go out in the evening and spend their money due to a time change. And, I should like to point out that DST has nothing to do with farmers. They start work when the sun comes up and end when the sun goes down regardless of what the clock says. Ben Franklin (who 1st proposed this idea in the U.S.) saw this time change as a way to help merchants by having more daylight after the working man finished to encourage him to "shop" helping merchants do more business in a day. And, Ben was a merchant of course. It is time Utah did the right thing with time changes. Studies have shown that it does not save electricity as once thought and it is more harmful to all of our citizens, and I have not even brought up the biological ramifications which are also significant.	6/24/2014 11:50 AM
5763	Keep it at spring ahead to extend daylight hours in the evening and thus save money on energy bills.	6/24/2014 11:47 AM
5764	I am very much in favor of the current state of time. It is beneficial for business and for a healthy environment for sports and recreational activities.	6/24/2014 11:45 AM
5765	do not want daylight savings time	6/24/2014 11:45 AM
5766	DST is a pain!	6/24/2014 11:45 AM
5767	It just makes sense to stay on MST all year. I see no benefits from changing the clock twice a year	6/24/2014 11:44 AM
5768	I would love to just keep one time zone. It is such a both to change your body clock twice a year. So many states don't have this I wish we could just be the same all the time.	6/24/2014 11:44 AM

5769	There is no need for it to be so light in the summer. It is really hard to get kids to bed while it stays light till almost ten o'clock. It's also been proven that there are more accidents on both ends of the time change. Just this last change there were two cyclists hit by a truck and killed. It was darker that morning than usual at the same hour, because of the time change. As a result the driver didn't see them in their morning ride to work, I'm my opinion it's a tragedy that could have been avoided if there had been the customary light that would've been there that hour if it wasn't for daylight savings. My favorite quote is the old Indian saying, "only a white man thinks he can cut off the front part of a blanket, sew it on to the bottom and make a bigger blanket".	6/24/2014 11:44 AM
5770	do not observe daylight savings time. do what Arizona does and just have mountain and 1 standard time kind of thing. Instead of all this going back and forth.	6/24/2014 11:44 AM
5771	I hate having to switch back and forth. I used to live in Arizona. Not having DST is much better! I fail to see the advantage in DST.	6/24/2014 11:44 AM
5772	Keep daylight savings time all year!	6/24/2014 11:43 AM
5773	I prefer keeping daylight saving time. In the winter, most people get off work around 4-6 which leaves minimal time for day light activities. By having that extra hour of daylight, it would best better for people working inside all day to enjoy the daylight.	6/24/2014 11:42 AM
5774	I dislike changing the time twice each year. My family lived in Arizona for 16 years and I loved just having the same time - year round. My first choice would be to align with Arizona and stay on MST year round. My second choice would be to stay on daylight savings time year round. And, my last choice is the status-quo.	6/24/2014 11:40 AM
5775	Daylight savings just doesn't make a lot of sense to me. If the only benefit is that we can be deluded into thinking the sun is rising and setting on our schedule, it's silly. We get the same number of hours each day no matter what the clock says? What is the point anymore?	6/24/2014 11:35 AM
5776	I love the time of spring forward. I love the longer daylight hours. Depression sets in when it gets dark at 4:30- 5:00pm during the fall backDST. Really, who loves coming home from work and it's dark out? YUCK! Please, please, please keep it at the time it is NOW.	6/24/2014 11:31 AM
5777	Honestly I used to love it. But since having kids its a hassle! It takes at least a week to get us back on a good schedule. It also would be nice to not have our kids walking to school in the dark after we Spring Forward.	6/24/2014 11:30 AM
5778	changing times is too hard, especially on the kids - please pick one and stay with it! THANKS!	6/24/2014 11:27 AM
5779	I prefer it to be (spring forward) all the time. I like the lighter evenings in the summertime promoting beneficial family time and activities.	6/24/2014 11:23 AM
5780	daylight savings time is a nuisance. And being different from Arizona is confusing. It would be simplest to align with Arizona.	6/24/2014 11:20 AM
5781	Many reasons but the biggest reason is how hard it is on me physically in the spring to make the change. As I watch others, it seems like everyone suffers a little at the spring change and our bodies are out of sync for about a week. The next reason is that when it gets dark, it is fun to play night games and there just isn't a chance these days because bedtime hits before you even get the chance. My third reason is that I really like getting up with the sun and it would give me an extra hour in the morning and I love that idea! More chance to be outside in the earlier hours.	6/24/2014 11:18 AM
5782	Given the generally accepted workday and that more people have free time in the evenings than in the mornings before work, it makes much more sense to keep daylight savings so it is lighter later in the day in the summer, rather than the sun rising at some ungodly hour of 4:30 am when no one is awake to enjoy it	6/24/2014 11:18 AM
5783	I prefer the extra daylight in the evenings. I think it would be beneficial to have it in the winter months.	6/24/2014 11:16 AM
5784	I would like to see us change to central time there by giving us more daylight time in the winter after work. As it is now, you get up for work when it is dark and get home from work when it is dark. Never experiencing any daylight.	6/24/2014 11:15 AM
5785	Spring forward---early morning light and late evening light--Perfect for all. Robb in Roy	6/24/2014 11:14 AM
5786	I have always detested daylight savings! ALWAYS! Especially when my kids were small. I couldn't get them to go to bed when they needed to be in bed. There is no legitimate reason to have it! (in my opinion. . .)	6/24/2014 11:12 AM

5787	PLEASE let Utah stop going back and forth! Either Daylight Savings Time or Standard time year around.	6/24/2014 11:12 AM
5788	My thoughts are to do away with the Daylight Saving Time. Daylight savings is a unneeded interruption in the daily routine and sleeping schedule twice a year.	6/24/2014 11:12 AM
5789	The time change is inconvenient, hard on the body to adjust twice yearly, and pointless. You don't gain more time, just take it off one end and add it to the other. We loved living in Arizona for a couple of years and not having to deal with it.	6/24/2014 11:05 AM
5790	I say keep daylight savings all year. It enables more activity after work which leads to healthier citizens. During the winter I go to work in the dark and come home in the dark. It would be nice to have some light after work. Sunlight increases Vitamin D which makes people happier. We might see a decrease in depression if we had more light. Please keep it lighter later all year long!!	6/24/2014 11:01 AM
5791	The amount of daylight in the day is the same. I don't like the school kids walking to school in the dark in the fall.	6/24/2014 10:57 AM
5792	I like the consistency of staying on the Standard time zone and not changing back and forth.	6/24/2014 10:56 AM
5793	It's no longer needed. Please end the madness. Thanks!	6/24/2014 10:55 AM
5794	We need to go on daylight savings time and STAY THERE! Sure we loose an hour forever, but the tradeoff is that people who work normal office hours will have more time after work to enjoy some sunlight. In the winter this is particularly important. People who work a normal dayshift during the winter months might spend all their non-working hours in darkness. By using daylight year round you could actually reduce incidents of depression and suicide. We will also benifit from not messing around with our clocks twice a year.	6/24/2014 10:54 AM
5795	I have noticed that it takes many people two weeks to adjust whenever we start or end daylight savings time. This is too much lost productivity. I am against creating a new official timezone because of the added cost. Most self-adjusting clocks and software are already aware of the Arizona timezone. A new timezone means new self-adjusting clocks and software updates.	6/24/2014 10:54 AM
5796	It is too disruptive. Get rid of the time changes and we'll have two less problems to worry about each year.	6/24/2014 10:54 AM
5797	Please get rid of it already. Antiquated, costly and unhealthy. I am tired of living in a fog for 2 weeks out of the year, trying to adjust to the time change. It is unsafe for everyone on the street during that time. Also, kids are cranky, don't learn as well, all together a bad idea to continuously throw off your inner clock. Please, please get rid of it!	6/24/2014 10:53 AM
5798	Having to deal with time changes is annoying for most people of any age or situation, but especially for young children and their parents. With either time change, it takes several days for the kids to adjust, and the parents lose precious sleep during each of those days and especially on the first day. My husband and I always dread the time changes and have realized over the years that neither of them can be looked forward to when you have kids. Besides being really annoying, it can't be good for our health. Also, when the time change causes sleep loss for everyone, it must cause more accidents and deaths on our roads, and the hassle for everyone, including businesses, is not worth any supposed energy-saving benefit. I don't really care if we spring forward or fall back, I just want our time to stay the same. I think if our state stops changing the time, other states will likely follow. Thank you for doing this study!	6/24/2014 10:52 AM
5799	I am finished with Daylight Savings personally. It creates so much havoc in our family the week after spring forward. Here's an interesting article I'm sure you've already read regarding some of the pros and cons of DST. http://www.usatoday.com/story/news/nation/2013/03/08/daylight-saving-time-affects-us/1974453/	6/24/2014 10:44 AM
5800	The reasons for keeping it are not valid. Farmers and ranchers do their thing and the clock does not dictate. Vacations don't run by the clock. It also works against the normal body clocks each of us have. Please get rid of it. Thank you for listening and asking.	6/24/2014 10:44 AM
5801	Daylight savings affects us all for a day or two. I have a son who has autism, his biological clock is very rigid. Daylight savings affects him and the whole family for at least two weeks. You would not think that such a small thing would have such a great impact but it does, it effects his behavior, when he wants to go to bed, he feels off. Please stop doing this to our children. I have talked to many other parents of special needs children and they all incur-this has a great impact on our families. Please consider another option that would be a stabilizing factor for our families. Thank you!	6/24/2014 10:44 AM

5802	Daylight Savings Time is no longer a valid time saving device.	6/24/2014 10:42 AM
5803	I prefer to have more "time' at the end of the day so that I can participate in after work activities and enjoy the outdoors. It is absolutely terrible to come home in the dark everyday. I would think that encouraging people to be out and about would be good for everyone! I believe that rather than protecting people the changing of the time actually contributes the the accidents which are reported!	6/24/2014 10:41 AM
5804	I hate going back and forth, I think the Lord does a good job of it all by Himself.	6/24/2014 10:41 AM
5805	I prefere daylight saving and if you are thinking of really changing it leave it alone. I get up by 5 am most days and the change does in light time hours is not that much and the days aren't that many before it starts getting light early again. Day light savings leaves us on the same time schedule as the rest of the states besides Arizona. Leave it alone and stay on daylight saving. Stop bringing this up every year and wasting time and money on it!	6/24/2014 10:41 AM
5806	I love it lighter longer	6/24/2014 10:41 AM
5807	Your option of "CREATE" is not well explained. I assume you mean to create a new time which will keep the current Day Light Savings time all year round.	6/24/2014 10:40 AM
5808	I love the extra hour I get to spend outdoors in the evenings. I prefer to keep the Daylight Saving time all year round. I hate it getting dark before 5pm during the winter months. It makes long depressing cold days and nights. If it is changed to always be standard time it will take away from the extra light we get at night and the time I get to spend outdoors with my family. If the create option above is to create Daylight Saving to always be in practice, then I vote for that option, otherwise those 2 days it changes each year is worth it to me.	6/24/2014 10:37 AM
5809	The idea of eliminating Daylight Saving Time in Utah must rank as one of the most ill-conceived concepts since the Ford Edsel. Every time zone is an artificial construct which compromises with actual Sun time. The Mountain Time Zone is based on the mean solar time at the 105th meridian west of Greenwich. The 105th meridian runs near Denver, so Utah is on the western edge of the time zone. Permitting Daylight Saving Time to run for the entire year might be a good idea, but this would require an act of Congress. The idea that a such a law could pass in our do-nothing Congress is fantastic beyond belief. The idea that instituting Daylight Saving Time damages children fails to take into consideration that families travel beyond the time zone at various times during the year. Any time that anyone travels outside any time zone they must reset their circadian rhythm. It is absurd to believe that most Utah parents avoid taking their children to Disneyland, The Redwoods, Yosemite, or Universal Studios because their children would have to reset their internal time clocks. Most people can reset their internal time clocks within a couple of days. Resetting our circadian rhythm is a small price to pay for the later hour of daylight. This daylight gives us time during the months of Daylight Saving Time when going outside is more comfortable. We can engage after work in sunlit outdoor leisure activities. We have more daylight time to shop. We don't have to worry about the dark and its various dangers to bar us from visiting friends. Arizona is the only state in the continental United States that avoids Daylight Saving Time. Even in Arizona, however, the large part of the northern portion of the state in the Navajo Nation observes Daylight Saving Time. If Utah were to abolish Daylight Saving Time, that portion of southern Utah in the Navajo reservation would still observe Daylight Saving Time. This change would leave Utah, like Arizona, with two internal time zones when the rest of the nation observes Daylight Saving Time.	6/24/2014 10:37 AM
5810	I have seen no good from daylight savings. It takes me quite a while to get used to the time change. It creates havoc among every member of our family of 6 when we spring forward. The older I get, the harder it is on my body. I think the medical statistics for increased heart attacks the Monday following spring forward says a lot regarding our bodies responses to daylight savings.	6/24/2014 10:37 AM
5811	I've always hated daylight savings time--I have enough difficulty sleeping. Every spring this messes up my circadian rhythm and ruins what little sleep I get.	6/24/2014 10:36 AM
5812	The time needs to be consistant through the year while allowing for enough morning light for cyclest and pedestrians	6/24/2014 10:35 AM
5813	Mountain standard time will allow enough morning light to be safe for pedestrians while maintaining consistancy through out the year.	6/24/2014 10:33 AM
5814	Mountain Standard Time gives the best balance to the time we can enjoy daylight. Daylight Savings messes up one's biologic clock twice a year. We just get used to the light appearing at 6:00 A.M. & then DS zaps us back to the dark for an extra hour. Most people who work are up at that time. In the summer it extends the light too long when trying to get children to sleep. There is nothing about DS that is positive. We need to be with AZ on this one.	6/24/2014 10:33 AM

5815	You may be interested to know that I successfully completed this survey a total of 30 times from 3 different devices. I'm sure many others have done the same. This "data" you're collecting will be worthless.	6/24/2014 10:32 AM
5816	DST is mostly a nuisance. Aligning with AZ could promote more rocky mountain states to consider doing likewise; create a trend.	6/24/2014 10:31 AM
5817	I don't care about whether we align or create. I just want to stop the time changing.	6/24/2014 10:31 AM
5818	Few functions rely on the time of the rising sun. If it does occasionally, Get up earilier! Confusing for visitors in our Tourist related community.	6/24/2014 10:30 AM
5819	Please keep it spring forward, fall back.	6/24/2014 10:29 AM
5820	I prefer to always keep the same time. Going forward and backward isn't good for sleep cycles during the weeks that it changes.	6/24/2014 10:29 AM
5821	It is time we pick one standard time and stay with it year long. The United States would do well to standardize on one standard time also. Utah, Arizona, Hawaii can lead the way.	6/24/2014 10:28 AM
5822	prefer keeping daylight savings time. 2nd choice would be to keep it year round.	6/24/2014 10:27 AM
5823	Simplicity - no changing dates each year; we use Mountain Standard Time, period.	6/24/2014 10:24 AM
5824	The reasons that I chose the create option are two fold. First, I like the summertime hours as they stand. Early sunrise and late sunset. Second, and more important to me, is this change would give us more daylight in the evenings during the winter. This is the time that I spend with my family. I think that most people work during the day and are at home in the evenings. When I worked full time in an office, I wouldn't see the sun until the weekends because it wasn't up until after I got to work and would be setting or set by the time I got home. Please vote to create a new DST for Utah.	6/24/2014 10:24 AM
5825	I'm currently temporarily living in AZ as a student. Simply stated, I have loved not having to wonder when the time will spring forward/fall back. I'm going back to UT when I graduate, and I will definitely miss the simplicity of AZ time.	6/24/2014 10:23 AM
5826	My concern is health issues. My health is affected noticeably each time we have to switch times. I have had R.A. for 26 years. The change is in my joints.	6/24/2014 10:22 AM
5827	This is a poor tradition that should be done away with. Utah does not need daylight savings, we have plenty of daylight in the summer months and the time does not need the shift. Let Utah be a leader in this change and have other states follow our wise decision.	6/24/2014 10:22 AM
5828	As a SAHM, DST is senseless. Not only does it mess up my internal clock, but it's a NIGHTMARE to try to readjust my kids every 6 months. There are multiple cons, and no pros. Please, let's get rid of it already!!!	6/24/2014 10:22 AM
5829	I rather have the same as Arizona. were losing time and sleep with daylight saving big time	6/24/2014 10:22 AM
5830	The shift, biannually, is bothersome and accomplishes little.	6/24/2014 10:22 AM
5831	Daylight Savings Time isn't the biggest issue on my radar, but during the few days that it takes to transition from one to the other, I definitely hate it. I like having more daylight during waking hours, but I just don't know if it's worth the pain. Maybe it is. There are advantages to it, but when my kids are walking to school in the dark, that is a problem. I'm entirely conflicted on this issue.	6/24/2014 10:21 AM
5832	We no longer live in a time where the time shift is needed to accommodate farming. The time shift is a hard adjustment for people to get used to.	6/24/2014 10:21 AM
5833	We are not able to drive in the dark, and having the DST allows us to participate in many events that otherwise we might not be able to attend. I am hoping we keep it.	6/24/2014 10:21 AM
5834	More light needed in the cold winter mornings instead of the evenings when life is winding down. Tired of changing clocks, most people have several in their homes. Not to mention having to change the timer and sequence on the heater timer.	6/24/2014 10:19 AM
5835	Keep the spring.g forward. It gives more time for families in tje evening.	6/24/2014 10:18 AM
5836	I believe this would be extremely beneficial for those with seasonal affective disorder. Specifically creating a time where the sun is in the sky for more hours in the day would promote more outdoor activity and socialization. And winters wouldn't be dark and gloomy outside as soon as people left work. It would encourage an overall healthy and active lifestyle for Utahns.	6/24/2014 10:17 AM

5837	When I was working we used 'flextime' to adjust for specific needs. Also, the birds outside my bedroom window sing with the sun, not a clock.	6/24/2014 10:16 AM
5838	I'm not a fan of going back and forth but I love having daylight later in the day. It makes me feel like I have more time with my family. Once it is dark I just want to go to bed!	6/24/2014 10:16 AM
5839	We do and always have enjoyed the extra daylight after regular working hours . . . to visit, participate in outdoor activities, and to feel alive and not quite ready for sleep.	6/24/2014 10:15 AM
5840	Our bodies tell us what time it is instead of a clock or the government.	6/24/2014 10:14 AM
5841	Daylight savings time doesn't give anyone more daylight to complete work or projects. It merely reset the clock. The number of daylight hours is set my the tilt of the axis of the earth. Wikipedia explains that a season is a "division of the year, marked by changes in weather, ecology, and hours of daylight. Seasons result from the yearly orbit of the Earth around the Sun and the tilt of the Earth's rotational axis relative to the plane of the orbit." In other words the number of daylight hours is set by mother nature not by going to daylight savings time. Those who want to take advantage of longer daylight hours simply need to arise earlier themselves, rather than trying to inflict a universal time change on all of us. Arizona gets along just fine by staying on standard time year around. In addition the negative effects of switching between standard and daylight time could be eliminated.	6/24/2014 10:13 AM
5842	I lived in Hawaii and loved not changing the time two times a year. Moving to Utah, I find it hard to adjust my body clock to the new time. Also it is very hard on my kids who do not watch the clock. It is not natural to fall forward and spring back. Time is tome keep it the same so we dont have to pretend	6/24/2014 10:11 AM
5843	Daylight Savings Time simply serves no purpose, other than to confuse people two days a year. Spring, summer and fall there is ample time to get out and enjoy families and activities. After living with daylight savings time for my whole life I've come to the conclusion we can align ourselves with the Earth, and do without the clock changes.	6/24/2014 10:11 AM
5844	It is extremely difficult for my body to adjust to the new time. It takes a whole week to get back to feeling productive. I spend several hours adjusting all the clocks twice a year. I boy in our neighborhood was killed walking to West Hills Middle School the week of the spring time change - had the time not changed, it still would have been light enough for the driver to see him. Get rid of Day-Light Savings!	6/24/2014 10:10 AM
5845	IT has no value to me. It messes up the sleep schedule.	6/24/2014 10:10 AM
5846	I like to participate in outdoor sports. The time change back to standard time each autumn is what pushes me back indoors. I would prefer to be on DST all year long. That said, making Utah an island of time would be very difficult for commerce and communication, so while I would prefer DST all year long, I think it would be better to follow the Standard time/DST switch like most of the country.	6/24/2014 10:09 AM
5847	There is no need for daylight savings time anymore. It's usefulness is long passed, and now it only serves to stress our bodies as we adjust the clock and lose sleep. Val Hale's comments recently posted in the paper are offensive. He indicates that if we are couch potatoes (or don't go out in the evening) we don't care about daylight savings time. Some people get up very early in the morning to exercise, etc. before work, and they choose not to go out in the evening because they are tired--it has nothing to do with daylight. The natural light we receive earlier in the morning when we are on mountain standard time helps those of use who do go outside to exercise to be safer. Val Hale said that to do away with daylight savings time would adversely affect business and economics. Even if that were true, the safety of people who are up early should be a heavy consideration in staying on mountain standard time.	6/24/2014 10:07 AM
5848	I would prefer to live naturally and not mess with what time it is. It causes difficulties for children, working people, and other groups. Let's just let it be what time it is (Mountain Standard Time here) and keep it that way ongoing.	6/24/2014 10:04 AM
5849	Personally I see no benefit to DST. It throws my children off for 2-3 weeks causing them to not sleep as well. Which leads to my wife and me being tired, leading to less productivity in our work and home life. We would love to see DST done away with and keep a consistent time throughout the year.	6/24/2014 10:03 AM
5850	I feel the disruption in sleep schedules twice a year is not worth the benefit of the daylight savings.	6/24/2014 10:01 AM

5851	I like having more sun in the afternoon and evening hours as I work most of the day. I like being able to go home and still have the ability to work in the yard, spend time with my family, or do other activities that require light. I would prefer to keep some sort of DST all year round as it fits the best for my life style. I don't mind not having sun in the morning when I wake up in winter, as it is not there even when we do move the clocks back. That is inherent in the time of year and position of the sun. I also believe there is a health benefit too. There are many that are affected by seasonal depression and require light. Keeping on a DST schedule would also help those that work during daylight hours to get at least a little more light after work during those long winter months while the light is less available anyway.	6/24/2014 10:01 AM
5852	I really dislike the disruption to our lives every six months. It accomplished nothing as far as saving energy. You either pay at the front or the back. Farmers get up with the dawn and go to bed when it gets dark. Thank you for putting this out to the public for our opinions.	6/24/2014 9:59 AM
5853	I love Daylight Saving Time....love the additional light in the evening. I loved it when we went on year round back in the 70's and would love it to be year round now. My husband worked in the landscaping business and DST helps since they are not able to start work very early in the morning but have the extra hour in the evening.	6/24/2014 9:56 AM
5854	The extra hour of daylight keeps people outdoors. Today's young children don't need anymore reason to stay indoors watching TV or playing video games. As for myself I am a working mother and when I get home from work at about 5:30 I like to enjoy my time with my children outside. So to take that extra hour of daylight away would really upset my family and many others!!!!!	6/24/2014 9:56 AM
5855	There is no real logical reason to keep daylight savings time. I vote that we keep it where it's at currently and be done with it. Most everyone I know prefers sunlight later in the day rather than in the morning. No one will miss daylight savings time.	6/24/2014 9:55 AM
5856	It takes at least a week or more to adjust to the new time each spring and fall. I am disoriented during this time and it is dangerous for me and others if I am driving, etc. Also I would be more inclined to be in favor of day light savings time if it was put back to the old switching times. The end of October is too late and early April is too early. But I strongly favor not having daylight savings time at all.	6/24/2014 9:54 AM
5857	There is no longer any reason for switching back and forth, and it is really hard for families with children to keep making the swtich. Spring forward will provide daylight for a longer period of time all year round, especially in the dark winter months.	6/24/2014 9:53 AM
5858	It causes negative health affects on the majority of individuals in this state. This annoying and dangerous law is a detriment for the majority just for the small minority that enjoys the extra hour of sunlight! Ridiculous!	6/24/2014 9:51 AM
5859	I would much prefer not to participate in daylight saving time. Don't fool with Mother Nature!	6/24/2014 9:49 AM
5860	I grew up in California, moved to Arizona for 11 years then to Utah. I loved not having to change clocks. I have lived in both situations and believe that daylight savings time is not needed. I loved not having to worry about it. I do hope that this goes through and	6/24/2014 9:48 AM
5861	Daylight savings is not helpful to children, they still go to school in the dark. It would be better not to disrupt sleep patterns and stay on the same time all year.	6/24/2014 9:48 AM
5862	I think that the time for Daylight saving has passed and we need to do away with it. One consistent time all year round, seems to work well for Arizona and Hawaii.	6/24/2014 9:47 AM
5863	It is outdated and more of a hassle than a benefit.	6/24/2014 9:46 AM
5864	As a retired school teacher, I found it very hard on kids to make the change, especially in the early spring when preparing for year end testing.	6/24/2014 9:46 AM
5865	I think it's a waste of time and effort. It is really hard on kids too.	6/24/2014 9:45 AM
5866	quit changing things in our government you've changed our tree now you wanna change our time to the governor to retire	6/24/2014 9:45 AM
5867	I lived in Arizona for a few years back in the day and they have the same amount of daylight as we do. So where is all the savings going? Seriously though, Daylight Savings is hocus-pocus, smoke and mirrors, and it is about time we injected some logic and reason into the equation.	6/24/2014 9:44 AM
5868	It is unnatural and creates an unnecessary disturbance in the body clock twice a year. Parents of young children suffer greatly having to retrain schedules. The difficulties in adjusting and readjusting far outweigh any perceived benefit.	6/24/2014 9:43 AM

5869	I love coming home from work at 6 pm and being able to work on my home in the daylight. It is my favorite time of the year.	6/24/2014 9:43 AM
5870	It is too hard on kids	6/24/2014 9:43 AM
5871	This is a non-issue. Not worth the time or effort to discuss.	6/24/2014 9:42 AM
5872	I hate the change. Leave it year round to where the day is longer. Just leave it alone.	6/24/2014 9:42 AM
5873	My opinion is not needed. So why have it?!	6/24/2014 9:42 AM
5874	Help our state by aligning with Arizona on Mountain Standard time.	6/24/2014 9:41 AM
5875	I would like to see daylight savings time all year.	6/24/2014 9:41 AM
5876	We the people are asking Utah to stick with Arizona and Hawaii in not observing Daylight Savings time. It is not beneficial to our state to have DST.	6/24/2014 9:40 AM
5877	I say we either standard time or daylight time and stick with with all year round. There is not a need for a time anymore.	6/24/2014 9:40 AM
5878	Please fall back with Arizona on Mountain Standard time.	6/24/2014 9:39 AM
5879	It just makes sense to me to not disturb natural rhythms. I really dislike being sleepy all Summer.	6/24/2014 9:37 AM
5880	I don't want to get rid of Daylight savings time. My first thought is to keep it on Daylight savings all year long, however I don't yet have school-aged children and my opinion may change when I do and I may prefer to keep mountain standard time in the fall. With that in mind I vote to retain the current system.	6/24/2014 9:37 AM
5881	Don't care witch way it is just set it and leave it,Stop bouncing back and forth	6/24/2014 9:37 AM
5882	I think it would be healthier all the way around for everyone if the higher ups quit messing with our biological clocks.	6/24/2014 9:36 AM
5883	There are the same number of daylight hours regardless of what the clock says. Changing our clocks back and forth is 19th Century thinking in the 21st Century. There is no need for this anymore - if there ever really was a true need in the first place.	6/24/2014 9:36 AM
5884	We need to stay with one the whole year through. If people like it lighter in the summer at night, then let's stay with DST all year round. Changing back and forth is ridiculous.	6/24/2014 9:33 AM
5885	Daylight saving time is an antiquated practice and should be discontinued.	6/24/2014 9:33 AM
5886	Daylight savings time is obsolete in the modern world. We don't save any more energy, since we're all up past darkness anyways. All it does is disrupt our schedules and make it more difficult to sleep, rather than letting us naturally acclimate to the change in season.	6/24/2014 9:31 AM
5887	All my life I have hated that twice-yearly schedule disruption! It seems to take a week at least to adjust. I would love to live in a state that just leaves time as it was meant to be!	6/24/2014 9:30 AM
5888	Leave it one way or the other, no flip flopping.	6/24/2014 9:30 AM
5889	We are no longer the agrarian society for which this standard was created. As a society, we are already chronically sleep-deprived; requiring people to readjust their sleep cycles twice per year only worsens the problem, causing corresponding losses in productivity in addition to the loss in quality of life. As I tend to retire early, I prefer it to get dark by 8 pm (hence my preference to stay at MST), but the most important issue is that the time standard remains the same throughout the year.	6/24/2014 9:28 AM
5890	I love the extra daylight in the evenings	6/24/2014 9:28 AM
5891	Change daylight savings time.	6/24/2014 9:26 AM
5892	I want Daylight Savings time all year! Do not change back to MST.	6/24/2014 9:25 AM
5893	Day light saving time was generally for farmers to help with planting and harvesting crops. Most farmers work with the cycle of sun not matter what a clock says. This is normally true for the construction fields as well. So the adjustment back and forth during the year, in my opinion is irrelevant, So lets just let the time fall back this fall and be done with it.	6/24/2014 9:23 AM
5894	The Arizona option is a sensical approach to modifying a time system that is in need of updating. Children stay up later in Utah than in Arizona due to later daylight hours in the summer. Our bodies have to adjust to changes that are unnatural. National studies show that more accidents occur following the change due to drowsy driving. Thank you for your consideration.	6/24/2014 9:23 AM

5895	It is very difficult to sleep at 9:00 pm when it is still light outside -- a fact caused by daylight savings time. But for people who need to rise at 5:30, it is a necessity. The evening activities would be cooler and things like fireworks and outdoor movies could start sooner if the clocks weren't moved ahead.	6/24/2014 9:23 AM
5896	I've always loved DST. Please continue it. Thanks!	6/24/2014 9:23 AM
5897	Twice a year, daylight savings throws my body for a loop, and it takes about a week to get back to normal. Let's just have sensible time like Arizona does!	6/24/2014 9:22 AM
5898	The documented health risks and stress caused by time changes are not worth the very limited gains of daylight savings time.	6/24/2014 9:22 AM
5899	The opportunity cost in the US of changing clocks, watches, etc. twice each year is estimated at over $1.5 billion dollars. Crime has proven to drop during daylight hours - daylight further into the evening vs morning. DST saves energy - more energy consumption in the evening darkness than evening daylight and morning hours. DST saves lives - highway deaths trend down during DST evening hours because it's light later. Studies continue to indicate that because of the every 6 month time change, production drops for 2-6 weeks as employees' bodies adjust to the change. Multiply that by millions of workers and millions of dollars, it is a drain on our economy to switch back and forth. It is time to consider changing to permanent DST and for 12 months.	6/24/2014 9:21 AM
5900	Please do away with time changes. I will be happy with standard or daylight time. I would say align with Arizona just to keep it standardized.	6/24/2014 9:20 AM
5901	Changing the clock twice a year really disrupts the flow of life and internal clocks for many people twice each year. We artificailly give everyone in the state jet lag two times a year. How is that good?	6/24/2014 9:19 AM
5902	Having been a commercial driver for over 15 years, I have had the experience of trying to deal with the different issues of interstate and intrastate commerce. There is no need for daylight savings. It is something that has lost its usefulness and just creates confusion and more expense to most people. Get with the times, lets make a smart choice here.	6/24/2014 9:17 AM
5903	Adjust daylight saving time 1/2 hour back this fall then abandon any further change and leave time alone.	6/24/2014 9:17 AM
5904	Please remove daylight savings time. I don't mind which way we go, I just do not like the toll it takes on my body. Thank you for doing this study.	6/24/2014 9:13 AM
5905	From what I understand from this discussion, I would prefer to have st least some light during the day. I often go to work in the morning and there is no light. I come home from work and there is no light again. I have discovered that I need the sunlight. I don't really get the sunlight in winter. From what I understand, removing daylight savings time will provide at least a little more sunlight.	6/24/2014 9:13 AM
5906	I have no knowledge of any benefit of changing the time every year. Everyone that I have spoken to in my office dislikes the time change. I think we should align with Arizona and stop changing the time.	6/24/2014 9:12 AM
5907	Having the extra daylight in the evenings is very important to retaining my second job.	6/24/2014 9:12 AM
5908	PLEASE! hAVE MERCY FOR THE MOMS AND YOUNG CHILDREN!!	6/24/2014 9:11 AM
5909	daylight savings time changes do not benefit us only confuse ----- it is goofy to mess with time	6/24/2014 9:10 AM
5910	Daylight Savings no longer serves a purpose and the hopping back and forth twice a year is difficult mentally and physically. To save constant confusion it would seem logical to return to MST like Arizona and stay there.	6/24/2014 9:10 AM
5911	Anything as long as we aren't switching times.	6/24/2014 9:08 AM
5912	My concerns are generally health related.	6/24/2014 9:07 AM
5913	Daylight savings makes no sense! It seems silly to adjust the time so often.	6/24/2014 9:06 AM
5914	It is possible to make a claim and have supporting evidence for either option. One can say we lose millions of dollars, while others will say we create millions of dollars. Both sides have valid points and opinions. I say let's stop wasting everyone's time and money and leave things alone.	6/24/2014 9:01 AM
5915	kill the "pain in the neck" daylight savings time. There are no advantages!	6/24/2014 9:01 AM

5916	Its bad for the human mind/body. Keeping with the natural rise/setting of the sun keeps everyone happy.	6/24/2014 9:00 AM
5917	It is wonderful to have a lot of daylight time for outdoor activities. Even when it gets blazing hot, you know that the evenings will cool off and you can have lots of light left to work or play outside.	6/24/2014 9:00 AM
5918	It is no longer necessary as we are no longer an agrarian society. It is a hassle that I dread twice a year.	6/24/2014 8:59 AM
5919	I prefer year-round Mountain Standard Time. Businesses could adjust their hours for the summer if that's better for them but it wouldn't impact everyone.	6/24/2014 8:58 AM
5920	Original need for daylight savings time is no longer applicable. Now it only creates additional confusion, time, effort and cost to make the change twice a year. It should be abolished nationwide!	6/24/2014 8:58 AM
5921	I don't believe Daylight Saving Time has ever done what it was intended to do. Its original intent was to reduce evening energy consumption, but in this day and age with 24/7 industry and high draw air conditioning units in homes, DST's affect on energy is nil. In fact the Department of Energy concluded in 2005 that it might save 0.5% of energy: http://www1.eere.energy.gov/analysis/pdfs/epact_sec_110_edst_report_to_congress_2008.pdf Furthermore many studies have been performed showing the negative effect of Daylight Saving Time. 2012 University of Alabama study on the risk of heart attack - http://www.sciencedaily.com/releases/2012/03/120307162555.htm 2008 Swedish study of risk of heart attack - http://www.nejm.org/doi/full/10.1056/NEJMc0807104 Study on the increase of traffic accidents - http://www.nejm.org/doi/full/10.1056/NEJM199604043341416#t=article Penn State study on the decrease of productivity - http://news.psu.edu/story/151068/2012/03/07/switch-daylight-saving-time-leads-cyberloafing-office Increase in workplace injuries - https://www.ncbi.nlm.nih.gov/pubmed/19702372 Increase in suicide - http://onlinelibrary.wiley.com/doi/10.1111/j.1479-8425.2007.00331.x/abstract;jsessionid=F98BA7772613BEC898EF8F3BACB32980.d04t01	6/24/2014 8:58 AM
5922	Keep the same time year round. I don't care if it's MST or MDT just stop changing the clocks!	6/24/2014 8:58 AM
5923	Currently it gets light around 5:30. It would be around 4:30 if we did not change. Parents with kids will not appreciate this. Also it will get dark earlier in the evening taking time away from family and neighborhood activities. Lets keep Day Light Savings Time in Utah.	6/24/2014 8:57 AM
5924	I think aligning with AZ will be the easiest thing as far as fixing all our systems that rely on time... I don't really care if we stay on daylight saving time year round, or fall back and align with AZ, but I think that we should stop changing the clock twice a year. I read an article this spring that talked about a study that was done when Indiana changed over and how household electricity bills went up like 3% due to the DST.	6/24/2014 8:57 AM
5925	I don't mind daylight saving time, but if they do get rid of it I would prefer spring forward. It is nice that it gets dark later.	6/24/2014 8:57 AM
5926	I am OK with keeping it as it is, but I would maybe prefer to just leave it how it is in summer. Winter just gets dark too early. I like having a little more daylight at the end of the day. So if we didn't change, I would choose the summer schedule.	6/24/2014 8:57 AM
5927	Not springing forward or falling back is simpler.	6/24/2014 8:56 AM
5928	Let's stay with the majority of the country	6/24/2014 8:54 AM
5929	Lets change our own schedules and routines, keep our time keeping consistent and dependable so we are not flip-flopping in our minds about what time plan we are on at each time of the year.	6/24/2014 8:53 AM
5930	I would like Utah to select a time and stick with it.	6/24/2014 8:53 AM
5931	Heart attracts and car accidents go up after we spring forward. Life is hard enough without this. Businesses and individuals can adopt "Summer Hours" if they want without forcing daylight saving time on everyone.	6/24/2014 8:52 AM
5932	Stay on Mountain Standard Time.	6/24/2014 8:52 AM
5933	Stay on Mountain Standard Time.	6/24/2014 8:51 AM
5934	I am a big fan of two time zones in the continental US. Changing times has not resulted in the savings they claimed. Just pick a time and stay with it. People will adjust to the length of daylight without changing the clocks.	6/24/2014 8:51 AM

5935	It is difficult to adjust the body's time clock back and forth each time change, which I believe adds to stress and results to loss of productivity. Animals have a built-in sense of time and they have to adjust as well. DST seems to be out of line with nature.	6/24/2014 8:50 AM
5936	Changing time messes with sleep habits and has no benefit for our health, it also affects work routines and productivity.	6/24/2014 8:48 AM
5937	Winter and summer day light hours are too extreme apart	6/24/2014 8:39 AM
5938	I live in Nevada and would like to see this issue addressed in this state as well. If Utah changes maybe Nevada will change also.	6/24/2014 8:39 AM
5939	Daylight savings time is an unnecessary complication that has outlived it's usefulness. I believe dumping DST will be a growing trend in the U.S. and hopefully in the rest of the world.	6/24/2014 8:38 AM
5940	I have lived in Utah and hope to again. I have also lived in countries that no longer have daylight savings time. I prefer not having to deal with daylight savings time issue at all. Personally, I see little value today.	6/24/2014 8:38 AM
5941	I agree that switching the clocks back and forth is an outdated and unnecessary procedure, but I MUCH prefer the Daylight Saving time schedule. Our modern culture has shifted to a lifestyle of "get up later in the morning and stay awake later at night." That is the way the Daylight Saving Time works...it gets lighter later in the morning but stays lighter later into the evening. I believe that most people want to do away with DST not because they don't like the schedule but because they don't like the switching back and forth. PLEASE PLEASE PLEASE keep Daylight Saving Time but make it a permanent thing!!!	6/24/2014 8:38 AM
5942	In our modern world, where people are awake at all hours of the day and night, the purpose behind daylight savings is no longer relevant. Research is also conflicting on whether or not there is any actual benefit.	6/24/2014 8:38 AM
5943	DST Yes! The period could be shortened. We do not need daylight at 4AM during the summer. We are not getting up to milk the cows. Light in the sky at 5 or 5:30 AM is fine and we get the long lovely evenings to enjoy the great Utah outdoors.	6/24/2014 8:35 AM
5944	I prefer daylight savings the way it is because we have four seasons and it makes sense to me to have "longer days" in the summer (when it is nice and warm and people want to be outside) and "shorter days" in the winter (when it already gets dark earlier and it's cold and icy). We are changing with the seasonal tides of nature. If the sun is going to continue to shift (laws of nature), it makes sense for us to retain daylight savings as is.	6/24/2014 8:35 AM
5945	Since we have appliances that are more energy efficient than before, I see no reason to continue using daylight savngs. I worry when children must wait for the morning school bus in the dark.	6/24/2014 8:34 AM
5946	I dont like daylight savings time because it takes me three weeks or more for my body to adjust. I have a sleeping disorder and DST is very disruptive.	6/24/2014 8:32 AM
5947	As a parent, having to adjust to time changes twice a year has been a complete pain. Children are routine oriented, and it throws everyone off of that and takes awhile to adjust. It is miserable for everyone to try to get adjusted to the new time for sleeping. What used to be a good idea no longer applies. Please get rid of daylight savings time!	6/24/2014 8:29 AM
5948	Although it takes me several days to get back on track, I think we should retain if other states around us are doing the same. I honestly am shocked with all the junk that is going on in the world (and our state) that this is a major concern...oh Utah!	6/24/2014 8:28 AM
5949	Leave this time where it is, alighn with Arizona, enjoy the daylight so much more.	6/24/2014 8:28 AM
5950	The time changes makes it hard for children at school. It takes weeks for them to adjust and to be able to function at their best.	6/24/2014 8:26 AM
5951	It had its uses when it was created but it is not needed today.	6/24/2014 8:26 AM
5952	Stick with Mountain Standard Time Please! It will be better for everyone!	6/24/2014 8:25 AM
5953	I still have to work as well to support my farm and day light saving time gives me the time after work to do the things necessary during the peek load summer months.	6/24/2014 8:24 AM
5954	I like the adjustment in Daylight so it is up for the better part of the day in both Summer and Winter. Without Daylight savings I the sun would go down too early in winter	6/24/2014 8:24 AM

5955	Daylight savings time as it exists always feels unnatural (which it is) and creates more problems than it solves. eg. upswing in numbers of ER visits from DST related accidents in children, interruption in sleep patterns.	6/24/2014 8:24 AM
5956	Daylight Savings Time is no longer something necessary in our technological age. One of the main reasons for implementing DST was to limit the amount of power used running incandescent lights. We have LED and low-wattage technology which uses hardly any power so that need is no longer necessary. One of the reasons, while I don't know whether it is true or not, is to allow Farmer's/those in the Agriculture industry the ability to work hours which seem reasonable to the rest of the workforce. This just clearly makes no sense - a farmer's work day is Sun-up to Sun-down regardless of what 'time' it actually is. If we were to push our clocks forward 8 hours so that sunrise was as 1pm, a farmer would start their day then and finish their day at 6am (or whenever it gets dark). I am 'governed' more by the time than by whether it is dark outside or not. I will go shopping for groceries, electronics, or sporting good supplies at 8pm whether it is bright as midday or dark as midnight. It is the 'time' which controls that, not the light. Therefore, we should set our time and leave it alone.	6/24/2014 8:23 AM
5957	DST is often cited as an energy saver. I believe it actually encourages energy consumption as it leads people to drive more, later. I also think it contributes to our epidemic of sleep deprivation. With DST it is light unnaturally late, leading people to stay up later. Yet they still have to get up at the same early hour the next day. Utah's high latitude contributes to this.	6/24/2014 8:23 AM
5958	I don't like daylight savings, because since it takes longer to get light in the morning. I would prefer to wake up with the sun. I would prefer my kids not to have to walk to school in the dark. When you have to get up early in the morning, and would do better to go to bed early, it is hard to get into the mode of getting sleepy at night with it being light so late. I don't believe daylight savings is good for school children. I don't believe they get the rest they need, because they are either forced to go bed when it is still light and have a hard time getting to sleep, or the parents sometimes get them to bed too late, because since it hasn't gotten dark, they didn't notice bedtime was approaching. I light to get up in the morning and walk outside. It is much safer with the sun. We used to live in Japan, where daylight savings is not used. We enjoyed not having to set our clocks back and forth. We enjoyed waking up with the sun. In the summer, it would still be light until 9 pm without daylight savings. Why do we need it light until 10 pm?	6/24/2014 8:23 AM
5959	I like daylight savings time, but prefer we stay on it year round and not bounce back and forth.	6/24/2014 8:20 AM
5960	Want only one time, do not like springing forward or falling back. SAME TIME ALWAYS!	6/24/2014 8:20 AM
5961	I just want as much daylight as possible	6/24/2014 8:19 AM
5962	While changing times doesn't effect me as much since I retired, it was very difficult during working and child rearing days. Employees were very unproductive for at least a week after the change. Also, changing children's sleep schedule made it difficult with their school work	6/24/2014 8:16 AM
5963	While changing times doesn't effect me as much since I retired, it was very difficult during working and child rearing days. Employees were very unproductive for at least a week after the change. Also, changing children's sleep schedule made it difficult with their school work	6/24/2014 8:15 AM
5964	I am tired of farmer's being blamed for DST - we know that there is only so much daylight in a day and we work from dawn to dark - what is hard is adjusting the clock to meet with schedules of the non-farmers	6/24/2014 8:09 AM
5965	I prefer to stay on Standard Time year-round because I am a morning person and like it to be light in the mornings. We used to have year-round school and in the summer it was hard to get the kids to go to bed when it was still light outside. What I really dislike is changing back and forth each fall and spring, but, staying on Standard Time puts us in alignment with Arizona.	6/24/2014 8:07 AM
5966	IF this change goes through, every company around the country will have to update their code to account for displaying time in Utah as it does not follow convention. This may lead to serious issues with industries like direct sales calling at illegal hours, Airlines arriving later or earlier than "scheduled", confused travelers, etc. Change just for the sake of "It's an outdated convention" should be avoided unless you can get the rest of the country tagging along. I agree that it is no longer important to have, but creating chaos in the development world by forcing every state to abide by your unique rule.	6/24/2014 8:06 AM
5967	Studies show that clock changing does not save energy as previously thought and that it has negative health effects. It is an outdated practice that needs to stop.	6/24/2014 8:04 AM

5968	I personally don't care for the change, but it is also a major difficulty in the power industry where all data is based on 24 hour days. DST causes a 23 hour day and a 25 hour day that reeks havoc with our computers and data management software.	6/24/2014 8:04 AM
5969	I believe daylight savings does does nothing but mess up everyone's sleep schedule. With electricity, the concept is no longer beneficial. I believe mother's everywhere would be grateful if it was tossed simply for the sake of their children!	6/24/2014 8:04 AM
5970	Switching between Standard Time and Daylight Saving Time has never made sense to me. Any benefit one gains from switching between times seems to be more than offset with the struggle many individuals face in the days immediately following the change. Perhaps that is why 2 out of 3 countries do not observe Daylight Saving Time at all. (http://www.timeanddate.com/time/dst/2014.html) If we are to stay with just one time, I would prefer Daylight Saving Time. Even though Standard Time works well in the winter, during the summer - the time when many individuals spend time engaged in recreation or just spending time working in their yards or gardens - it places the daylight hours at strange times. On Daylight Saving Time, the light we can use from the sun lasts from the 5:00 am hour until the 9:00 pm hour. Staying on Standard Time would shift those times back an hour to the 4:00 am hour and 8:00 pm hour, and I have to believe that even the most ardent early riser would not be excited at the prospect of rising at 4:00 am to take advantage of the daylight to work in their yard or participate in the outdoor activity of their choice, whereas most individuals are still awake during the 9:00 pm hour and many can be found engaged in a myriad of outdoor activities and events. In summary, I believe it makes sense to stay with just one time, and the one time that I believe is most logical is Daylight Saving Time. Thank you for taking the time to review this issue - I truly appreciate it! Paul Larsen Layton, Utah gopaqo@gmail.com	6/24/2014 8:04 AM
5971	I hate the change. Please leave it one way or the other. We can become adjusted to either one without the change. We have DST for the majority if the time so just leave it in place year round.	6/24/2014 8:03 AM
5972	For a timekeeping perspective, DST is a frustration when your trying to figure out the difference between who worked and who didn't as well as the hour saved or lost. From living previously in AZ, I found that DST is an hindrance to people's sleep and work schedule as well as routines.	6/24/2014 8:03 AM
5973	I hate Daylight Savings time. It makes NO sense. It's crazy to have the sun still up at 9:30 at night. PLEASE, PLEASE..... Get rid of it and just stay on Mountain Standard time all year long.	6/24/2014 8:00 AM
5974	I prefer making a new Daylight Savings time because Nov-Feb it gets dark so early in the evening.	6/24/2014 7:59 AM
5975	It's been there as long as a can remember and I look forward to both "spring ahead" and "fall behind" . I believe it is a good thing for those who work rotating shifts and those that work in general.	6/24/2014 7:58 AM
5976	It is a pain in order to keep up with the changing of the time. For example when to set your clocks trying, to get your children adjusted to the new time. It is frustrating as a parent when the argument goes no where. I would like to keep the alignment to stop the frustration in my house hold and work life to a minimal.	6/24/2014 7:58 AM
5977	DST has a very negative affect on my production at work. It takes a week or so for my body to adjust. I notice that there are a LOT of people who take sick leave during the first days of the clock change twice a year. We should cease the practice.	6/24/2014 7:57 AM
5978	I would really love to stop day light savings time, I've been in construction for 20 years and it makes the first month very hard on the company and the crew every time we change, we adapt but I'd rather just stay on one schedule.	6/24/2014 7:56 AM
5979	While changing clocks is a pain to do, our animals start to bug us at sunrise for their breakfast. 5:30AM is early enough. We don't want to get up at 4:30AM in the summer.	6/24/2014 7:55 AM
5980	I think most people are just sick of switching. If DST is beneficial in the summer, then why wouldn't it be beneficial in the winter too? Just keep us on one time all year round. I don't care which one, just pick one and keep it.	6/24/2014 7:55 AM
5981	I really do not like the standard time at all. Me and my friends like to do things in the night time hours and like to have the extra hour of light. There is no need to have the extra hour of light in the morning because most of the year we are in school and can't take advantage of it being lighter earlier. Most kids get rides to school anyway, and so you do not see many kids walking - so that is not a good reason to keep standard time.	6/24/2014 7:52 AM
5982	there has been shown serious health concerns with continually adjusting your internal clock by moving on and off of daylight savings time.	6/24/2014 7:51 AM

5983	This should be a ballot issue for all to vote on.	6/24/2014 7:49 AM
5984	Please keep the summer schedule of daylight savings time and make it stick the whole year. Thank you.	6/24/2014 7:48 AM
5985	Keep daylight saving time all year round. Our family loves having an extra hour in the evenings of sunlight. With all of the recreation opportunities we have - it is fantastic to have that extra hour of light to enjoy the great outdoors. In the winter time, it would be great to have it a bit lighter at the end of the work day. Please keep DST all year long and not change back to Standard Time at all!	6/24/2014 7:47 AM
5986	What is the point? We all work 24/7 anyway.	6/24/2014 7:47 AM
5987	It takes me two weeks to recover physically from the Spring forward time change. P.S. The options in 1. couldn't be more confusing. Putting "spring ahead" and "fall back" in the text is confusing. Also, what percentage of the population knows about Arizona? Those things alone would skew any results you get from this survey.	6/24/2014 7:46 AM
5988	Several statements saying "Farmers don't need it any more". This is not true. It is critical to Farmers. This is a very important issue and needs to be on a statewide ballot for a vote. Everyone deserves to be heard from on this issue. It needs to be voted on.	6/24/2014 7:45 AM
5989	I love the extra light in the evenings during the summer. It has people more active so they spend more money. I need the extra light in the morning during the winter because I run outside before work. It is a safety issue for me and school children. The other two methods disalign us with 48 other states. We don’t want to be the abnormal exception again. A one hour time change is no harder than one hour of jet lag. It's not hard.	6/24/2014 7:45 AM
5990	It's better for our health to stick to one time than to move it back and forth.	6/24/2014 7:44 AM
5991	I think it is hard on kids to keep switching the time. I see no benefit to it.	6/24/2014 7:44 AM
5992	I like the time in November for fall back but I would prefer waiting another month or so to Spring forward. March is too early. Maybe wait until end of April. Daylight is healthy and invigorating and we need it in Springtime to get us going after a long winter. To Spring forward too early puts us back in dark as we awake each morning.	6/24/2014 7:43 AM
5993	I don't like having to change time twice a year, but I love the later daylight in the summer. My second choice would be to retain the current practice. There'd be too much darkness in going to standard time year round.	6/24/2014 7:39 AM
5994	Please let's do away with the Daylight Savings Time in Utah!	6/24/2014 7:39 AM
5995	Get rid of it!	6/24/2014 7:39 AM
5996	ok with it	6/24/2014 7:38 AM
5997	It's a challenge for people with young children. It seems a lot of accidents occur because of it. It doesn't really save on electricity as it was touted to do. It messes up people's sleeping/waking rhythm for no good reason.	6/24/2014 7:36 AM
5998	I feel that daylight savings had a purpose, but it is long over. Messing with the sleep cycle of children and the elderly is not needed in the modern era.	6/24/2014 7:35 AM
5999	I remember when my kids were in school, and we had to "spring forward" in the spring, I couldn't believe that we allow our kids to walk to school in the dark. Not to mention all of the news stories you hear about kids/people getting hit by cars due to it being so dark. And, studies have shown that our kids don't get enough sleep. Keeping the mountain time, would help some in my opinion. And, I'd take having an hour of daylight in the morning over having it in the evening anyday! (But AZ is too hot, and I don't want to live down there.) It's evening, your day is over, you're suppose to be winding down. Do away with daylight savings!! :)	6/24/2014 7:34 AM
6000	The need for daylight savings is long passed. I feel it does accomplish anything. It is simply an irritation.	6/24/2014 7:34 AM
6001	I have more quality family time. When my children and grandchildren are finished with work and school, there is still daylight for evening activities outside. There is so much time spent in front of screens all day at work that to be able to be active in the evening as a famiy will hopefully maintain a healthy weight. The ROI on having a healthy lifestyle needs to be taken into consideration.	6/24/2014 7:33 AM
6002	STOP changing it back and forth! Keep it the same time, like Arizona!! It messes with everybody for WEEKS afterwards! PLEASE!!	6/24/2014 7:33 AM

6003	It's time to get rid of it	6/24/2014 7:32 AM
6004	Daylight Savings Time is an outdated tradition that doesn't affect the majority of the population anymore. It shouldn't be mandatory for the whole population.	6/24/2014 7:31 AM
6005	We prefer to KEEP Daylight Saving Time. We LOVE that with DST it stays lighter, longer in the evenings. There is no benefit to most of us with lighter mornings, but there IS benefit to most of us for lighter evenings. There is more time to enjoy all the recreation possibilities that Utah has to offer (if it's lighter, later). There is a safety factor too for young drivers. If it's lighter, later in the evenings - it is easier for younger drivers to navigate the road when they are coming home from all of their evening activities. I also believe that DST provides a mental boost for those who work long hours. During Standard time, many of us work from dark-to-dark and it is very depressing. If we implement a "full time" DST then those of us who work 12 hour shifts do have a chance to enjoy at least a little bit of "daytime" after work in the winter months. PLEASE keep DST and get rid of Standard time altogether. NOTE: I don't know what it means with the option to make a "new" DST for Utah only. My vote is to KEEP the "spring forward" (DST) all the time :)	6/24/2014 7:31 AM
6006	I am an early riser (4am) and it is very hard to fall asleep when the sun is shinning into your bedroom at 9pm. Setting it back to MST helps. I don't believe moving the clock forward and backward helps anyone and I vote for MST all the time.	6/24/2014 7:28 AM
6007	As someone with depression and anxiety disorders, it would be AMAZING not to have to readjust to new times every six months or so. And the hour lost/gained doesn't just affect me; has anybody seen the way people drive on the streets after we lose an hour? Never having to worry about moving ahead or back one hour ever again would be one of the best things that ever happened, since we're not exactly in WWI or the 1960's anymore.	6/24/2014 7:26 AM
6008	It is much too hard to adjust body clocks to Daylight Savings time. It seems to take weeks to adjust to a new time schedule, and it leads to being overly tired, and even feeling sick. Please put us back on standard time!!!	6/24/2014 7:22 AM
6009	This is just a personal preference. Thank you for asking and for gathering everyone's opinions.	6/24/2014 7:19 AM
6010	Time changes have been shown to be costly by the Univ. of Indiana. They also interrupt human physiology and well being. Arizona clearly shows the benefits of no time change.	6/24/2014 7:12 AM
6011	I not only enjoy the change each time it happens in the spring and fall, but it is critical to the success of our business. Doing away with daylight savings would force us to change our work hours, which would make business more difficult because we would no longer align with other businesses. Please do not scrap daylight savings time.	6/24/2014 7:12 AM
6012	Keep DST in effect all year.	6/24/2014 7:03 AM
6013	Please stop daylight saving time. It is unhealthy, unsafe and disruptive. As to the argument that farmers benefit, they work with the sunlight not the clock. It was a bad idea then and it is a bad idea now.	6/24/2014 7:01 AM
6014	Auto accidents go up. Sleep is disrupted and its hard to think straight for weeks. Plus the pets don't know the time change and they wake me up too soon. Thanks	6/24/2014 6:59 AM
6015	why not move it a half an hour and leave it, never change. It would make people on both sides of the issue happy, or at least appeal to both....	6/24/2014 6:58 AM
6016	The practice of Daylights savings time is outdated. If you have a reason to work in the dark or in the light adjust your work schedule don't try and realign the planets to fit your needs.....set your alarm clock, your blacksmith and your haberdasher won't mind	6/24/2014 6:57 AM
6017	I prefer this time as it would provide for more evening daylight time both during the winter and summer months. The time change is difficult when you have to deal with other states and when you have small children.	6/24/2014 6:56 AM
6018	I really do not care which time is used. It is just too hard to switch back-and-forth timewise every six months.	6/24/2014 6:55 AM
6019	Daylight savings is very hard on little kids and special needs kids. I have both and hate when we have to move our clocks ahead. It takes at least a month for everyone to get into their groove again. My special needs child likes routine and structure. When the clocks change, it completely throws him off. I also feel like there is no benefit to it for adults as well. I would be happy to just stay on standard time.	6/24/2014 6:53 AM

6020	The adjustment period isn't worth the change. It's not good for drivers, students, teachers, emergency officials, etc. Changing clocks is a pain with unseen benefit. The days of preserving wax and farming in the dark are now a non problem. Let's move on and stop the changing.	6/24/2014 6:52 AM
6021	I do not wish to have to endure a time change 2xyear. It affects my body clock and takes a significant amount of time to adjust. Changing the time doesn't feel natural. Please, please, please do NOT adjust the time EVER! In the fall, suddenly it's dark when I leave the office, which is depressing. My father was a farmer; he liked having a reason to come in from work at night! I think it's ridiculous to say that farmers get more work done as generally they work in the early hours of the morning in the summer. No, it's not farmers or ranchers--it's golfers that want more daylight! So, to the enjoyment of a few, the rest of us suffer from lack of sleep due to an jet-lag type adjustment. I know I speak for my mom who was killed recently, but she hated daylight savings as well. In fact, I know of NO ONE who likes it. "Why don't they just leave it alone" is a comment I hear frequently each time we have to mechanically set our clocks back, but our bodies don't "set" that way.	6/24/2014 6:51 AM
6022	I would be fine with either the permanent spring forward or permanent fall back. It is the changing the hour every six months that causes trouble with sleeping; and thus school, work, and health.	6/24/2014 6:50 AM
6023	It is annoying, it messes up kids & adults internal clocks (but mostly the kids...they take much longer to adjust & are cranky until they do) & it is a pain to reset every clock in my house!	6/24/2014 6:50 AM
6024	because of the business that I'm in, we open at 7am and close at 7 pm, every day daylight savings or not. with the summer daylight savings it give just one more hour in the evening to get more of my own personal things done.	6/24/2014 6:48 AM
6025	I would like to stop daylight savings simply because it causes a lot of problems for people adjusting to the change. It seems it would be easier for all if we just held a uniform time schedule. Whether that is aligning with Arizona or creating a new one, either would be fine.	6/24/2014 6:43 AM
6026	We do not need daylight savings time anymore, it is not beneficial to our state and we are not farmers.	6/24/2014 6:38 AM
6027	I LOVE DST! As a senior citizen with vision problems who tries to drive as little as possible at night, I have an extra hour when I can go anywhere I want. Please don't take that away. In addition, I remember well my children's evening soccer games in the spring and fall. Those long soccer seasons were only possible because of DST. In order to have parents home to coach practices and games--not to mention transport the kids--they need that extra hour. Often it was getting dark even with DST; the games would be impossible without it. Baseball fields may have lights, but soccer fields do not. Those who complain about the adjustment are short-sighted. It's like saying you won't take an exotic trip because of a few days of jet lag. Count me on the side of keeping my extra hour of light.	6/24/2014 6:31 AM
6028	Individuals should adjust their schedules to accommodate the daylight if that impacts then not society.	6/24/2014 6:30 AM
6029	If there is any practice that has long since become outmoded, it's Daylight Savings Time. There is no consensus on its beneficiality, but my own experience is that it is disruptive - twice a year. Studies show that sleep patterns need to be kept regular, not artificially interrupted.	6/24/2014 6:18 AM
6030	I read that proponents of daylight saving time said that it "gives ranchers and farmers more daylight to complete work." This is so untrue. As an old farmer I can tell you we did not care what time it was. we got up with the sun and went to bed when it went down. There is no more time because we switch to daylight saving time. The switch two times a year just messes with my biological time clock. In my opinion it adds nothing but confusion. It should be changed. I really don't care if use the align or create option. Just don't change the time twice a year.	6/24/2014 6:17 AM
6031	I would prefer staying on daylight savings time all year. I love having light in the evenings, but hate always switching times. So my preference would be to stay on daylight savings time all year.	6/24/2014 6:15 AM
6032	My husband and I run Petersen Family Farm and people have asked us if Daylight Savings time helps us. It actually makes it harder. We wake up early anyway- and it makes it darker in the morning. Not to mention the sleep schedule disturbance for both ourselves and our kids. Lets keep it one time year round.	6/24/2014 6:15 AM
6033	STOP CHANGING DAYLIGHT SAVING	6/24/2014 6:15 AM
6034	It takes days for the body to adjust to it. I lived in Arizona for 5 years and really enjoyed it.	6/24/2014 6:11 AM
6035	At the age of 58 I still fail to see the benefits of the change to DST. It's a disruption to people's sleep patterns - not healthy!!	6/24/2014 6:03 AM

6036	I enjoy having more light during the day.	6/24/2014 6:01 AM
6037	Adults may deal with time change well, but children do not! It takes weeks for their bodies to adapt, resulting in frustrations at school, mealtimes and bedtimes. I also find it very dangerous to drop my children off at school when the sun is suddenly in the eyes of the drivers.	6/24/2014 6:01 AM
6038	I have always looked forward to the daylight savings time portion of the year. Physically or psychologically, it is the better fit for me. Either retain current system or adopt DST. Thank you	6/24/2014 6:00 AM
6039	The time change results in more people traveling, jogging, biking, walking in the dark in the morning. Please eliminate daylight saving time.	6/24/2014 5:55 AM
6040	I just feel that daylight savings time is pointless. Why not feel back with Arizona and mountain standard time? And keep it that way. We would all feel better and not have to lose an hour in the spring and gain an hour in the fall. Winters are awful. Too long and dark.	6/24/2014 5:54 AM
6041	Changing is unhealthy, adds stress to the body, and messes with the body clock.	6/24/2014 5:50 AM
6042	It's outdated and responsible for all sorts of avoidable mistakes (source: Google... i.e., go Google it).	6/24/2014 5:48 AM
6043	I just think it would be better for is all if we weren't trying to adjust every 6 months.	6/24/2014 5:35 AM
6044	I don't care which way we do it, just leave it the same time all the time.	6/24/2014 5:30 AM
6045	I SEE NO BENEFIT IN CHANGING THE TIME	6/24/2014 5:29 AM
6046	Do away with daylight Savings	6/24/2014 5:26 AM
6047	Changing the clocks is hard on the biological clock. It is difficult for students to make this twice a year change. I don't care which one, MST or Day Light savings, just pick one and stick w/it!	6/24/2014 5:26 AM
6048	DST is completely useless. There is no need to change the clocks twice a year. It does not cause the sun to stay up longer. Let the time stay the way God made it.	6/24/2014 5:22 AM
6049	Keep daylight savings time all year round. We don't need it to get light at 4 AM during the summer when 90% of people are asleep. It is however great during the summer when it stays light till 9 or 10 PM. Then after people get off work at 5 or 6 PM they have a few hours of daylight to get things done. It would also be nice if didn't get dark at 4:30 PM during the winter. It's dark before most people get off work and have to make their commute. It's depressing! It would be fantastic if it stayed light till 5:30 or 6 PM during the winter.	6/24/2014 5:10 AM
6050	DST does not create extra daylight in summer. It merely tricks you into getting up earlier and going to bed while it's still light. And those who think it's a good idea in winter should talk to those of us who survived President Nixon's year-round mandate in 1974, waiting for buses or walking to school in the inky morning blackness and praying that the cars zipping by on their way to work didn't hit us.	6/24/2014 5:07 AM
6051	I wish it would be eliminated. I would be happy with only Day Light saving time on all times.	6/24/2014 4:47 AM
6052	I remember when AZ experimented with DST and I'm glad we didn't keep it. After living in WA & FL & having to deal with it for over a decade I'm glad to live in AZ again where we deal more sanely with time. Utah has a chance to show prove that it is possible to make your state safer and its businesses more profitable by ending this silly game with time.	6/24/2014 4:39 AM
6053	Just want it to stay the same. Since a majority of us aren't farmer's anymore.	6/24/2014 4:39 AM
6054	Much prefer extra day light house at night after the workday to recreate and spend time outside.	6/24/2014 4:23 AM
6055	To me the wording of the 3rd option is a little confusing. I think it means keeping daylight savings time year-round. I hope the wording does not limit the effectiveness of the survey. I detest changing times back and forth each year.	6/24/2014 4:21 AM
6056	As a farming family daylight savings time doesn't save any time. Farmers are working from sun up to sun down and most times in the dark too. Align with Arizona and do away with the hassle of having to change our clocks.	6/24/2014 3:33 AM
6057	If there are any changes to Utah's time, I'm for maintaining Mountain Daylight Time year-round. The longer light in summer is important for outdoor activities (especially outdoor tourism), and having longer light in the evening in the fall and winter is more important than in the morning. More energy is spent on lights, etc. in winter evenings than mornings when on Mountain Standard Time.	6/24/2014 3:10 AM

6058	DST seems to reduce human work efficiency and morale in the days and sometimes weeks following each change - which is significant, especially when Standard Time is only in effect 4 months out of the year. Continuity seems to be more conducive to mental health stability. Personally, I would be happier if DST was done away with.	6/24/2014 3:03 AM
6059	No more daylight savings. Standard time all year round. The option preference above is poorly worded.	6/24/2014 2:42 AM
6060	I hate daylight savings when we spring forward I am always tired until we move the clock back. Hated dealing with kids and bed times with daylight savings during the summer	6/24/2014 2:39 AM
6061	No need to change the time. We get used to the amount of daylight and will use our time accordingly. If people want more daylight in the summer, get up earlier. I hate the change back and forth. I could go with the spring forward option as well, just keep it the same.	6/24/2014 2:22 AM
6062	I believe we should stay on the time we are on right now. But dont flip back in fall. Just stay on the time we are at right now. That way it is more light later and longer in the winter time. I hate it when its dark at 5pm. no more flip flopping back and forth. Leave it as the time is now.	6/24/2014 2:17 AM
6063	I find it hard to adjust back and forth to the different hours. My sleep doesn't adjust as easily as changing the clocks, I find myself still adjusting sometimes up to three weeks after the change.	6/24/2014 1:58 AM
6064	Leave it like it is. It's a safety issue to have kids going to school in the dark in the winter, and everyone I know likes the extra evening daylight hour in the summertime.	6/24/2014 1:53 AM
6065	I exercise all year outdoors. I want the safety of more daylight and more warmth after work both in the winter and summer. I want DST all year	6/24/2014 1:51 AM
6066	We've lived alternating between Daylight Savings Time and Standard Time for approximately 50 years and we survive just fine and it isn't the end of the world and I think folks are simply griping about something to gripe about. The sky won't fall if we maintain the status quo.	6/24/2014 1:42 AM
6067	I've always thought Arizona's time was better than Utah's. Was wondering if Utah would ever adopt their system!	6/24/2014 1:35 AM
6068	I think there are no direct benefits to DST jumping back and forth we choose just stick to one time year round like Arizona and other states have	6/24/2014 1:35 AM
6069	I work with children and Daylight savings should be called daylight killings as far as I'm concerned, because for a month I am trying to keep the kids from killing each other because they are so messed up from the schedule change!	6/24/2014 1:28 AM
6070	The original reasonings for DST are still valid and sound. We now have adjusted culturally to it and while it is inconvenient to change the clocks and sleep patterns, adjusting to losing an hour of sunlight our culture now takes for granted in the summer or being singularly opposed to the rest of the world's time system will only cause more frustration and problems than the simple inconveniences that currently exist. There will be social and economic reprecussions if we change that are generally not being considered. We should stay the course... it isn't broken, there is no need to fix it.	6/24/2014 1:16 AM
6071	I think it is outdated and needs to be ended. Technology has advanced from the time it was instituted. It is rough on the kids.	6/24/2014 1:15 AM
6072	Stop the change. Leave it one way or the other. I think Arizona has the right idea.	6/24/2014 1:04 AM
6073	I believe that the semi-annual change is the disruptor for most of us. I like the "spring forward" solution because it gives me more sunlight later in the day when I am more likely to be water-skiing or skiing. I like the outdoors and having more hours of sun later in the day means I can do more outdoor things later in the day. In the winter, it means that the outdoor times available to me will be warmer in temperature. Again, the problem is in changing every six months.	6/24/2014 12:59 AM
6074	Changing times is a hassle. An extra hour of light in the evenings all year long can be beneficial, especially during the cold winter months.	6/24/2014 12:58 AM
6075	Loosing one hour of sleep has detrimental effects for awhile after the time change. I don't like how I feel and I don't like how it makes my kids feel either--grumpy, tired, irritable, loss of productivity, sluggish. Choose one way and stick with it!	6/24/2014 12:50 AM

6076	As the daylight disappeared at about 1015 pm tonight, I tried to imagine it being 9;15 pm instead.. So much for long summer nights in which to enjoy all the activities that Utah has to offer. Additionally, try to imagine sunrise at about 4 am, and what that would do. In Alaska, they put aluminum foil in windows to keep the sun out for sleeping. Are we ready to do that? Daylight time was originally created to help farmers. I think many more farmers make a living in Utah than Arizona. What happens in Arizona can stay in Arizona. I am very much against this move to delete DST. Thanks.	6/24/2014 12:49 AM
6077	I love the longer days in the summer but dread the switching twice a year...it is hard on my kids and harder on me.	6/24/2014 12:49 AM
6078	I understand a significant reason for the daylight savings time was to benefit farmers giving them more time in the evening. but growing up on a farm we were "break of dawn" type of people. it would have been more beneficial to have extra light in the morning. usually after dinner we were done for the day. Even so technology has advanced such that a lot of farming can be automated. Also many farmers prefer to work after sunset as it is cooler and their tractors have lights. delaying sunset will just keep them out longer. As a parent I prefer the standard time to keep my kids on a sleeping schedule. It can increase difficulty for kids to sleep if the sunlight is still coming in through the window. I also believe during the hotter months and earlier sunset might help many residents from not having to run their AC as much as the afternoons are the hottest times of the day. another consideration may be safety. is it possible that having more light in the morning commute might help alleviate some accidents. I believe most people are done with their working day by six p.m. it would still be light until nearly 8 p.m. on standard time, but sunrise would be closer to 5 a.m. at least in the summer months. Even in the winter months we could expect sunrise around 6:30. a.m. I believe the benefits of keeping our time on standard time outweigh any possible benefits of daylight savings time.	6/24/2014 12:39 AM
6079	Please, please, please discontinue the practice. It is a hassle twice a year to get all the clocks, etc, set correctly. Personally, I see no need for DST. I do not need an extra hour in the evening. I usually get up early and I enhoy my time then	6/24/2014 12:39 AM
6080	Question #1 is confusing. I want year round DST like we did in 1973 or 4. Sure it was dark in the morning, but the was daylight after work/school when outdoor chores could be done in daylight	6/24/2014 12:30 AM
6081	I remember when I young and was playing outside. I hated to come in when it got dark early. For adults and children alike, we need to Retain DST so that we have more light in the evening hours (for many, many reasons).	6/24/2014 12:28 AM
6082	I think Daylight Savings is pointless, but it would be even more pointless for Utah to make a change that puts our time out of alignment with the rest of the time zone and the country. If the US as a whole wants to abolish Daylight Savings, I'm in favor of that; if not, let's leave things how they are.	6/24/2014 12:28 AM
6083	I don't see a point for day light savings. The advancements in our electrical industry now compared to when this was put into practice have and will do more for saving energy then day light savings.	6/24/2014 12:25 AM
6084	I love daylight saving time. I like it being light later into the evening. I think we should stay on daylight saving time all year.	6/24/2014 12:18 AM
6085	The time wasted in adjusting to the time changes. It takes at least 1-2 weeks for elementary children to adjust to the change.	6/24/2014 12:16 AM
6086	I worked in the Utah education system for almost 20 years, there was definite problems with the children having to change their schedule.	6/24/2014 12:15 AM
6087	The more light in the day the better. I would hate for it to get darker 1 hour earlier in the winter.	6/24/2014 12:15 AM
6088	I prefer that we keep daylight savings time all year long. I think this would help many who suffer with seasonal depressions when it is dark for much of the day. Many work inside and don't experience enough sunlight when they are free from their work hours, assuming they work a 8-5 job. It would be beneficial to have some daylight later in day when it can be enjoyed.	6/24/2014 12:13 AM
6089	I'd like to leave the time 30 minutes between. The springing ahead and falling back is horrible for people with many health and sleep disorders. Our biological clocks can adjust slowly, but the back and forth is much more difficult. As a teacher, I have a much higher percentage of absent and tardy students in the spring. There is also an increase in behavior problems school wide and a decrease in attention and retention of new information. It doesn't go away after a few days either. As many parents know, the spring sun at night makes it almost impossible to keep children on any kind of sleep schedule. They are basically a mess even into the summer.	6/24/2014 12:12 AM

6090	The time change makes it more difficult for children to go to sleep at an appropriate time at night. The actual weekend of the spring change and loss of sleep leads to increased accidents due to fatigue. The most recent change in moving up the date for the beginning of daylight savings time was made to save energy, but the data I have seen showed no real energy savings after that change.	6/24/2014 12:11 AM
6091	It is entirely too dark too early in the winter for schools, sports events. Dreary does not help with winter doldrums.	6/24/2014 12:08 AM
6092	Love the long summer evenings	6/24/2014 12:05 AM
6093	when one works in the early morning hours in the food industry, and must drive to another state for this job-its really hard to constantly keep yourself on awork schedule that differs in an hour between states, it also messes with our kids getting enough sleep for school and other educational processes,	6/24/2014 12:03 AM
6094	It's common knowledge among mental health professionals that mental disturbances tend to spike around the times our physical clocks change but our biological clocks linger. For many people, particularly those of psychotropic medications, March and October are the worst times of the year.	6/24/2014 12:00 AM
6095	It's difficult on everyone, to swing back and forth with our time each March and November. Staying on daylight savings all the time would be, to me, ideal. My family and I love the extra daylight in the summer. It means more outdoor family time, once work and school are done for the day.	6/23/2014 11:58 PM
6096	Dust is silly.	6/23/2014 11:54 PM
6097	I don't feel like Daylight Saving Time really does anything for Utah. It's pointless.	6/23/2014 11:53 PM
6098	I think we should stay on daylight saving time year round. I'm not sure if the options above really address that viewpoint. Changing back and forth is not pleasant and accomplishes nothing.	6/23/2014 11:52 PM
6099	I enjoy the daylight lasting into the evening. I am able to do so many more things. LOVE IT!	6/23/2014 11:51 PM
6100	Kids have a hard time adjusting each time it changes.	6/23/2014 11:47 PM
6101	I feel like the biggest issue would be states not being all on the same time table. I think "time" should be standard across the country, continue to have time zones of course, but not allow areas to pick and choose if they will change on daylight savings. I'm ok with or without daylight savings, I just don't want to make it harder on everyone not knowing who uses it and who doesn't.	6/23/2014 11:46 PM
6102	Just select daylight savings all the time or stay on standard all the time. Going back and forth is hard on our bodies natural clock.	6/23/2014 11:45 PM
6103	The costs associated with a bi-annual time change far out weigh any benefits received. Also to quote Shakespeare: "What's in a name? that which we call a rose By any other name would smell as sweet". No matter what hour we call it by, the sun will still rise and set in its own time. Why not align ourselves to that undeviating truth? I then suggest that we let businesses change their work hours as needed per season if it benefits them to so do.	6/23/2014 11:44 PM
6104	I love Day light savings time. I love that boost it gives me right before Spring. I love how it was extended to the end of October and begun early in March. I like being able to sleep when it is dark out side and go places at night when it is light outside. It never made sense to me when they ended it so early in October. I absolutely love Daylight Savings time....	6/23/2014 11:43 PM
6105	I like daylight savings, if it could stay that way all the time. It's the disruption to sleep with the falling back and springing forward I don't like. I think it's dangerous to those that work in fields where there are odd hours such as healthcare or transit. It messes up nap schedules for my kids. Keep daylight savings, just don't fall back.	6/23/2014 11:42 PM
6106	It was only intended to conserve energy during the war. We don't need it. It messes with everyone's biological time clock and we all suffer jet lag for a while.	6/23/2014 11:41 PM
6107	Having sunlight in the afternoon hours is good for emotional wellbeing, productivity, and the economy.	6/23/2014 11:41 PM
6108	My kids get thrown really bad by the constant time changes. It seems once we all get used to the change, it changes again. I also struggle with it. I end up being extra tired every time the time changes. My dad was a farmer in WA for many years and even he said it was useless and wanted to get rid of it.	6/23/2014 11:39 PM
6109	Extra daylight in the evenings is much more beneficial to getting things accomplished, including recreation and tourism benefits. We don't like changing the time, but most people like DST, so let's try it year round for a while.	6/23/2014 11:38 PM

6110	Time change is too physically taxing.	6/23/2014 11:38 PM
6111	Extra daylight in the evenings is much more beneficial to getting things accomplished, including recreation and tourism benefits. We don't like changing the time, but most people like DST, so let's try it year round for a while.	6/23/2014 11:38 PM
6112	I visit family in Utah quite often and am from Arizona. I don't see any economic purpose in changing times. Regardless of how the times are set, you are still using the same amount of gas and electricity in then being home, and elsewhere.	6/23/2014 11:37 PM
6113	Personally, I would love to create a new Daylight Savings times, but it is simply impractical from a national or global business perspective.	6/23/2014 11:36 PM
6114	Just leave it be.	6/23/2014 11:35 PM
6115	Mountain Standard Time matches the rising and setting of the sun. It is most beneficial for farmers with livestock, students, traffic safety, etc.	6/23/2014 11:35 PM
6116	I want it kept the same time all year. I dislike changing my clocks. We only change for 4 months now, so just pick a time and stick with it.	6/23/2014 11:34 PM
6117	Daylight savings time no longer serves a purpose. If we actually we saving money on bills, I could maybe see a reason to not change it. Sunset would be at 9 o'clock, which is still a very reasonable hour. Having children, this is especially beneficial in not having to spend the time to adjust their schedule, just to change it back in a couple months. The same amount of daylight hours will remain. Summer days are already long, it is not necessary to have the hour bump. Having lived in AZ for a number of years, it was wonderful having to never change the clocks!	6/23/2014 11:33 PM
6118	I am a night person. I love to be able to go for a walk at 9:00 at night in the Summer and have some light to walk. Also, the temperature is very pleasant at that time (I live in the St. George area). I love to watch my kids' games in the evenings. I love the extra hour of light in the evenings.	6/23/2014 11:30 PM
6119	I see no reason to switch the time twice a year. We lived in AZ for years and thought it worked just great not switching the time. I think most people hate daylight savings time.	6/23/2014 11:27 PM
6120	I have health problems and the time change (both directions) causes problems for weeks if not a few months a year. I also notice that my children struggle for weeks. We are more likely to get sick and struggle in other ways. Every fall/spring when we change, I grumble about how I wish we would just get smart and stop the change. In discussing it with others around me, I have not found anyone in support of staying with the time change. Please, let's stop the madness!	6/23/2014 11:26 PM
6121	Daylight savings is an effective practice. Its benefits are scientifically proven and cost saving. It would be a mistake to change it just to change it.	6/23/2014 11:25 PM
6122	It is a tradition to have summer nights stay light very late for all the activities that must be jammed into a few short summer months (especially in Cache Valley where it is "always" winter). Losing an hour, reducing the block of time after the standard work day, interrupts and will shorten many traditional summer activities.	6/23/2014 11:25 PM
6123	As I get older, I find it harder and harder to make the "spring forward" switch. I have discussed this with many of all ages and have yet to find someone who likes Daylight Savings Time!	6/23/2014 11:24 PM
6124	It is not so important to me staying on Mountain Standard or staying on Daylight savings time. I just don't like switching between the two. As a parent, I know it is difficult for children to suddenly change their schedule by an hour twice a year. Once people know Utah doesn't change times, they will get use to calculating Utah's time, just like we do for Arizona.	6/23/2014 11:24 PM
6125	I like daylight late into the evening. On the other hand, I also like the sunrise. What I DO NOT LIKE is changing the clock back and forth. Let's get it set somewhere and leave it there! Quit playing these silly little games with the clock!	6/23/2014 11:24 PM
6126	During this time of year, when there is naturally more daylight, I feel like we actually lose time by "springing" forward.	6/23/2014 11:23 PM
6127	I would like to stay on DST year-round. Not sure if this is what the "CREATE" option I chose means.	6/23/2014 11:22 PM

6128	Changing time is no longer necessary. It is difficult on everyone's inner clock to change times. It is especially difficult for children. We spend a lot of time changing clocks. It messes up a lot of schedules; work, airlines, etc. It even effects the dates people are born. If they are born just after midnight, some people would have different birthdays. My daughter's birthday would have actually been a day earlier. Just leave nature alone and stop interrupting our schedules twice a year. It's annoying and unnecessary.	6/23/2014 11:22 PM
6129	Please stop the time changes...stick with our summer time!	6/23/2014 11:21 PM
6130	I've always hated the time change and used to write letters each year to the Utah government but gave up. It is especially tough for kide going to school in the dark. I see no advantage now days for continuing this confusing trick on the public. GET RID OF IT!	6/23/2014 11:19 PM
6131	The continuous change is very disruptive to the mind and sleep habits.	6/23/2014 11:19 PM
6132	Better for skiing to leave it alone.	6/23/2014 11:18 PM
6133	In the weeks prior to daylight savings time I can get ready for work without turning lights on. In the first few weeks of daylight savings time I need to use electric lights in the morning as I get ready for work. I feel like I spend more money on electricity as a result of daylight savings time.	6/23/2014 11:18 PM
6134	WHY SPRING AHEAD AND THEN LATER FALL BACK. EITHER STICK WITH MST OR GO PERMANENTLY TO MDT. EITHER WOULD BE A DEFINATE WINNER WITH MOST PEOPLE.	6/23/2014 11:18 PM
6135	It is outdated.	6/23/2014 11:16 PM
6136	I dislike it. It serves no purpose, messes with the natural increase and decrease of daylight, and is horrible for the schedule of small children. Elementary school is a nightmare the days after Daylight Saving Time.	6/23/2014 11:16 PM
6137	I have kids! Any parent with children will attest to the difficulties of moving the clocks forwards and backwards twice a year. We are not a dominant farming nation anymore, no need for DST!	6/23/2014 11:13 PM
6138	I have talked to lots people about DST since it first began and most like it. A few prefer standard time. It is unanimous that no one likes the time change. Pick one and keep it year round. My preference is DST year round.	6/23/2014 11:13 PM
6139	I prefer simplification in life and see no critical reason for maintaining the status quo.	6/23/2014 11:10 PM
6140	DST was hoped to help save energy. This is not the case for most of UT, we have the lights on earlier in the morning instead of at night. DST does not give you any more daylight. When I was younger and worked for farmers we just started work earlier in the morning and had just as many hours of daylight. The clock does not add to number of daylight hours in the day. We need to let nature be herself and not try to change things by changing a clock. Has staying on MDT hurt AZ. I have been led to think it has not.	6/23/2014 11:10 PM
6141	Daylight savings has no benefit for everyday people. And it sucks!	6/23/2014 11:10 PM
6142	I prefer more light and this seems to provide it...	6/23/2014 11:10 PM
6143	Please stick with the time we have in the summer! No more time changes!	6/23/2014 11:09 PM
6144	Please stop changing the time...let's go with the time we enjoy in the summer, then our winter nights won't be so dark and our bodies won't have to adjust twice a year to a new routine.	6/23/2014 11:08 PM
6145	Only the white man would cut a foot off the top of a blanket and sew it to the bottom to make it longer...	6/23/2014 11:07 PM
6146	More light at night gives us more time to recreate in the evenings before dark which is good for people and industry. Also, many activities such as driving are safer with daylight, especially in the winter.	6/23/2014 11:06 PM
6147	There are far too many accidents and deaths related to changing the time. It really doesn't do that much to help the environment. I still turn my lights on, so it's not saving any energy.	6/23/2014 11:06 PM
6148	I'd rather have the daylight in the summer earlier than later and I'd rather not have to make the 1 hour adjustment twice a year. I see more benefits to maintaining a consistent clock and more negatives to a dst system.	6/23/2014 11:06 PM
6149	its an inconvenience	6/23/2014 11:06 PM

6150	If you are going to eliminate something, do away with standard time zone. I work until 5:30 most nights and love Daylight Savings Time because I am not walking to my car in the dark. I can do things when I get home instead of feeling like I need to go to bed right after I make dinner because it is too dark outside to do anything else.	6/23/2014 11:06 PM
6151	I would prefer to return to standard time and leave it there. I also understand the other side of enjoying longer evenings, especially after work. Therefore, a compromise, split it in half and make a new time that is one half hour later than standard time and one half hour earlier than daylight savings and then leave it year round. If the whole country did that, it would take away the changing all the time and both sides would give a little and get a little.	6/23/2014 11:05 PM
6152	I don't really care who we align ourselves with!--Just make it so we don't have to change all of our clocks every 6 months!!!!!! PLEASE :-D	6/23/2014 11:04 PM
6153	Please keep us on the summer hours! Changing times throws our systems off and I so dread the dark evenings through the winter.	6/23/2014 11:04 PM
6154	I like the later daylight hours and I don't like changing in fall and spring.	6/23/2014 11:04 PM
6155	Please stop messing with my head.	6/23/2014 11:03 PM
6156	As a mother, I am concerned about the affect of changing the time on our bodies. We interrupt sensitive sleep cycles and the biorhythm of our bodies. Also I believe the evening darkness very early on the clock is detrimental to our emotional well-being.I think this affects safe driving and our health. I dread those winter nights when it gets dark so early. I vote to keep our time on the summer hours.Thank you for letting us give feed back!	6/23/2014 11:02 PM
6157	Falling out of line with the rest of the country adds an unnecessary hurdle to doing business in Utah. Why make things more difficult?	6/23/2014 11:01 PM
6158	Since like, half of Utah is small children, on behalf of parents of these children, Daylight Savings is a nightmare trying to adjust children's schedules to it. "Why do you even need to adjust their schedules?" you might ask. Because it generally means the perfect schedule you previously had them on now makes them wake up at 6 am, or 7 am, where previously they slept until 8. Or, now I must put the child to bed at 7 when it's not even dark out, or I have to keep them up until 9 or 10 in order to avoid them waking up at 6 am, etc. But that reason aside, I have yet to hear one single convincing reason for keeping up the practice. It's an archaic practice that does not change how much daylight there ACTUALLY IS. As much as I am capable over the internet, I am BEGGING our state government to please, please, PLEASE do away with this awful, pointless practice! Thank you.	6/23/2014 11:00 PM
6159	Even if daylight savings only decreases efficiency for a few days a year, that causes much more harm than good.	6/23/2014 11:00 PM
6160	The back and forth is really disruptive. Settle on one variation and stick with it year 'round.	6/23/2014 11:00 PM
6161	I think this is an issue the voters should vote on. Daylight Savings Time doesn't help my family, rather it takes weeks for my children especially to adjust their sleep pattern. Also, I'd rather have more light when I get off work, than in the morning when my children and I go to work/school.	6/23/2014 10:59 PM
6162	I love the extra hour of sunlight in the summer, but we really need the sun out earlier in the winter to warm up the roads. I hate the transition to and from DST, but weather-wise, I think it works best.	6/23/2014 10:58 PM
6163	Hate it is is cruel and I humane	6/23/2014 10:57 PM
6164	It costs millions of dollars just changing the clocks	6/23/2014 10:57 PM
6165	I just want it to stay the same year round. Don't really care which one, but it makes more sense to be the same as Arizona.	6/23/2014 10:56 PM
6166	I prefer to have more light during the evenings.	6/23/2014 10:56 PM
6167	I would prefer we drop DST. I don't need it staying light until almost 10 pm. The change throws off students for a week or more. It really isn't necessary in this day and age.	6/23/2014 10:56 PM
6168	Love it still being light outside later in the evening. Our business is open until 7:00 pm. Daylight savings allows us to still enjoy outdoor time after work, before it gets too dark.	6/23/2014 10:54 PM

6169	Daylight Savings was created 70 years ago to allow people to work more hours during the day so that the west cost cities could observe black-out conditions in the unlikely event that Seattle or L.A. were bombed by Zeros off a Japaneses aircraft scarier. Not going into details about how this is another example of how Government program seem to NEVER die after they have outlived their usefulness, the practices of daylight savings is long since pointless. There still may be some farmers out there who enjoy it, though I grew up on a cattle ranch in Northern Nevada and I never heard my dad say one good thing about it. By an large, especially with our current technology, transportation, and regulated work weeks, this system of Daylight "savings" does nothing more than cause people to get an extra hour of sleep in the spring and loose an hour of sleep in the fall. I say it is time to abandon the practice all together. If just Utah does it, that is fine; however, I'd rather it be abandoned nation wide.	6/23/2014 10:53 PM
6170	I feel that daylight savings in antiquated and unnecessary. There are still a certain number of daylight hours each day and the rural residents are well aware of this and can plan accordingly without changing the clock.	6/23/2014 10:53 PM
6171	I love having light long into the evening to be able to use my free time enjoying the outdoors! If we have to stop changing the time, please let us keep it on daylight savings time year round!	6/23/2014 10:53 PM
6172	I would love to not come home in the dark in the winter. And I don't mind waking up in the dark either	6/23/2014 10:53 PM
6173	I dread it.	6/23/2014 10:52 PM
6174	Daylight savings time is useless. All it does is give everyone in the country Jet-Lag twice a year.	6/23/2014 10:52 PM
6175	Stop messing with everything. Leave the time one way or the other. Just leave it.	6/23/2014 10:52 PM
6176	Members of my family enjoy the longer evenings in the summer as it is daylight longer.	6/23/2014 10:50 PM
6177	Feel that having the extra hour of day light during the winter months would be beneficial	6/23/2014 10:49 PM
6178	I feel like daylight savings adds daylight hours to time that I am asleep in the early morning and takes daylight hours away from times that I am awake in the early evening. I really hate when daylight savings comes around and it gets dark at 4:30-5pm and light at 5-6am.	6/23/2014 10:49 PM
6179	I think it gets dark too late in Utah. It may be nice to have the extra time after work, but it takes too long to unwind. This year especially, my body feels that it should be an hour further ahead than the time. Please align with Arizona so we have one consistent time throughout the year.	6/23/2014 10:49 PM
6180	Daylight savings time is disruptive. It is no longer needed with modern technology. Let's simplify and keep things the same year round.	6/23/2014 10:49 PM
6181	Revision of times re: travel, setting clocks, making sure everyone has reset their clock and FOR WHAT??? Arizona is smug and laughing.	6/23/2014 10:46 PM
6182	48 States love it, I love it! Leave it alone and worry about more important issues. Thanks.	6/23/2014 10:46 PM
6183	If we are not going to be synchronized with the rest of the country, at least we should have some daylight at the end of the day to be able to get outside, work, exercise or recreate.	6/23/2014 10:46 PM
6184	My entire family stays up way to late because it finally.cools off late... day light savings needs to go..	6/23/2014 10:44 PM
6185	I work in a childcare and the daylight savings is so hard for the kids to adjust to. It's also hard for adults to adjust too. I don't see a reason to continue changing it.	6/23/2014 10:44 PM
6186	Daylight savings time complicates the standard. Time should not adjust based upon time if year	6/23/2014 10:44 PM
6187	Evidence has shown a negative impact on productivity. As a teacher my kids do poorly the days after "springing forward." As a parent, realigning my children's sleep schedule is annoying.	6/23/2014 10:43 PM
6188	Nature's biological time (MST) is 100% reliable for tourism, farmers, students, public safety, etc.and will improve Utah's economy year round.	6/23/2014 10:43 PM
6189	I grew up in Arizona long enough ago that I could see how stupid it was to have daylight until almost 10 pm. Though I now live in UT, I have always been proud of one thing that AZ got right. It has no benefit and is disruptive in so many ways.	6/23/2014 10:42 PM
6190	DST has a negative effect on student performance and safety. Walking in the morning darkness is putting our children in peril. Is this worth an extra hour of sunlight? I think not!	6/23/2014 10:42 PM

6191	It takes weeks for young children to adapt to new times and it disrupts schedules for the parents. It effects the metabolism of most people, especially those on strict schedules of diets or medications, such as the elderly. It wouldn't matter whether we have DST or MST as long as it stayed the same all year.	6/23/2014 10:41 PM
6192	Get rid of it, any benefit it offers isn't worth the cost and hassle of it.	6/23/2014 10:39 PM
6193	I want whatever blocks more sunlight. Example: I've lived in Az and during summer when the sun is full bright by5:30am, many parents may agree that early light interferes with children's sleep. The upside was better bedtime because it was dark by 8:30pm. I'd rather sleep in. I'm in favor of the "darkest," literally, option.	6/23/2014 10:39 PM
6194	Daylight Savings Time is the worst time of year when it comes to setting a schedule for kids and adults. Kids are used to going to bed, typically when the sun has set and they have had time to wind down from the day. Due to the change, parents find themselves up longer than they would like. When the clocks are changed twice a year, there is a disruption in schedules; this also includes sleeping patterns/schedules. As one who has a close connections to the educational system, I find it almost humorous that there is so much emphasis and pressure on the 'end of level' or SAGE testing and yet one of the most fundamental elements of a good performance in test taking is a good night's rest. I have seen testing begin on the same week or sometimes within a week of changing the clock. Sleeping patterns have not been reestablished at this time period and individual, school, district, and State scores go down (at least it is a factor that should not be discounted) which puts everyone to a disadvantage. Changing the time/clock doesn't make sense, especially in this day and age where we are technology driven. Whatever the reasons were to do it in the first place seem to no longer be a issue. Abandoning the annoying practice of changing the time/clock would be a boon to everyone's schedules and perhaps student growth and educational progress.	6/23/2014 10:39 PM
6195	It's so silly to think it actually makes a difference. All it does is mess with our natural body clocks. The days are naturally longer in the summertime, we don't need to mess with the clocks.	6/23/2014 10:38 PM
6196	My job is based on East Coast hours, so if Utah were to abandon Daylight Saving Time I would have to start work at 6:00am instead of 7:00am. For people who collaborate with other time zones frequently, abandoning the standard the rest of the nation (and world) adheres to would make life less convenient.	6/23/2014 10:36 PM
6197	I like the summer time hours, because it doesn't get dark until 9 pm, and the sun comes up close to 6. If you switched to fall time, then it would be 5 am and 8 pm. During the winter time, keeping the summer schedule means it gets light about 9 am and gets dark about 6 pm. Either way, I think we should do away with a switch. Having little kids, it always throws their schedules and it would be nice not to deal with it.	6/23/2014 10:34 PM
6198	Make Daylight Time year round. No need to go to Standard Time Anytime!	6/23/2014 10:33 PM
6199	The change of time has always thrown off our biological clocks, making it difficult, losing sleep, getting sick,ever since I had little children to now. It especially seems to be a more dangerous time for school children, as it seems more children are killed or injured when the time changes because you don't seem them in the early morning pre-dawn light. Since we no longer depend on the light of day for our farmers, who needed the change, it just doesn't make sense to continue the change.	6/23/2014 10:32 PM
6200	I hate it! My babies are up at 530am (or earlier) when the sun comes up (despite blackout curtains) and won't go to bed on time. Plus, because it doesn't get dusk until 10ish, people are having to wait until late to shoot off fireworks and keep us up. Then we have to readjust their sleep times twice per year which is hard and confusing for them. We have considered moving out of State to get away from this issue.	6/23/2014 10:31 PM
6201	I would like to stay on daylight savings time and not fall back in the fall. Stay at UTC -6 through the year.	6/23/2014 10:28 PM
6202	It is disruptive and pointless. It may have made sense in a bygone era, but no more and not in this latitude; all we do now is turn lights on an hour earlier when we could keep them off.	6/23/2014 10:27 PM
6203	I think there is no need nowdays. I have autistic children and the change is very difficult for them both times. It is a biannual interruption in their routine and schedule.	6/23/2014 10:26 PM
6204	For someone who has to get up and go to work, I like how we spring forward in the spring and fall back in the fall. It gives us more daylight in the morning! Thanks	6/23/2014 10:26 PM
6205	The system of DST seems outdated and and unrelated to modern ways of life.	6/23/2014 10:23 PM

6206	I am largely indifferent as to whether we align with Arizona or permanently spring forward to MDT, but the era for switching times twice per year is long past.	6/23/2014 10:23 PM
6207	I would prefer no change in time. I believe the change no longer serves a valid purpose but now causes health problems and disruption. Let's align ourselves with Arizona.	6/23/2014 10:23 PM
6208	I can't see the reason for changing to and from DST! It's hard on children and adults as well! You just get used to the change in time and it's time to change again! Myself and my entire family truly wish that one time format will be chosen and left alone!!! Thank you for the opportunity to express my opinion!	6/23/2014 10:21 PM
6209	It is a hassle to reschedule twice a year. With a toddler on a regular schedule it is hard to keep going back and forth. I don't see why we need daylight savings anymore.	6/23/2014 10:20 PM
6210	I no longer see any purpose for daylight savings time. It always affects my family adversely. My children would be much happier if I didn't have to disrupt their body clocks.	6/23/2014 10:20 PM
6211	Daylight savings is a waste, it throws people off. It would be much better not to have it. I know because I spent a year in Arizona.	6/23/2014 10:19 PM
6212	Prefer the normal time that was intended to be from the beginning. The change is difficult to adjust to.	6/23/2014 10:19 PM
6213	Love DST if a change is made my family and I all agree DST all year long would be our choice.	6/23/2014 10:18 PM
6214	Changing the time back and forth makes it very hard to get used to.	6/23/2014 10:18 PM
6215	I still use it for the reason it was established.	6/23/2014 10:17 PM
6216	Daylight Savings was introduced by the Germans to save coal during war time. In the modern era it has little to no effect on energy consumption. Clock shifts disrupt our circadian rhythms. Studies have show that, around the times of the spring clock changes, there are spikes in suicide rates and an increase in the number of recorded heart attacks. It's time to get rid of such an arcane tradition.	6/23/2014 10:17 PM
6217	I like having more day light in the summer.	6/23/2014 10:17 PM
6218	I like enjoying the summer sun. I'd would be depressing if the sun went down at 8 on summer solstices. Keep the summer sun.	6/23/2014 10:16 PM
6219	I detest it	6/23/2014 10:16 PM
6220	I'm in 7th grade and with all the homework I have it is hard for me to get it all down because I don't have as many hour's at night and have to go to sleep earlier.	6/23/2014 10:15 PM
6221	I like daylight savings	6/23/2014 10:14 PM
6222	Please just do something to do away with the current system of changing twice a year!	6/23/2014 10:13 PM
6223	Less stress. Better daylight in the winter.	6/23/2014 10:12 PM
6224	Every time we change the time, me and my family have a hard time adjusting. We wake up early or feel like we didn't get enough sleep. Takes a few months to adjust and then the time changes again. I hate it.	6/23/2014 10:11 PM
6225	I would like to see proof that this saves any energy. I look at my power bill and gas bill and unless you can control the heat and cold I can see no benefit.	6/23/2014 10:11 PM
6226	Love how the clock runs during our summers! Please keep it this way and would love to keep our time in "spring forward" mode throughout the year.	6/23/2014 10:11 PM
6227	Please stop changing the time. Pick one and stick with it!	6/23/2014 10:10 PM
6228	I never did see the point!	6/23/2014 10:09 PM
6229	When Daylight savings was first started it was for the reason of Farmers needed more daylight to harvest their crops. Now there isn't a need for more daylight in the spring. We need to abolish Daylight saving!! I am also a student. When Daylight savings comes around every spring my test and assignment scores suffer because I'm tired, I don't have the energy to focus and do well. My homework suffers because when i come home from school i take a 3 hour nap and by that time its dinner then bedtime. Daylight savings needs to be done away with. It does no good in our schools.	6/23/2014 10:09 PM

6230	I feel that Daylight Savings time is no longer useful. It was a practice that was created many years ago before our current technology, and we need to lay it to rest. In my opinion, it doesn't serve any kind of purpose anymore. So if we were to get rid of the practice, it would make things easier for all parties involved.	6/23/2014 10:08 PM
6231	I would prefer not to have to drive home from work at 4:30 and have it be pitch black outside.	6/23/2014 10:08 PM
6232	I looked at the data and compared it to the comments. I don't think this survey is CLEAR on the first question. Almost every comment says to leave it on the time zone we use during the summer, meaning the one we're on now, meaning we have the extra hour of daylight. But 70% of the folks who submitted a survey chose the AZ time. That is NOT leaving it on our current time zone. The survey needs to be re-worded and be more clear. The majority (based on the comments) want the summer time zone to stay.	6/23/2014 10:07 PM
6233	Keep Daylight Savings Time all year long. No more going back and forth even if it means we just stay on standard time.	6/23/2014 10:06 PM
6234	It is hard to get children and grandchildren to go to bed when it is still light outside. I tend to work too hard and too long when it is still light outside and seldom feel rested the next day.	6/23/2014 10:05 PM
6235	Daylight saving time was originally invented as a way to cut water costs and energy costs during the Great Recession. It's no longer needed and it's honestly just a hassle.	6/23/2014 10:04 PM
6236	I get so tired of dealing with disrupted sleep and clock changing twice a year.	6/23/2014 10:04 PM
6237	I have taught elementary school children for 28 years and saw the adverse effects of Daylight Saving Time in the lives of the children every single one of those years. The hour less sleep in the spring was very disruptive right before testing time. The return to standard time in the fall just seemed like an hour of lost time to play after school in the fall. No one liked it--including me. Why couldn't the businesses who cared just have summer hours to suit whatever reasons they like the change of time, and just leave the rest of us alone.	6/23/2014 10:03 PM
6238	Switching times is a pain. There is the same amount of sunlight no matter what the clock said. I do not see a benefit in changing the time. If I want to get up eairler I can.	6/23/2014 10:02 PM
6239	Please leave it on the summer schedule forever. Having the extra time after work is priceless.	6/23/2014 10:02 PM
6240	Utah already is weird to the rest of the nation. Let's not give them something else to criticize us about. Going against the nation is hard for business to keep times straight as well.	6/23/2014 10:02 PM
6241	Prefer MST all year round in order to maximize daylight in early morning for exercise outdoors.	6/23/2014 10:01 PM
6242	It's extremely difficult to get the grandchildren to bed when it is still light outside.	6/23/2014 9:59 PM
6243	I do not see how this is a benefit to anyone in the state of Utah. I have many school aged kids and this makes life difficult for about a month while they try to adjust to the time change. It is hard enough to try to stick to some sort of a schedule as a parent of young children I think this makes it harder.	6/23/2014 9:59 PM
6244	Please just leave it on the summer schedule! It is so nice to have time after work, both in the winter and summer, to be able to get something done before the light goes away. The arguement about farmers is only valid for those farmers who farm as a second job, thereby needing the extra time after work. The arguement about safety, saying we need to have light to travel in the morning in the winter is invalid because if you have light in the morning - you don't have it in the evening on your commute home. At least I don't. I'd much rather have light in the evening when I'm available to do things rather than in the morning when I'm simply getting ready for work. PLEASE LEAVE IT ON THE SUMMER SCHEDULE!!!	6/23/2014 9:59 PM
6245	It is nice having it lighter later. Fosters more interaction in neighborhoods and families. I think that people are making a big deal of something that is not that hard to deal with. If we have to stick with one - put us later year round.	6/23/2014 9:58 PM
6246	Daylight Savings time disrupts people's schedules. School children are affected because they are accustomed to a schedule and then it takes a month to really adjust to the new time. It is very difficult for them to focus in school when they are more tired. Our lives would be better without Daylight Savings Time.	6/23/2014 9:58 PM
6247	I believe it cost companies more money to pay employees to change clocks each year. This cost gets passed on to the consumer so we pay for it eventually.	6/23/2014 9:58 PM

6248	Daylight savings time does not serve any purpose in this day and age. It isn't needed and it would be less confusing for all just to keep the same time all year.	6/23/2014 9:58 PM
6249	Don't keep changing it. We need to keep it the same year round.	6/23/2014 9:56 PM
6250	I find winter depressing mainly because of the switch to standard time. It pretty much ends my mountain bike season and my hunting season suddenly becomes Saturday only. It's not practical to get out in the morning for me like most people. Ever see a packed trailhead in the morning besides Saturday? This is definitely a quality of life issue and I'd probably move if we no longer had DST here. People need to get out and play to stay sane.	6/23/2014 9:56 PM
6251	Leave the time the same all year	6/23/2014 9:56 PM
6252	I remember when it first started it was all about energy. Now energy has nothing to do with it. In fact daylight saving time uses more energy now is what I heard. I don't like it because it light too long	6/23/2014 9:56 PM
6253	It takes me two weeks to adjust.. Simply stupid.	6/23/2014 9:55 PM
6254	Time to stop the madness. Forgetting to adjust the clock, kids are confused, tired and certainly not helped by changing times.	6/23/2014 9:54 PM
6255	I don't like the change each fall and spring, but I like having extra light in the evening in the summer.	6/23/2014 9:51 PM
6256	I would really love to not have to adjust my two children's sleeping schedules twice a year!! Just keep it the same PLEASE.	6/23/2014 9:50 PM
6257	The time should be left alone, as it was years ago. Hate the changing back & forth. It serves no purpose, even though there are those who says it saves money. Which has been proven that it doesn't.	6/23/2014 9:49 PM
6258	Having lived in AZ, it is much better for kids to eliminate daylight savings.	6/23/2014 9:49 PM
6259	I hate changing my clocks. I hate the adjustments it takes losing an hour. I don't like it to be light so late at night. I think that it makes sense to be on the same time as Arizona.	6/23/2014 9:49 PM
6260	Losing an hour messes people up for months afterwards. It is not a good idea.	6/23/2014 9:49 PM
6261	Stay in Daylight Saving Time all year long. It saves energy to have it light out at later hours. Dark at 5PM in the winter isn't good for anyone.	6/23/2014 9:49 PM
6262	I like more daylight hours but absolutely hate going back and forth. It is hard on children and myself to keep changing back and forth. I really like the idea to just stay on daylight savings all the time.	6/23/2014 9:49 PM
6263	The shift in times is what is annoying. Just keep Daylight Savings Time all year where we have more daylight in the evening than in the morning.	6/23/2014 9:48 PM
6264	Hard on kids to change back and forth.	6/23/2014 9:48 PM
6265	I think my kids would benefit greatly by not having to participate in DST.	6/23/2014 9:47 PM
6266	My 7 Year old Son does not like our time changes he would like to stay on one time year round.	6/23/2014 9:47 PM
6267	As a parent I feel like this is a practice that is in noway beneficial to our children, especially since the DST happens during the school year. This disrupts my children's sleep schedule and takes months to return to a normal sleep regimen.	6/23/2014 9:45 PM
6268	I hate changing time and all the adjustments that go with it, and it makes the most sense to me to align ourselves with Arizona. (Plus, getting children to go to bed when the sun doesn't set until 9pm is a little ridiculous.)	6/23/2014 9:44 PM
6269	It is so difficult especially as a parent to deal with the time change. There's always the same number of daylight hours in a day, if farmers need the daylight, they can adjust their days, not the rest of us!	6/23/2014 9:44 PM
6270	Having light later in the day is beneficiantful esp. For ppl with mood disorders.	6/23/2014 9:43 PM
6271	It takes 6 months to get used to the time change. You go to bed with the sun and you get up with the sun. All this other stuff just muddles the mix	6/23/2014 9:42 PM
6272	Having lived under both systems, both with and without daylight savings time. I find it irresponsible to keep switching back and forth. As a pediatrician I can attest to the "jet lag" that occurs because of the time change in children and adults. Laurence Gee, M.D.	6/23/2014 9:42 PM

6273	The change is hard on everyone, especially kids. I don't really care what the time is as long as it doesn't change.	6/23/2014 9:42 PM
6274	I teach elementary school. The weeks that we change times are always tough as my students struggle to reset their internal clocks.	6/23/2014 9:42 PM
6275	I love having more light in the evening in the summer.	6/23/2014 9:42 PM
6276	Make either MST or DST permanent in order to save the fuss of repeatedly making the switch.	6/23/2014 9:40 PM
6277	I have always been opposed to DST in UT because of the havoc it creates with my body's natural circadian rhythms. With the extension of light to almost 10:00 PM and waking up at first light in the morning, I find my sleep patterns detrimental to my health and well-being.	6/23/2014 9:40 PM
6278	I love the extra light at the end of the day. I work full time and in the winter and the days are short, I just want to get home, however with the extra light, I go walking, jogging, gardening, concerts and overall just live a much more active and healthy lifestyle. I know for me and my friends, we feel like we would be much less active and healthy if it was darker, earlier.	6/23/2014 9:39 PM
6279	I see no real benefit to Daylight Savings time. It wrecks the sleep schedule of small children and doesn't do my sleep any good, either.	6/23/2014 9:39 PM
6280	I can't stand that every spring and every fall, I feel tired for about a full month while my body adjusts to the one hour time difference. Also, my five children have messed up sleeping habits for a month as well. Why torture ourselves this way for one more hour of daylight?	6/23/2014 9:39 PM
6281	It is a complete (pardon the pun) waste of time!	6/23/2014 9:37 PM
6282	I think Utah needs to pick a time and stick with it. It is very hard as a parent to change times twice a year during the most awkward months. I spoke to some people and they did point out that having the extra hour of daylight after working hours gave them the chance to make it to soccer games, etc. I think I am just more concerned about not ever having to change the time again. I hate the adjustments. It's really hard on your body and definitely hard on children's bodies.	6/23/2014 9:37 PM
6283	Days get WAY too short in Winter. Permanent Daylight Savings is perfect.	6/23/2014 9:37 PM
6284	I don't see any reason for the time change in our modern era. It is hard on adults, children, and families.	6/23/2014 9:36 PM
6285	Please live it MST. I heard that the difference between DST and MST is 30 minutes. But in body language is takes weeks to feel natural again. The children, all ages, really suffer from lack of sleep. No one is as productive with DST.	6/23/2014 9:35 PM
6286	I believe it is unhealthy to mess with our sleep patterns and I don't like sending the kids to school in the dark and it doesn't really give you any more daylight, and I believe most people could get their work schedules adjusted if they really wanted to.	6/23/2014 9:35 PM
6287	Time changes are hard on it while family. The fall change comes 5 weeks after the beginning of the school year (right as the kids have gotten back into school routines), then we go through another month of adjustment.	6/23/2014 9:35 PM
6288	We do not need to change to be like 1 state! You only hear people complain when they lose an hour, not gain! We are the UNITED States of America! Who will pay the cost to change all of the cell phones, computers, etc. when they automatically change twice a year?	6/23/2014 9:35 PM
6289	I like having the longer days in the summer and when its cold in the winter I like how it gets dark faster.	6/23/2014 9:34 PM
6290	It just makes sense to stop changing time.	6/23/2014 9:34 PM
6291	Daylight saving time came into being for the farmers. It helped them immensely so they could begin their day when it was light and still end it when it wasn't totally dark.	6/23/2014 9:33 PM
6292	DST is very difficult for my special needs children. Just do away with the stupid time change completely!	6/23/2014 9:33 PM
6293	Daylight savings should be kept at all cost. If anything, have daylight savings all year!	6/23/2014 9:32 PM
6294	Daylight savings is a huge drain on physical and mental resources during the two times it switches. I see this every year worth my students (and myself). Furthermore, it's pointless. Within a few weeks after the time change, it just gets dark early again (or light early again). Stop this ridiculous anachronism.	6/23/2014 9:32 PM

6295	It is a good thing. Just move the start from 2nd Sunday in March to the 2nd Sunday in April. move the end from 1st Sunday of November to the last Sunday in September	6/23/2014 9:31 PM
6296	I represent about 15 families and we have discussed day light savings many times. We 100 % want to keep it and actually would prefer to have it year round. The argument from education is faulted. They want to start school long before a child's normal wake / activity time. By starting school at 9 am we are positive grades will go up dramatically. 4 of us are home schooling our kids and they eat a good breakfast between 9 and 10 am then hit the books. They are fully awake and ready to learn. Anyway. please do not change away from daylight savings. It is wonderful and all of us want it full time. Thank you. Larisa M and 14 other families.	6/23/2014 9:31 PM
6297	Having lived in Arizona for 17 years, I have experienced that option of not having Daylight Savings and can truthfully say by Az opting out of Daylight Savings, the citizens have not missed out on anything. Here in Utah, the argument has been it increases the day light hours and it's needed due to farming. Arizona also farms & ranches and the added extra daylight hours has never been an issue with the farmers and ranchers there. It is a waste of time and resources to set and re-set clocks, changing the biorhythms of our bodies and sleeping structure. I'm all for aligning with Arizona's time, as is my whole family! Let's make a change.	6/23/2014 9:31 PM
6298	Let's stick to the time we are currently in. Why fall back an hour in autumn and lose that hour of light at night?	6/23/2014 9:31 PM
6299	It makes us tired, cranky, and just when we get used to one time, we switch again. The benefit of...what, more time to stay out or up late?...doesn't seem to me to justify the change.	6/23/2014 9:30 PM
6300	I don't like daylight savings time because I don't like the changes twice a year, Its to light have a difficult time sleeping during the summer. When my children were small it was hard for them to make the change. I would really like to see it stay the same all year. I believe it may be healthier without changing sleeping patterns for both adults and children	6/23/2014 9:29 PM
6301	My main concern with the current daylight savings time is from an educational point of view. When the time changes students are staying up later and consequently are tired when they go to school and don't focus as well. This is also about the time crucial testing is happening and I wonder how much it affect test scores. Students are also walking and riding bikes to school when it is dark and tragic accidents are happening. I also understand that it is nice to have the extra hours of daylight in the summer. My first preference would be to eliminate daylight savings time all together. The second preference is to not have it start until June 1 when testing is done and the school year is ending and fall back Sept.1st when school has just started.	6/23/2014 9:28 PM
6302	Daylight savings no longer serves a purpose. I live on the Ut/Az border and I can see that they do just fine over there without this outdated nuisance	6/23/2014 9:28 PM
6303	In health care we have 12 hour shifts. Typically the work hours are from 7 - 7 or 6 - 6 this includes holidays & weekends. In the fall, night shift workers suffer as they must work 13 hours & go off duty an hour later than they normally would after working the Saturday night when clocks are turned back. For those who work night shift, having an additional hour added to a 12-hours shift is difficult. Alternately, in the spring, those due to work on Sunday after clocks are turned forward lose an hour sleep which is hard when their wake up time is 4 or 5 am. This places additional risk of safety to patients as well as anyone on the road while tired shift workers are driving to work or home.	6/23/2014 9:27 PM
6304	Please don't take my extra hour of summer sunlight.	6/23/2014 9:27 PM
6305	I feel it is not worth the hassle to change the clocks twice a year. It is hard for the body to adapt. For most people it does not accomplish anything. For the ones who truly have a need, they can simply change their work schedule.	6/23/2014 9:27 PM
6306	What Daylight Saving Time real is, is the government telling us we need to get up an hour earlier for most of the year. We really don't save any energy by doing it.	6/23/2014 9:27 PM
6307	It is very hard to adjust to getting up earlier.	6/23/2014 9:26 PM
6308	I would prefer to align with AZ. I have never understood the reason we still change.	6/23/2014 9:24 PM
6309	I think we should end daylight savings nationwide. I'm also in favor of having two time zones in our nation rather than four. In our world of high speed travel, there is not need for four time zones.	6/23/2014 9:24 PM
6310	I prefer to have daylight savings so we can have light during the day as long as possible. Not only do I love how light it stays in the summer evenings, it also has a huge impact on whether or not I can exercise. I have little kids so my exercise options are early in the morning or in the evenings. If it is light I can go, if it's not I can't.	6/23/2014 9:24 PM

6311	daylight savings time is one of the single greatest inventions of the past 240 years. this one thing proves benjamin franklin's genius above all else he did.	6/23/2014 9:23 PM
6312	Having lived in AZ for a few years, it was very convenient to not have to change the clocks or adjust to the time change by waking up extra early in the winter. It's also dark during winter anyway with the shorter days and some extra light earlier in the day when you wake up always beats a later sunset	6/23/2014 9:22 PM
6313	I prefer the kids have greater daylight in the evening when they are more likely to be outside riding bikes, walking around, and playing. It is safer. They don't have much time in the morning because of school, so it is okay if it is dark.	6/23/2014 9:22 PM
6314	I really don't like changing times, however if it does change again many business's will be spending millions of dollars to reset their computer systems. That is money that can also send smaller business out of business, and end up costing the citizens of the state for many years while they recover for the change.	6/23/2014 9:21 PM
6315	I hate daylight saving time!	6/23/2014 9:20 PM
6316	Retain daylight savings time to reduce crime in the evening, when it is most common, and reduce accidents and fatalities that occur more at night than in the morning.	6/23/2014 9:19 PM
6317	More people are awake and traveling on roads, by foot and bike in the evening than in the morning, so increasing light at that time makes it safer. Furthermore, more crime is committed in the evening than during the morning, so keeping it light in the evening stands to reduce crime. It is also a way to reduce fossil fuel use, because most people are awake in evening, so that is the time to maximize natural light. This is why daylight savings time was created. I'd like to see it all year round.	6/23/2014 9:18 PM
6318	Those for DST say they like the "extra hour" - there is no extra hour, we only get 24. Get up an hour early if you want a longer day. It doesn't matter to me whether we stay on DST or MST just pick one and stick with it. I hate the switching back and forth.	6/23/2014 9:18 PM
6319	It takes weeks to adjust to the time change. My children struggle at home and at school from being tired.	6/23/2014 9:17 PM
6320	There is no need. Farmers / Ranchers get up by the sun and go to bed by the sun. The clock is moot.	6/23/2014 9:17 PM
6321	Let's just pick one! Only one! Then leave it alone, changing back and forth is more trouble than an advantage..	6/23/2014 9:17 PM
6322	More daylight in the evening will benefit almost everyone.	6/23/2014 9:17 PM
6323	There is a lot of productivity lost when people have to adjust their internal clocks. It causes people to be less energetic for several days while adjusting. I'd like to see a standard time used that doesn't change several times a year.	6/23/2014 9:17 PM
6324	Fall back with Arizona. Its frustrating to be sleep deprived when time change happens.	6/23/2014 9:16 PM
6325	It doesn't make sense to artificially change the time twice a year when the original purpose for doing so no longer exists.	6/23/2014 9:16 PM
6326	Keep it at one time !!!	6/23/2014 9:14 PM
6327	When I lived abroad for awhile, that country did not have daylight savings. It didn't seem to affect their economy or industry by having more daylight during summer hours. It may be an adjustment to not have daylight savings when dealing with time zone changes but we can adapt. I have dealt with an AZ business and trying to figure out what time it is there can be frustrating so I can see the other point	6/23/2014 9:13 PM
6328	Changing it makes no sense!! Keep it consistent!	6/23/2014 9:12 PM
6329	Day light savings is archaic. Period.	6/23/2014 9:12 PM
6330	Love datlight savings	6/23/2014 9:11 PM
6331	Keep it. I love that we get longer summer days and winter is dark with short days anyway...I don't think getting rid of daylight savings time will change that at all.	6/23/2014 9:11 PM
6332	Best thing - stay on the "daylight" time all year round. So hard on school kids to have to change twice during the school year.	6/23/2014 9:09 PM

6333	It is very disruptive to children's routines	6/23/2014 9:08 PM
6334	I think that having our daylight savings preference different from the rest of the nation would cause more confusion. I would be in favor of getting rid of daylight savings in the whole country, but NOT just Utah.	6/23/2014 9:07 PM
6335	We need to do away with it because it doesn't have any benefits for the state anymore	6/23/2014 9:05 PM
6336	I hate daylight savings time. We are more on day light savings time than our mountain time.	6/23/2014 9:05 PM
6337	As I get older the change is much more difficult to adjust to.	6/23/2014 9:03 PM
6338	DST sucks. About the time my body gets used to iy, it's time to change back. Pick one time and stick with it please.	6/23/2014 9:03 PM
6339	I'm from Arizona and they have it right!!! Daylight savings time is for the birds.	6/23/2014 9:01 PM
6340	It seems to be a very out dated way of thinking. We don't need to keep this tradition.	6/23/2014 9:01 PM
6341	Just leave it one way or the other, I hate the change.	6/23/2014 9:01 PM
6342	It is hard on my Children's sleep patterns every six months. It is hard on my sleep pattern which is messed up enough as a nigh shift worker.	6/23/2014 9:01 PM
6343	I honestly don't care if we "fall back" or "spring forward" so long as the time stays the same all year round. As a mother if young children, it takes weeks to get everyone on the "right" time. Let's face it: it's going to be darker in the winter. Whether it's darker in the morning or the evening doesn't make too much of a difference in the middle if December. It seems that it's dark when it's time for school and when we're eating dinner.	6/23/2014 8:59 PM
6344	I think the changing of time every six months causes more trouble than good. If we stayed status quo everything woujld continue on as usual.	6/23/2014 8:57 PM
6345	I would prefer to stay on Mountain Standard Time. I don't really understand the need to change back and forth twice each year. Thank you for offering us the opportunity to express an opinion.	6/23/2014 8:57 PM
6346	With the diverse stay of employment schedules it doesn't really need to be there anymore. A standardized time schedule would be nice for my children.	6/23/2014 8:56 PM
6347	I would like to align with Arizona - switching to and from DST always wreaks havoc on our bodies and schedules and I think we would benefit from removing the shock of changing when the sun sets and rises.	6/23/2014 8:56 PM
6348	Day light savings provids an the oppurtunity to get up at a later in the morning and have lots of sun light available in for my activities.	6/23/2014 8:56 PM
6349	The change from standard to daylight savings time is an expense to industry and the taxpayer. It also has negative health benefits since it takes up to four weeks for the body to adjust to the time change.	6/23/2014 8:54 PM
6350	I don't feel it necessary. I don't like having it get dark well after 9 at night. It is also a hard adjustment on most children twice a year.	6/23/2014 8:54 PM
6351	Long summer evenings provide the opportunity to be with your family all over the state.	6/23/2014 8:53 PM
6352	stay with standard time year round.with most services available 24 hrs a day. it is costly and unnecessary to keep changing the time around.	6/23/2014 8:53 PM
6353	It is confusing enough with Arizona not observing DST, so why add to the confusion. They may want to go back to not extending it for as long as it now is, but it should not be eliminated altogether.	6/23/2014 8:52 PM
6354	Changing times is difficult and it does create issues for employees and managers. If we could stay the same year round, it would be beneficial.	6/23/2014 8:52 PM
6355	Summer evenings with sunsets, moon, stars, mad a cooling before bedtime are gone. Having the sun up as you drive to work is scarce.	6/23/2014 8:50 PM
6356	The change from standard time to daylight savings time is an expense to industry and the taxpayer and should be eliminated. Besides the expense it has negative health benefits since it takes the body up to four weeks to adjust to it.	6/23/2014 8:49 PM
6357	I have always been against daylight savings time. The original reasons don't hold up anymore. Let's quit messing with our clocks- not to mention our children 's routines and schedules!	6/23/2014 8:48 PM

6358	Don't see much of a reason for daylight savings, plus it just messes up everyone's schedule anyways. One hour doesn't do a ton of difference and it would just make more sense nowadays to just always keep our time the same, just as Arizona does.	6/23/2014 8:48 PM
6359	I really see no need to switch clocks twice a year -- we should follow Arizona's lead and stay on one standard all year long. I'm less picky if we set the one standard to fall back or spring forward. The only disadvantage to ditching DST is doing business with other states -- right now I can easily do the time zone conversion with California, NY, etc., but I'd still need to be aware of DST when coordinating times with other states if Utah were set to a specific standard. But hopefully other states would follow -- if the rest of the states stopped following DST, then that wouldn't be a problem.	6/23/2014 8:46 PM
6360	It takes too long to adjust sleep habits etc every time we switch. I've lived in other countries that don't do Daylight Saving Time and they get along just fine. I think the US should do away with it all together.	6/23/2014 8:46 PM
6361	I am a school teacher and it takes my students 2 weeks to adjust to the time change. They are tired and have a hard time focusing. Please just leave it the same all year long.	6/23/2014 8:46 PM
6362	I am the mother of a special needs teenager with Austism Spectrum Disorder (ASD) and Generalized Anxiety Disorder (GAD). Like most people with autism, my son has a very sensitive internal biological clock. His body knows when it is time to eat or sleep, to work or to play. Even small changes in routine can cause him physical discomfort and serious emotional distress, and can take several days, weeks, or even months to adjust to. The shift in schedule caused twice a year by Daylight Savings Time is a serious disruption to routine. Even when we prepare carefully in advance, and focus intensely on helping him adjust, it usually causes about two to three weeks of major disruption in our family. He doesn't sleep right, he doesn't eat properly, he can't concentrate on his school work, and his emotional stability is compromised, which affects the functioning of the whole family. It also generally causes regressive behavior and loss of progress in school, so that not only is he prevented from making the progress he would with a more stable schedule, he loses some of the progress he has already made. According to current statistics, Utah has the highest rate of autism in the nation. I know other parents of children with special needs of various kinds, including autism, also face the same frustrations, as do the educators who are trying to help our kids. Dispensing with the arbitrary time change of Daylight Savings Time would effectively give our family another month of stability each year (based on an average of 2-3 weeks of major disruption caused by each time change). It would give my son even more time to progress and improve with his autism. And it would eliminate a lot of grief and frustration from the lives of his parents, siblings, therapists, and educators. Thank you for considering making this change. It could really mean an improvement in the quality of life in our home.	6/23/2014 8:46 PM
6363	Don't like it. Never have. PLEASE go back to MST.	6/23/2014 8:46 PM
6364	I believe that even though the short time period following the time change in the spring and fall are a bit confusing, I think that anyone traveling would be in a total state of confusion if individual states begin individual time changes. Personally I would like to set standard time to what Daylight Savings is now and then move it up another hour for the summer season.....just sayin	6/23/2014 8:45 PM
6365	I wish daylight savings would go away. The time change in the spring & fall are no longer necessary -- and it messes up our internal clocks!	6/23/2014 8:45 PM
6366	Leave it alone. It takes your body too much time to adjust to switching twice a year.	6/23/2014 8:45 PM
6367	It would be confusing to the rest of the country to not be a part of daylight savings time. Arizona is unique with their extreme heat.	6/23/2014 8:45 PM
6368	It's dumb and I see no point for it any more.	6/23/2014 8:45 PM
6369	As a mother of three grown children, and a grandmother of three toddlers, my experience has been that the change back and forth creates difficulty with sleep patterns in children. Also, school attentiveness, darkness during morning commutes or walks, etc. Having daylight extend into night hours in the summertime makes bedtimes later, and removes enjoyment of cool evenin	6/23/2014 8:44 PM
6370	I love daylight savings time, I hate standard time, I would much rather have my hour of light in the evening. I love enjoying the outdoors into late evening. I don'treally like having to adjust to an hour on/off of time. We get our bodies in a routine, and then and we have to do it again.It's nice to have the extra hour of daylight so School aged kids can actually play outside by the time they get home, and we feel like we can get more done.	6/23/2014 8:44 PM

6371	I enjoy more light in the evening in the summer. Lived somewhere where they never changed and the sun came up at 4am. Also if we don't change back in the fall it is too dark for school children in the mornings to get to school. Leave it as is. Keeps us in sync with the rest of the country	6/23/2014 8:44 PM
6372	Farmers and ranchers do NOT like DST. We work from sunup to sundown no matter what the clock says! It's sports and entertainment interests that push DST for their own pockets. No more following other outside interests! Kill DST!	6/23/2014 8:42 PM
6373	Prefer the ability to have the daylight available later in the evenings to enjoy after working hours. However changing times twice per year is difficult to adjust to.	6/23/2014 8:41 PM
6374	It is like cutting off the bottom of a blanket and adding to the top to make it longer.	6/23/2014 8:40 PM
6375	I like the longer day. When you work there isn't any daylight left by the time you get home on standard time. All you want to do is go to bed when it's dark outside.	6/23/2014 8:40 PM
6376	Spring forward and fall back messes with our natural sleep rhythm	6/23/2014 8:38 PM
6377	I lived in Ariaona for a while and I loved not having DST. It was nice all except for the summer months where the sun came up at 5am. If I were to choose where I prefer to go to a set time that never changed I would like it to always stay where in the summer it ends up being 6 am the sun comes up... But i would prefer no daylight savings over having it.	6/23/2014 8:38 PM
6378	we live in the mountains. we should be Mountain Standard Time. besides, daylight savings puts a major strain on a person's health. jumping one hour ahead and one hour back messes up your sleep cycle, your eating cycle, and just messes up your life period. Arizona stays on one time. Mountain time and they have NO problems!!! we need to do the same!!!!!	6/23/2014 8:37 PM
6379	Yea for AZ time and not changing it anymore!!!	6/23/2014 8:36 PM
6380	Daylight Savings Time has out live its usefulness. Pick a time and leave it.	6/23/2014 8:36 PM
6381	I hate it. So disruptive to a persons schedule and sleep especially young students. Get rid of it.	6/23/2014 8:35 PM
6382	Please quit changing the time, We live in the Mountain time zone so we should just stay on Standard Mountain Time.	6/23/2014 8:35 PM
6383	It is out dated and needs to be changed	6/23/2014 8:35 PM
6384	Pointless time changes. They do nothing in our day and age.	6/23/2014 8:33 PM
6385	So much better having more light In the evening when you can use it. Also would save energy, because fewer people are using lights in the morning then in the evening.	6/23/2014 8:33 PM
6386	It needs to be removed. It is too hard on the kids and Adults. About the time we get used to the time schedule it changes again and takes another 6 months to adjust. It is not needed.	6/23/2014 8:33 PM
6387	It happens every spring. We know that suddenly at 2 a.m. the clock is going to skip an entire hour. We dread not only the lack of sleep but the following readjustment to Daylight Saving Time (DST). We know we are just going to end up going back to Standard Time come fall and have to readjust all over again. Most of us then proceed to wonder and mutter why we continue something that got its beginnings from war time nearly a century ago. How could this still be relevant? What purpose does it serve, and is it really worth it to keep switching back and forth? Why do we keep doing this to ourselves? Why can't we just stop using DST? The answers to these questions are not that easy to come by. The idea of saving daylight by waking earlier in the summertime rather than sleeping away the first hours after sunrise was actually first noted by Benjamin Franklin, who anonymously published a letter in 1784 which satirically suggested waking the public at sunrise by ringing church bells and firing cannons. However, at that time there was no standardization of time from locality to locality, and there was no mention of a time shift. It was later proposed by George Vernon Hudson of New Zealand in an 1895 paper that time be shifted by 2 hours in the summer to make better use of the daylight. William Willett, an English builder, also noted the general public's waste of the first few daylight hours and published an independent proposal to shift the clock by 80 minutes. His proposal resulted in the introduction of the first Daylight Saving bill in England in 1908, but it did not pass. It was not until April of 1916, during World War I, that several european countries adopted DST to conserve coal. Here in the United States the first time DST was put in effect was in 1918. However, it was repealed by Congress after 1919, though some cities like New York kept using DST. It was started up again year round during World War II, but again after the war only some cities and states continued its use. In 1966 the Uniform Time Act standardized DST, but a few states exempted themselves. Now Arizona and Hawaii are the only two states that do not observe DST. DST has undergone many changes including modifications of the start and end date, the most recent in 2007. Currently DST begins the second Sunday in March and ends the first	6/23/2014 8:31 PM

Sunday in November. This means that now less than 5 months of every year use Standard Time. One thing about DST that has not changed is that the idea is controversial. Even before it was instituted in the United States there was a lot of debate and rhetoric. Proponents claimed it would provide benefits such as increased work efficiency - which no simple change in time could ever hope to deliver - and the opposition claimed it would even interfere with international trade and communication. While these claims are obvious exaggerations, both sides also had valid arguments as well. Those in favor of DST were certain it was sure to save energy and, therefore, money. They also saw safety benefits as this meant children would return home while it was still light out. Proponents also argued that it would encourage people to have healthier habits as it left more time after work for sunlit exercise activities. Those opposed to DST argued that it was unnecessary. Why worry about saving daylight during summertime, when it is actually most plentiful? And if saving the daylight is so important, why not just get up earlier? DST also was (and is) confusing. Although it is simple to perform the time change in theory, in actuality it is rather complicated especially for things which involve coordination with other time zones or require recording of time during the actual changes. Perhaps the most practical and relatable argument of the opposition at that time, though, was made by a woman named Mrs. Dunlap. "'She opposed it because it made the housewife prepare supper in the hottest part of the day and the laborer had to go to bed in the hottest part of the evening,' effectively losing an hour of much needed sleep." (Downing) The arguments in favor of DST have not changed much over the years, and they are equally valid arguments even today. This explains why, even though it was instituted for wartime, DST could possibly still be beneficial and, therefore, not necessarily as outdated as one might think. However, the actual changing of time is no less inconvenient. It has become significantly more complex, too. People across the world are much more interconnected, and DST is observed by only portions of the world and with varying start/end dates. In addition, some countries in the world do not shift by an hour, as we do, but shift by as little as half an hour or as much as 2 hours. Adding to the complexity is the how the time change affects record keeping, medical care schedules, and intricate coordination of vital services that occur during the time change. This is true most especially during the fall time change when the hour of 2 a.m. to 3 a.m. happens twice. As it turns out, in addition to being inconvenient the time change itself can actually be dangerous. Studies have suggested that there are more fatal car accidents the Monday following the spring time change and the Sunday of the fall time change. Increase in spring time change fatalities is theorized to be due to the loss of an hour of sleep, while the increase in fall time change fatalities is thought to be due to people's increased fatigue due to going to bed later in anticipation of the time change. There is also an increase in myocardial infarctions the Monday after the spring time change. This is likely due to the stress of the sudden change in sleep patterns as well as sleep deprivation due to the loss of an hour of sleep. So, whether a person is opposed to or in favor of DST, it is clear that the actual changing of time is more than just an inconvenience. With all the negative aspects associated with the time changes, why do we continue to do it? Why do we not just use either DST or Standard Time year round? The arguments presented by those in favor of DST make it seem that it is worthwhile, but unfortunately under further scrutiny the arguments in favor of DST do not hold up well. The most persuasive argument initially was saving energy. From the very beginning it has been argued that DST would save energy as people would be making more efficient use of the daylight and consequently spend less time each day using artificial light. However, also since the beginning it has been basically impossible to accurately quantify the actual energy savings that may be attained by using DST. This is especially true in our current society. We have been using DST for so many years now that comparisons from past non-DST summers to DST summers would be worthless. The consumption level of electricity varies wildly from year to year anyway, and artificial lighting no longer makes up the lion's share of our usage. Electricity usage also now depends in large part on outside temperatures, which determine how hard electric air conditioners and fans have to work, and also on a household's TV use, computer use, etc. Even if we could somehow accurately measure electricity savings brought about by DST, if any, that would have to be balanced against the possibly increased consumption of fuel brought about by increased driving. After all, we rarely walk to all those extra outside activities that summertime affords. This, however, is also difficult to quantify. Does the extra hour of evening daylight really translate into more participation in outside activities, as proponents of DST claim, or are we simply going to participate in those summer activities whether we have DST or not? So, whether or not DST actually saves energy quickly becomes a very complex and difficult question, one which is definitely debatable both ways. Then, of course, proponents of DST have the argument that it makes children safer because they walk home when it is light out. Since young children do not work anymore, this really applies almost exclusively to the relatively few DST days when children are walking to and from school. As most schools let out around 3 p.m., walking home in the dark is basically a nonissue. However, walking to school in the dark can be an issue towards the end of DST, and DST actually exacerbates this problem rather than resolving it. For example, right here in Utah - West Jordan - less than a week before the end of DST a 13-year-old boy was hit and killed crossing the street on his way to school in the dark just before 7:30. The sun did not rise until 7:59 that morning. Only one week later, after the change back to Standard Time, the sun rose

	at 7:07 a.m. If we used DST year round the problem of children walking to school in the dark would only be exacerbated as winter got into full swing. Given all this information it does not really make sense to use DST year round. It also does not make sense to suffer through biannual time changes. In fact, why do we even use DST at all? While a common myth is that DST is still used so that farmers can maximize daylight, the truth is that in general farmers have been opposed to DST from the start. When it was initiated anyway despite their objections, farmers fought hard to end it. If anything it cost them more money and made their lives even harder. So, why can we not just follow the example of Arizona and Hawaii and give up DST entirely? In Arizona during summertime people who work outside in the heat get up well before dawn, and many business open as early as 5 a.m. to accommodate them. They do not feel the need to mess with the clock by calling it 6 a.m. instead, and doing so would not change the actual time these laborers and businesses would need to get started in the morning to avoid the heat. Some have said that the reason Arizonans do not feel the need for DST is that they are relatively close to the equator compared to other states and experience a smaller fluctuation in daylight hours from summer to winter. However, this logic is actually rather backwards. Being closer to the equator, Arizona has fewer summer daylight hours than, for instance, New York or Washington. The further north the state, the more summer daylight hours they have and the fewer winter hours. If a state is far enough north, like for instance Alaska, it would have so many summer daylight hours that its residents could go to bed at 11 with the sun not yet set and wake before 6 to find the sun already up again. Therefore, it should follow that southern states like Arizona actually need to maximize their use of daylight in summer more than most other states as they have comparably less daylight. Yet Arizona does well without having to "save" their daylight hours. In fact many Arizona residents, especially those long-time residents accustomed to Standard Time all year long, find the notion of DST rather absurd and unnecessary. So next springtime when 2 a.m. rolls around and another hour disappears, maybe we should all take a page from Arizona's playbook and leave our clocks alone. I am sure we could all use the rest.	
6388	Go to Daylight savings time year-round. It keeps it lighter later in the evening.	6/23/2014 8:31 PM
6389	Do not like the changes twice a year. Hard to adjust.	6/23/2014 8:31 PM
6390	Take it back to standard time and leave it!	6/23/2014 8:31 PM
6391	Daylight savings time is in no way beneficial. It creates a burden on children and adults as their bodies try to adjust to a new schedule twice a year, with no benefit to society. We can either turn on the lights in the morning or at night, so there is no energy savings. Please realign with Arizona who does not do Daylight Savings Time.	6/23/2014 8:31 PM
6392	Daylight Saving Time is pointless, particularly as the dates of beginning / ending have been extended and now we spend more of the year in this "Special" time arrangement than not. Arizona definitely has the right idea. Let's not throw the entire state into unnecessary jet-lag twice a year.	6/23/2014 8:29 PM
6393	I do not believe it saves any energy. It does however make life miserable. People have lights and computers on all day regardless of what time we get out of bed.	6/23/2014 8:29 PM
6394	I love having more daylight in the evening. You don't get so tired and can get more things done. It will also help more people get vitamin D, which will help with depression, by having more sunlight when people are up and outside.	6/23/2014 8:29 PM
6395	Leave daylight savings time in effect all year. It is changing back and forth that is hard to adjust to and increases accident, upsets sleep, etc. the long evenings are nice. It is depressing in the winter to get dark so early.	6/23/2014 8:28 PM
6396	Just get rid of Daylight Savings time and got to Standard time.	6/23/2014 8:28 PM
6397	Daylight Saving Time is pointless, particularly as the dates of beginning / ending have been extended and now we spend more of the year in this "Special" time arrangement than not. Arizona definitely has the right idea. Let's not throw the entire state into unnecessary jet-lag twice a year.	6/23/2014 8:27 PM
6398	I have yet to see any tractor in the last 30 years that did not have lights on it!	6/23/2014 8:27 PM
6399	I prefer to stay on MST year round. It's a hassle to change and not worth it! Let's stick to natures plan and stop messing with our biological clocks.	6/23/2014 8:26 PM
6400	I'm Disabled, and I have medications that get affected by switching the time back and forth. Doing my Air is a whole new game, cause it upsets my body's normal time frame it's used to. I'd like to stay on the same time Zone as Arizona, I fly back and forth cause of the weather change.	6/23/2014 8:25 PM
6401	It is easier on the body not change times. You would remain in one time zone.	6/23/2014 8:25 PM

6402	This is a waste of money and a royal pain to work with. We need to do the intelligent thing and stop it once and for all. Society and businesses have changed since it was originally thought up and there are no further justifications for continuing this fiasco.	6/23/2014 8:25 PM
6403	I would prefer to just have the time the same year around. This was put in place in a much different time where electricity was not like it is now. I would prefer it to get darker and cooler earlier in the summer.	6/23/2014 8:25 PM
6404	I like DST because of the long evening light. Also, Utah is an oddball state in many areas.Why do away with DST and give the rest of the country something else to laugh about.Utah.	6/23/2014 8:23 PM
6405	the current daylight savings program allows for too many auto accidents	6/23/2014 8:23 PM
6406	I do not believe that daylight savings time is beneficial to most of us. When we spring forward we start getting up in the dark again. I would rather get up when it is light. My children have to wait for the bus in the dark. I would rather it be light so people can see them on cold mornings when they wear a coat that is made of mostly darker materials. I believe driver are more alert when it is light outside when they leave for work.	6/23/2014 8:23 PM
6407	Current time system seems to work okay. Granted there is some adjustment required at the beginning and ending of the savings time period, but that is minor. (Benefits: Think of the children.)	6/23/2014 8:19 PM
6408	I believe the change does not do what it was first started for. There is no reason to have to adjust our bodies two times a year, without any clear benefit.	6/23/2014 8:19 PM
6409	I believe doing this will save lives...I know how hard the change for me is when taking kids to school, I'm way more tired for several days after the times change. We hope you make the best and safest decision for the majority of our state. Thank you.	6/23/2014 8:17 PM
6410	It takes weeks to adjust. It's unhealthy. Leave the clocks alone.	6/23/2014 8:14 PM
6411	It's a waste of time.	6/23/2014 8:14 PM
6412	It is an outdated, unnecessary concept. Please follow the same actions Arizona has taken.	6/23/2014 8:14 PM
6413	Daylight savings time is a complete, irrelevant, nuisance.	6/23/2014 8:14 PM
6414	My job like a majority of people is 8-5, I much prefer to have that extra hour of daylight at night where I can use it more likely for recreation and other activities.	6/23/2014 8:14 PM
6415	Even though it is a hard switch, I love the extra daylight hours I get after I get off work. I have time to work in my yard. I want DST to STAY!!	6/23/2014 8:13 PM
6416	Please choose just one or the other.	6/23/2014 8:13 PM
6417	Instituted a long time ago and reasons are no longer relevant. Negative impacts of fatigue and time confusion outweigh th benefits.	6/23/2014 8:12 PM
6418	The special education clients we deal with at our center have a dickens of a time adjusting to these time changes. I feel the we should either stay on the time frame we are on. Either way actually but then stay with it. I personaly hate all the swithing myself. It only benefits a few, but makes everyone else pay for it. I say if you "need more daylight", get up earlier in the mornings!	6/23/2014 8:12 PM
6419	Just think we don't need to mess around with something that worked just fine before. That and it really messes with everyone's body clock, young and old.	6/23/2014 8:12 PM
6420	We spend time in Arizona and like to keep the time the same. I would like to see it stay the same one way or the other but like it best to stay like Arizona.	6/23/2014 8:11 PM
6421	I like Standard time best. I would, however, rather be on Daylight than change back and forth. From working in schools I have seen much education time lost with children being tired and sleepy. I went to sleep at the wheel driving home from work. I went out of the road and back across both lanes. I know that it causes a real danger on the roads. I think that it causes or exasperates many health problems and our general well being. Very much goes into making our state a safer and more productive place to live and then we risk so much of it by changing the time back and forth.	6/23/2014 8:10 PM
6422	Personally I like what China did, and just have one time zone. One world time; that would be awesome. Use military time. Getting rid of day light savings would be better than it is now.	6/23/2014 8:09 PM
6423	DST is an outdated useless excercise that no longer applies to the real world. Please, please, do away with it.	6/23/2014 8:08 PM

6424	It is foolish to retain the antiquated daylight savings time; make the change now.	6/23/2014 8:08 PM
6425	I would love to stop switching. I hate it...	6/23/2014 8:07 PM
6426	Please do not get rid of it. It is always nice to have!	6/23/2014 8:07 PM
6427	Since I was a small child I didn't see the point in day light savings because it is still light the same amount of hours no matter what time we say it is. The plants still grow the same and we should not play like we are God.	6/23/2014 8:07 PM
6428	We just want it to stay the same all year	6/23/2014 8:06 PM
6429	Changing the time twice a year is very stressful for everyone that has to adhere to a schedule. It takes a while to get used to getting up at a certain time, to go to work, for example, and then just as you finally get used to it, it changes again. This stress is not conducive to good health. It can contribute to high blood pressure and a myriad of other problems concerning a person's health. It also can interfere with a person's sleep cycle which, in turn, creates other health problems. The effect on children is just as harmful as it is on everyone else. Daylight Saving Time makes life much more difficult for everyone who has to adjust to it twice a year.	6/23/2014 8:06 PM
6430	The longer day gives more day light to be active and participate in the many options of outdoor activities in our State!	6/23/2014 8:05 PM
6431	Just think we don't need to mess around with something that worked just fine before. That and it really messes with everyone's body clock, young and old.	6/23/2014 8:03 PM
6432	Please end the twice a year disruption to our lives and schedules. Pick one and STAY WITH IT.	6/23/2014 8:02 PM
6433	Reason 1>problems in transportation from state to state when time is changed 2>problems with animals (domestic & farm) 3>Proven that there are more health problems with time changes	6/23/2014 8:02 PM
6434	Lose the relic! It was probably useful in the early 1900s farming era and during the war, but it's ridiculous to be doing this still in our global economy. Many countries don't do it. Hawaii Doesn't. Arizona Doesn't. Let's lead out in abolishing this outdated tradition.	6/23/2014 7:59 PM
6435	Get use to one time and not distrub sleep. ! Beside changing all the clocks	6/23/2014 7:59 PM
6436	The length of DST starts to early and goes too late in the fall. If it saves energy I think it is worth it, if the energy saving cannot be shown then drop it	6/23/2014 7:59 PM
6437	Daylight savings is pleasant in fall, but painful in the spring. Keeping the time the same year-round would eradicate the bi-annual adjustment.	6/23/2014 7:58 PM
6438	What does it accomplish, Nothing	6/23/2014 7:58 PM
6439	I just don't think it's needed anymore and I would really appreciate the stability of not switching back and forth each year.	6/23/2014 7:57 PM
6440	the POLL is ridiculous , just to got to be able to post a REAL comment.... and this is why something so out dated stays as it is because people can edit what the people feel... made a bunch of passionate comments to this.. its the stupidest thing in the north american continent at this moment... if you don't believe me.. just look it up... should have been abolished over 50 years ago it was made so farmers could go to the store early in the morning before they could milk the cows. there is no reason in this day and age for the fall back or spring forward.... its an out dated, unneeded and extremely inconvenient THING that nobody needs these days..... there is no farmer no REASON in north america to use this extremely outdated system. as far as i know nobody else but north america uses this... correct me if im wrong. do research. this INCONVENIENCE causes BILLIONS of dollars per year in lost revenue..... there most certainly is a REAL reason to get rid of this misleading nothingness. it has no impact on the real world, no plant will get anything out of it.. and now with 24 hour stores.. who needs it. its a waist of EVERYBODY'S, on the north american continent's time . get in standard with the rest of the world.. because nobody else but us morons use this crappy time system.. media agencies ALWAYS DO THIS poll every year for the last 35 years. look do the research people... newspapers.. radio stations.. and tv most especially. with in 3 months to 1 on 1 to 2 weeks. every single year with out fail they are asking if daylight savings time, should be removed. and the answer have been yes for over 50 years.. but there are soooooooooooooooooooooo many goats and sheep in the north americas that it always stays because nobody does anything. it was done for farmers because they couldn't get to the store among other excuses.. none of that exists now.. so what are we waiting for? another hour of sleep?? how silly.	6/23/2014 7:57 PM

6441	Since the time changes have been extended to the 1st Sunday in November and earlier in the Spring. The Daylight Savings Time has been much better with the longer time frame.	6/23/2014 7:55 PM
6442	I think it is silly and outdated.	6/23/2014 7:54 PM
6443	i think Mother Nature knows whats best and you shouldn't fool with Mother Nature .	6/23/2014 7:54 PM
6444	We just want one time year round.	6/23/2014 7:54 PM
6445	I feel DST has outlived it's usefulness. With modern conveniences and lighting, there is no longer the need to change the clocks twice a year.	6/23/2014 7:52 PM
6446	This is just another area where we don't need the government telling us what to do. The less control we grant state powers, the better.	6/23/2014 7:52 PM
6447	I believe daylight savings time is unnecessary.	6/23/2014 7:52 PM
6448	As a former school teacher I felt daylight savings was detrimental to the learning of my students	6/23/2014 7:52 PM
6449	This is outdated and harmful for young kids going to school. It might have been useful for farmers way back when but is totally useless now. It only serves big business now and of course they will get there way. It doesn't care what the average citizen wants and what is best for the people.	6/23/2014 7:50 PM
6450	The only way to get rid of daylight savings time without creating a huge headache is to do it on a national level. Also, do you really want full daylight at 5:30 in the morning?	6/23/2014 7:48 PM
6451	Don't really care how you leave it...just stop changing it and leave it the same all year long.	6/23/2014 7:47 PM
6452	It adds to confusion. It is a waste of time to have to change all of the clocks twice a year. It is also hard on the body to get used to new daylight or the lack of it in rising out of bed in the morning.	6/23/2014 7:47 PM
6453	I feel it will be beneficial to create our own time frame and stick with it, like Arizona. I'm (And I'm sure many are) tired of having to change the clock back or forward every so often.	6/23/2014 7:47 PM
6454	Keep it the same and don't change whatever option is taken.	6/23/2014 7:46 PM
6455	An extra hour in the evening for spring and fall is really nice for families with working members. Why would anyone want it to get dark an hour earlier?	6/23/2014 7:46 PM
6456	What's the point of even having to change time. It's annoying	6/23/2014 7:45 PM
6457	Maintain Daylight Saving Time throughout the year. This should allow us to retain all of the positive aspects of the program, while limiting the negative aspects, such as increased traffic accidents immediately following the change, as well as heart attacks.	6/23/2014 7:45 PM
6458	It is much easier to keep one time and align with Arizona. It does not save time or energy with the current switching of times.	6/23/2014 7:45 PM
6459	Daylight savings makes it very late when the sun goes down and difficult for parents to get their children to bed. I've often joked they should do it in the winter when we could really use a little more daylight!	6/23/2014 7:44 PM
6460	I like the daylight in the winter nights . I do not like it to get dark at 5 or 5:30	6/23/2014 7:44 PM
6461	It is much easier to keep one time and align with Arizona. It does not save time or energy with the current switching of times.	6/23/2014 7:44 PM
6462	I Wish we didn't have to switch the time twice a year. Pick one and leave it alone.	6/23/2014 7:42 PM
6463	Not changing times helps farmers stay more consistent with livestock and the entire process of changing times is way to costly and serves no purpose in the modern era. It would be better to remove the entire DST at the national level but anything the state can do to remove itself from federal control and process is always excepted.	6/23/2014 7:42 PM
6464	Keep it constant!	6/23/2014 7:41 PM
6465	I think it ridiculous to continue changing the times springing forward and falling back. It does not make sense.	6/23/2014 7:41 PM
6466	DST is not as important because most people's schedules run off of set times and not when the sun comes up.	6/23/2014 7:39 PM
6467	Stupid to continue practice of by gone eras. No need for it anymore.	6/23/2014 7:39 PM
6468	I would like to have it year round as it would enhance the safety of airline operations.	6/23/2014 7:38 PM

6469	We don't need it anymore,	6/23/2014 7:36 PM
6470	I've always hated changing the clocks twice each year. If you want to rise an hour earlier do so on your own. Business can also feel free to post summer hours if they differ from the rest of the year. Arizona has always had the right idea.	6/23/2014 7:35 PM
6471	During the summer hours I feel it would be more beneficial for electricity conservation, you would be going to bed earlier and would get darker sooner and houses would cool off sooner.	6/23/2014 7:34 PM
6472	I think it best to stay on standard time. Industries that need to take advantage of early light usually start early.Changing times twice a year obviously interferes with individual body time & can cause various problems.	6/23/2014 7:33 PM
6473	Why not just stay on daylight savings time all year long.	6/23/2014 7:32 PM
6474	When it stays light after 9 in the summer on daylight savings, it makes it harder on children and their sleeping habits. Mountain standard time all year is better for children to stay on a consistent schedule. There are also studies that say that children do better in school without daylight savings. It's also safer for children to not have to go to school in the dark. Overall, the change twice a year causes more problems then does any good.	6/23/2014 7:31 PM
6475	I feel that it out-dated. It causes issues with payroll and employees at work.	6/23/2014 7:30 PM
6476	I feel that going with the mountain standard time would hurt the economy more by losing hours of daylight that would be beneficial to those who work by daylight. It could also have an impact on safety, not only in the workplace, but on are roadways also.	6/23/2014 7:30 PM
6477	Over the years I have heard people only complain because of the change in time and most would prefer just to leave it on DST. I, too, enjoy, the daylight hours in the evening and would really welcome them in the winter. My grand children ride busses and leave in the dark anyway. My vote is to remain on DST.	6/23/2014 7:28 PM
6478	People are more productive and happier during daylight savings time months. That productivity slips away when we fall back to standard time. Having night time start at 6:00pm is depressing. If it's possible, it makes sense to keep daylight savings time year around.	6/23/2014 7:27 PM
6479	We all could benefit from just having more sunlight in our lives!	6/23/2014 7:26 PM
6480	It's easier to just leave it be year round.	6/23/2014 7:26 PM
6481	One study that took place in Indiana, where daylight saving time was first instituted statewide in 2006. It was found that the time change increased residential electricity consumption by 1 percent over all, with monthly increases as high as 4 percent in the late summer and early fall. The consequence for Indiana has been higher electricity bills and more pollution from power plants.	6/23/2014 7:25 PM
6482	I think it is a foolish bother, and I can't imagine it actually helps anyone. It is far more trouble than it is worth. It is so hard for kids to get up when it is dark, and hard to go to bed when it is light. Sure does cause havoc in young families.	6/23/2014 7:25 PM
6483	Daylight savings time has never made sense to me, even as a child. As an adult with children I would prefer one constant time year round. Stick with standard time.	6/23/2014 7:24 PM
6484	Keep daylight savings time as mountain standard time and keep that year round.	6/23/2014 7:24 PM
6485	Daylight Savings Time is not in the peoples best interest. It is a way to generate more dollars and make life more hectic. It isn't safe, it isn't healthy.	6/23/2014 7:23 PM
6486	I would love to not have to change the clocks every six months, so I am in favor of doing away with the bi-annual switching. I would also prefer keeping the summer timing - i.e. daylight hours later in the day. In the fall when we have to move the clocks back and suddenly it is dark at 5pm, I die a little inside.	6/23/2014 7:23 PM
6487	I'm tired of changing the clocks for the same amount of daylight. It doesn't make anymore daylight in the day.	6/23/2014 7:23 PM
6488	It has outlived its usefulness and needs to go.	6/23/2014 7:22 PM
6489	Keep daylight savings time year round.	6/23/2014 7:21 PM

6490	The purposes for which Daylight Savings Time was implemented no longer exist (extended daylight for industry/farming and energy savings). Our current lifestyle no longer relies on sunlight. Thanks to electricity and the internet, business (commercial and personal) can be conducted 24 hours a day.	6/23/2014 7:19 PM
6491	I like it staying light in the summer	6/23/2014 7:19 PM
6492	I believe that there is no useful thing that comes out of having daylight savings time. Especially since they have been extending it year after year. Just this Spring two experienced bicyclist where hit and killed in SLC area the beginning weeks of daylight savings time, because the car 'didn't see them' because it was too dark.	6/23/2014 7:17 PM
6493	Leave nature alone. Changing. In winter means children will be walking to school in the dark.	6/23/2014 7:17 PM
6494	Daylight savings is an outdated notion that provides no real value anymore. It should go and the inconvenience removed.	6/23/2014 7:15 PM
6495	I don't see any benefits to changing the time - utility costs see to be about the same. The change is hard for young children, pets, and elderly to adjust.	6/23/2014 7:15 PM
6496	Like the butter churn daylight saving was a excellent idea in its' time. Today with the lighting options and ways of life daylight savings is obsolete. Stay with Mountain Standard time and no longer have the inconvenient change twice a year	6/23/2014 7:14 PM
6497	Daylight savings time is needed to balance the amount of light given by the sun in a time that is convenient. If I want the sun to raise at 4:00 am. I might as well move to Alaska where it doesn't set for 1/2 the year.	6/23/2014 7:13 PM
6498	Spring forward and leave it alone. Love the longer days.	6/23/2014 7:13 PM
6499	Only a fool thinks he can get a longer blanket by cutting a foot off the bottom and sewing onto the top.	6/23/2014 7:12 PM
6500	I no longer see the reason to change the time in the Spring & the Fall.	6/23/2014 7:12 PM
6501	I think the arbitrary adjustment twice a year is abrupt, disruptive, and unnecessay.	6/23/2014 7:11 PM
6502	It is much easier to stay on the same time. I just don't like changing the time every 6 months or so.	6/23/2014 7:08 PM
6503	I would like to have the time stay the same all year round. It is very hard to adjust to the change.	6/23/2014 7:06 PM
6504	The affect it has on babies, and school children is very disruptive. It's like going through "jet-lag" twice a year.	6/23/2014 7:06 PM
6505	I would rather have light later in the morning than have it get dark at 5:30 at night. It also messes with my body and mental state to change times.	6/23/2014 7:02 PM
6506	I love the being outside until 22:00 in the summer in June. Leave it how it is.	6/23/2014 7:02 PM
6507	I think people think this is "simple" and "easy" but would be expensive to implement... i don't know that they would vote for alteration if they knew the price tag associated with those options	6/23/2014 7:01 PM
6508	It's more of an annoyance than a benefit at this point.	6/23/2014 6:58 PM
6509	I prefer the extra hour of daylight in the evenings.	6/23/2014 6:58 PM
6510	I hate the adjustments back and forth. Please put it one way or the other and leave it alone.	6/23/2014 6:57 PM
6511	DST is an archaic practice that needs to be done away with. In our 24/7 world, adjust the time based on an arbitrary weekend is silly, and we now spend more time outside of "Standard" time than in it.	6/23/2014 6:57 PM
6512	I don't like waiting until 10pm or later to watch fireworks, build a fire, stargaze, or any other nighttime activity. I feel that it also goes against our natural sleep cycle. It seems that all of us are getting angrier and more frustrated at life which can probably be linked to sleep depravation. So don't mess with mother nature.	6/23/2014 6:57 PM
6513	As a former educator I found students excessively tired after the time changes; also safety is an issue, young students having to come to school while it's still dark. Personally, it takes weeks for my body to adapt to the change.	6/23/2014 6:56 PM
6514	IT was useless when created and confusing ever since.	6/23/2014 6:56 PM
6515	We prefer the extra hour of daylight time in the evenings.	6/23/2014 6:56 PM

6516	The changes messes with sleep patterns and makes the week following difficult. Another reason to stay on standard time is the hour earlier the sun goes down in the summer will start to cool off homes earlier making going to bed more comfortable in a slightly cooler home.	6/23/2014 6:56 PM
6517	I love having the extra daylight hours during the spring/summer and fall to get things done around the house and to play with my kids. I feel that when we change the time in the late fall that its still dark and cold when I leave for work and when I come home, so there is no real benifit at all during the winter months. I say just keep it like it is right now and forever. The flip-flop time change is a real pain to adjust too.	6/23/2014 6:55 PM
6518	I feel that changing the time by one hour backward or forward does not make a large enough difference to make it worth the pain it takes to adjust to that difference.	6/23/2014 6:55 PM
6519	I dread it every year - I struggle to adjust to it either way and now that I have a child, it's worse. I would really prefer to have it end altogether.	6/23/2014 6:54 PM
6520	When we spring forward in March, it is so dark outside for students getting to school that it is very dangerous for them. Do farmers really use the extra daylight at the end of the day? So much of farming is automated. I wonder if farming is a valid reason to continue this practice at the peril of our children.	6/23/2014 6:53 PM
6521	When time "springs forward" it takes over a week for my body to adjust to the change. I feel awful and I am less productive at work and school. Spring and Summer will automatically add more daylight to our day. No reason to mess with the time.	6/23/2014 6:53 PM
6522	I don't think there is any reason for day life saving time.	6/23/2014 6:52 PM
6523	Align with Arizona, they have successfully lived without the biannual time change for decades without issues. Also as a retired educator I have observed first hand the adverse effects of this needless event.	6/23/2014 6:52 PM
6524	I personally love daylight savings time. It benefits everyone I know, physically as well as emotionally. Those who work full time, as I did for many years, have enough daylight to get out and exercise, and enjoy the sunlight. While many say they will do their exercise before work, most do not. We are also able to save on electricity, due to the fact that lights are not turned on until later. I really wish that the naysayers would let this go, and allow our state government to focus on more important issues.	6/23/2014 6:51 PM
6525	I think that it should be day like savings time ALL YEAR ROUND!!! When I leave work at 5pm in the winter and it is dark outside I just want to cry!	6/23/2014 6:49 PM
6526	I feel daylight savings is not necessary. I thing staying with Arizona is best, but staying on daylight savings if ok with me. I just don't want the change back and forth!	6/23/2014 6:48 PM
6527	Pick one or the other and leave it at that.	6/23/2014 6:47 PM
6528	I think the arbitrary adjustment twice a year is abrupt, disruptive, and unnecessay.	6/23/2014 6:47 PM
6529	I don't see the benefit in changing our routines twice a year. It takes a week to adjust to the new time schedule and messes with clocks that have to be reset and schedules that need changing. What's the point?	6/23/2014 6:47 PM
6530	Daylight savings time had its need at on point in history but with technological advances and increases in energy conservation the need to adjust our clocks has become unnecessary. The statement of having more sun is often made in relation to daylight savings time but the same amount of hours of the sun being up is the same if we are on Standard time vs Daylight savings time. You can not increase nor decrease the amount of time the sun exposes itself to the earth. As we change time twice a year it is very disruptive in many ways and sometimes it takes weeks to become accustom to the new time schedule. I am for doing away with Daylight savings time and staying on Mountain Standard time aligning our state with Arizona.	6/23/2014 6:46 PM
6531	The time change only causes problems. It's so hard on people of all ages and occupations. As a teacher I noticed an increase in absences for a couple weeks after the switch. Most kids arrive to school at 7:20 AM. When the time changes, they have to get up an hour earlier to be ready for school at 6:20 AM. I don't blame them for struggling. My children always struggle with the difference in the time we get up, eat, school, daily activities, and bed time. This year it was so hard for me to adjust, having to get up earlier to exercise and be to school by 7:15 AM. It sounds so minuscule, one hour change; but it has a considerate impact on our way of life.	6/23/2014 6:46 PM
6532	I think the arbitrary adjustment twice a year is abrupt, unnecessary, and disruptive.	6/23/2014 6:45 PM

6533	love late evenings	6/23/2014 6:45 PM
6534	the total citizenry is put in a mental fog in the spring forward which I believe can cause untold accidents and other misfortune.	6/23/2014 6:45 PM
6535	Changing the time is stupid. All it does is mess with peoples schedules and sleep patterns. There is nothing wrong with keeping the time the same all the time whether we align with AZ or keep it like it is now. My vote is to not change the time again.	6/23/2014 6:44 PM
6536	I feel daylight saving is not necessary, and it would better to go mountain time with Arizona to make thing unified. traveling with my job, the change in daylight saving it's hard to adjust my body and I feel it make thing unsafe.	6/23/2014 6:44 PM
6537	Please stop messing with people's time clock..leave on daylight or go back to standard..it takes weeks for my body to adjust..thanks!	6/23/2014 6:43 PM
6538	quit messing with my SLEEP!	6/23/2014 6:42 PM
6539	I have never seen a good purpose for it and feel it no longer serves the purpose for which it was meant. It causes more difficulty for people from health to work issues.	6/23/2014 6:42 PM
6540	Love the summer evenings being light late.	6/23/2014 6:42 PM
6541	Make it one, or the other, but get rid of the twice a year change. It's so disruptive. FYI I work in the computer industry and the time zone programming for Arizona already exists so it takes 10 minutes or less to include Utah in that programming. Because of that, I vote for MDT all year round. Yes, programs will need to be updated, but it's no big deal and it's done once with the regular updates. A *lot* less hassle than when you guys changed the time switch dates by a couple of weeks. Now that was a pain! For the benefit of children's naps, worker's sleep schedules, medical people that have to time medications, transportation schedules, please do away with a twice yearly time change. People that want more sun in the evening can start work an hour earlier in the morning. Please quit forcing we morning people to endure the silly time changes because late sleepers want more sun when THEY are awake.	6/23/2014 6:41 PM
6542	It is always a hassle to adjust clocks and adjust to the new time. I know DST was for good reason when it was started but I think we should keep our time the same like AZ.	6/23/2014 6:41 PM
6543	I would love to stay ON Daylight Saving Time. I enjoy the extra sunlight in the summer, and I think it could help with depression, etc if it were lighter a bit later in the day during the winter.	6/23/2014 6:40 PM
6544	Eliminate confusion and allow established patterns to continue undisrupted.	6/23/2014 6:40 PM
6545	The extra daylight makes me happy. If there was to be a change then turn the clocks ahead an hour and don't ever go backwards. This way it is stlill light in the summer late into the evening.	6/23/2014 6:40 PM
6546	It might have been effective in the past, but not now, easier to keep waking up early for work if the time doesn't change	6/23/2014 6:40 PM
6547	My opinion has always been the same...There are the same number of hours in the day. Why mess with the times. People who have to utilize the early morning light get up earlier to do so. Its hard getting kids to bed on time during the summer & especially during daylight savings when its still light way past bedtime. Especially when children have year round school, they need their rest. Daylight savings time messes with everyone's system...some worse than others. Thanks for your consideration. I hope you vote to go back to regular time.	6/23/2014 6:38 PM
6548	Too hard to adjust. Wiped out when time changes.	6/23/2014 6:38 PM
6549	I don't like the adjustment needed to your body with the change. Find a time and leave it year round.	6/23/2014 6:37 PM
6550	The arbitrary time change is hard on adults and awful for children. And special needs kids? The week after the change is the worst week ever.	6/23/2014 6:37 PM
6551	The shift is hard to adjust to The time change makes it difficult to communicate with others out side the USA. Sometimes we are Six hours ahead sometimes only 5 (for example). To put kids to bed while it is light outside is difficult so atleast having get dark at 8:30 rather than 9:30 is very much needed.	6/23/2014 6:36 PM
6552	People like to complain but daylight savings time is perfect in the winter and the summer. leave it alone. If you change it more people will complain. you cannot satisfy everyone. please leave it alone.	6/23/2014 6:35 PM

6553	The later sunlight in the summer hours provides better opportunity for activities after work. I have one extra hour in the evening. I don't care if it is dark when I go to work. I am going to work. When I am not at work I want extra daylight.	6/23/2014 6:35 PM
6554	Stay ON the daylight saving time to keep more sunlight hours in the evening, otherwise it gets dark too early.	6/23/2014 6:35 PM
6555	Keep it! It reduces energy use and helps the economy. I feel people are happier and more productive during daylight as well.	6/23/2014 6:35 PM
6556	Stop changing the clock - maximize daylight hours during the summer. Winter time is dark no matter what.	6/23/2014 6:35 PM
6557	I think the arbitrary adjustment twice a year is abrupt, unnecessary, and disruptive.	6/23/2014 6:35 PM
6558	Farmers work by the sun not the clock!	6/23/2014 6:34 PM
6559	I believe Utah should stay on standard time. If business want to have earlier or later "summer hours" they could do so. Just like at Christmas time, the stores have different hours than at other times. Why make everyone, especially the school kids change their whole world because of a law that was created during WW2. Although I prefer standard time, I say...pick one time zone and stay with it. Quit changing around.	6/23/2014 6:34 PM
6560	I hate the changeovers in the Spring and Fall	6/23/2014 6:33 PM
6561	Please let's use some common sense. Why change the time?we know how to schedule our own time. We are not stupid. We don't need the government to do that foe us.	6/23/2014 6:33 PM
6562	As a cyclist, Daylight Savings time helps me ride more and ride more safely.	6/23/2014 6:33 PM
6563	DST was a federal debacle that supposedly saved energy but in reality was a pork barrel federal program that accomplished nothing but irritate citizens twice a year. Junk it and leave us on MST!	6/23/2014 6:32 PM
6564	There is absolutely no reason for "Daylight Savings"in an age where people are working during different hours of the day. Most companies only track the start and stop time of your working hours, as a result if you work the night of the change in the fall, you are expected to work your "normal" time, however you may not be getting fully paid for working 9 hours, but rather 8 hours.	6/23/2014 6:32 PM
6565	I think it disrupts sleep rhythms. I believe there is evidence to support an increase in accidents due to lack of sleep.	6/23/2014 6:32 PM
6566	It is so confusing and stays light to long at night.	6/23/2014 6:30 PM
6567	Sunlight is good.	6/23/2014 6:30 PM
6568	I hate springing forward and falling behind. It is hard with my job to keep adjusting my body clock for the new times. There was a time and place when day light was introduced, but I think it has passed and we need to just stay on one time.	6/23/2014 6:30 PM
6569	Hard on body to change every 6 mounths I would like standared time year round	6/23/2014 6:30 PM
6570	Better to adjust our own schedule than change time.. Time should be constant..for our guidence. Cut off one end of a blanket and sewing it to the other doesn't make it longer!!	6/23/2014 6:30 PM
6571	It is time to quit doing something that has no benefit. Contrary to what the people who are for it say, DST does not give farmers/ranchers more daylight to work in. They have exactly the same amount of daylight no matter what we do to the clocks. It doesn't save energy. It does cause people to be less productive at work while they adjust to the time change, which can take up to 6 weeks for some - and this happens twice a year. It is harder to get children to go to bed when it is still so bright outside, thus disrupting their sleep schedule as well. I see no upside to this. It is time to do away with this antiquated practice.	6/23/2014 6:29 PM
6572	I feel that the sunlight is more valuable at the end of the day, and the time when we have to "fall back" is always pretty depressing.	6/23/2014 6:29 PM
6573	Just keep it at the same time all year. How did the world make it before daylight savings time?	6/23/2014 6:26 PM
6574	Daylight saving time has no place in a world where electricity keeps the streets lit 24 / 7.	6/23/2014 6:25 PM
6575	i like the sunlight at night	6/23/2014 6:25 PM
6576	It no longer makes sense to change the time. It is more of a nuisance these days.	6/23/2014 6:25 PM
6577	it is hard to get your body to adjust to the new time each time it changes.	6/23/2014 6:24 PM

6578	Hate it. I'm from Arizona and never had issues. Now living in Utah and trying to raise kids with daylight savings is very difficult. I always love gaining an hour but losing it is too hard for my babies and my family.	6/23/2014 6:23 PM
6579	I feel daylight time costs this country too much money. Our earth is warming and energy is costly. We need to think green. We do not need more sun just for sports.	6/23/2014 6:23 PM
6580	I love it!	6/23/2014 6:21 PM
6581	Please STOP the changing of time on the clocks. It is horrible on my families schedule. I would like to see it either Fall back and align with Arizona or, preferably, make a new time, moving it back 30 min to meet in-between and call it good.	6/23/2014 6:21 PM
6582	I love the long evenings in the summer. I don't want to have to get up earlier in the morning to see the sun.	6/23/2014 6:21 PM
6583	I would like to see the time stay the same year round. In the summertime when we have DST it makes outside shows start later. Personally, I would rather have the DST from October - April. Thank you	6/23/2014 6:20 PM
6584	Why make things more complicated when they don't need to be so?	6/23/2014 6:19 PM
6585	Stay the same. One or the other. No back and forth.	6/23/2014 6:19 PM
6586	I think the survey is skewed. It should have only two questions: As is, or stay on one system (no changes in spring and fall). You are dividing the people who want to get rid of the jarring change in spring and fall. Please at least put both respondents together for a system change.	6/23/2014 6:19 PM
6587	I love Daylight Savings because my days are spent in an office and DS gives me more daylight in my evening off-hours to enjoy the spring and summer weather	6/23/2014 6:19 PM
6588	DST, appropriate in its day when agriculture drove the economy, is now a burden to industry that needs to be put away for good. Spring forward, or fall back, pick one or the other and stick with it year round!	6/23/2014 6:18 PM
6589	I believe we should go back to the old ways of natural light. Daylight savings really only benefits the farmer, and I have rarely seen a farmer out in his fields before 7 am....so I don't see what the benefit of DST is. It messes up our circadian rhythm.	6/23/2014 6:18 PM
6590	I feel like I am living longer because of the additional daylight during the summer. It makes up for the long nights and short days during the winter.Sunrise at 5:50 AM and sunset at 9:30 PM waht a great day!	6/23/2014 6:18 PM
6591	I've said for years that it's the switching back and forth that everyone hates. Please just pick one and stay on it--preferably DST.	6/23/2014 6:18 PM
6592	I work the graveyard shift, so daylight saving time always impacts my shift. It also makes it incredibly difficult for me to handle the shift with my childrens bed time, getting them up and off to school, and allowing me to maintain a regular sleep schedule... I DREAD daylight savings time. I understand the reasoning, but I feel that a consistent time would be amazing for so many reasons.	6/23/2014 6:18 PM
6593	N/A	6/23/2014 6:17 PM
6594	I love having extra daylight in the summer at night after I get home from work. I would love to have this continue through the winter as well.	6/23/2014 6:17 PM
6595	Utah should be a leader among abandoning the daylight savings and set example for other states to follow.	6/23/2014 6:15 PM
6596	The clock represents roughly sun time; hours of daylight vary with the season. Artificially changing the clock achieves absolutely nothing except upsetting our body clocks & schedules.	6/23/2014 6:14 PM
6597	Leave the clock alone	6/23/2014 6:14 PM
6598	I lived in Arizona decades ago and I liked keeping the same time year round. I don't like changing the clock. It messes us my biological clock. I personally can change my alarm if I need to do so.	6/23/2014 6:13 PM
6599	Daylight saving time messes up my disabled brother for a couple weeks every time we change. Stop!	6/23/2014 6:13 PM
6600	I would like to see daylight savings continue year round. I don't like winters short days.	6/23/2014 6:12 PM
6601	This is very harsh on my body twice a year.	6/23/2014 6:12 PM

6602	simple answer...WHY do something that the farmers used to do to back in the day!! If they need more light to do their "work" setup flood lights!! Let the rest of us sleep/wake up normally.	6/23/2014 6:12 PM
6603	I would like to see daylight savings continue year round. I don't like winters short days.	6/23/2014 6:11 PM
6604	I prefer the time that we are on. I do not like the one that takes place in the fall.	6/23/2014 6:11 PM
6605	I was a high school teacher for 32 years, and besides my own frustration with DST, I always noticed that just as students started to adjust to coming back to school, they had to make another adjustment in October for DST. I've not talked to a single person who was ever supportive of DST. It has always been a significant annoyance.	6/23/2014 6:11 PM
6606	I like having more daylight in the evening hours when I am not working.	6/23/2014 6:10 PM
6607	Each day has 24 hours whether we "spring" or "fall", so messing with the original time has always been ludicrous! People will get the same amount of work or pleasure in that 24 hours without changing time twice a year.	6/23/2014 6:09 PM
6608	Keep it simple and there is not a need in todays world for DST	6/23/2014 6:09 PM
6609	This disrupts all and creates safety concerns with every change.	6/23/2014 6:09 PM
6610	I lived in Hawaii for 35 yrs. Loved that we didn't have to fall back or go forward and disrupt life! Why! It's the dumbest thing man has come up.	6/23/2014 6:08 PM
6611	A large portion of our society deals with either a 24-hour operation or a business that opens well after sunrise year round (Most retail stores don't open until 10am, most restaurant are 24-hour businesses or aren't open for breakfast anyway and nearly all tech industries are 24-hour operations) there is no justifiable reason to change clocks. It made sense when we were primarily a 9am to 5pm society but since we are not, there is not enough savings to justify the adverse affects of DST on health and home life.	6/23/2014 6:07 PM
6612	When it was started, it was a real blessing for the farmers, but that time is long gone now. The only thing that happens now is my body clock gets all out of whack.	6/23/2014 6:06 PM
6613	Daylight savings time does nothing other than cause problems. Get rid of it. We should also boot all of the politicians that pretended they were doing something important the last time they shifted the dates rather than abolishing the practice.	6/23/2014 6:06 PM
6614	I prefer the longest part of the daylight to be in the evenings so I would like to remain on the current time of daylight savings time.	6/23/2014 6:06 PM
6615	Why do we need the government to set our time? I think I know how to manage my own time. It has been shown that the energy savings that were supposed to have occurred haven't.	6/23/2014 6:06 PM
6616	I mainly don't like changing back and forth. So, I just would like to be consistent all the time. Also, I like the extra light in the evening, so I think that keeping the current time all the time would work best.	6/23/2014 6:05 PM
6617	In the summer I like having day light until about 9 P.M.	6/23/2014 6:03 PM
6618	I like the idea of not moving the clocks back or forward at all	6/23/2014 6:03 PM
6619	Would like get rid of daylight savings.	6/23/2014 6:02 PM
6620	Never have liked DST and want to get it like AZ and stay that way.	6/23/2014 6:01 PM
6621	Adjusting the body back and forth twice a year affects sleep rhythms and mood swings. I lived in AZ 2 1/2 years and liked that the time was consistent throughout the year.	6/23/2014 6:01 PM
6622	The more we are awake during the daylight the better!!	6/23/2014 6:01 PM
6623	Utter waste to switch times each spring and fall.	6/23/2014 5:59 PM
6624	1-With No. Utah so far north, we would begin getting light at 4:30 am . It's hard enough that the days get light at 5:30 am. And it's lovely that it doesn't get dark until 9:30 pm. Our families can enjoy the beauty that is Utah for that extra time. Please either leave DST alone, or change it to a permanent timezone. Thanks.	6/23/2014 5:58 PM
6625	I think the arbitrary adjustment twice a year is abrupt, unnecessary, and disruptive.	6/23/2014 5:57 PM
6626	My thought is to keep our clocks the same all year round. Whether that means align with MST all year or MDT all year, it makes no difference to me, as long as our time doesn't change during the year.	6/23/2014 5:57 PM

6627	Daylight savings time takes me two weeks to get used to. I wake up every day tired. I end up staying up later to which is not good since I am to get up at 3 in the morning. I really hate it. Go back to what it use to be please.	6/23/2014 5:57 PM
6628	Daylight savings time does nothing by mess up everything. Please leave it the way it is supposed to be	6/23/2014 5:57 PM
6629	I was a Safety Engineer with The Department of Interior, we participated in numerous studies regarding the safety factors, particularly those related to the transportation departments of the Bureaus different offices' We need to select one time base, and stay there, quit messing around	6/23/2014 5:57 PM
6630	It takes me 5 or 6 Weeks to get back to feeling normal again after we "leap forward. Take it away, Please.	6/23/2014 5:56 PM
6631	I have always thought that DST is stupid.	6/23/2014 5:56 PM
6632	It takes me 5 or 6 Weeks to get back to feeling normal again after we "leap forward. Take it away, Please.	6/23/2014 5:55 PM
6633	nothing is broke so why change. No need to follow Arizona in everything the do	6/23/2014 5:55 PM
6634	Moving an hour to a different part of the day does nothing really. Plus lights are a pretty new invention I'm told.	6/23/2014 5:55 PM
6635	We should keep Day Light Savings all year long. Having that extra hour of sun light in the evenings is better for the economy as you don't go home in the winter and shut down for the evening. The daylight provides more opportunity to do things after work.	6/23/2014 5:55 PM
6636	Keep it like it is now in the summer and leave it like that all year round!	6/23/2014 5:54 PM
6637	Changing the time twice a year accomplishes nothing worthwhile. It only disturbs the sleep habits of many people, and so many of us are sleep-deprived anyway. The changes just make it worse. No one I talk to likes it, and the only reasons I've heard of for keeping it are for car dealers and outdoors people. Well, I'm an outdoor person and I've never thought that DST helps me enjoy the outdoors more. Hunting hours go according to sunrise and sunset anyway. As for car dealers, people will still buy cars no matter what time it is. It 's just a dumb idea that was implemented in the 70's supposedly to conserve energy, which didn't work, but we are still using it. Let's be smart and dump this stupid idea.	6/23/2014 5:53 PM
6638	Everyone has to readjust after we change. It's hard on children along with the Elderly. I work with the elderly and it's just as hard on them. I just think it is right down plain crazy.....	6/23/2014 5:52 PM
6639	DST is an artificial change in the circadian rhythms we evolved with. Using MST will mean our bodies and sleep patterns will be closer to natural. Obviously, we're not going to give up artificial lighting, but I think in general it would be a positive change.	6/23/2014 5:51 PM
6640	We like DST and we need to keep it!	6/23/2014 5:51 PM
6641	Utah west border is the time zone change point. Children in year around school don't get enough rest during the summer months. If industry wishes to start shift earlier, that is their choice. I feel we don't need daylight savings time.	6/23/2014 5:51 PM
6642	It is ridiculous to keep changing back and forth twice a year. There are 24 hrs in a day so just leave it that way. Just because a certain group would like daylight in the summer, one extra hour in the evening, you must give up the hour in the morning, so go figure. I don't understand why it is taking this long to do away with it. Hopefully our wisdom filled legislators will determine that we should remain on standard time throughout the year. It doesn't serve the farmers (as one proponent suggests) since the cows are accustomed to being milked at the same time day after day not changing to an hour earlier or later. A person will not get extra hours either way, just the same 24 hours in a day.	6/23/2014 5:50 PM
6643	We like DST and we need to keep it!	6/23/2014 5:50 PM

6644	I look forward to Daylight Saving Time every year because I have Seasonal Affective Disorder (SAD). This disorder makes it very difficult for me to do literally anything after the sun has gone done. I go to sleep once the sun goes down. If we lose Daylight Savings Time I can look forward to falling asleep by 8:00 in the evening during the summers. This may not sound like a compelling reason to keep DST, unless you are the one who is affected by the amount of daylight the occurs every day. During the winter I sleep 11-13 hours of sleep each night ... not by choice, but because that is what my body does with the lack of light. I look forward to DST just so that I will be able to feel like a real human being who can stay awake until the 9:00 news. Doing away with DST will make life difficult for all those who suffer from Seasonal Affective Disorder.	6/23/2014 5:48 PM
6645	We like DST and we need to keep it!	6/23/2014 5:48 PM
6646	I like that the time changes for children going to and coming home from school. Let's keep it!	6/23/2014 5:48 PM
6647	DST is too disruptive to the routine that I have to keep me exercising and the stress that is involved with having to anticipate the disruption that it brings on me twice each year.	6/23/2014 5:46 PM
6648	Lets just stay on mtn time. I hate the two times a yr when we all have to adjust.It takes a week to get used to it.	6/23/2014 5:45 PM
6649	It's stupid to have to wait until after 10PM to have the fireworks display. Then when school starts, the kids have to get to the bus stop and wait in the dark. If businesses want to benefit, let them change their hours in the Summer - some do anyway.	6/23/2014 5:45 PM
6650	Changing the time twice a year is bad for our health and annoying. I would rather stay on the same time year round. I do enjoy the sun being out longer in the evenings and so leaving the time on Daylight time year round would solve both of these issues for me and many of those I know and love.	6/23/2014 5:44 PM
6651	Aside from the inconvenience of trying to adjust life every 6 months, it is a major health issue. It takes the body weeks to adjust to the change in time with a loss of sleep for the majority of people. This causes a very real danger of heart attack as well as many other health issues. It is important for children to have consistency in their sleep routine. The body does not fall asleep easily when there is too much light. Suddenly their bedtime changes in order to continue with their normal schedule (or the parent's schedule), which is very difficult. The circadian clock doesn't change quickly and add to that, suddenly the sun is still up and the bedroom is still bright. Sleep patterns are upset, which causes all kinds of illness. It is hard enough getting enough sleep without interrupting everything with a major change every 6 months. The only reason for DST is so businesses can sell more goods. Power use? Why would that change? We still have the same amount of daylight per day no matter what the clock says and most people have to get up way early anyway, so they use lights and appliances just as much, no matter what the clock says.	6/23/2014 5:43 PM
6652	We do not want our grand children or great grandchildren to go to school in the dark.	6/23/2014 5:43 PM
6653	It's too hard to make the adjustment twice a year. Leave it alone.	6/23/2014 5:43 PM
6654	I dislike changing clocks. It affects kids and family routines negatively. Just by nature days get longer and shorter. Leave my clocks alone.	6/23/2014 5:42 PM
6655	I wake up pretty early year round and I don't like waking up in the dark and spending an hour of two of my morning in the dark. Of course in winter this is inevitable. But in the spring and in the fall, I wish we had daylight in the morning. At the height of summer, I don't like the sun setting so late. It always makes kids feel like it isn't bedtime yet, and then it is hard to maintain routines. \ I realize that the seasons naturally change our daylight hours, but I don't like having those changes unnaturally exaggerated.	6/23/2014 5:42 PM
6656	We have lived in states that do not change and also that do and prefer to not change to DST for the following reasons: Too dark for school aged children, Body changes to this upheaval and takes a while to aclimate. The time involved changing all the time devices that are not automatic. Prefer having it lighter in the mornings vs night in the winter.	6/23/2014 5:42 PM
6657	We lived in Arizona for 6 years and never once did I wish that the time would change twice a year. After moving to UT 8 years ago we have had to struggle with our children & ourselves to force our bodies to change each time the time changes.	6/23/2014 5:42 PM
6658	I have always thought I could live with Mountain Standard Time or with a scenario where we keep daylight savings time year round. The change in time every six months is always a pain. It makes everyone tired in the spring when suddenly you have to get up and hour earlier to make it to work, school, etc. I would like to see it stay the same year round whether that be MST or DST year round. DeeAnn Talbot	6/23/2014 5:41 PM

6659	I would rather see Utah stay on MST. Every time the time changes, I can count on employees being late because they forgot to "spring ahead". Students struggle more and don't get enough sleep. And my neighbors decide that since it's summer and light until after 9, they can have noisy outdoor gatherings that run quite late - but I still need to be in the office at 6:30 am.	6/23/2014 5:41 PM
6660	It is such a waste of effort to have to keep changing clocks, not to mention the toll it takes on health of people. Let's go back to the way it was when I was younger. We were fine then!	6/23/2014 5:41 PM
6661	As a living being, I deserve the right to experience daily and seasonal rhythms. With the times being changed twice a year I will never experience this.	6/23/2014 5:41 PM
6662	quit changing. stay one way or the other. There is not point to it.	6/23/2014 5:41 PM
6663	Do not believe that daylight savings time saves money or helps with safety issues. I have not talked to one person that likes it, no matter their age or the age of their children.	6/23/2014 5:40 PM
6664	I would prefer to keep the "current daylight time" all year.	6/23/2014 5:40 PM
6665	I hate daylight savings time! It is so hard with kids.	6/23/2014 5:40 PM
6666	Utah is a state that loves it's outdoors. We want more light to play outdoors. Biking, Camping, 4-wheeling, sailing, hiking and boating.	6/23/2014 5:40 PM
6667	I chose the Arizona option because it is inefficient to have to coordinate all the different busintsses schools, and private entities schedules and activities when continuously having to change times either forward or backward. Also, adjusting the time such that children can have more light during their stay at schools. This approach does not really solve that problem as there is a lot of time during the year that it is dark anyway. Increases in the use of various forms of energy (gasoline, electric power generation, etc) is probably exacerbated by the use of daylight savings time as well	6/23/2014 5:40 PM
6668	Adjusting schedules twice annually is difficult and unhealthy. There are a significant increase of accidents when times change. Farmers work for the sun, not by the clock, and the general population should not be made to suffer because retailers feel they make more money on daylight savings. It's the old story of cutting off the bottom of the blanket and sewing it on the top to make it longer. In a word: it's a pain in the arse.	6/23/2014 5:40 PM
6669	DST is an idea whose time has come and gone.	6/23/2014 5:39 PM
6670	I love the extra hours of daylight.	6/23/2014 5:39 PM
6671	As for the farmers having more daylight... it is the same amount no matter what time you call it.	6/23/2014 5:39 PM
6672	I don't care which way we go - forward or back as long as we don't have to change time twice a year.	6/23/2014 5:38 PM
6673	While I admit it is nice to drive to work in the light. The toll the time changes take on me are of far greater weight.	6/23/2014 5:38 PM
6674	Not necessary. Unhealthy.	6/23/2014 5:38 PM
6675	DST does not save energy. Also, the argument that DST helps farmers does not make any sense. Farmers rise with the sun and retire with the sun, they don't actually get extra daylight.	6/23/2014 5:38 PM
6676	There is no reason to have it. It is archaic. It was started before electricity was used. It is now a new century get with it	6/23/2014 5:38 PM
6677	The more daylight hours the better. I think it's silly people think they can't adjust.	6/23/2014 5:37 PM
6678	Daylight savings is as much a physical boost as it is mental. It gives one something to look forward to...an indication that spring is on its way. It gives a feeling of excitement and anticipation...	6/23/2014 5:37 PM
6679	It really doesn't matter whether we are on daylight saving time or standard time. The problem is changing back and forth twice each year. There is no point to it. It seems especially hard on children. Please let's quit pretending there is some advantage to this. Stop playing this game.	6/23/2014 5:36 PM
6680	The truth of the matter is that DST doesn't do anything it is supposed to. Truthfully, either way (DST or MST) is fine it we don't change it in the Fall or Spring. The changing of time causes a lot of stress for everyone.	6/23/2014 5:36 PM

6681	I would like to stay on daylight savings time year round. I enjoy having a little light left at the end of my work day. Errands, yard work, exercising, and family time are all easier in the summer when we have extra daylight, and cleaning the driveway and holiday shopping would be easier in the winter with an extra hour of daylight too. If we didn't make a time change twice a year, it would take away the adjustment period that so many people don't like.	6/23/2014 5:34 PM
6682	Daylight savings time does not create any additional time. Humans can use any daylight as they choose the government need not be involved.	6/23/2014 5:34 PM
6683	I'm so tired of changing our 20 clocks twice a year.	6/23/2014 5:34 PM
6684	I'm not opposed to Daylight savings either. JUST KEEP IT THE SAME YEAR ROUND!	6/23/2014 5:34 PM
6685	Do away with it. There is no need to change the time twice a year anymore. Arizona has it right.	6/23/2014 5:34 PM
6686	take it off	6/23/2014 5:33 PM
6687	There is no point to Daylight Savings. If anything, it causes disruption in the workplace when it's time to "Spring Ahead."	6/23/2014 5:33 PM
6688	Leave it alone we know when to get up and when to quit for the day. don't need the clock to tell us	6/23/2014 5:33 PM
6689	Adjusting to a time change twice a year is hard for me. I would prefer staying the same time year round-whether it's Mountain Standard Time or 'a new Daylight Savings time--spring forward year round'. I think it'd be great to have the people of Utah vote for what they would like! Thank you for this chance to voice my opinion!	6/23/2014 5:32 PM
6690	We should absolutely stay with the rest of the country and retain Daylight Savings Time so people can get things done in the evening when it's not quite so hot in the summers. And in the winter, we should have Double Daylight Savings Time to keep it from getting dark at 5 p.m. Getting dark at 6 p.m. is bad enough. The argument that kids have to walk to school in the dark? Kids don't walk to school anymore. Even if they live a block from school, they get driven door to door, so that is not a factor. There is no good argument to do away with DST. Thank you.	6/23/2014 5:32 PM
6691	I like having in light longer in the evenings. I hate changing the clocks twice a year.	6/23/2014 5:32 PM
6692	I am a senior citizen and it is getting harder and harder to adjust to the time change. I think that standard time year round as in Arizona is much more stable.	6/23/2014 5:32 PM
6693	Please keep Utah the same as other states on this issue for the sake of tourism, travel, and business.	6/23/2014 5:31 PM
6694	I personally would like an evening little hard to do when the sun does not go down till after nine and you have to get up for work early. also about time we look into this I prefer MST but one way or the other no mre change thank you	6/23/2014 5:31 PM
6695	It is most difficult to make the switch from one change of time to the other. It would be better to let it be the same.	6/23/2014 5:31 PM
6696	Confusing, disrupts sleep patterns, not necessary as it stays sunny late in the summer anyway.	6/23/2014 5:30 PM
6697	Hate the switching back and forth. Please allow us to ease into spring and fall.	6/23/2014 5:30 PM
6698	End this madness. Just stop changing the time.	6/23/2014 5:30 PM
6699	While daylight savings time may have had relevance when it was introduced, its purpose has eroded as society has evolved and grown less dependent on sunrise and sunset as the delineation of our wake/sleep cycle. Additionally, were we to eliminate daylight savings time from our calendars, there would be an increase in productivity seen around the times when sleep cycles are in flux due to changing times twice each year. Whatever benefits may have been derived in the initial years of daylight savings time have been lost to the steady march of modernization, never to be seen again.	6/23/2014 5:29 PM
6700	Stay Daylight Saving time year around.	6/23/2014 5:29 PM
6701	I love the hours of light in the evening so I'd prefer dst year round. I'd keep current system before I'd lose those long light evenings.	6/23/2014 5:29 PM
6702	As a farmer you work day and night we use lights when it is dark and sunglasses when the sun is out. Do not hide behind the farmers and their work.	6/23/2014 5:29 PM
6703	DST would be best for Utah to stay on all the time due to the health issues lack of sleep creates.	6/23/2014 5:28 PM
6704	It should be standard mountain time all year around	6/23/2014 5:28 PM

6705	Just stay the same!!!!	6/23/2014 5:28 PM
6706	Enjoy the system as it is. Enjoy the longer hours of daylight. Please do not change.	6/23/2014 5:28 PM
6707	DST is a waste of time. It messes up your sleep cycle. I don't believe that it saves money which was the original reason for using it.	6/23/2014 5:28 PM
6708	Daylight savings time is dangerous in the winter for our students.	6/23/2014 5:28 PM
6709	Prior to retiring and moving to Utah 6 years ago, I lived for over 30 years in Arizona. I really liked the fact that Arizona did not observe daylight savings time. It did not appear that not observing daylight savings time created any problem or hardship.	6/23/2014 5:28 PM
6710	In our home we prefer the extra daylight hours in the summer, there is so much to do here in SL. If a change IS made, please keep the summer daylight time all year long instead of going back to the other time. Thank you for the opportunity to express our opinion .	6/23/2014 5:27 PM
6711	Please stop changing the time.....I feel jet lagged for a couple of weeks trying to adjust. Awful feeling.....consistency is much healthier.	6/23/2014 5:27 PM
6712	Staying back with Arizona allows us to have earlier darkness in the summer. This helps children to have more sleep at night, since it's so hard for then to fall asleep in the light, but many do fine sleeping in once they're asleep. It also means fireworks can take place at a more reasonable hour, making it so that they don't overlap hours where, according to the noise ordinance laws, there wouldn't normally be noise outside causing problems. Staying back is a more family friendly solution, and Utah is famous for being family friendly!	6/23/2014 5:26 PM
6713	I prefer DST and think we should keep it year round because it gets so dark so early during the winter months as it is. Why do we change back to standard time just as we're going into the dark part of the year. My vote is to leave it on DST year round.	6/23/2014 5:26 PM
6714	It doesn't save anything and is just one more thing to have to deal with.	6/23/2014 5:26 PM
6715	I would like to see Daylight Saving extended to year round.	6/23/2014 5:25 PM
6716	See any reason to keep changing twice a year just keep it the same and make it easier on everybody	6/23/2014 5:25 PM
6717	Leave well enough alone. I've been opposed to DST since I could wind a watch. ONCE and for all just set it either way, and then back OFF!!!!	6/23/2014 5:25 PM
6718	Please get rid of it. As a retired teacher I can tell you I can tell you it takes a week for the kids to adjust. Wasted teaching time.	6/23/2014 5:25 PM
6719	Eliminating DST would make it dark earlier during the summer. This could help children feel better about going to bed at night.	6/23/2014 5:25 PM
6720	What a poorly worded survey. The "create new" option is confusing/borderline misleading. Something along the lines of "always stay on daylight savings time" would be easier to understand	6/23/2014 5:24 PM
6721	I have family in Arizona which does not have DST. I prefer to cease DST in Utah because I don't feel it is beneficial to anyone, and it causes problems for some people, old and young, to adjust every 6 months or so.	6/23/2014 5:24 PM
6722	I favor the simplicity of joining Arizona. I don't think waking people up earlier in summer by regulation is valuable.	6/23/2014 5:24 PM
6723	I think it is absolutely ridiculous to change the time several times a year just for the sake of changing it. If you want to have more daylight at the end of the day just start earlier.	6/23/2014 5:24 PM
6724	Hello Kids do not walk to school! Their parents DRIVE them. It would not hurt them to walk! Changing the clock is outdated, step up to present time.	6/23/2014 5:24 PM
6725	I think the time needs to be set and not changed twice a year.	6/23/2014 5:24 PM
6726	See any reason to keep changing twice a year just keep it the same and make it easier on everybody	6/23/2014 5:24 PM
6727	I think it is absolutely ridiculous to change the time several times a year just for the sake of changing it. If you want to have more daylight at the end of the day just start earlier.	6/23/2014 5:24 PM
6728	Dump day light savings.	6/23/2014 5:23 PM

6729	It would be so much easier for everyone if we just stuck with the Standard Mountain Time all year. There have been so many studies that have shown that Daylight Savings time really doesn't have much of an effect and really isn't needed. So why keep using it if its not really needed?	6/23/2014 5:23 PM
6730	Do away with the outdated twice/year changes!	6/23/2014 5:23 PM
6731	Daylight Saving Time is outdated. The whole country should do away with it.	6/23/2014 5:23 PM
6732	If we go to one time, keep daylight savings year around to have more light in the evenings.	6/23/2014 5:23 PM
6733	Just leave it alone! Arizona seems to do just fine.	6/23/2014 5:23 PM
6734	I would prefer a permanent daylight savings time all year long. If we did not have to deal with winter I personally wouldn't mind aligning with Arizona, but I see no reason to keep the current system in place.	6/23/2014 5:23 PM
6735	Quit changing the time! Hard to adjust every year! No longer needed in a non-agrarian society!	6/23/2014 5:22 PM
6736	I don't think it's that big of a problem to make the change, 2 or 3 days of inconvenience and then DST is great in the summer. Keep it as it is!	6/23/2014 5:22 PM
6737	The problem I have is changing back and forth each year. Adjusting to the time change seems to get harder each year. I wouldn't mind if you picked ether daylight savings time or mountain standard, I just do not want to keep changing back and forth.	6/23/2014 5:22 PM
6738	DST, most pointless tradition today.	6/23/2014 5:21 PM
6739	I don't think it's that big of a problem to make the change, 2 or 3 days of inconvenience and then DST is great in the summer. Keep it as it is!	6/23/2014 5:21 PM
6740	I love the extra daylight during the summer and fall. Just keep daylight savings year round. At a minimum, keep it the way it is. I don't understand why people can't handle losing an hour of sleep once a year so that we can all enjoy this beautiful state longer during good weather. KEEP IT!!	6/23/2014 5:20 PM
6741	I don't care which way just leave it one way	6/23/2014 5:20 PM
6742	It seems I never adjust to Daylight Time. All I do is loose an hour of sleep. Crime is higher with savings time. I have lived in Arizona and Indiana that did not have DST and it was wonderful. DST takes from the health of Utah and does not give back.	6/23/2014 5:20 PM
6743	I enjoy the extra daylight hours in the evenings.	6/23/2014 5:19 PM
6744	Can't stand Standard time The best time of is Daylight Savings as the evenings are still light. Standard time is very depressing.	6/23/2014 5:19 PM
6745	Daylight savings provides no benefit in todays society, It is disruptive to schedules, sleep and health. It also as a negitive economic impact when it is implemented.	6/23/2014 5:19 PM
6746	Do away with DST. DST just allows children to stay outdoors and up late making a lot of noise.	6/23/2014 5:19 PM
6747	The special education clients we deal with at our center have a dickens of a time adjusting to these time changes. I feel the we should either stay on the time frame we are on. Either way actually but then stay with it. I personaly hate all the swithing myself. It only benefits a few, but makes everyone else pay for it. I say if you "need more daylight", get up earlier in the mornings!	6/23/2014 5:19 PM
6748	Just pick a time and stay with it. It is a no brainer. Adjust your schedule to do activities when it is light outside.	6/23/2014 5:19 PM
6749	The original purpose of Daylight Savings was for farmers. It's now outdated and annoying twice a year. Arizona was so much smarter than Utah in not falling for additional years of it. Let's get rid of Daylight Savings Time!!!	6/23/2014 5:18 PM
6750	I have insomnia. I never get used to daylight savings time.	6/23/2014 5:18 PM
6751	long, light evenings are great. especially if you work and have children who play outdoor sports.	6/23/2014 5:18 PM
6752	I'm literally 'tired' of the change in times. Just leave the time like Arizona. Just when the body gets adjusted to the 1 hr change, it changes again! Why did we go to Daylight Savings in the first place?	6/23/2014 5:18 PM
6753	Time should be left alone . no need to jump back and forth ! ! !	6/23/2014 5:18 PM
6754	My whole life I have absolutely hated daylight savings, what were you thinking Ben Franklin?	6/23/2014 5:17 PM

6755	My wife and I do NOT day light savings time and never have. Even when I was working I hated changing time twice a year. Let's go back to MST and stay there... Thanks for taking our opinion into consideration. Ben & Ina Baughman Monticell, UT	6/23/2014 5:17 PM
6756	I like it staying lighter in the evening.	6/23/2014 5:17 PM
6757	It is a worthless cause to make so many people have to continually adjust their bodies 2x a year over a short period of time and does not save any more or less energy in these new times .. It causes more problems adjusting and being productive at work and kids at school .	6/23/2014 5:17 PM
6758	Tired of changing clocks.same amount of daylight no m tater what clock says	6/23/2014 5:17 PM
6759	There is no reason to not be just like Arizona. It could help take away winter depression and make it so we don't have a whole two weeks ruined just to change time every year. Utah needs to take action and realize the world will still revolve without changing time, Arizona is a great state and it works well for them so we should do it too!!!!!	6/23/2014 5:16 PM
6760	It is outdated and unneeded. It is more of an annoyance than anything.	6/23/2014 5:16 PM
6761	Daylight saving time is pointless. It creates more problems than it solves. It's past time to fall back in line with Arizona.	6/23/2014 5:16 PM
6762	I like daylight savings time. I just don't like switching back and forth. Keep daylight savings time as the time all year round.	6/23/2014 5:16 PM
6763	Please just leave it one way or the other year round	6/23/2014 5:15 PM
6764	stay with the vast majority of the country. Don't mess with it.	6/23/2014 5:15 PM
6765	The changes in time causes too disruption.	6/23/2014 5:15 PM
6766	Please pick one time and stay with it. Too many accidents when we change back and forth. Changing time messes up internal clock. There is only X amount of hours of day light so make your plans according to the light.	6/23/2014 5:15 PM
6767	I don't feel daylight savings time is of any value. It seems to cause more problems than it solves.	6/23/2014 5:14 PM
6768	Daylight Savings year around	6/23/2014 5:14 PM
6769	It really doesn't make sense to have daylight savings anymore. I don't care which time it is, just leave it alone so that we don't have to change twice a year...	6/23/2014 5:14 PM
6770	PLEASE stop giving me jet lag twice a year. It also effects business. Thank you!	6/23/2014 5:14 PM
6771	Keep it on Spring forward. It makes the most sense. Love the sunlite in the eve.	6/23/2014 5:14 PM
6772	We're a;ready different, stop trying to make us even more different then the rest of the nation! This is ridiculous!!!!	6/23/2014 5:14 PM
6773	lets stay with daylight saving time	6/23/2014 5:14 PM
6774	Difficult to adjust to. On both time changes.	6/23/2014 5:13 PM
6775	Get rid of it.	6/23/2014 5:13 PM
6776	I hate daylight saving time, especially when we "fall back." I think we should stick with one time and let mother nature do her thing.	6/23/2014 5:13 PM
6777	Living in Southern Utah, there are often difficulties and miscommunications between Utah, Arizona, and Nevada "times" throughout the year. It would be so much simpler to keep to the Mountain Standard Time, as Arizona does. The long daylight in the summer evenings keeps me up way longer than I should, and if I have to do anything physical, I need to be up by 6 am in the summer. One solution is to take a Mexican style siesta, but culturally that's not very acceptable and doesn't mesh well with the world of work! Keep the standard time.	6/23/2014 5:11 PM
6778	Should never have started Daylight Savings time	6/23/2014 5:11 PM

6779	Daylight savings seems to be obsolete and no longer needed for "farmers". I grew up in AZ and never felt hindered or even noticed walking to school in the dark. Having school aged children myself, I feel that it is harder on them to have to suddenly wake up an hour earlier in the spring for school and that this does more harm to their health and mental well-being than having to go to school in the dark for a few months. Also, according to research, it cost us more to have daylight savings in energy consumption and cost. I personally don't need that extra hour in the summer evenings. I find that trying to put my kids to sleep while it is light outside is a nearly impossible task. They fight it due to the lightness outside, but there behavior by this hour is showing that they are extremely tired.	6/23/2014 5:11 PM
6780	Hate changing back and forth stay with Arizona and leave it alone	6/23/2014 5:11 PM
6781	Keeping Daylight Savings gives us light later in the day during the summer, which everyone loves.	6/23/2014 5:08 PM
6782	Keep daylight savings time all year round. Don't change back and forth.	6/23/2014 5:08 PM
6783	Do away with it, If it is staying because of business not a good reason, we do not need it.	6/23/2014 5:08 PM
6784	DST gives us more waking hours of daylight. It allows people to spend more waking hours outdoors. This encourages people to be more active, and healthier as a result. More daylight during waking hours is safer. Let's have the daylight when we are awake in the evening, and not be awakened even ealier by the sun in the summer. I would be ok with DST all year long, but not with standard time all year long.	6/23/2014 5:07 PM
6785	"Falling back," In October/November is what needs to go. Darkness at 5:00 PM is excessive When we could keep it at 6:00 PM. Spring forward, and never fall back. That's my vote.	6/23/2014 5:07 PM
6786	Well really I don't like it because loss of sleep and sometimes to much sunlight when I try to sleep. I say just keep it away and stay on the same schedule year round.	6/23/2014 5:07 PM
6787	Keep the time of day light savings time, but don't switch back every 5-6 months.	6/23/2014 5:06 PM
6788	There is no reason for it anymore.	6/23/2014 5:06 PM
6789	my kids go to school and come home in daylight even in winter. I work until 6:30 p.m. So daylight savings give me ample time to get yard work and other things done during the summer time.	6/23/2014 5:06 PM
6790	DST is preferrable; however, whichever one you choose just leave it on that -- stop changing.	6/23/2014 5:06 PM
6791	It really works fine as-is! I'm an early riser and prefer the sun rise earlier than go to bed later!! Those opposing Daylight Savings do so as night owls and they never enjoy mornings anywhoo!	6/23/2014 5:05 PM
6792	I personally like DST. If it is such an effort, and causes so many complaints to make the semi-annual changes, then just go to DST alone, and leave it. After all, people can adjust; probably more easily than they might suppose. I feel there is more benefit to more sunshine in the evenings.	6/23/2014 5:05 PM
6793	I had a job at night and in the spring I had to work an extra hour and one less in the fall and it is just a pain to change all the time for the kids going to school.	6/23/2014 5:05 PM
6794	I would like to end day light savings. Changing clocks getting the kids to adjust to the time its a real pain	6/23/2014 5:04 PM
6795	It needs to go away	6/23/2014 5:04 PM
6796	The time changes are a hindrance that isn't necessary. Getting rid of the time changes is more important than which time we make our permanent time. Once we adjust to the new time, it will be the last time we have to do that!	6/23/2014 5:04 PM
6797	It adds unnecessary complexity to software. It is wasteful for parents who have to help their children adjust to the time change.	6/23/2014 5:03 PM
6798	Every Spring we lose (in death) at least one student due to darkness in the morning before school. That is too many!!	6/23/2014 5:03 PM
6799	It gets light when the sun comes up and dark when it goes down; how are we saving any daylight by assigning arbitrary times?	6/23/2014 5:02 PM
6800	I hate daylight savings time and don't think the time should keep changing. People who like daylight savings time should be allowed to go to work earlier and get off earlier	6/23/2014 5:00 PM
6801	Would like daylight savings time all year round.	6/23/2014 4:59 PM
6802	I hate having to change the time twice a year lets just keep one time all year!!	6/23/2014 4:59 PM

6803	I hate daylight savings time. But most of all I hate the changes. It should be one or the other	6/23/2014 4:58 PM
6804	As a mother, I dread daylight savings time (the spring ahead). Just because the clock changes, my children's interternal schedules don't. They are tired and unmanageable for a week after every change. Feeding schedules for babies is messed up. When I was teaching, first period was a joke because students were falling asleep in class, after all, their bodies thought it was 6:45, not 7:45. My husband has risked falling asleep at the wheel on his morning drive. As far as I'm concerned, since the advent of electricity, daylight savings has served no purpose. I use lights when it's dark, and air conditioning when it's hot, regardless of what time it is.	6/23/2014 4:57 PM
6805	It would be great to stay on daylight savings time throughout the year, however, it becomes too confusing for other states around us to adjust to utah alone. It would just plain be great to be consistent and not change the time every six-seven months. I prefer one time year round.	6/23/2014 4:57 PM
6806	DST is ridiculous. We don't need to switch times as it throws my kids' schedule off and they do worse in school for about two weeks after the time changes.	6/23/2014 4:56 PM
6807	I am looking to graduate in december of 2015, and I am making a concerted effort to move to Utah from Arizona. I've been several times, the longest being over a month. I love Utah, and this would make it even greater.	6/23/2014 4:56 PM
6808	It's an outdated concept that serves no purpose anymore. Just set a time and leave it alone.	6/23/2014 4:56 PM
6809	It is really hard to adjust children to the time change. Can see no benefit for us.	6/23/2014 4:55 PM
6810	I hate changing times. I would love to be on the same time. Schedule all the time.	6/23/2014 4:55 PM
6811	Most of us (like most young families and teenagers) dint wake up until around 7 am and don't need sunlight until 7:30 but almost the entire state is awake at 5:30-7 PM and we could all use and benefit from having the light during that timeframe instead of wasting it in the morning	6/23/2014 4:55 PM
6812	It does not benefit any of us. Does not save on electricity and the children suffer each time we change.	6/23/2014 4:55 PM
6813	I think we should not have DST at all. We should be exactly with Arizona. As a modern society it is no longer necessary or viable.	6/23/2014 4:54 PM
6814	I would prefer staying on daylight savings time year round because it provides for more daylight time in the winter when it is really needed. You already go to work in the dark, it would be nice to be able to not have to come home in the dark.	6/23/2014 4:54 PM
6815	As long as there is no more "springing forward", I'd be fine with it.	6/23/2014 4:52 PM
6816	DST is unnecessary.	6/23/2014 4:52 PM
6817	Travel time for oversized loads. You can get more accomplished when it is light later. Convenience	6/23/2014 4:52 PM
6818	Do not like having to change all clocks and adjust to sleeping 1 hour different. My father complained for years (being a farmer) that the cows did not know to let their milk drop a hour earlier or later . He had to adjust his milking time.	6/23/2014 4:52 PM
6819	Please just leave it the same as Arizona. I come from Az and it works soo much better having one consistent time. How do you measure the toll it takes on kids and the safety of others. I would have to see some numbers and see how they were collected to have even a little bit of faith in claimed studies that it actually benefits some organizations and tourism in Utah.	6/23/2014 4:52 PM
6820	I do like the longer evenings with light in the summer, but I hate -- absolutely hate -- having to adjust my "internal clock" to the change twice a year. And now it's not even 6 months at a time -- they've gotten it down to 8 and 4 months. Pretty soon, they'll have us change our clocks one weekend and back the next. Just pick ONE time and stick with it, although if I were going to choose, I'd stick with MDT year-round. However, that could be more complicated since other states are not likely to do the same so, perhaps, sticking with MST year-round would make more sense. At least we'd be on the same time as Arizona.	6/23/2014 4:51 PM

6821	I don't care if we stay on MST all the time or DST all the time but this switching back and forth is very difficult on the elderly as well. Our bodies don't adjust as well as babies and small children. I don't now and never have really understood the purpose of the change anyway. You are going to use energy in the morning or in the evening whether or not you have DST or MST. In MST you use it at night and in DST you use it in the morning. I don't see where there is any savings to justify the change. I would encourage you to either go back to what Arizona is and do away with the change or chose MST or DST and stay on it the year around rather than the changing.	6/23/2014 4:49 PM
6822	In interest of those who physically struggle with the twice a year time change, including students and the effect it has on their education, as well as the concern for time sensitive medications and equipment, I feel it is in our best interest to forgo Daylight Savings Time and either create a new time, or align with Arizona.	6/23/2014 4:49 PM
6823	I honestly don't see what the big deal is about it. Actually I prefer it just the way it is. I am not a farmer, don't have a long commute and it doesn't effect my sleep pattern unless you change the day of week it falls on. I say leave it alone. I can see why farmers and parents of young children would like to change it but I don't need to change it. Keep it the way it is.	6/23/2014 4:47 PM
6824	It is to big of a hassle to keep adjusting the time, especially when the date keeps changing. Also, the daylight hours of savings time fits our activity schedule the best.	6/23/2014 4:47 PM
6825	We need to keep the sunlight available during the hours that the majority of people will be able to use it. During the winter time it is terrible to have it be dark at 5:30 PM causing inactivity among families and costing more money for utilities at businesses	6/23/2014 4:46 PM
6826	There is no advantage to keep changing the time 2 times every year. It messes everyone up ! Only the Government would believe that you could cut a foot off the top of a blanket, sew it to the bottom, and have a longer blanket! Please have our time on Mountain Standard time and leave it there.	6/23/2014 4:46 PM
6827	Stop switching please. Leave it to one time zone and let's move forward without the unnecessary loss of productivity	6/23/2014 4:46 PM
6828	i prefer to have more daylight at the end of the day thru the winter as well as the summer.	6/23/2014 4:45 PM
6829	DST is an outdated practice that should be done away with.	6/23/2014 4:43 PM
6830	I worked in the school system. As soon as we got on daylight savings our children came tired, no breakfast run down, etc. we had to then start giving all the tests that were required. Thee children laid on their desks more and didn't do their homework as often as before. The human body has a hard time changing over too.	6/23/2014 4:43 PM
6831	Having more daylight after work, allows more productive time at home.	6/23/2014 4:41 PM
6832	We need to pick one and stick with it. This is an old practice and holds no real value for the people of today other than you have the entire State of Utah driving while fatigued for days if not weeks as their body tried to re-adjust to the new time.	6/23/2014 4:40 PM
6833	I don't think it worth changing time for three months, just gain a little extra light in the evening. I also hate the time change because it upsets my internal clock and takes a week to adjust with every change.	6/23/2014 4:40 PM
6834	I don't care if we create (which research seems to show would be the overall most beneficial for health and the economy) or align (staying MST to match a near neighbor would have other benefits). I just want to stop switching. It interrupts work, health, children's well-being, and has no appreciable upside, that I can see.	6/23/2014 4:39 PM
6835	I love having more daylight hours in the summer. And I love that it doesn't get dark until 9-9:30.	6/23/2014 4:38 PM
6836	Prefer standard time; kids have a difficult time going to sleep, routine is changed. Just leave the time change alone like AZ.	6/23/2014 4:38 PM
6837	I think we should try DST all year.	6/23/2014 4:37 PM

6838	“Early to bed, early to rise…” - Benjamin Franklin In the mid-1700’s Ben Franklin had great ideas; He was known as a dilettante. He liked to experiment in a variety of fields – He chose to dabble rather than flaunt. However, innovation and Ben are virtually synonymous; Creative and keen was his mind. In his pursuit of scientific knowledge, Practical inventions are what he refined. For instance, he was both far and near sighted – His glasses he constantly changed. So he came up with a great idea – bifocals; The glass in his lenses he rearranged. In the winter the colonists’ homes were cold - Some built fires to thwart the chill. This was both dangerous and harmful And many times there was need for a fire drill. This gave Ben three great ideas – A stove, a fire department and insurance. The stove would allow safe heat in the homes And help and replacement were future assurance. He was the postmaster, a printer, a delegate. He got books and opened a library. He discovered the electrical power of lightening; The story of Ben and the kite is legendary. Jokes about politicians and government In the newspaper everyday cause debate. Well, Ben was the first to let frustrations out – A cut up snake reflected the colonies disunited state. Then there was the odometer, the catheter and glass armonica; The list goes on and on. This man used his time wisely to make life better – While sailing, he charted the Gulf Stream water phenomenon. He also came up with great thoughts – One-liners is what we call them. “An apple a day keeps the doctor away” Is a health note that became a gem. “Early to bed and early to rise, Makes a man healthy wealthy and wise”- These were his thoughts on work and sleep – A good life is what this counsel justifies. If this guidance should be followed, Then why when in France did he propose Daylight Savings Time as a benefit to society - Was it the Parisian-influence, do you suppose? He said that by “increasing the available amount of daylight” Each year from April to October And decreasing the same amount in the winter time More productivity from men would occur. Originally, he saw men having more daylight To take care of farming chores. He didn’t know that in the future Men would meet on the golf course in fours. All his wisdom and experience Didn’t allow him the foresight to predict What would happen after the eighteenth century When men's lives depended on an iPod click. Rather than staying on task And productively using the light Men now hustle through demands at work So they can play well into the night. It sounds appealing to “spring forward” But in reality it takes weeks to adjust. When we finally get to “fall back” We wake up indisputably feeling robust. Let’s go back to the beginning - Don’t we have the same 24-hours everyday? The sun comes up and the sun goes down – It doesn’t make a difference what the clocks say. If you like to do fun summer things - Look at the stars or sit around a campfire - You have to wait until the sun goes down Then you don’t get the sleep you require. The problem with Ben’s daylight savings time Is that it gives us a false allusion. Because the sun shines late we don’t go to bed - Can you guess the logical conclusion? Instead of being productive and getting more done We’re tired because we stayed up late. Having light at nine p.m. hasn’t helped - Rather we need to get our priorities straight. So Ben, I really don’t get your theory - Daylight Savings Time doesn’t make us wise. There’s no “early to bed” And we’re definitely too tired to early-rise! Let’s go back to the REAL time Men used before they had a clock - Get up with the sun and go to bed at dark - An old one-liner – we’ll be “solid as a rock - JAC	6/23/2014 4:36 PM
6839	full-time DST or MST would eliminate a very irritating situation twice a year.	6/23/2014 4:35 PM
6840	Love more daylight on winter evenings - don't need the sun shining bright till 9:00pm on summer evenings. Thanks for considering all the responses!	6/23/2014 4:35 PM
6841	I do not like changing time twice a year for no apparent reason. I have heard of some feel good reasons that lack any analysis of cost/benefit. Until then I would prefer to remain on Daylight Saving time year round.	6/23/2014 4:34 PM
6842	It is a process that has outlasted its usefullness. Just stay on one time, either daylight savings or mountain west but only choose one.	6/23/2014 4:34 PM
6843	It's pointless to have DST.	6/23/2014 4:33 PM
6844	I would like to Align with Arizona on Mountain time, because I feel that changing the times really disrupts sleep. I feel that it would be better for our bodies to just stay at one time. I feel that regardless of how people prefer light or dark it be at a certain time, no matter what it's going to get darker and lighter. I don't think one hour is worth the disruption for it to be a little darker or lighter in the morning/evenings. Thanks for the opportunity to give input!	6/23/2014 4:31 PM
6845	I don't believe there is a need for this anymore. Leave it one way or the other. The change affects so many aspects of our lives from medical issues like sleep disorders, to transportation complications etc... Please seriously consider taking a bold step in the right direction, stop the time change. Make life easier. Thank you.	6/23/2014 4:31 PM

6846	I don't believe there is a need for this anymore. Leave it one way or the other. The change affects so many aspects of our lives from medical issues like sleep disorders, to transportation complications etc... Please seriously consider taking a bold step in the right direction, stop the time change. Make life easier. Thank you.	6/23/2014 4:31 PM
6847	Keep it simple. Why would we want to be a state with a "time zone" that confuses everyone else in the country?	6/23/2014 4:31 PM
6848	I don't like losing sleep and gaining sleep and losing sleep. It's not necessary to hop back and forth. Let's just stay with the time zone we're in. It's odd too that Daylight savings is actually in the Summer- when there's daylight galore.	6/23/2014 4:30 PM
6849	I think we should stay on day-light savings time because my garden really really needs that extra hour of sun-light during the summer.	6/23/2014 4:30 PM
6850	Utah has a lot of activities that are centered around being out of doors. We have many activities that we can enjoy by heading to the mountains or lakes after work. I would prefer to stay on daylight saving time but wouldn't mind falling back and springing forward. It isn't as big of an inconvenience as people make it out to be. I think the tourism industry, golf courses and other outdoor centered businesses would feel an economic impact of not having DST during the summer months.	6/23/2014 4:27 PM
6851	DST has been around for years and makes sense for me to have the extra hours of daylight during the summer.	6/23/2014 4:27 PM
6852	Daylight savings time has served its purpose and has no place in the modern age. It is an inconvenience that is now a net-negative for society.	6/23/2014 4:27 PM
6853	If daylight savings time is removed. The long summer months it will get light at 4 AM, I feel the hours of light are more useful in the evening.	6/23/2014 4:26 PM
6854	Daylight gives more time to enjoy the summer. The longer light provides better traffic flow and less electric power used.	6/23/2014 4:26 PM
6855	Don't like daylight saving time for many reasons	6/23/2014 4:26 PM
6856	I don't like having to change my life to match the new schedule. Choose MST or MDT and leave the clocks alone. Daylight time is already more than half the year now. Does Daylight Savings time really save on energy?..which was it's original purpose.	6/23/2014 4:25 PM
6857	Instead of falling back in october, i'd prefer it to be lighter later in the winter. but i'd rather stop changing times altogether one way(align) or the other(create).	6/23/2014 4:25 PM
6858	It is a waste of time. We just need to keep the time the same.	6/23/2014 4:24 PM
6859	I prefer the summer time hours of daylight. I would also prefer to have the extra hour of daylight in the afternoon of winters as well.	6/23/2014 4:24 PM
6860	Just pick one time and leave it that time. It is hard to adjust every time it changes. Kids have a hard time going to bed and getting the proper rest when it is changing all the time! There is no good reason for it to change!	6/23/2014 4:23 PM
6861	MOVE to Daylight Savings Time and STAY THERE. Quit changing fall and spring. We NEED daylight savings in the winter more than in the summer but I like the summer daylight savings too. Think about it - it's DARK at 5 pm in the winter. How nice it would be to have to semi-light until 6pm when the the majority of the commute is over.	6/23/2014 4:23 PM
6862	The extra daylight in the summer is great. Keep it the same.	6/23/2014 4:22 PM
6863	Just pick one time and leave it that time. It is hard to adjust every time it changes. Kids have a hard time going to bed and getting the proper rest when it is changing all the time! There is no good reason for it to change!	6/23/2014 4:22 PM
6864	I prefer the current DST format because it coincides with my outdoor recreation. I look forward to the changes while I hunt, fish, and hike.	6/23/2014 4:21 PM
6865	End this archaic practice.	6/23/2014 4:21 PM
6866	The long late nights are a highlight of summers! It would be a shame if they change it!	6/23/2014 4:21 PM

6867	Changing in the Spring is too hard on school children and on regular life styles. I'm okay with leaving it permanently on the early schedule (which will never happen), but find it too hard to keep changing back and forth as I get older. Please choose one or the other and leave it.	6/23/2014 4:21 PM
6868	I prefer not to switch times in the middle of the year, it is confusing and hard for people to switch. I like the option of aligning with Arizona so that it stays lighter in the evenings during the winter.	6/23/2014 4:21 PM
6869	As	6/23/2014 4:20 PM
6870	I prefer doing away with Daylight Saving Time in Utah. I find the springing forward and dropping back hard to adjust to, I prefer to have the extra 1 hour of daylight early in the morning while the temperature is still cool.	6/23/2014 4:20 PM
6871	I feel like changing the time twice per year was great for when we needed more of the waking hours during day light hours. We don't need the hours to change for most people in most professions any more. Those who do can keep special hours in their chosen profession.	6/23/2014 4:19 PM
6872	Love the long daylight hours in the summertime for activities.	6/23/2014 4:19 PM
6873	It does no good. It just messes everything up.	6/23/2014 4:19 PM
6874	As	6/23/2014 4:19 PM
6875	It makes our winter drives more treacherous, we have to drive an hour later and it is usually dark or getting dark. I don't think it is healthy to keep changing our schedules.	6/23/2014 4:19 PM
6876	I think it is silly to have daylight savings for just a few months a year. It throws things off and isn't necessary anymore. We lived in AZ for a while and LOVED not having to switch times ever.	6/23/2014 4:19 PM
6877	get up early like around five need to be able to go to bed early around nine but it's still daylight	6/23/2014 4:18 PM
6878	Changing times twice a year causes havoc on the body and with children.	6/23/2014 4:18 PM
6879	as hot as it gets here, it would be better to have daylight earlier. Better outdoor working conditions. To dark in the morning for children going to school when the clock changes in March.there are only 24 hours in a day regardless of what time it is...not saving anything	6/23/2014 4:17 PM
6880	It works well in Arizona. We should do away with the nonsense policy of changing times back and forth.	6/23/2014 4:17 PM
6881	"Daylight saving time" has always been an insult to the citizens' intelligence. It is an unnecessary confusion and disruption.	6/23/2014 4:17 PM
6882	The articles I have read about daylight savings time shows there are no true benefits. The States that have chosen not to participate in the time change are doing just fine. So can we.	6/23/2014 4:17 PM
6883	Hard on health to change	6/23/2014 4:17 PM
6884	IT DOESN'T DO ANY GOOD HERE. IT'S A PAIN IN THE BUTT.	6/23/2014 4:17 PM
6885	I want more daylight during the winter. It gets dark way too early! :)	6/23/2014 4:16 PM
6886	Sunshine has the effect of improving mental and physical health. In the harsh Winter's here we are more reclusive. So wonderful to be able to walk in the cool of the evening and enjoy our beautiful Utah. Please keep as much daylight as is feasible, for as many months of the year as we can. For those who need a dark room to sleep. Foil paper at the window makes for a very dark environment.	6/23/2014 4:16 PM
6887	When first implemented, there was supposed energy saving. Now disproved. Recently spent time in Az on MST. Much more realistic. Also, I dislike waiting until 10 pm for July 4 fireworks	6/23/2014 4:16 PM
6888	I dread daylight savings time! Make it go away!	6/23/2014 4:16 PM
6889	My suggestion is to KEEP the time that is currently had in the summer months - ALL YEAR ROUND please!! With fairly recent changes by the government, extending daylight saving time by a few months - why not just keep that a few more months to cover the entire year? Time changes even by a single hour can have a significant negative effect on people with regards to productivity. Plus have read reports about clinically proven impact on mental/emotional status - along with physical health. Also in the middle of winter it is very depressing to not have any significant amount of daylight hours at the end of a long workday inside a building. Go to work in the dark only to turn around and come home in the twilight very soon to be dark again. I personally love having extended daylight hours in the evenings and so look forward to the summer months. Extended daylight hours, such as is currently had in the summer, can also have a positive impact on the State's economy.	6/23/2014 4:15 PM

6890	It allows us to keep the longer days in the summer without the hassle of the time change.	6/23/2014 4:15 PM
6891	Do away with daylight savings time. It is a waste and an outdated notion.	6/23/2014 4:15 PM
6892	It has been shown there are more auto accidents after a time change. There is no energy savings. Stores and factories that use the most electricity for lighting still continue to use the same amount as there is no sunlight available coming in thru windows to light the area - they still have to use electric lights. It is a problem for sleeping that can last for some time after the time change. Those who work with animals can't get the animals to change when the need to be milked or fed. Keeping the time the same thru out the whole year is the intelligent choice.	6/23/2014 4:13 PM
6893	We think the time should be left alone. No more changing.	6/23/2014 4:13 PM
6894	I do not like adjusting to the time change each fall and spring. Please just let the clock stay the same.	6/23/2014 4:13 PM
6895	The argument that it creates more daylight for farmers is ridiculous. You have the same amount of daylight hours regardless of the adjustments to the clock. Get rid of DST! And get rid of vehicle safety inspections while you're at it.	6/23/2014 4:13 PM
6896	My biological clock has a hard time adjusting to the time changes twice a year.	6/23/2014 4:12 PM
6897	Get serious, it doesn't change the amount of daylight by shifting the clock. Much more productivity lost trying to get used to the new clock settings twice a year. I don't buy the savings argument.	6/23/2014 4:12 PM
6898	Changing clocks twice a year is a waste of time. We are not saving energy.	6/23/2014 4:12 PM
6899	Though I am in favor of eliminating a time shift in March and November each year, I believe we would all be best served by staying on what is now considered Daylight Savings Time or summer time and eliminating the "fall back" to standard time. There are many advantages to the extra hour of light. These include a better environment for those with mental health issues, reduced traffic accidents and fatalities, allows working parents more daylight hours with their children, reduces energy consumption, potentially increases tourism, promotes a more active social culture, is helpful for those who exercise outdoors, (thought a minor issue) it helps grave-shift and other nighttime workers avoid scheduling issues, and promotes a more active lifestyle. There are obviously benefits to standard time, but I believe it to largely be a relic of a time when the country was still a largely agrarian society and many farmers needed the light in the early morning hours. While some farmers would obviously still like this, farming continues to be an ever decreasing industry (projected to decline by 19% from 2012-2022 by the Bureau of Labor Statistics) and should no longer be a primary concern.	6/23/2014 4:12 PM
6900	Either daylight savings or standard time would be better than the mess created by having to change twice a. year.	6/23/2014 4:12 PM
6901	I think business communication outside of Utah will be more difficulty if do not stick with the majority of the country. It's hard to keep track of the few states that do not observe daylight savings and try to figure what time it is there at different times of the year. I enjoy having it lighter in the evenings during summer. I also like "falling back" so that it's not insanely dark when my children leave for school and I go to work.	6/23/2014 4:11 PM
6902	I absolutely love the late daylight in our beautiful Utah summers. Daylight Saving Time should be left as is in Utah.	6/23/2014 4:11 PM
6903	My preference is to stay on daylight savings time year round. This gives the advantage of more daylight in the evening during summer hours without the hassle and negative consequences of changing the time twice per year. However, if making our own daylight time (always on spring forward) was not an option, or not a popular option, I would still much rather stay on mountain standard time. Thank you!	6/23/2014 4:11 PM
6904	We are not an agrarian society anymore. We don't need DST now.	6/23/2014 4:11 PM
6905	I like the longer days in the summer in order to do things after work. I don't mind the light early in the morning as it makes getting up easier.	6/23/2014 4:11 PM
6906	It takes forever to adjust to the one hour difference	6/23/2014 4:11 PM
6907	I view daylight savings as a personal affront on me. I HATE IT	6/23/2014 4:11 PM
6908	I really don't care which time they choose. Just pick one and leave it alone. Enough of this changing every few months. It's hard on everybody, and for what?	6/23/2014 4:11 PM

6909	Please just do away with daylight savings time and let things go the way nature meant it to be. Thank you!	6/23/2014 4:10 PM
6910	This is hard on kids. So hard on their schedules and sleeping and eating habits. I just don't think it is necessary anymore.	6/23/2014 4:10 PM
6911	Either daylight savings or standard time would be better than the mess created by having to change twice a. year.	6/23/2014 4:10 PM
6912	The time change is too hard on the family , I have never liked the change.	6/23/2014 4:09 PM
6913	Daylight savings time is very hard to adjust to especially for young children. It makes for a miserable few weeks following the change in time until kids get used to the new time. I used to teach first grade and there would even be kids falling asleep at their desks because their bodies were not used to waking up earlier. I grew up in Arizona and it is wonderful to not have to worry about changing clocks twice a year or adjusting to a time change. I've lived in Utah for 6 years and I can not see any benefit to daylight savings time.	6/23/2014 4:09 PM
6914	I don't think we should "spring forward", and thus have to "fall back" each year. We should stay the same time zone all year round. DST messes with my sleep cycle, and throws things off for weeks, for no apparent benefit to anyone. My friends and family with young children say DST causes them great difficulty. I support Utah following Arizona on this (only this, though) and no longer doing DST. Thanks for considering this.	6/23/2014 4:08 PM
6915	I do not like changing the clock.	6/23/2014 4:07 PM
6916	The summer days are long enough and hot enough that we don't need DST. We end up running our AC units longer, costing more money and energy. Do away with DST.	6/23/2014 4:06 PM
6917	Daylight savings has served its purpose. Let's move to keeping our time the same year round and save money moving our clocks and watches back and forth and our biological clocks in synch.	6/23/2014 4:06 PM
6918	I love looking forward to the longer evenings in the summer to enjoy the evenings outside. I don't see any advantages to changing from what we have now	6/23/2014 4:05 PM
6919	There simply is no further use for Daylight Savings. Do away with the constant seesaw.	6/23/2014 4:05 PM
6920	I just don't think it is necessary anymore	6/23/2014 4:04 PM
6921	our daughter lives in AZ and is very happy with no daylight savings time. It would simplify my life!	6/23/2014 4:04 PM
6922	It is not needed and we would be better served with simplicity than complexity.	6/23/2014 4:03 PM
6923	Having more daylight during the entire year is desirable. The current system is in effect for only four months of the year. Making it the same woudl be easier for everyone and prevent the physical effects that go along with the time change. PLEASE MAKE THIS GO AWAY!!!	6/23/2014 4:03 PM
6924	Seasonal depression is a real issue, and having a later sunset would help combat it.	6/23/2014 4:03 PM
6925	I filled this out and submitted it; however, I don't know if the response went through, so here it is again. Please do not keep changing the times by falling back in November and springing forward in the spring. There are too many accidents with children going to school in the dark - remember the child killed last fall and the two bicyclists killed when it was dark and they couldn't be seen. Also, sprining forward in the spring makes longer daylight hours, making it difficult to get small children to bed at an appropriate time. Just don't keep changing the time. People have requested this for years so hopefully, the legislators will listen to citizen concerns for a change!	6/23/2014 4:03 PM
6926	Daylight savings time effects people negatively. People get into a routine and it throws everyone off when time changes.	6/23/2014 4:01 PM
6927	Daylight savings time serves no useful purpose anymore and in fact causes detrimental effects. It's been studied that lack of sunlight promotes depression which is a big issue many face. An hour more of sunlight in the evenings would be helpful to many suffering from depression.	6/23/2014 4:01 PM
6928	With working and working early in the morning it is too hard to deal with the time change. I prefer staying with Mountain time because with working early in the am it is not beneficial to going to bed early when it is still so light outside. And I prefer the light for the morning commute when it is safer to have the light.	6/23/2014 4:00 PM

6929	I've been even more bothered since the dates for going on and off DST were altered most recently (can't remember the year) The school kids waiting for buses in the morning are waiting in the dark for months after the switch - not safe!!! and why weren't we asked about the change before it happened?	6/23/2014 3:59 PM
6930	There are too many accidents when switching time twice a year - especially with young children going to school when we fall back in November. Switching time also inhibits the body's time clock. Whether times change or not, people stillshop during the evening hours if it lighter in the evening or not.. Also, switching times, especially when we spring forward in the spring causes it to be lighter much longer in the evening, making it difficult for young children to go to bed at an appropriate time. Just get rid of it as it makes no sense to keep changing all the time. People have been saying this for years so I hope the legislators listen to the public for a change!	6/23/2014 3:59 PM
6931	The three options you list make little sense. I don't care what we're on, as long as we STAY on one. Going back and forth screws with people's mind and bodies. Pick one. I really don't care which. But whatever they choose, I want it to stay that way all year long.	6/23/2014 3:59 PM
6932	Daylight Savings Time hurts everyone.	6/23/2014 3:58 PM
6933	I work fairly long hours 10 - 12 hours a day. In the summer time I enjoy the current system of daylight savings as it gives me a little bit more daylight to enjoy outdoor activities when I leave the office.	6/23/2014 3:58 PM
6934	Daylight Savings Time causes more problems than it solves.	6/23/2014 3:57 PM
6935	It is an outdated method and no longer serves a viable purpose for most people. The number of daylight hours does not change so why should our clocks?	6/23/2014 3:57 PM
6936	I think DST is a relic of the past, and needs to be done away with. It's absolutely useless.	6/23/2014 3:57 PM
6937	I have never liked daylight savings time. In the spring I can't sleep until the time my body is used to, but I still have to get up at the new time. So for the first 3 months the accumulation of lost sleep builds and builds and I am continually exhausted. God intended our bodies to adjust in increments.	6/23/2014 3:57 PM
6938	There is no benefit to daylight savings time. It actually costs our business money and our bodies suffer.	6/23/2014 3:56 PM
6939	I work with offices on and off DST. I would prefer to align with AZ and base time on the solar cycle rather than changing to DST.	6/23/2014 3:55 PM
6940	I would like to see the DST format (one hour ahead) all year round. Daylight is much more useful in the afternoon than in the morning. I'd rather dusk was at 5:00 in winter that 4:00. The time changes now are so close together, only 4 months between fall back and spring forward.	6/23/2014 3:55 PM
6941	It doesn't matter as much to me whether we stay on MST or stay an hour ahead on daylight time, I just want to keep the same scheme all year long!	6/23/2014 3:55 PM
6942	Time changes disturb the natural sleep rhythm we become accustomed to; this disturbance is particularly difficult for children to adjust to.	6/23/2014 3:55 PM
6943	It is simpler to stay aligned with the other 49 states. Going to MST year round would be financially detrimental. I would prefer staying at DST year round than going to MST.	6/23/2014 3:55 PM
6944	Keep it the way it is.	6/23/2014 3:54 PM
6945	CHANGING TIME TWICE A YEAR MESSES WITH MORE THAN JUST OUR BODIES. IT JUST NEEDS TO BE LEFT ALONE. STAY ON ONE TIME OR THE OTHER.	6/23/2014 3:54 PM
6946	Please align with Arizona. No Daylight Savings Time.	6/23/2014 3:54 PM
6947	Daylight savings time should be expanded if anything. The extra hours during the DST allows me to get things done around the house after work that otherwise would make my weekends for work instead of entertainment and thus less money spent at local businesses.	6/23/2014 3:53 PM

6948	DST has outlived any debatable usefulness it may have once had. It is disruptive to human sleep cycles, particularly in school age children. It delays nightfall in Summer, further disrupting their sleep patterns. It causes more dangerous driving conditions for school age pedestrians because of the change to available sunlight in the morning. It is inefficient, counterproductive, and a needless waste of resources for businesses and government entities to maintain it. A leading argument in favor of DST -- that it creates more daylight for farmers, etc -- is a fallacy. It does not create even one more millisecond of daylight, because it has no effect on the rotation or revolution of the Earth around the sun. It is merely a 1-hour variation from Standard Time, imposed by the government to help a few special interest groups, to which, the rest of the population is forced to adjust. If farmers would like to work when there is daylight -- to wake with the dawn -- it is reasonable for them to adjust their alarm clocks by a few minutes each day; this amount would be relatively easy to adjust to, rather than an instant full hour adjustment that DST causes. There would also be the added benefit that their work day would end earlier, giving them more time for recreation or commerce during hours when more businesses are open. Please end this silly practice. Do not hesitate to make this change just because most states use DST. Utah can join with Arizona and lead out on making this change.	6/23/2014 3:52 PM
6949	I hate the switching back and forth. Is it really necessary today?	6/23/2014 3:52 PM
6950	The longer the sun appears to hang in the sky the happier the world becomes. Look to the Sun.	6/23/2014 3:52 PM
6951	Many news casters talk about MORE daylight. There is not any more daylight, the clock is just adjusted to give more in the evening. It seems that every year when it changes and it is darker in the morning hours, we have injuries with school students being hit in the darker hours. I say lets not play with the clock	6/23/2014 3:51 PM
6952	I don't see the need for a time change. I have lived in other countries who do not practice DLS time change, and it didn't impact life for the better. The 1 hour adjustment on our bodies made life worse for a couple of weeks. I do not look forward to DLS time changes for this reason.	6/23/2014 3:51 PM
6953	In the spring and the fall, we are enduring dark mornings so that we can have more light in the evenings. In the summer, the sun goes down so late that its harder to get the family to bed on time. I question whether or not it actually saves energy since it is just shifting the energy usage from evening to morning.	6/23/2014 3:51 PM
6954	It seems ridiculous to have Daylight Savings Time. Why mess with Mother Nature? In the spring, kids are going to school in the dark, and people are going to work in the dark, increasing the incidence of accidents, particularly for pedestrians and cyclists. In the summer, it is light so late, that it is almost impossible to get kids to go to bed at a reasonable hour. It seems very unnecessary to me.	6/23/2014 3:50 PM
6955	The three options in the first question are confusing. To clarify, I think Utah should remain on Mountain Daylight Time (MDT) throughout the entire year with no time changes, instead of the current system of changing from MST in the winter to MDT in the summer.	6/23/2014 3:50 PM
6956	Personally, I prefer evening light, rather than morning light, all year round.	6/23/2014 3:49 PM
6957	I used to think it was fine until I had children. Now it is ridiculous and throws them off for weeks. It is very frustrating and now I just want it to stay the same and not move anymore! Please.	6/23/2014 3:48 PM
6958	I believe daylight savings is rather obsolete. I would prefer to have my daylight in the morning. It makes travel to work and school more convenient and also makes it easier to a start to the day.	6/23/2014 3:46 PM
6959	The biggest reason why I think we should retain daylight savings is because of the summer season. School is out and kids are out playing with friends a lot later because they don't have school. Because of daylight savings it stays light outside a lot longer during the summer months. This is a big safety benefit for parents and children.	6/23/2014 3:46 PM
6960	Individual can modify their schedules to fit there own life! The State should not modify the time for an entire population.	6/23/2014 3:45 PM
6961	Right now I like being in sync with the rest of the country. I lived have lived in AZ and it was always confusing to remember which time zone we were in sync with. If most states did away with daylight savings time, I would be happy to see it go away here as well, but not until then.	6/23/2014 3:45 PM
6962	I prefer it to be lighter in the evenings, to coincide with sleep/wake hours.	6/23/2014 3:45 PM
6963	The reason DST was started isn't that relevant any more.	6/23/2014 3:44 PM

6964	I hate getting off work in the winter and it's already dark outside. At the very least, if a new permanent zone can't be created, we should align with AZ. Switching time throws off a kid's schedule and is difficult to get them back on.	6/23/2014 3:44 PM
6965	I've never seen any benefit to moving the times around. It's still going to be light and dark the same amount of time, why does it matter when?	6/23/2014 3:43 PM
6966	I agree with the argument that daylight savings time is a distraction, it makes us pay more attention to time, which wastes more of our already limited time. I also think that we should either be united with the nation, or with Arizona, meaning that we would cause lots of chaos with Arizona residents if we were completely out of phase with them.	6/23/2014 3:42 PM
6967	It is safer for Children coming and going to school	6/23/2014 3:41 PM
6968	It makes no sense since there are only so many hours of daylight, you can call them any time you want..	6/23/2014 3:40 PM
6969	I would much prefer to have extra daylight hours in the afternoon where I can use them after the work day ends.	6/23/2014 3:40 PM
6970	Daylight savings time stinks!	6/23/2014 3:40 PM
6971	I believe that Daylight Savings time has outlived it's usefulness. Arizona and Hawaii do just fine without the change twice a year. They are both prosperous states and put their daylight hours to good use. It's just another major manipulation to me. I'd rather go with the natural time. Mountain Standard Time.	6/23/2014 3:40 PM
6972	There have been nothing but benefits from Daylight Savings Time, since it was instituted nationally in 1966. I personally enjoy the extra time in the summer to work in my yard after work and get other activities completed. The minor inconvenience of adjusting the clock twice a year is insignificant to the benefits. Please, just leave this alone.	6/23/2014 3:40 PM
6973	Jet lag for a week. Confusion as to what time it really is all summer long because of time change. Stop legislating the clock.	6/23/2014 3:40 PM
6974	Moving the clock forward and back once a year is just a pain in the neck. Studies have shown that worker productivity decreases due to daylight savings time too.	6/23/2014 3:39 PM
6975	I enjoy having an extra hour of light during the summer to get work done. I think it's also beneficial for people that farm.	6/23/2014 3:39 PM
6976	I would prefer to keep daylight savings. Today I got up at 5:15, and the sun was rising. Without daylight savings, it would come up at 4:15 and set by 8 or 8:30. I prefer that the sun is up when I am. I like being able to be outside at a soccer game that starts at 7:30 or hanging out with friends and family without having to import lights to the location. I was in Arizona one summer, and it was dark by 8:30 p.m. Please keep daylight savings time!	6/23/2014 3:39 PM
6977	Daylight savings time is very beneficial. Businesses won't adjust their schedule to be open earlier so that you have more time in the evening to do things with family while it is still light. Please keep it the way it is.	6/23/2014 3:39 PM
6978	I don't believe that DST helps in any way in today's world.	6/23/2014 3:38 PM
6979	MORE DAYLIGHT AFTER WORK	6/23/2014 3:38 PM
6980	We should stay on Daylight savings time year round. More light when people are home and after work, also no messing with everyone's internal clocks and transitioning so often! Myself and my children would be so grateful!	6/23/2014 3:38 PM
6981	We should never go back to Mountain Standard time.	6/23/2014 3:36 PM
6982	Lets re-align with Arizona! Lets keep a constant time year round. Regardless of the sun, agriculture workers are from sun up to sun down. It doesn't matter the time of day, just from sun up to sun down. Coming from a background of farming, The extra 45-60 mins of actual daylight is a moot point.	6/23/2014 3:35 PM
6983	In Southern Utah, the nicest months of the year are in late fall, winter and early spring. It would be so nice to enjoy the warmer temperatures during this part of the year into late afternoon and early evening instead of getting dark between 5:00 and 6:00 pm.	6/23/2014 3:34 PM

6984	Advocates of DST often insist that changing the clocks during the summer leads to significant energy savings. However, the evidence does not support that conclusion. Many scientific studies have been performed and few are able to find a statistically significant change in energy use as a result of changing the clocks. Those studies that have been able to find a small but statistically significant effect just as frequently conclude that energy use has increased as that it has decreased. Let us please not base public policy on unsubstantiated assertions about energy savings and stop changing the clocks. (As a side note, I found the the list of DST options on this form to be exceptionally poorly worded. If a respondent does not already know that Arizona does not observe DST, the "Align" option will cause significant confusion.)	6/23/2014 3:34 PM
6985	We should stay on daylight savings time year round. The light in the evenings is better!	6/23/2014 3:34 PM
6986	DST year round. 1 hour of light after work for majority of employees to help improve mood in winter.	6/23/2014 3:34 PM
6987	Leave the time ALONE...it's too hard on the body to keep adjusting to these changes.	6/23/2014 3:32 PM
6988	Lock on time in other the other. OR have a small adjustments that automatically for the changing daylight.	6/23/2014 3:31 PM
6989	I don't like that it changes. I really dislike trying to convince kids to go to bet while it's so light outside. It would save a lot of stress twice a year . . .	6/23/2014 3:31 PM
6990	The time change has negative effects on my sleep paterns and my health. Please keep the time consistent whether we follow Arizona or not. Instead of looking forward to the time change every six months, I dread it.	6/23/2014 3:30 PM
6991	I have always hated the time change because of health reasons. My body never adjusts to sleep changes and I'm a wreck until it changes back in the fall	6/23/2014 3:30 PM
6992	Our internal clocks do not thrive on switching back & forth between Standard & Daylight Saving Time. Many of us, especially those with sleep issues & school children, have a rough time bouncing back & forth. And why? What does it accomplish?	6/23/2014 3:29 PM
6993	Day light savings time is the best. I wish we had it all year. Our family enjoys the outdoors and DST makes it possible for us to enjoy it later in the day. I have SAD and always look forward to DST. I get so down in the winter months.	6/23/2014 3:29 PM
6994	daylight savings time is rediculous!! It is too hard on the children to keep changing back and forth. Besides there are too many accidents caused by DLT!	6/23/2014 3:29 PM
6995	Pick a time, either spring foward or fall back, and leave it there. Disrupting sleep patterns twice a year is not healthy.	6/23/2014 3:28 PM
6996	The other comments favoring aligning with Arizona already speak my opinion. Just end Daylight Savings Time, It causes me endless woe.	6/23/2014 3:28 PM
6997	It is artificial and confusing to switch back and forth! Let's just keep it the same!	6/23/2014 3:27 PM
6998	I advise to keep the times where they currently are; on Daylight Savings Time. I believe that the later sunset around the calendar will be better than staying one hour back. This will provide more light in the summer and winter days. Lets stay one hour ahead of Arizona, year round.	6/23/2014 3:26 PM
6999	The goal of daylight savings is to extend daylight time for wake hours vs. sleep hours between the bright half of the equinoxes. Without daylight savings, a fair amount of this time would have the sun rising prior to 6:00 AM, not the most efficient use of sunlight.	6/23/2014 3:25 PM
7000	I like having daylight later during the summer!	6/23/2014 3:25 PM

7001	As a kindergarten teacher, I feel daylight savings time takes away weeks of learning time. The time change happens twice during each school year. Depending on the time of year, students come to school tired and work more slowly, often they are grumpy and unwilling to comply. Or they are used to going home earlier and check out before the day is done. They are hungry earlier and want to eat, not work. It takes a good two weeks to get everyone settled into the new time change. Just to do it all over again the next change. It's frustrating because if the time just stayed the same, I could keep plugging ahead without all the added problems of a time change. I also feel some of my students could progress more and master skills sooner if they weren't adjusting to the time change. And that doesn't even cover me, the teacher. It's tough to motivate my students when I feel the same way! And I hate pulling my own children out of bed or praying they fall asleep faster just so there isn't the added stress of an earlier morning/later night that makes me stressed before I even get to work. It's a long couple of weeks every time the time changes. I'd like to just deal with the normal challenges of life, not having the added ones of time changes twice a year!	6/23/2014 3:24 PM
7002	NO DST IN UTAH. I Hate waking up earlier in spring	6/23/2014 3:24 PM
7003	Waste of time and money in today's society. Farmers will still get up when the sun rises but business can suffer with employees adjusting.	6/23/2014 3:24 PM
7004	It would be good to not change times during the year. Have it the same all year. It use to be good when there were a lot of farming in the area, but now it is hard on everyone to adjust to a new time one day after the other.	6/23/2014 3:23 PM
7005	I would prefer a universal time, and not these silly localized timezones.	6/23/2014 3:23 PM
7006	I think DST is great and should be left alone, especially for winter, because it's long and depressing for some. maybe light longer people won't be so depressed and suicidal. I know that my mom hates the winter months because she is a widow, and hates the night....Leave it on daylight savings.	6/23/2014 3:22 PM
7007	Daylight Savings Time should be done away with. Getting accustomed to the change in daylight hours gradually with the change of the seasons is much more natural than the abrupt change created by DST.	6/23/2014 3:21 PM
7008	I think the changing of standard to daylight and then back again is andiquated. It was used in a time when many in our society worked in the farming and ranching industry. But know many of the farms and ranches are corporated owned and run. Les then 5 Percent of U. S. work force work in the farming and ranching industry. Children have a deficult enough time adjusting to life as we know it with out us minipulating the clocks to suit a small group of business. Our societies have changed of the past 100 years, so lets adapted and adjust to the current situation and keep the closks on standar mountain time. One less thing to worry about. For those that think we save energy. the federal government just did a study a few years a go, and there are so saving to adjusting the clocks to day light savings time, What you save at night you just use in the morning.	6/23/2014 3:20 PM
7009	I much prefer having more daylight in the evening to accomidate after work errands. I 0don't mind going to work in the dark. It's comming home in the dark that just makes me tired.	6/23/2014 3:20 PM
7010	For our 24-hr-a-day society, shifting the time twice a year doesn't reduce energy consumption or give a very big advantage to the few people who want extra light in the evening. Daylight savings, on the other hand, disrupts everyone in their sleep patterns, which results in a week or more of significantly reduced productivity across all ages.	6/23/2014 3:19 PM
7011	There are more cons than pros to daylight Savings time. Hard for your body to adjust, hard to get kids to bed when it is still daylight outside. Upsets sleep patterns, makes people miss appointments, all in all - NO GOOD. Get Rid Of It!!	6/23/2014 3:18 PM
7012	I find having more light in the evening is beneficial to my mood. Falling back is always a little depressing. I find I am more productive in the summer months and I associate this with more light in the evening.	6/23/2014 3:18 PM
7013	I do not believe, with the advancement of technology, that we still warrant the use of daylight savings.	6/23/2014 3:18 PM
7014	Our grandfathers and many generations before them worked on standard time and I do not believe that daylight savings time is an improvement. Some things have improved over our grandfathers time but there are only so many daylight hours in the day and changing the time does not add any more. I agree with the Indians, you can cut a foot off the banket and add it to the other end and make it longer! Please keep the standard mtn time.	6/23/2014 3:18 PM
7015	It just makes it harder to adjust.	6/23/2014 3:18 PM

7016	Having one set time would be more beneficial to kids health and well being, as they struggle adapting. Currently, during winter months: In the morning most people are in a building of some sort (i.e. office or school) and whether the sun is up or not, it doesn't matter. At night the sunset is extremely early (close to 4:30 pm on the shortest day of the year). We should go with the time it is in the summer and leave it that way year round, easier on everyone.	6/23/2014 3:17 PM
7017	As an old man with very limited night vision, I am very grateful for the extra hour of daylight I get during the summer.	6/23/2014 3:17 PM
7018	The options are confusing because according to the online forums, most people don't understand that we are on DST right now...	6/23/2014 3:17 PM
7019	Here are my thoughts on DST. DST doesn't create more sunlight. it's the fact that its summer time is what makes more daylight. People who want more daylight hours later can get up an hour earlier (and maybe work with their supervisors to work 7-4 rather than 8-5). That's what DST effectively mandates (get up earlier, go to work earlier...) Seems like agriculture workers work when the sun is up regardless of what the clock says, so DST is kind of irrelevant for them. (Unless it conflicts with a favorite TV show. But there are VCR/DVRs and the internet.	6/23/2014 3:15 PM
7020	We should stay at this time and never go back to MST. It is not beneficial to have it dark at 5:00 in the winter.	6/23/2014 3:15 PM
7021	Daylight savings time serves no real purpose, it is more of an inconvenience than anything. It just makes sense to get rid of daylight savings time.	6/23/2014 3:15 PM
7022	It will give us more time to do things. Like going on dates!	6/23/2014 3:14 PM
7023	It takes several weeks on each switch to get my body to adjust to the change. Please just leave us on MST	6/23/2014 3:14 PM
7024	Keep DST. If we change the disruption to travel and business with othere states becomes a real headache.	6/23/2014 3:14 PM
7025	I love daylight savings time. It leaves so much more time after work to do things. I don't know of anything, other than lazyness, that has been hurt by later sunlight.	6/23/2014 3:13 PM
7026	Even farmers don't need it anymore.	6/23/2014 3:13 PM
7027	Changing to and from daylight savings is stressful and unhealthy. I really don't care if we align or remain on daylight savings all year around, but we should choose one and stick to it.	6/23/2014 3:12 PM
7028	I think Daylight Savings is a joke however, we must retain it unless the entire country changes.	6/23/2014 3:12 PM
7029	When there are constant criticisms and evidence against DST, and the only rebuttal ever given is "this is the way it's always been", that means it's time to change.	6/23/2014 3:11 PM
7030	There is no real valid reason to continue this practice. During war times it made some sense, in todays society there is no valid argument that can be made to continue the practice. The old line "it is for the farmers" all of the reading that I have done indicated that farmers were initially opposed to DLS, the sun runs farmers days not clocks. It has been continued as an energy saving measure yet there is no conclusive evidence to support that claim. I can say with a certainty that it takes at least two weeks for my internal clock to reset and get back on course each time the clocks are changed.	6/23/2014 3:11 PM
7031	Summer light is a gift in this frozen state. Please retain daylight savings and do away with the spring forward. ugh'	6/23/2014 3:09 PM
7032	I like the longer evening. I rise at sunrise, walk, do early farmer type activities, enjoy the days, but relax in the twilight of evening, not to rush to the bed, but contemplate the verities of the universe. Full use of daylight is a most pleasant way to use it. Arizona takes refuge in the dark for temperature reasons and it's dependence on its relationship with Southern California, so be it. Utah feels no such dependence, either from temperature or business. Let us be our own.	6/23/2014 3:08 PM
7033	Stay on DST all year.	6/23/2014 3:08 PM
7034	There are no benefits to DST. It does not save energy. It messes with people's sleep patterns, negatively affecting their health. Which negatively affects children's behavior and ability to focus in school. Which drives their parents batty. Adjusting my body to a new time makes me suffer. For about a month. I suffer physically and emotionally, as do my children. And doing it twice a year, makes it doubly bad. Not to mention, we could start movies in the park and firework celebrations at a more reasonable hour as we wait for dark. Down with DST!	6/23/2014 3:08 PM

7035	I prefer to stay on Daylight time all year around.	6/23/2014 3:07 PM
7036	It would be so much easier for all involved to go to one time and stay there. I have yet to meet anybody who likes the change, hard on all.	6/23/2014 3:07 PM
7037	Daylight Savings is only good to throw off your bodies internal clock twice a year. It does not help farmers get an extra hour of work in. Livestock doesn't get hungry or eat on a schedule driven by a wrist watch. Business hours have expanded to meet the demands of a worldwide marketplace. Often when switching back and forth all you do is make a business move the time it turns on its lights from evening to morning and then back again when the time changes back. They have already lengthened the period of daylight savings so lets just it there 365 days a year.	6/23/2014 3:07 PM
7038	boating, camping, other outdoor activities will benefit much more from keeping daylight savings time. creating a new time would alleviate the downsides that arise from switching times, particularly in the spring. (less accitdents and no negative impact on student learning due to the change). please either keep the current system or create a new time for UT.	6/23/2014 3:06 PM
7039	Why do we have to have Corp America dictate when we go to bed and when we get up?? Leave the time alone!!!!!!!!!! Pick MST and stay on it.....	6/23/2014 3:06 PM
7040	Both of my sons participate in sports and are very active. Daylight savings time allows for an extra hour in the evenings for sports practice and outdoor family events such as bike rides and family hikes in the mountains near our house. As my wife and I both work, many of these activities would not be possible with our schedules. Thanks!	6/23/2014 3:06 PM
7041	I think we should retain daylight saving time. This is beneficial to the agricultural industry, as they have more daylight in the summer months. Also this is good for summer leisure activities.	6/23/2014 3:06 PM
7042	I support the idea of going back and staying with Mountain Standard Time, however, it would be best if Wyoming and Idaho joined in with you. Living so close to Utah and Idaho and having the hour time difference would be challenging for us.	6/23/2014 3:05 PM
7043	I think Utah should follow Arizona with standing on Mountain Standard Time year round. Changing the clocks twice a year is redundant. As a father of three children, it is also hard for my children to adjust to the change in time.	6/23/2014 3:05 PM
7044	Your survey is flawed and confusing! Any data you get from this will reflect that flaw!! You provide three options (Retain, Align, Create). I initially thought I should select RETAIN, because I want to keep the current Daylight Savings time year-round. So, I should vote Retain, right? Wrong. This option means just to retain the practice of switching back and forth every year. But... that is not clear from the description! This is a vote to retain "Daylight Savings".... NOT a vote to retain "Daylight Savings Time". Two complete opposite practices, differing only by one word. Most folks probably gloss right over it and don't realize they are voting to change NOTHING when they vote for 'Retain'. Even worse, the option I DO want (Create) is very confusing. The description says "Make a new Daylight Savings time for Utah" and then in parenthesis says "e.g., spring forward". Wait.... what?? We have ALREADY sprung forward this year. We are ON Daylight Savings time right now!! Are we going to spring forward AGAIN from this already sprung-forward time? To 'create' a new time? What??? Now we'll have light until 11pm at night? I'm confused! I can't be the only one. This is a very poorly designed questionnaire. The data you get from this survey WILL BE SKEWED!!!! Very unhelpful descriptors, and particularly misleading titles.	6/23/2014 3:04 PM
7045	Speaking as a parent: Daylight SAVING Time throws everyone's biological clock off balance. Just because the clock changes time does not mean your body does. It plays havoc with the kids, getting them to sleep at a consistent time. "Why not just set your own time to match your own schedule if someone can decide what time it is." Plus, it is a pain to reset all the clocks and watches when time changes. Speaking as an educator: It take about a week for students to settle in to the time change. They are so sleepy and can barely function on the Monday following the time change. That day is pretty much wasted because students are just not with it. ADD/ADHD kids do not function well with time changes. Behavior problems escalate the week after time change. Productivity is noticeably down. Also, the time change in Spring occurs when end of level testing is about to take place. NOT GOOD! Frankly, I don't care "Align with Arizona or Utah have their own time", just choose a time and keep it all year.	6/23/2014 3:04 PM
7046	I prefer it staying lighter as late as possible in the day. Do enjoy the summers, and really dislike the early dark winters. From a facilities management standpoint, there are costs we incur with constantly changing clocks, thermostats, etc.	6/23/2014 3:03 PM

7047	As a working mother of 3, I appreciate the time available in the evening to spend with my family in outdoor activities. We love to camp, hike, and boat during the summer months. We can enjoy Utah's lakes and mountains after work with daylight savings.	6/23/2014 3:03 PM
7048	Daylight savings all year round. It is horrible in the winter when it is pitch black out at 6:00 p.m.	6/23/2014 3:02 PM
7049	I'm not so concerned about what time is selected; I just don't see the point or benefit of changing the time every six months.	6/23/2014 3:02 PM
7050	I love Daylight Savings Time because it allows us to get the most we can with the amount of daylight at any given season. I love the long days of summer and the maximized times of daylight during winter.	6/23/2014 3:01 PM
7051	I like having the extra hour in the summer and would like to keep that all year.	6/23/2014 3:01 PM
7052	Personally I do not care for DST - would rather keep it the same all the time! It screws up my internal clock for about two weeks - do away with it is my vote!	6/23/2014 3:01 PM
7053	We simply don't need it!	6/23/2014 3:01 PM
7054	Whatever the time zone is today 23 Jun 14 - I would remain on this time forever. No more changes. It is the late evening hours that sooooo important to me.	6/23/2014 3:00 PM
7055	I don't care if we fall back or spring forward but not changing back & forth every 6 months.	6/23/2014 3:00 PM
7056	I believe daylight savings time should be done away with across the United States. Every town/state should be in a certain time zone without exceptions. It gets pretty crazy with certain cities opting out. It should be across the board and uniform. Thank you!	6/23/2014 2:59 PM
7057	We have friends with a child with sensory issues. We ourselves have a child with aspergers. Only people who live with these children know how the slightest changes can upset their lives. It becomes all time consuming. The child can no longer function properly without constant supervision. The child may not sleep, therefore the parent doesn't sleep. Any schdule changes we can avoid helps immensely. No, I don't live in Utah, but I used to. The bottom line is that if I can help another family have a more "normal" life, then I will speak up and try to help them. Thank you for your time!	6/23/2014 2:58 PM
7058	Let's leave this conversation to federal. I already have weekly meetings with telecoms on easy and west coast involved. Changing the time short term will only cause confusion and I really enjoy having more sunlight during the summer after I get off work.	6/23/2014 2:58 PM
7059	Please just stay on DST all the time. It is nice in the summer to have a few more hours after work to get things done. Changing the time back for the few months in the winter just doesn't make sense.	6/23/2014 2:58 PM
7060	I want Daylight Savings Time Year-Round. I don't like it to get dark so early when it "Falls Back" in October/November. It seems safer to have it stay lighter, later in the day. Winter is depressing enough without it getting darker sooner.	6/23/2014 2:58 PM
7061	I think having more daylight in the evenings saves on electricity and other utilities, and makes the evening hours more productive	6/23/2014 2:57 PM
7062	it takes time to adjust sleeping cycle. Stay the same as whole year is not going to affect much of energy savings.	6/23/2014 2:57 PM
7063	Without dst, 1/3 of my work day is done in the dark…not the safest environment. If schools need to I'd rather see them adjust their start times.	6/23/2014 2:56 PM
7064	I find the change very difficult to adjust to each year and would love to see it done away with.	6/23/2014 2:56 PM
7065	I like DST. However, I do not like the changes made a few years ago that stretch it farther in to March and November. Go back to April through October. I like the children going to school when it is light outside. It is safer for them. It just starts getting light for the high school students and suddenly we retreat back in to darkness. I do like the longer evenings in the Summer to get more done outside.	6/23/2014 2:56 PM
7066	My first preference would be to create a Utah Daylight Saving time all year long with no fall back or spring forward. The daylight prolonged into the evening as long as possible will benefit energy savings by making it easier to leave lights off until later in the evening during the winter months when many people stay in-doors. My second preference would be to align Utah with Arizona and stay on standard time. Either way, Utah should not stay in the status-quo by holding onto an antequated system. This may have been beneficial in an agriculturally dominant society - but in the modern age it makes very little sense - logically or economically.	6/23/2014 2:56 PM

7067	I think we should do away with it. It is no longer needed and messes up no only the employees internal clock but payroll and schedules also. Thank you.	6/23/2014 2:55 PM
7068	In addition to personal feelings (DST is useless, doesn't really buy us anything but confusion and needless changes), as the parent of little kids it's awful! Trying to get their sleep schedules to change by an hour every 6 months is no good.	6/23/2014 2:54 PM
7069	Spring forward. I would much rather have extra hours (of sunlight) in the day to get things done.	6/23/2014 2:54 PM
7070	I like to get up early, and get things done. I'd rather have light in the morning, than at night.	6/23/2014 2:54 PM
7071	Many technical resources are massively wasted every 6 months on time changes. Getting rid of them in Utah is a huge step forward.	6/23/2014 2:54 PM
7072	Time to do this!	6/23/2014 2:54 PM
7073	The economic advantages to having daylight later in the day in my opinion outweigh the disadvantages. More people benefit to having light later in the day than having light earlier in the morning (i.e. 4:56 a.m. on June 21st.) My second option would be to keep us on Daylight time year round.	6/23/2014 2:53 PM
7074	The first time this was introduced to the USA by Lyndon Johnson was for the duration of the Vietnam War. Since that time it has been an aggravating nuisance since. It has never served any such importance but a struggle to adjust, adjust, adjust. No one ever listens to the real problems this creates for the public. Children are at a loss getting up at an earlier time for school. The cause of calamities on the highways and even the farm animals adjustments to different milking schedules is a factor.	6/23/2014 2:53 PM
7075	I prefer staying with Mountain Standard Time all year round, but whether that choice is accepted or not, let's do one or the other. Significant safety problems are associated with the disruption to circadian rythms that occur twice a year under the current system. So, please: I'd like to stick with Arizona and use MST all year, but if that's not acceptable to the majority of people in Utah, let's do one or the other and end the current practice of going back and forth between MST and DST.	6/23/2014 2:53 PM
7076	I hate daylight savings time and always have. I feel it only creates problems all the way around. I would love to get rid of it all together. I remember how much nicer it was before the law was created.	6/23/2014 2:53 PM
7077	Just do away with DST. The sun rises and sets people will adjust their schedules accordingly	6/23/2014 2:53 PM
7078	I hate daylight savings time It does not good to change the time except problems. The Tribune has already made comments about children getting killed & it causes some health problems. Please take it away	6/23/2014 2:53 PM
7079	Here in St. George, we are already more than 30 minutes behind "real time" before adding in the additional hour for Daylight Saving Time, which puts us more than 90 minutes behind solar time. Add in to that is the sleep shift and wasted time in setting numerous devices to time shifts twice a year.	6/23/2014 2:52 PM
7080	No reason to keep changing. Pick one or the other and leave it there.	6/23/2014 2:52 PM
7081	Keep it. Crummy as it is to change the clocks twice a year, the alternatives are more awful.	6/23/2014 2:52 PM
7082	More daylight at the end of the day allows us 8-5 workers some daylight on our way home from work and perhaps spend a little outside time with our families during those winter months	6/23/2014 2:52 PM
7083	age 83.. it is always a pain to change clocks - otherwise no strong opinion thank you I drive 24 ml. to.i work each day of which 20 is on freeway	6/23/2014 2:51 PM
7084	Our body can't adjust!	6/23/2014 2:51 PM
7085	Changing times twice a year has always been very disruptive to our families health/sleep. I wish the state would stay on either standard or daylight time all year round.	6/23/2014 2:51 PM
7086	We need to stay with the current program. I generally work till 5 pm and having light after work allows me to get that extra golf and recreational time in, something we all need and take advantage of. If darkness comes earlier in the day, outside activities time will decress.	6/23/2014 2:51 PM
7087	stupid simple works.	6/23/2014 2:51 PM

7088	I prefer to stay on Daylight time all year round. I like to have more light in the evenings. It is particularly depressing to fall back into shorter days in the autumn. The longer evenings would help with winter depression and also allow people who are working to have time to see the actual sun before it sets. It would be a disaster to go to year round MST. With the terrible inversions in the state, we would add to it the gloom of short evenings year round. It would be a very poor choice. It is a much better choice to give children some after-school play time in the winter, some after-work leisure time in the winter, and some beautiful sunsets to enjoy after people are home for the evening. Please consider year round MDT!!! I can see the need to keep it the same...just don't go in the wrong direction, there is enough seasonal affective disorder to go around in Utah. Please don't add to it. I agree that tourism benefits from longer evenings. Shortening them just hurts the economy.	6/23/2014 2:51 PM
7089	I feel that this was put in place when more people lived by agriculture. It would make life easier for the majority to keep the clock consistent all year long.	6/23/2014 2:50 PM
7090	I would prefer to simply not fall back or spring forward. Just do away with it altogether. I have never really understood the necessity of it at all and it feels hard on our health or at least a natural rhythm of the day and sleep.	6/23/2014 2:50 PM
7091	Daylight savings time is useless. All it does is screw up our body clock.	6/23/2014 2:50 PM
7092	I do not enjoy the time change. It throws of my schedule and my children's schedule for weeks after. Also the longer daylight hinders the children getting to bed on time. It also makes it more dangerous for my husband to run in the mornings because it is darker and drivers can't see him as well. As was the case with the bikers who died right after the time change this year, because the driver didn't see them.	6/23/2014 2:49 PM
7093	Daylight Savings has NO legitimate purpose. It is annoying, confusing and should be eliminated.	6/23/2014 2:49 PM
7094	Changing time is hard on children and adults physically. The number of hours of daylight will still be the same. I hate the change!	6/23/2014 2:49 PM
7095	It's genius, leave it alone!	6/23/2014 2:49 PM
7096	We have always wished they'd just leave the time alone. It messes up the sleep cycle, especially in the Spring. I feel so bad for the children who have to catch the bus at 6:50 a.m. when it's dark and freezing. Morning is a beautiful time too, especially in the summer. Wouldn't it be nice if more people got up early to enjoy it before it got too hot? We're totally for getting rid of daylight savings time.	6/23/2014 2:48 PM
7097	I have a hard time adjusting my children's schedule when the time changes, especially in the spring when it is light for so long. I wouldn't mine doing it if there was a benefit, or reason for the time change, but I think it is an archaic practice that is no longer beneficial to anyone. We should definitely get rid of it.	6/23/2014 2:48 PM
7098	Keep the time set on Daylight Savings all year round.	6/23/2014 2:48 PM
7099	I enjoy the extra hour in the evening, I wouldn't mind not having it in the Summer but I hate when we change to MST and it is Dark at 5:00 in the Winter.	6/23/2014 2:47 PM
7100	I believe that the concepts that founded DST are sound. There is no reason we can't shift the clock to work more in line with our awake hours and with the changing seasons. I believe that we should stay on DST year round. In the winter months I drive to and from work in the dark. I work indoors and never see the sun. I would enjoy very much if there was still some natural light when I got off work. I think it makes more sense to stick with DST year round.	6/23/2014 2:47 PM
7101	I like the time frame when we are ON daylight savings time, so my vote is to keep that time all year. Having the light in the evening hours in the winter would be more useful to my family's lifestyle. However, I'm not against keeping it as is. Changing clocks doesn't effect us too much.	6/23/2014 2:46 PM
7102	Don't keep changing the time all the time. It is very upsetting to the biorhythms. Leave it alone the way nature intended! DST had outlived it's purpose..	6/23/2014 2:45 PM
7103	I don't see any reason to have DST! I think it's unhealthy, doesn't help anybody and it's a pain. Just get rid of it! It's the worst for school kids working to get ready for end of the year testing. It takes away sleep and takes weeks, in some cases, to get back on track!!	6/23/2014 2:45 PM
7104	It seems to me that it is outdated, needless, and disruptive to everyone. I don't care if we go forward or back, but let's just pick one and stick with it.	6/23/2014 2:44 PM

7105	I think we should choose a time and stick with it- the switching between times in the fall and spring mess with one's circadian rhythm too much. I think this article in the New York Times accurately represents how I feel. (http://www.nytimes.com/roomfordebate/2014/03/06/daylight-saving-time-at-what-cost/daylight-saving-time-takes-a-toll-on-health) Good Excerpts: "Swedish researchers reported a 5 percent greater risk of heart attack in the three days immediately after the spring time change." "We could keep daylight saving time or not, but if health and safety are the deciding factors, we should stop switching back and forth."	6/23/2014 2:43 PM
7106	I strongly believe that Daylight Savings time should either stay in place or remain on Spring Forward as it is now with the longer daylight hours. I believe it would be detrimental to the state of Utah to do away with Daylight Savings Time. I think with perminent longer hours of darkness you would see a large increase in Utah's crime rate. Most crimes do not occure in daylight hours. I also believe there would be a significant increase in depression in our society due to the lack of daylight hours. Utah is already ranked one of the highest for it's percentage of residents currently on Anti-Depressants. They say that Daylight Savings Time affects television ratings, movies, and some other activities but Utah is also ranked one of the highest for obesity. People tend to be more active in the daylight hours and less likely to be sitting on the couch. I would strongly consider moving to another State if Utah does away with Daylight Savings Time.	6/23/2014 2:43 PM
7107	I think we should extend to daylight savings to all year long, and start schools later later.	6/23/2014 2:43 PM
7108	Testing	6/23/2014 2:43 PM
7109	I leave work around 5:00-5:30 each day. During the winter months it's always dark outside. I'd prefer to maintain our current time year round. The sun going down at 5 vs 6 is a big difference in the colder months. My vote would be 1st to keep our current time and 2nd to align with AZ. Continuing to change the clock twice a year will remain my final choice.	6/23/2014 2:42 PM
7110	Daylight Savings time is absolutely ridiculous. Just leave the time alone! Thank you for asking.	6/23/2014 2:42 PM
7111	I think the extra daylight in the evening is more beneficial to people's health and well being than the short time that we have daylight in the AM in the winter. Most people awaken in the dark anyway. In the summer, especailly, the extra hour of daylight in the evening extends recreation and family time.	6/23/2014 2:42 PM
7112	I like having extra light in the evening and the idea of having extra light after work in the winter is very appealing. I say either create our own time OR align, just quit switching back and forth, it is very disruptive to my sleep cycle especially since I take medicine based on wake-time. Whenever we switch, it takes about a month to feel "normal" again.	6/23/2014 2:40 PM
7113	I really like having as much daylight as possible. Plus I don't want Utah to have weird rules for DST like Arizona. I like the way the system works, and see no reason for changing it.	6/23/2014 2:40 PM
7114	In our modern electronic world I don't believe we are saving energy with Daylight Saving Time. A better way to save energy would be to turn off lights when not in use and unplug appliances that continue to consume energy even when off.	6/23/2014 2:40 PM
7115	I'd prefer keeping DST year round. Just quit switching back and forth and pick one or the other.	6/23/2014 2:40 PM
7116	I cannot stand daylight savings. It is a GIANT impact on mine and my childrens' sleep patterns. Our overall happiness for the two weeks following the cutover is very difficult, especially as a diagnosed insomniac.	6/23/2014 2:39 PM
7117	I think that Utah should stay on the same time schedule as the rest of the country. It is beneficial for doing business with companies out of state. It makes the day better because then we are still getting up with the sun; It feels more normal. Also it is what I am used to. And I like it! So please say NO to ending daylight savings time in Utah.	6/23/2014 2:39 PM
7118	I honestly don't care if we spring forward or fall back--I just want it to stay the same all year long. The change is awful and I don't like it.	6/23/2014 2:39 PM
7119	I think we should pick one of the other but I personally like the standard time. It seems to work better for the natural body sleep schedule.	6/23/2014 2:38 PM
7120	Time change serves no purpose anymore.	6/23/2014 2:38 PM

7121	I hesitantly vote for the creation of a new time for Utah because as an 8-5 office worker, I truly dislike leaving the office when it is dark during the winter after the "fall back." I do enjoy it being light earlier in the morning during the summer months as it helps me get up earlier and be more productive in the morning hours rather than languish in bed because it is dark outside. A new time zone is a bit undesirable due to the confusion it creates when working with individuals outside of the state. Alternatively, I'd side on keeping the current system before following Arizona.	6/23/2014 2:38 PM
7122	I prefer a "daylight savings" time because more morning lightin in the summer is the best!	6/23/2014 2:38 PM
7123	I LIKE THE FACT THAT WHEN YOU GO TO WORK IT IS DAYLIGHT AND WHEN YOU COME HOME IT IS DAYLIGHT. IT IS SAFER FOR THE CHILDREN GOING BACK AND FORTH TO SCHOOL. IT SAVES ALOT OF ELECTRICITY WHEN YOU DON'T HAVE TO HAVE YOUR LIGHTS ON AT 5:OOPM.	6/23/2014 2:38 PM
7124	Creating a new Utah time might be a little confusing to begin with, but it will be much easier on us for day-t-day life. This gives us the most sunlight throughout the day.	6/23/2014 2:38 PM
7125	Each time we change time artificially causes several days of interrupted sleep and some required adjustments to biological clock.	6/23/2014 2:37 PM
7126	I vote to stop changing times twice a year. I don't really care which one we stay with, although I have a slight preference for standard time because I prefer to have more daylight in the morning hours.	6/23/2014 2:37 PM
7127	Changing back and forth is the real problem. So staying on standard would be ok to but I prefer the extra light in the evening when I'm home from work to do things. Thanks for asking!	6/23/2014 2:37 PM
7128	The only thing changing our clocks does is interrupt our sleep. It negatively affects my children in the middle of the school year because it means they have to wake up earlier for school. I do not see the need for any business in Utah. Tourists will come and play and enjoy the daylight, no matter the time. Farmers have the technology to work at any hour of the day, in the dark or light. Changing the clock just seems to mess people up, without any benefit.	6/23/2014 2:37 PM
7129	Plays havoc with my biorhythms!	6/23/2014 2:37 PM
7130	Switching time in the spring and fall can arguably be shown to cause problems. I personally enjoy greater daylight hours after work in the summer, so staying on DST permanently would be the best case scenario for me.	6/23/2014 2:36 PM
7131	It is difficult to adjust to the change, particularly to the time change in the spring. It is not just difficult for me; for children the time change is extremely disruptive. I'm old enough to remember what it was like before we began changing our clocks every six months, and we got along just fine. If we give it up, I find it extremely hard to believe we'll suffer any economic downturn. Arizona seems to do just fine, and I'm sure we would too.	6/23/2014 2:36 PM
7132	I like Daylight Savings Time. It makes me excited when the time change happens because it marks a new season. But aside from my personal preference, I think we would greatly complicate things on a national and international level by switching this up. It's already confusing trying to keep track of where Arizona is in the time-zone spectrum because Arizona's time doesn't change with the rest of the country. And if we do switch, I'd prefer staying at "Spring Ahead" time because otherwise, the light will be waking my kids and household up at 5:30 instead of 6:30a.m. But, staying at the "Spring Ahead" time will just create another state like Arizona that everyone else has to try and keep track of what time we're on. Can't we just keep it simple, folks? Is it really worth complicating 50 weeks out of the year just to spare us 2 weeks of adjusting to a time change?	6/23/2014 2:35 PM
7133	productivity is lost in the days following daylight savings time change. I would rather have more daylight in the evening during winter months. Those of us who work in offices without windows don't like driving to work in the dark and returning home in the dark.	6/23/2014 2:34 PM
7134	No need for daylight savings.Early in summer it is too dark for children to be going to school or for people to go to work and hard to adjust to different times.....	6/23/2014 2:34 PM
7135	I hate the effects of changing times... It is so hard to adjust, especially with children. I love having the longer daylight hours in the evening. When we fall back to standard time in the fall, it is so dark and depressing... By the time children are out of school and done with homework and parents are home, it is already so dark outside that it feels like we are constantly in a dark cave. I feel that staying on a daylight schedule permanently is the best option... It keeps the longer hours of light during the darker winter to help fight the winter depression and doesn't disrupt the natural rhythm of the body that gets so thrown off when forced to adjust to a new time and light schedule.	6/23/2014 2:34 PM

7136	Stop changing it.	6/23/2014 2:34 PM
7137	Please stop changing the clock. Stick with either MST or DST all year long. The time change is rough! The practice is antiquated and needs to come to an end. Thank you!	6/23/2014 2:33 PM
7138	Would like to see it stopped - everyone I know has difficulties with the adjustment twice a year.	6/23/2014 2:33 PM
7139	As the mother of two young children DST is a huge hassle to our family. DST is hard on children in school, for at least a week after the time change our son, and his classmates, had a hard time learning due to being too tired. Also, I think it is out-dated. In our modern age people generally don't use natural light to light their houses and businesses. Everyone simply turns on the electricity no matter how bright it is outside. (We have some big windows so we don't turn on the lights during the day, but most people I know will have indoor lights on all the time.) Honestly I think the best thing to do would be to set our clocks permanently halfway between DST and MST. That way you get a bit of both.	6/23/2014 2:33 PM
7140	I LOVE Daylight Saving Time. I appreciate the shift in daylight hours in spring and summer. Because I work full-time, it is easier for me to work on my home, in my yard, and participate in community activities (soccer, T-ball, etc.) in the evening, and I enjoy these activities more in the daylight than in dusk. I understand that "morning people" or those who would like more morning light for these activities might feel differently, but it would be a significant disappointment if Utah did not participate in Daylight Saving Time (disappointing to the point of possibly moving out of state . . .).	6/23/2014 2:33 PM
7141	Pease do away with the change!!Leave it either way but not going back and forth. It's too hard on us.	6/23/2014 2:33 PM
7142	I like having more light in the evenings. I dislike having it get dark at 4pm during the winter. I think we should never fall back. Keep it DST all year round.	6/23/2014 2:32 PM
7143	I would like to stop doing Daylight Saving Time. Like a lot of Utahns, I have Seasonal Affective Disorder (seasonal depression), and it is really hard to wake up in the dark. I don't know how high the SAD incidence is in Utah, but since we have the highest rates of mental illness in the nations, I'm pretty sure it is high. Waking up with the sun can help reduce symptoms of SAD. People who are not depressed are much better at contributing to the economy, and students are better learners when they wake up naturally with the sun instead of being dragged from bed in the dark. With Daylight Saving Time the way it is now, there are only 38 days a year in which the sun rises by 6:00 am. If we moved to permanent Daylight Saving Time, there would be only 58 days a year in which the sun would be up at 6:00 am. If we went to Mountain Standard Time, there would be 153 days a year where the sun is up at 6:00 am. I think for the mental health of our state, it makes sense to stay on Standard Time and never change our clocks. I analyzed the data and made a graphic showing how many days per year have sunlight at 6am, 7am, 8am, and 6pm, 7pm, and 8pm. You can see it here: https://www.dropbox.com/s/wjkgtldo0lra3c2/Daylight%20Savings2.png	6/23/2014 2:32 PM
7144	DST was for Farmers and in our time now we do not need to change anymore. It really messes with your internal clock. You perform bad at your job/kids in school. There is no reason to change the time. Keep it at Mountain time all year long.	6/23/2014 2:31 PM
7145	stop changing the time pick one and stay!	6/23/2014 2:31 PM
7146	It is a problem at my age (mid 80s) to change the clocks twice a year. DST is more of a problem than it is a benefit.	6/23/2014 2:30 PM
7147	Daylight Savings Time is an idea who's time has past. No pun intended...	6/23/2014 2:30 PM
7148	As a parent of small children, I can't fully express my frustration about changing the clocks twice per year; especially in the spring. Each spring, when my kids are already tired and worn down from school, we expect them to wake up an hour earlier. The argument to keep doing this don't hold up. It doesn't save energy, it doesn't save money. As for as farming goes; cows and chickens wake up at the same time regardless of what the clock reads. Dew evaporates at the same time regardless of what the clock reads. I can't imagine that the farmer cares if the clock says 4:30 or 5:30. When the work is ready, the farmer works, regardless of what time the clock says it is.	6/23/2014 2:30 PM

7149	The State of Utah and the Federal Government of the USA should get out of the business of trying to mess with time and created more daylight. In the 30s or 40s when this STUPID policy of daylight savings time first was enacted it was because we were ar war and they needed daylight in order to battle the enemy. With laser guided bombs and other technology that we have today, we no longer need daylight savings time in order to be effective at waging war, or for any other activity. It just messes up our internal clocks. The Native Americans and the State of Arizona have got it right by just letting time alone. Let the sun rise when it naturally does and call it sunrise. At midday call it 12 o'clock Noon and let it be. PLEASE QUIT MESSING AROUND WITH THE TIME!!! GET RID OF DAYLIGHT SAVINGS TIME!!!	6/23/2014 2:30 PM
7150	Please repeal DST. Would like to have light in the morning - especially during the early spring and late fall. It stays light late enough during the summer to not warrant the use of DST.	6/23/2014 2:29 PM
7151	I am stuck in an office all day. Please don't take away the light at the end of the day! Either keep daylight savings time or stay on it permanently so that in the winter I might see the sun for a few minutes during the week.	6/23/2014 2:29 PM
7152	I like the daylight in the evening and dislike the change back and forth.	6/23/2014 2:29 PM
7153	It does not really benefit anyone to flip back and worth twice a year. I don't care which one is put in place as long as it stays the same year round.	6/23/2014 2:28 PM
7154	Changing back and forth is no longer necessary and is disruptive to children and the elderly. The myth that it gives us more time for farming or recreation is silly. We have the same amount of hours in the day and the same amount of daylight. If someone chooses to alter their activities to better fit into those hours, so be it.	6/23/2014 2:28 PM
7155	I am approaching 90. I have seen DST all my life. At this point in my life and with my experience, I think it is time to retire DST.	6/23/2014 2:28 PM
7156	Tired of the government intrusion into our lives.	6/23/2014 2:28 PM
7157	I love Daylight Savings and thing we should keep it year round (join Central Time Zone). Second best would be to keep our current Daylight Savings schedule and the worst would be to be like Arizona. I love having the light later in the day.	6/23/2014 2:27 PM
7158	DST is more of a bother than a benefit. I would like to see it terminated.	6/23/2014 2:27 PM
7159	As a parent, I agree that there is difficulty for children as the schedule changes in the fall. I travel frequently on business and spend a substantial amount of time in Hawaii where they also do not change for DST. I prefer this system, but I also enjoy having more light into the evening which allows for more work to be done and more leisure opportunities during a day. For this reason, my preference is to stick with DST all the time, secondly to stick with MST. I am not in favor of keeping the system as is.	6/23/2014 2:27 PM
7160	There is no need to adjust time on a whole, Schedule's can be adjusted to fit the need of natural light when necessary.	6/23/2014 2:27 PM
7161	Both entering and exiting DST is awful as a parent. It takes a month both ways to get our kids used to the new time--instead of being actively involved in our communities for those 2 months, we're tethered at home with cranky, tired children (and maybe cranky, tired spouses, too).	6/23/2014 2:26 PM
7162	We've lived in Arizona for many years and have first hand experience. It was so nice to not change clocks. After moving back to Utah I see no advantage to having DST and support going with Arizona in doing away with it.	6/23/2014 2:26 PM
7163	As a parent, daylight savings time is horrible. I know 50 other parents who agree. We just have to change our lives by one hour and that doesn't work well. Also, kids don't need sun light in the summer until 9:30 at night. Any activity that you want to do when it is dark and cool, you have to stay up until midnight to do it. I don't think that's necessary. Also, I like it cooler in the morning and moving the time forward makes it hotter sooner. I don't think it saves on electricity nor helps farmers, or whatever the reasons it was instituted. The sun comes up and goes down, let's keep our times the same!!	6/23/2014 2:26 PM
7164	I haven't seen any convincing evidence that any energy is saved. The time change confuses most people.	6/23/2014 2:25 PM
7165	DST has been, according to some recent research, found to cause an temporary (up to 5 weeks) health problems (including lack of sleep and heart attacks), and vehicle accidents. DST is antiquated, hazardous, and should be discontinued. Simply put, it is a nuisance.	6/23/2014 2:25 PM

7166	I've always disliked the artificial changing of the time. It's confusing and it can be difficult to adjust to the new schedule. But then I was a working mom for a time and learned a new dread for the time change. I had a new baby who was finally adjusting to going to a babysitter, and his schedule was suddenly shifted by an hour. As a result he began waking up more during the night and had a harder time going down for naps. I seriously considered writing to my congressman on behalf of all working parents to ask for an end to Daylight Savings Time, but I was completely exhausted and overworked and honestly couldn't make time for one more thing. I know from personal experience that Daylight Savings Time leads to a loss of productivity and threatens my family's health. Please end it now.	6/23/2014 2:24 PM
7167	I've lived in places that do and don't participate in this. I find that I detest messing with the clocks. It tends to have adverse affects on my health. For starters, I am a person who can't sleep until it's been dark for so many hours. Then, I get up at the same time of day no matter what. So I don't get enough sleep during the summer months. There are also more heart attacks after the spring forward. I have a hard time adjusting due to a medical condition. Babies and animals are confussed when we mess with the clocks too. There are people who like light in the morning. Why should all the time go in the evenings. There are lots of reasons to kill Daylight saving. I feel risks outweigh the benefits.	6/23/2014 2:24 PM
7168	Makes extended hours during daylight at night.	6/23/2014 2:24 PM
7169	DST makes no sense. There are only so many hours of daylight and night each day. In North America the days get longer and the nights shorter during the summer and vice versa in the winter. This is not something that any manipulation of a time clock will change and we have a zero sum of extra light. Noon is when the Sun is on the meridian no matter how you try to manipulate it. At least Arizona has a legislature that understands that you can't cut a foot off of the top of a blanket, sew it onto the bottom, and have a longer blanket.	6/23/2014 2:24 PM
7170	Utah - quit being strange.	6/23/2014 2:24 PM
7171	More time with daylight is preferred!!!	6/23/2014 2:23 PM
7172	There is no need for this anymore, It is inconvenient and I see no useful purpose, I was told it helps farmers///well they can start their day an hour different...I	6/23/2014 2:23 PM
7173	Please keep the time when it get darker late for family kids spend more time together when parent like me won't get home it's dark plus is to depression sad	6/23/2014 2:20 PM
7174	The fall back makes no sense. We need the light longer to keep it warmer when the temps are near 0.	6/23/2014 2:20 PM
7175	We prefer to leave things as they are because our kids live in Colorado, which means they are on the same time we are. Makes phone conversation easier.	6/23/2014 2:20 PM
7176	Daylight Savings is an outdated and useless practice.	6/23/2014 2:19 PM
7177	Does not add any value by changing the time.	6/23/2014 2:19 PM
7178	Congress doesn't know our needs, and shouldn't be deciding our Daylight saving time - or extending it like they did.	6/23/2014 2:19 PM
7179	There is no need for it and it cause issues with the body's systems	6/23/2014 2:19 PM
7180	I know for my bodytime clock, it is thrown off every time the hours are "falling back or springing forward". I'm more tired and just can't catch up with my energy. I also have worked in the education system for 8+ years and the kids are more uptight and negative. They are tired too!! Keep it one time zone and let us not all be tired and cranky.	6/23/2014 2:18 PM
7181	The change is hard on my family as we adjust to an earlier time for work and school. It takes a couple of weeks for our bodies adjust to the new time. The change makes us tired and less able to complete our tasks.	6/23/2014 2:18 PM
7182	It is nice to have the sun longer in the day. especially in the winter.	6/23/2014 2:18 PM
7183	It is so difficult to recover physically from the time change twice a year. I do not see a benefit in it.	6/23/2014 2:18 PM
7184	I don't like to keep changing and I would prefer to keep the time the same year-round instead of resetting clocks and sleep patterns. Aligning seems to make the most sense and is my preference as far as daylight hours go. But, I would rather create a new time and spring forward for good than to keep it the way it is. Daylight savings is such a pain and there are no perfect hours for daylight or lack thereof. We need to just pick one or the other and leave it alone.	6/23/2014 2:17 PM

7185	Just keep it the same year round. It is too disruptive to keep changing back and forth.	6/23/2014 2:17 PM
7186	would like spring foward all year	6/23/2014 2:17 PM
7187	Daylight Savings Time was created to allow factory workers to work longer hours during the daylight. We now have people working 24/7, and we have electricity to light our work hours, so there is no need to change the time. There are more accidents after Daylight Savings changes due to sleep deprivation than there are on New Years Eve because of alcohol consumptions. This is a huge risk to health and safety. Also, this large change in our sleeping habits impacts all aspects of our lives from academics, to relationships, to effective functioning at work, as well as health ramifications. Our bodies do better when we stay on a regular sleep schedule. All this impacts financial resources for health, and work. It would be more health conscious and cost effective to stay on the same time ALL YEAR LONG.	6/23/2014 2:17 PM
7188	I think it is a wast of time and not needed anymore.	6/23/2014 2:16 PM
7189	I feel daylight savings is the best, as it gives us more daylight in the evening to spend with our families outdoors. It is very hard for children to go back and forth from "spring forward" to "fall back"	6/23/2014 2:16 PM
7190	I think it's pointless now. It's more of a inconvenience.	6/23/2014 2:16 PM
7191	Winter can be ugly as is. Having to get off of work in the dark sucks. Its one hour, but that one hour can really add some smiles and help break winter depression. My grandpa is a farmer - do you think the clock tells him when to wake? The sun is his only clock.	6/23/2014 2:16 PM
7192	It is beneficial to have extra hours in the summer to stay with my family. I spend much of the summer in Utah and like the extra daylight hours available after work.	6/23/2014 2:15 PM
7193	I feel it really messes up my brain. Would really like not to have to worry about changing our thought cycle	6/23/2014 2:14 PM
7194	I look forward every Spring to having more daylight to be outdoors and do things. I would be happy to have Daylight Savings year round. Not having it would be very depressing, I gain weight and lose body condition every winter because there is not enough time to enjoy outdoor activities .	6/23/2014 2:13 PM
7195	My only concern with going on and off daylight saving time is the body's sleep adjustment. I read new studies all of the time that show that we all need consistent sleep schedules. I have not heard any arguments for daylight saving time that compensates for this factor.	6/23/2014 2:13 PM
7196	On a lighter note, DST plays havoc with my cat--she gets me up earlier and earlier because she can't figure out what is going on. But seriously, I don't see the benefit of DST in the way we are living our lives today. The change creates problems in sleeping patterns. I would prefer to stay on the time schedule. (And I never understood why we changed the date when it started and ended.)	6/23/2014 2:13 PM
7197	Let's stay forward permanently. Just about everyone likes having the extra hour at the end of the day, while no one likes changing their clocks in the spring and again in the fall. Staying forward gets us the best of both worlds.	6/23/2014 2:13 PM
7198	We need to absolve it. It's such an antiquated system, and no reason it should exist now. Everything is online, and no need for Farmers to need it.	6/23/2014 2:12 PM
7199	Daylight Savings is an outdated system used to allow farmers "more" hours of light during the day. We should abolish this outdated system and move closer to a standard time. For those that argue that there are "more" daylight hours, that is incorrect. The length of time that daylight occurs is not dependent upon a subjective scale of time that we have created and periodically adjust twice a year. it is relative to the rotation and angle of the Earth and the Sun. It wastes time and effort in modify the clock. In my opinion the world should move to a unifying time standard, like UTC, but change take time and happens slowly.	6/23/2014 2:12 PM
7200	There is no doubt a change from Daylight savings could cost the state a lot of money. It would rob us of time in the evenings during the summer hours. It would be better to go daylight savings year round than to become like Arizona. They seem to enjoy being out of touch with the rest of the nation when in comes to daylight savings time.	6/23/2014 2:12 PM
7201	It brings no benefit. Only challenges.	6/23/2014 2:10 PM

7202	As a parent, I have found that the daylight savings that is in current use is extremely disruptive to my children and myself. I believe it causes more problems in the health of my family. Trying to adjust twice a year has proven to be difficult. I don't believe the need to accommodate those that feel the need for longer daylight hours for recreation should outweigh the needs of families who are trying to maintain normalcy. I do not feel that there is any cost savings in energy, either. That may very well be an excuse for those who feel the needs of the 'environment' outweigh any opinions of citizens. It is time to get rid of daylight savings time. My preference is to align with Arizona. However, I would be willing to create a new daylight savings time and spring forward if that would mean staying on that time and not changing twice a year.	6/23/2014 2:09 PM
7203	Get rid of the change. I don't care what time it is in Utah, just stop changing the time. We will all get used to whatever, but you can't get used to the time when we keep moving it.	6/23/2014 2:09 PM
7204	My desire to eliminate the twice a year time change is motivated mainly by the personal and family misery we go through with each time change. I moved from Utah to Arizona for nine years, and upon returning to Utah I distinctly noticed that there is about a week after each time change where I feel groggy and irritated, and apparently my family does as well because our behavior toward each other tends to be more contentious. I have indicated to keep the same time as Arizona because I think it best if Utah is on a time schedule that's, as much as possible, the same as the surrounding states. However, if Utah was to spring forward or fall back doesn't matter to me as much as selecting a schedule and keeping it year round. Thanks for giving me a chance to be heard.	6/23/2014 2:08 PM
7205	Its horrible for raising kids and messes with sleep times.	6/23/2014 2:08 PM
7206	DST is a convoluted and antiquated system. We have no need for it. It only serves to complicate too many things.	6/23/2014 2:08 PM
7207	This is an antiquated practice that needs to be eliminated. Pick one time and stick with it.	6/23/2014 2:06 PM
7208	I don't like the time change and staying with this current time makes the most use of daylight.	6/23/2014 2:06 PM
7209	I just hate changing. I don't see the benefit of changing and it messes with many internal clocks. It takes time to readjust and I feel awful during that time. I feel it would be better to just stay with one time frame or the other but if we are going to just stay with one let's stay with Arizona so there aren't so many different time zones for people to keep track of.	6/23/2014 2:06 PM
7210	My babies sleep better without changing schedules abruptly. I do better as well. It is more natural.	6/23/2014 2:05 PM
7211	because i like day light more at close to the night. you can do more later.	6/23/2014 2:05 PM
7212	Changing the time disrupts our bodies natural time clocks. It is extremely difficult on those with health problems and young children. My inlaws live in Arizona and I wish we could leave the time alone like they do. I myself have heart issues and losing that hour is so difficult on my health for several weeks.	6/23/2014 2:05 PM
7213	I have noticed over the past several years that when we change the time from and back to daylight savings, my biological clock is greatly affected. I have difficulty sleeping and/or waking up on time which affects my work and family life. I notice that my children have also had problems adjusting. Overall, this just doesn't seem to be beneficial any longer and I would love to simply do away with it.	6/23/2014 2:05 PM
7214	I love the extra daylight during the warmer summer months, enabling you to be outdoors longer.	6/23/2014 2:05 PM
7215	I am ambivalent about which we should do - Fall Back with Arizona or create a new Utah time zone. I do feel very strongly that we should NOT participate in Daylight Savings.	6/23/2014 2:04 PM
7216	We should do away with it. It was great when it was implemented for people who worked out of doors, but now it isn't needed and the schedule change is more of a hindrance now than a help	6/23/2014 2:03 PM
7217	Please leave Utah aligned with the rest of the country. I have family in Arizona and it is always a chore trying to decide what time it is there, and when is the best time to call. If this were the case for the entire country, it would be crazy. If the entire country changed one way or the other, i would not be concerned. I like the current system, but if it changed nationally, it would not be a big inconvenience. It would be a huge inconvenience to have Utah different than the rest of the nation. PLEASE DON'T DO THIS.	6/23/2014 2:02 PM
7218	I much prefer the Align or Create option. I believe the change in time twice a year is extremely disruptive to our brains, bodies, and habits.	6/23/2014 2:02 PM
7219	Why should we eliminate Daylight Savings? Um... how about the fact that we're not an 18th century agrarian-based society that relies on sun-dials?	6/23/2014 2:02 PM

7220	I like it being light longer (what we have during the summer). I don't like it being dark so early.	6/23/2014 2:01 PM
7221	Why disrupt your body's time clock every six months. It makes most people groggy, and irritable, late and early.	6/23/2014 2:01 PM
7222	I feel it is beneficial to stay consistent with the rest of the nation. I also prefer having longer days in the summer so if a change is going to occur, I'd prefer to always have daylight savings.	6/23/2014 2:01 PM
7223	I don't care which one you want to go with I just want it to be the same all the time. I do not like having to change forward or back.	6/23/2014 2:01 PM
7224	I hate the time change for many reasons!	6/23/2014 2:00 PM
7225	I do not think the "benefits" of changing the time are still there. We are no longer a "farming" community, at least not to the extent that we used to be. I have also seen many reports about the health and safety problems that come with changing the time, I think we should stay at one time. I know for me my body schedule is messed up for 2-3 weeks every time we change the time, it is extremely frustrating.	6/23/2014 2:00 PM
7226	In my opinion the original reason for Daylight Savings, energy conservation, is a moot point. People will use their lights, appliances and air conditioning regardless of the time of day and most people are out of their houses during the day for work. Companies, where most people are during the day, typically run their lights regardless. Daylight savings is simply more of a hassle than it is worth.	6/23/2014 2:00 PM
7227	I would create a new program that would allow us to stay on daylight savings all year long. I believe the additional sun in the evenings will enhance tourism and increase activity later into the evening and would be good economically and personally. The potential for the increase in fatal car accidents the day we "spring" forward our clocks would be eliminated. I would strongly vote for adopting the program where we remain on daylight savings time all year round for personal and economic reasons.	6/23/2014 1:59 PM
7228	As an avid outdoors woman, I find myself getting up early to enjoy nature and sports just as often as I enjoy staying out late. And as someone in the tech field, I've worked many a graveyard shift that resulted in a lot of confusion around the time changes. Time to simplify and let the industries adjust according to their own customers needs.	6/23/2014 1:59 PM
7229	I dislike daylight savings time. When I was teaching, tardiness to school increased.	6/23/2014 1:59 PM
7230	I have thought for many years that we should not fall back in the spring. Two reasons for my opinion are: (1) I know that the extra hour during the summer helps tourism and agriculture and (2) I do not like having it be dark outside at around 5 pm during the winter solstice.	6/23/2014 1:59 PM
7231	Its important to have the extra daylight hours for my business, and I would like to be on daylight savings time all year around!	6/23/2014 1:57 PM
7232	With longer daylight it will boost recreation in the State.	6/23/2014 1:57 PM
7233	There is no benefit - http://news.nationalgeographic.com/news/2013/11/131101-when-does-daylight-savings-time-end-november-3-science/	6/23/2014 1:57 PM
7234	lets join Arizona on this one.	6/23/2014 1:56 PM
7235	I prefer not to change it back and forth.	6/23/2014 1:56 PM
7236	I enjoy the time zone that we are on at this exact moment. Everytime we fall back for daylight savings I find that my sleep is effected enough to where it take me a few weeks to adjust to the change. Please eliminate daylight savings and let's finally choose a time that will never change again.	6/23/2014 1:55 PM
7237	Since our state sits north of AZ, I think it makes sense that if we change DST that we align ourselves with AZ to avoid national confusion on what state is what time.	6/23/2014 1:55 PM
7238	It would make things easier all the way around to never having to change the clock, period.	6/23/2014 1:55 PM
7239	I like the idea of staying on the spring forward schedule. Because the sun doesn't go down until later...it allows us to get so many more things done once I get home from work.	6/23/2014 1:55 PM
7240	Changing the time by an hour only results in fatigue and confusion, not a better schedule. The time change doesn't even add light at valuable times.	6/23/2014 1:55 PM

7241	All Daylight Saving Time does these days is further mess with our biological clocks, which has been proven in many studies to increase risk of injury for the first couple of weeks after the time shift. Keeping the time steady throughout the year can help fix this problem, and the extra daylight provided by the shift is already greatly reduced due to the amount of artificial light we use in our everyday lives.	6/23/2014 1:54 PM
7242	Spring Forward is the greatest day of the year... Fall Back is the worst day of the year. As someone who suffers from SEVERE seasonal depression, having more light in the afternoon/evening hours makes a big difference for me.	6/23/2014 1:54 PM
7243	We really like daylight savings. It gives the opportunity to enjoy more outdoor activities that Utah has to offer. That's one of the amazing qualities if living in Utah is all of the outdoor activities from Golf and sporting events to boating, water skiing, hunting, fishing, camping and all other outdoor activities and daylight savings gives you more opportunity for that. Please don't change it. We have all enjoyed it this long there is no reason to change it. Maybe we should just leave it year round.	6/23/2014 1:54 PM
7244	For me I hate it it so hard to change for a week or two you feel like crap.. But I do have grandkids that even now walk to school in the dark JR&SR high school so does matter really you guys will do what you want.	6/23/2014 1:54 PM
7245	I work with an international customer base, and DST is not only antiquated, but causes unnecessary complication and frustration. I have to reschedule recurring meetings and/or come into work an hour earlier/later to accommodate the change. This madness needs to end!	6/23/2014 1:54 PM
7246	We should always be in Permanent DST, which would extend the light later into the night. "Falling back" into MST only insures that by the time most of us leave work, it is nearly (or completely) dark. Which is emotionally draining.	6/23/2014 1:53 PM
7247	I agree with the arguments that changing times can be hard on the body, I think we should keep Daylight Savings Time year round. We get the benefits of the added light during the evening hours without having to sacrifice changing times.	6/23/2014 1:53 PM
7248	I think the issue with myself and others is the switching back and forth. I'm fine with the 'unify' option as well, but I would prefer the 'create' option.	6/23/2014 1:52 PM
7249	Switching your biological clock back and forth is unhealthy both psychologically and physically. It contributes to depression and obesity. It is also very disruptive to children's routines. I also enjoy night in the summer but seldom get to when it's not dark until after bedtime!	6/23/2014 1:52 PM
7250	I prefer not to change time twice a year. Either stay on standard or daylight savings the whole year.	6/23/2014 1:52 PM
7251	Going forward and back again is too hard. Keep is at standard time please!	6/23/2014 1:52 PM
7252	DST doesn't make sense anymore. Put the clock forward or back and keep it there!	6/23/2014 1:52 PM
7253	Our family likes the longer daylight hours in the summertime. We HATE the time changes 2 times each year. Doing away with the time changes is most important and keeping us in the Spring Forward phase permanently is preferred!	6/23/2014 1:52 PM
7254	The extra hour of light in the evening is good, it gives people a little more time to enjoy their lives. In the Winter it would be nice not to go into work in the dark and come home in the dark. I believe it would help people with seasonal affected syndrome feel better if when they ended their work day they had some time with natural light. It would also reduce the needs for lights on a little in the evenings during the winter. I realize that this would mean kids going to school in the dark, but the schools could adjust their time a little also to make it almost even.	6/23/2014 1:51 PM
7255	No need for Daylight Savings. It was originally used for commerce, and with instant access with the internet, there is no longer a need for it....	6/23/2014 1:51 PM
7256	I believe that there is adjustments that the body and sleep patterns have to go thru each time the time changes and I think it would curtail any confusion on current times.	6/23/2014 1:50 PM
7257	I love the extended daylight hours in the evenings. I would like to see us stay on daylight saving time year round.	6/23/2014 1:50 PM
7258	i think we should keep the spring forward year around, because with the other time it gets dark too fast so its hard to be productive afternoon with it dark	6/23/2014 1:50 PM
7259	I agree that we pick one time and stick to it - whether that's the retain or align choices given above. ENOUGH of the flip-flopping twice a year. As one who has to get up for work at 4:30 a.m., the "spring forward" just about kills me.	6/23/2014 1:49 PM

7260	Ranchers, farmers, and tourists will have the same amount of sunlight no matter what a clock reads. Why hassle millions of people twice per year over this?	6/23/2014 1:49 PM
7261	I like the extra daylight in the evenings. Just move it forward and leave it there. Don't move them back in the fall.	6/23/2014 1:49 PM
7262	The changing of time forward and backward creates workplace, educational, and public safety concerns each spring and fall. In general people are more productive later in the day and after work. Having more daylight hours later in the day would make these "after hours" times safer on the roads and doing away with the time change would eliminate the adjustment time required by adults and children.	6/23/2014 1:49 PM
7263	I was an educator for 40 years and saw the wasted time each year as students were sleepy through the first hour of school after the change to DST. It is not normal for the for the body to switch like that. I strongly oppose DST and have talked to my legislator about not changing it.	6/23/2014 1:48 PM
7264	Lets keep it how it is. It is very useful to spring forward and fall back and then i dont feel like i am waisting all of my day at work	6/23/2014 1:48 PM
7265	I like daylight savings time. It is the other half of the year that I don't like. Driving home in the dark after work and not having daylight to go outside. I think we should get rid of the time changes but stay in daylight.	6/23/2014 1:48 PM
7266	I want to be on daylight savings time ALL of the time! I love being able to have daylight later in the evening during the summer! I just hate going back and forth between the 2 times. I want us to stay with the summer time daylight savings, all of the time!	6/23/2014 1:48 PM
7267	There is not need to be switching back and forth twice a year. It is better to have light in the morning than at night. Thanks!	6/23/2014 1:48 PM
7268	No disrespect to Ben Franklin, but this is an old practice that needs to change. Its time to put to bed DST!	6/23/2014 1:47 PM
7269	It makes so hard for the kids to adjust. It makes no sense to claim it helps the farmers, cows get milked the same time every day, not by the clock. The farmers most generally work from Sun up to Sun down, not by the clock also.	6/23/2014 1:46 PM
7270	People are not fully considering the ramifications of getting rid of daylight savings time. While they may gripe now about having to wake up early, but they will really be griping when they can no longer engage in after-work activities that require daylight in the summer. The alternative solution to always be on DST is equally bad as it will cause for very late sunrise in the Winter. This is a danger to children who have to walk to school or be transported in pitch black. Please do not fall for people's whining. It would be very bad to abandon Daylight Savings Time just because people dislike having to rise an hour earlier.	6/23/2014 1:46 PM
7271	Do not like changing back and forth. It's so hard to make the adjustment for sleeping. On Daylight, the kids go to school in the dark in the mornings. Not safe.	6/23/2014 1:46 PM
7272	It doesn't serve any purpose --	6/23/2014 1:46 PM
7273	1. School kids are in the dark waiting for the bus and getting to school. 2. It is an old idea that was supposed to save energy. I can't see how it does. We are in the dark longer. 3.It is a pain getting used to the time change due to lack of sleep, causing a loss of productivity. 4. Have never liked it. a waste of time.	6/23/2014 1:46 PM
7274	Align it to Arizona, please.	6/23/2014 1:45 PM
7275	I don t see any benefit from daylight savings as this was a product of the 1970 s , its not healthy or helpful to people , especially kids , I don t want daylight savings at all	6/23/2014 1:44 PM
7276	As a teacher, not having to switch back and forth during the school year would be a plus for students. The spring time change is terrible for students!	6/23/2014 1:44 PM
7277	Quit changing the clocks twice a year, and stay on standard time. DST is too dark in the morning for students. If we stay on standard time, we will be on the same time as AZ, NV, and CA during the summer hours.	6/23/2014 1:44 PM
7278	After living in Arizona, it was so nice not having to deal with it. It's really more of a pain, and no longer needed.	6/23/2014 1:43 PM

7279	I really haven't ever liked the change. I think that our country works on a 24 hour system and the change doesn't do anything but make you tired for a few months trying to adjust to the change. When I lived in the Philippines I loved not having to change my clock and staying on the clock and let it role.	6/23/2014 1:43 PM
7280	DST is a joke. Changing the time on a clock has 0 real time relation to how many hours in the day the sun is up. Getting rid of DST will not hurt the tourism industry. Companies that deal with tourism should be changing their hours with demand anyway.	6/23/2014 1:43 PM
7281	The three choices under 1 above -- does "CREATE" mean that I'd like to keep daylight savings time all year? I hope so but it's ambiguous. Year round means less crime because of more daylight in the evenings. Fewer accidents since more driving is done in the evening and there are fewer accidents when it's light. Children are ferried to school in the morning so most will not be walking to school whether it's dark or light. A specious argument in this day and age. DAYLIGHT SAVINGS TIME YEAR-ROUND.	6/23/2014 1:42 PM
7282	It is harder to get your body adjusted to a change in the time. it takes me up to a month to adjust in the fall and spring. If Arizona is doing it fine without DST, why can't Utah do it as well.	6/23/2014 1:41 PM
7283	I really don't see what we gain by using DST.	6/23/2014 1:41 PM
7284	Most of Utah is on the western edge of the time zone. We don't need DST.	6/23/2014 1:41 PM
7285	No matter which option we choose there will be no more or less daylight each day, so farmers won't have any more or less time to do their work. The same applies to any other workers. I think the change back and forth in spring and fall is disruptive to commerce and to the wake/sleep cycles of the citizens. It's also bad for students getting to and from school. Leave it on standard time.	6/23/2014 1:40 PM
7286	Barring a complete change to UTC, stay on MDT all year.	6/23/2014 1:38 PM
7287	Pick one time and leave it there preferably aligned with Arizona.	6/23/2014 1:38 PM
7288	Get rid of it. Stay with MST year-round. Read "Does Anybody Really Know What Time It Is?" from 3/10/11 NY Times. From that article - "One sees the same annoyance with the “compulsory lie” of daylight saving time. When it was being debated in 1916, The Literary Digest saw it as a trick to make “people get up earlier by telling them it is later than it really is.” The Saturday Evening Post asked, in jest, “why not ‘save summer’ by having June begin at the end of February?” And an Arkansas congressman lampooned the time reformers by proposing that we change our thermometers: move the freezing point up 13 degrees and a lot of folks could be tricked into burning less fuel to heat their houses."	6/23/2014 1:38 PM
7289	DST is an unnecessary hassle.	6/23/2014 1:37 PM
7290	The primary benefit of daylight savings time is conserve energy used for lighting. Modern lighting is using less energy than it used to. My concern is how many children/students are injured by motorists each time the clock is changed. I say align with AZ because it keeps us geographically aligned with time zones as neighboring states continue the practice.	6/23/2014 1:37 PM
7291	Daylight Savings Time has no measurable benefit to anyone and only serves to disrupt individuals' routines and create new difficulties in communication across time zones and internationally.	6/23/2014 1:37 PM
7292	Having previously resided in Utah, I know that the sun is up way too late during the summer. Also, the concept of "daylight saving" is so artificial in any location. I highly support choosing one time and staying with that one time.	6/23/2014 1:36 PM
7293	Changing time is horrible it make for two weeks of grumpy kids. It is not useful any more. Please stop day light savings time.	6/23/2014 1:35 PM
7294	just because you set clocks up and fall back the sun rises and sets the same. I think the clocks do not need to set forward and fall back.	6/23/2014 1:35 PM
7295	If we make a change I think we should keep daylight saving time all year.	6/23/2014 1:35 PM
7296	It doesn't matter what time things are, just quit switching them. There will always be reasons why one is better over the other, but switching between times is ridiculous.	6/23/2014 1:34 PM
7297	Love Daylight Savings, can enjoy being outside longer, wish it was daylight savings all year	6/23/2014 1:34 PM
7298	No more changes leave it as it is right now!	6/23/2014 1:33 PM
7299	I prefer the fall back alignment with Arizona, although being retired allows me to make changes in my life style without problems.	6/23/2014 1:33 PM

7300	Enough DST already. There is NO reason for DST in today's world.	6/23/2014 1:33 PM
7301	I believe in child safety on the way to school I totally agree with keeping the same time as Arizona	6/23/2014 1:31 PM
7302	I feel that we would be better off to stick with the same time all year. My children and those of friends are really thrown during the time changes and it affects their schooling. It also does not seem to help farmers too much. My grandfather was a farmer and he would just get up a bit earlier when need be.	6/23/2014 1:31 PM
7303	DST is a constant disruption of schedules, twice a year, that (from my point of view) brings NO tangible benefit. It does, however, disrupt everyone's sleeping schedule for both young and old. Twice a year. I am strongly in favor of abolishing DST, and keeping the same schedule as Arizona.	6/23/2014 1:30 PM
7304	Constantly changing clocks does not save energy, can lead to health problems, and is just plain annoying. It doesn't really matter what we set our clocks to, as long as it stays consistent throughout the year. Being on the same time as other nearby states can also be beneficial, so it would be best to align with Arizona.	6/23/2014 1:29 PM
7305	I like having the extra light after work to do things in the summer months and also think it helps with things that are national to be on track with almost all of the US.	6/23/2014 1:29 PM
7306	Please keep us on MST! DST is hard on all our family, especially our small grandchildren who ride the bus to school and have to get up so early. They get so tired, it affects their health and productivity. DST has long lost the value for which it is intended. Also, in my business it would be advantageous to be aligned with Arizona as we work with clients and other businesses in that state year round. Thank you for your consideration, I hope the right choice will be made.	6/23/2014 1:28 PM
7307	I really only think about it twice a year... when it changes... I'd rather cut that out.	6/23/2014 1:28 PM
7308	I prefer constant MST but would also support DST year round, but I heartily oppose alternating between the two like we do now.	6/23/2014 1:28 PM
7309	I have always hated it and haven't seen any benefit except loss of sleep.	6/23/2014 1:27 PM
7310	It is confusing for people and it's frustrating when it takes a few days to adjust to the new time.	6/23/2014 1:27 PM
7311	I just find it an inconvenience when DST arrives. It takes a couple of weeks for my body to adjust to the time change. And I've never fully understood the need for DST.	6/23/2014 1:26 PM
7312	The dark time of year in the winter can increase depression, allowing more during the winter would be helpful, especially since Utah has a high rate of depression.	6/23/2014 1:26 PM
7313	I would much rather have the daylight in the evenings after work when I am home to enjoy it. I think we wouldn't have so much SAD in this state if we had more sunshine in the evenings in the winter as well as the summer.	6/23/2014 1:26 PM
7314	I would rather have the extra light in the morning. It is safer for school kids and I don't like having to change twice a year.	6/23/2014 1:26 PM
7315	We do not live in an agricultural based society any longer. We do not need to change our times to fit the farming aspect of careers. Daylight savings is in the past. We need to look to the future and get rid of it. In our society today, people work all hours of the day and night. This makes daylight savings time abundantly less useful and in some cases, very disruptive. I am an educator. Students have a very difficult time adjusting to the time changes with daylight savings. We need to remain consistent in time in order for our students to maintain learning and avoid unnecessary disruption. Daylight savings is a very unnecessary disruption that should be gotten rid of. Let's get this taken care of so we can be aligned with other states in this one arena. We need to be progressive and realize we are not living in the past anymore. Aligning our time with AZ would be one great step!	6/23/2014 1:26 PM
7316	Question number 1 is phased is such a way that can confuse. My wife answered "to align with Arizona" thinking that they were on the same time as we are right now. She should have answered "create" based upon her preference. In the meeting, please identify the 3 options as: A) no change - spring forward, fall back. B) stay on mountain standard time (Arizona) which gives more light in the morning or C) stay on mountain daylight time, more light in the evening.	6/23/2014 1:26 PM
7317	There was a day in which this was useful but that day has since expired. Farmers use lighted equipment when working next to the dark hours so that justification is invalid. I have regularly had all lights on at hours not affected by the time change while bailing hay, laying off corn, feeding livestock, etc... The only thing this change does is give me an hour of sleep in once a year. On the flip side, it makes me get up an hour early once a year as well.	6/23/2014 1:25 PM

7318	Not only is Daylight Savings Time beneficial to farmers and those with crops/livestock, but the time change is beneficial to more areas of our lives than just farming. People enjoy the late sunsets; being outdoors in the cooler temps but still have light. It overall makes summer more enjoyable, and I think it would make winter more enjoyable as well. Do not do away with Daylight Savings Time. If anything, keep Daylight Savings Time throughout the entire year. People benefit from more light when they're awake.	6/23/2014 1:24 PM
7319	I like the idea of year-round daylight savings time. It's hard going to it, so I think we should just stay on it. The economic and safety benefits outweigh any minor inconveniences.	6/23/2014 1:24 PM
7320	I believe there truly isn't much of a point of Daylight Saving and agree that it should end. There are very few businesses that run solely on sunlight and whether the time is an hour forward or not doesn't affect the vast majority of the population. I personally don't know but I would think that if someones business or livelihood depended on the amount of time spent in sunlight then they are going to be up and working during the time of the day that the sun is out regardless of the official time. I recognize the benefit of DST but in today's world people are working around the clock as it is and ignore DST anyway.	6/23/2014 1:23 PM
7321	I think we should set our clocks to DST and leave it there, even through the winter.	6/23/2014 1:23 PM
7322	I feel the we should either leave daylight savings time on full time, or stay on Mountain Time Zone full time. The change is crazy, I don't see the benefit at all in the changing it back and forth, especially when we go off MDT and it gets dark so early. Just leave the clocks alone.	6/23/2014 1:23 PM
7323	I lived in Arizona for a while, and they kept the time the same so they could get more work done before it got too hot, they just got up earlier in the day. As a mother, it's really difficult to deal with the sunlight and bedtime during the summer months, not to mention the weeks it takes to get used to the time change twice a year. It throws everything off schedule.	6/23/2014 1:23 PM
7324	I feel that Daylight Savings Time doesn't accomplish anything except disrupting normal sleep patterns. I don't see any reason to continue to participate in Daylight Savings Time and think it would be healthier to maintain a consistent time throughout the year as Arizona does.	6/23/2014 1:23 PM
7325	It would be better if DST began later like April or May and ended in October.	6/23/2014 1:23 PM
7326	I can hardly believe our government has nothing better to do with our time and money than to consider another way to make Utah an odd-ball state. We are part of a union of 50 states. Why not aim for unity and consistency with the others? Really, I see this as pointless attempt to push state's rights to no good effect. What's next...require guns in every home, like LaVerkin? Bring back polygamy? Require ATV's in every yard? Utah is already to weird in too many ways. Why can't our representatives spend some time trying to improve air quality or education, or reduce traffic?	6/23/2014 1:23 PM
7327	I hate changing the clock and having to deal with the confusion. Get rid of DST.	6/23/2014 1:22 PM
7328	Daylight savings time is really hard on children. But, we should not create our own time - let's make this as easy on the rest of the U.S. as we can. We should align with Arizona and stay there!	6/23/2014 1:21 PM
7329	There is no practical purpose for continuing DST. There are X number of daylight hours in any given day and that doesn't change with DST. It may change when those daylight hours are, but one hour doesn't alter that significantly. Other factors come into play for that as well (depending on how close or near someone is to the time zone line) and there is no extra consideration for that. It would be much simpler to have one standard time that doesn't change throughout ther year.	6/23/2014 1:21 PM
7330	I honestly like the sunshine later into the day all year long which is why I voted for "create a new daylight savings time." I'm not sure if that was the meaning intended, but I hope so. If not, then I would change to "align." I realize there are many different opinions for many different reasons but personally, it takes me weeks to get my body back on track after it changes both ways. Please make the time consisten all year long. Thank you.	6/23/2014 1:21 PM
7331	Daylight savings is a silly idea. In a world that runs 24/7, changing our clocks serves no purpose. It messes up our biological clocks, and causes problems for weeks while our bodies adjust. Get rid of it!	6/23/2014 1:21 PM
7332	I struggle with driving in the dark, so the more daylight hours later in the day opens opportunities for me to schedule appointments in the evenings as well as daytimes.	6/23/2014 1:21 PM
7333	Set the time to one and leave it alone. It takes so much time to get the school children back after the change takes place.	6/23/2014 1:20 PM

7334	Ironically, observing Daylight Savings is very disruptive in today's 24/7 environment. Has a supervisor of employees with young kids, Daylight Savings has a ripple effect. It throws off of their schedules which invariables effects Mom's and Dad's ability to stay on theirs. I lived in Arizona for 9 years, worked as a supervisor for the last 3 of those. Business days and work productivity ran smoother without the time change.	6/23/2014 1:19 PM
7335	DST needs to go away.	6/23/2014 1:18 PM
7336	It is difficult to adjust to and makes no sense. The only reason I see is because the rest of the states change which would be a bit confusing. But let's lead and do away with this senseless idea	6/23/2014 1:17 PM
7337	It is fine the way it is. It seems that for the people who work all day long, we can appreciate the extra daylight in the evenings. It's hard enough in the winter, work all day and come home to darkness. It gives people more time to do things, and get things done like shop, and enjoy some leisure time. The amount of time to change the clocks is nothing compared to the extra time for living. This gets brought up every year - there's a reason it get's voted down every year. We need to let it rest and go on with our lives.	6/23/2014 1:17 PM
7338	When we fall back in the winter months it doesn't provide many hours of sunlight to get things done when we arrive home from work. With so many things now days demanding of our time, we need the extra hour. The shorter hours in the winter also lead to winter depression, if it was lighter when people left work I believe it would help relieve some of that depression.	6/23/2014 1:17 PM
7339	I work at ALL hours of the day and night. I NEVER get to establish a circadian rhythm. I still prefer daylight savings for the simple fact that I have more time with my family in the evening when they get home from school, or home from work with more daylight due to daylight saving. The problem that people have is that they look at the clock and say the clock says it's 10 o'clock, but it's really only 9. Just accept the time on the clock.	6/23/2014 1:17 PM
7340	NA	6/23/2014 1:17 PM
7341	DST has outlived it's need. I find it disrupting to the whole household. The years that I worked and sent children to school were especially difficult for us to adjust our sleeping schedule twice a year. DST should be eliminated.	6/23/2014 1:16 PM
7342	It is very difficult to make the adjustment every time it changes.	6/23/2014 1:16 PM
7343	I get up early in the morning and would enjoy having more sunlight earlier. It's nice to have it cooler in the evening.	6/23/2014 1:16 PM
7344	I believe that daylight savings time significantly affects economic conditions by deterring would-be consumers from patronizing establishments from the hours of 5:00 PM onward in the evenings during the winter. I believe the majority of people who would patronize establishments would be doing so in the evenings when they are home with their families.	6/23/2014 1:16 PM
7345	It ruines my schedule, makes me sleep deprived. Hate it	6/23/2014 1:16 PM
7346	My Mother who is a farmer hates DST. Every time the Clocks are changed, I hear the following: Daylight Saving Times was invented for the golfers, and the farmers get blamed for DST. My body hates changing the internal clock.	6/23/2014 1:15 PM
7347	I feel the changing of time is ridiculous! We should stay on MST and stop the nonsense of changing our clocks. We don't get any more hours in the day; stay on MST like Arizona, PLEASE!!!	6/23/2014 1:15 PM
7348	Number one issue would be maintaining the current usage, which has been in existence for so many years, so we would stay in step with the surrounding states that are currently on DST. Number two - the current schedule allows for any number of activities to be scheduled in the evenings after work or school that would be limited by eliminating DST.	6/23/2014 1:15 PM
7349	I think it is hard to change over your natural body clock. Therefore not at your peak performance for several weeks for work or personal life. Children have a very difficult time making the change over and school and activities become more of a challenge.	6/23/2014 1:15 PM
7350	Just pick one or the other or stay on something created. No more changing back and forth. It's too hard on our bodies.	6/23/2014 1:14 PM

7351	I've lived in Arizona and staying on standard time was done to avoid the heat lasting long into the night. But it's not all that fun to have it getting light between 4-5 in the morning. I much prefer to have the extra light at night. If we are going to change, let's just stay on DST. But PLEASE don't go back to standard time and take away our daylight in the evenings. Most people don't seem to be "morning" people and staying on MST will shift an hour of usable daylight to the morning when most are trying to still sleep.	6/23/2014 1:12 PM
7352	When we fall back in the fall the days are too short to get much done after leaving full time work. With work, home, and kid's activities we are forced to do a lot in the evenings and the extra hour of daylight would help us feel like we have more time. Plus, the shorter days contribute to winter depression.	6/23/2014 1:12 PM
7353	Why do we need to disrupt sleep cycles. Living as I do and working as I do I work dark to dark no matter what time it is	6/23/2014 1:12 PM
7354	PLEASE get rid of daylight savings time!!!!!!! The most important reason in my opinion is that it's very depressing going to work in the dark and then going back home in the dark at 5:00pm. You feel like there is no time to get anything done whether it be extra curricular or house/yard work. So you spend your weekends completing all your chores instead of spending more quality time with your own kids or family. Also I know it is difficult for some people to adjust to the time change. Not only mentally but physically as well.	6/23/2014 1:11 PM
7355	Please do away with daylight saving time, I hate the clock change. And please don't make the mistake of going to daylight saving time all year long! Right now in the middle of winter sunrise happens a little before 8 am, if we were still on daylight saving time in winter then it would not be sunrise until almost 9 am. I hate the thought of my kids going to school more than an hour before sunrise. It is just too dangerous with kids crossing streets, etc. to let it be dark an hour longer in the mornings. As for keeping daylight saving time just in the summer, I disagree. Some promote benefits of it staying light longer in the summer evenings, I have to point out some of the benefits of it getting dark an hour earlier during the summer. First off we still have to get up for work the same time the next day, but with it lighter it encourages society to stay up later. This means less sleep, unless you don't work and can sleep in. Also when it gets dark at 9-9:30 it only has an hour or so to cool off before we head to bed, if it was dark at 8-8:30 there would be two hours for the temperature cool off. That makes it more comfortable when falling asleep, and requires the AC to run less at bedtime. Firework shows, outdoor pageants, etc. could also begin an hour earlier without daylight saving time. I'd love to see the Fourth of July fireworks show at 8:30 rather then 9:30 and be home from the celebrations an hour earlier too. Overall lets just get rid of daylight saving time and stay on mountain standard time all year long! Thanks for the opportunity to comment.	6/23/2014 1:11 PM
7356	Daylight savings messes with a person's internal rhythm. It takes weeks to get kids back on a decent sleep/wake schedule and creates behavior problems in the meantime.	6/23/2014 1:11 PM
7357	I think it's antiquated. Let's do what AZ does!	6/23/2014 1:10 PM
7358	Twice a year I find it hard to re-adjust my body clock to align with the time change. I don't care which time we stay with, I just don't want to change twice a year. I also see the difficulty that young parents have in helping their young children adjust. Working in the education field, I see children lagging at school - especially during the spring forward time change.	6/23/2014 1:10 PM
7359	daylight saving time is archaic and does not benefit anyone.	6/23/2014 1:10 PM
7360	Wreaks havoc w my children's school and physiological schedules. A pointless continuance of a dated agricultural practice with zero long-term benefit.	6/23/2014 1:09 PM
7361	Leave it on Mountain Standard time.	6/23/2014 1:09 PM
7362	What is important is the most recent changes to DST put us back in the dark because the savings time term was extended. The old system worked, we should have left it alone. Just roll everything back to where it was and we can be happy and safe again.	6/23/2014 1:09 PM
7363	I prefer the long summer days.	6/23/2014 1:08 PM
7364	I love getting up early in the morning. The early bird gets the worm	6/23/2014 1:08 PM
7365	It's tough on the whole family to rearrange their schedule every fall and spring. It would be nice not to have to charge clocks and make sure your going somewhere at the right time.	6/23/2014 1:08 PM
7366	Use Arizona Time - stop springing forward and falling back every year, it's crazy.	6/23/2014 1:07 PM

7367	I love daylight savings time! I love having daylight later in the evening during the summer so my daily can work in the yard and play after work. I think it saves electricity because I need more light in the evening, when entertaining or spending time with family, than in the morning when preparing for work. If any change were made, I would suggest staying on daylight savings time all year long.	6/23/2014 1:07 PM
7368	The number of hours in the day doesn't change. We're just confusing our bodies and schedules. I don't think daylight savings is important in our day.	6/23/2014 1:06 PM
7369	It is better for the farmers they need more daylight hours and you can be out side longer. Pleas keep Daylight savings time I like it I need more day light I get depressed in the winter.	6/23/2014 1:06 PM
7370	Daylight savings time is an extinct method meant for a non-electrical agricultural society which we no longer are. At best it's an inconvenience at worst, it's terrible to have to adjust your schedule and rhythm. Additionally, there have been studies showing that it is unhealthy to regularly switch time. It should be removed from our society	6/23/2014 1:06 PM
7371	I get home after 6 PM and love the extra evening light to enjoy my preferred activities.	6/23/2014 1:05 PM
7372	Time should NOT be manipulated! I am NOT in favor of Daylight Savings time! The adjustment is difficult for the young and the old. I care for my mother and the times changes are hard on her sleep patterns. I feel that all the "reasons" for DST are either obsolete or have been proven wrong.	6/23/2014 1:05 PM
7373	The time changing is not only annoying, it's really not beneficial.	6/23/2014 1:05 PM
7374	No flip flopping. I would prefer to have Daylight Savings all the time. In the winter, so often it is dark when I go to work and dark when I come home. At least I would have some daylight after work. Get rid of switching back and forth and keep it one way or the other year round. Preferably Daylight Savings all year.	6/23/2014 1:05 PM
7375	My daughter gets on a school bus to go to the high school at 7:00 a.m. For most of the school year she is boarding the bus and arriving at school in the dark.	6/23/2014 1:05 PM
7376	It's long overdue to fall back with Arizona on Mountain Standard Time. Let's go back to things as they are meant to be.	6/23/2014 1:04 PM
7377	Health problems can result from a disturbance to the circadian rhythm. When the time has been changed it affects the Circadian rhythms makeing it hard for people to stay a wake and focused. I prefer one time either mountain or spring foward. I do not want to keep the existing time changes.	6/23/2014 1:04 PM
7378	It is irrelevant now that we are no longer hunter/gatherers and farmers the majority is in the service department	6/23/2014 1:03 PM
7379	like the extended hours... winter months would be less depressing..	6/23/2014 1:03 PM
7380	Spring forward, fall back. It seems that the change of time impacts people more than we think. Loss of productivity because people are tired and need several weeks to make the adjustment in the time change. Just pick a time and do away with adjusting the clock twice a year. As mentioned by others, this was a practice that was implemented years ago for agriculture. I would submit that it does not apply today and if you asked most people in the agriculture business they see no reason for changing the clock back and forth.	6/23/2014 1:03 PM
7381	I hate coming home in the winter from work and it is already dark. I would love to stay on the daylight savings schedule all year long, to enjoy my evenings more.	6/23/2014 1:02 PM
7382	Having been born and raised in Utah, but living for 15 years in Arizona, I believe Utah should follow Arizona's lead and eliminate DST. It's applications are no longer a necessity and confusion abounds in a growing technological environment.	6/23/2014 1:01 PM
7383	I grew up in Arizona and have also lived in Hawaii. It just seems easier not to worry about Day Light Savings time.	6/23/2014 1:01 PM
7384	Day light savings is very difficult for my children to adjust to each time it changes! It takes a good week of extreme fatigue, which obviously affects school work, etc. before they acclimate to the new schedule.	6/23/2014 1:01 PM

7385	Ever since we started having kids, the time change has been incredibly stressful for our family. While I've never liked it personally, I could adjust. My kids, however, have always had a very hard time with it, and it consistently throws their entire routine and schedule off. I chose the spring forward option because it would be nice to have a little more evening sunlight in the winter, but really, I wouldn't mind the mountain standard time option. Just so long as we can do away with the twice-yearly time change, I would be happy.	6/23/2014 1:01 PM
7386	Lighter Later, that is when people are at home using electricity and spending time with families.	6/23/2014 1:00 PM
7387	It is ridiculous that we still practice DST. I lived in AZ for a year and it was wonderful to not have the time change. DST was not missed. An hour makes a huge difference in schedules. DST is not worth loosing an hour of sleep and it's even hard adjusting to gaining an hour, especially with small children. We don't need daylight until 10 at night; anything anybody needs to get done after 9 can be done with the sun down. Utah also has many children in year-round schools who need to wake up early to go to school. It would be beneficial for their education if the sun went down earlier and they would be encouraged to sleep more. Without DST, it would also get cooler earlier in the evenings so children would spend more time outside. Many children wait until the cooler evenings to go out to play.	6/23/2014 1:00 PM
7388	It's an outdated practice, and it's incredibly annoying having to adjust your circadian rhythms twice a year. In the fall, the sudden lack of sunlight when I get from home school is jarring and makes me want to go straight to bed, while in the spring the sudden lack of sunlight in the mornings makes it very difficult to wake up on time. Please get rid of it!	6/23/2014 1:00 PM
7389	There was a time for Daylight Saving Time, but with the advent of power and lights it's an old tradition.	6/23/2014 12:59 PM
7390	I would vote for keeping the same time that we use in the Summer (Spring Forward). If not I would still like to keep the current changing of the time twice a year. I believe most of the population benefits with the change in time. It provides extra time for recreational activities after work and does lower utility bills. Farmers could also greatly take advantage of all the daylight hours without needing to wake up extremely early in the summer. It also seems like there is an increase in the amount of part time farmers. People that have a normal 8-5 job during the day and then farm after work hours. The time change gives them the maximum benefit of daylight. Thanks,	6/23/2014 12:59 PM
7391	I would prefer us to have the daylight savings time remain all year round. The changing times are difficult and I prefer having the extra daylight throughout summer.	6/23/2014 12:59 PM
7392	PLEASE GET RID OF STANDARD TIME. WHO WANTS THE SUN TO GO DOWN AT 4:30 PM IN THE WINTER AND COME UP AT 5 AM IN THE SUMMER. SCHOOL CAN START AT 9 AM AND END AT 4PM.	6/23/2014 12:59 PM
7393	I want daylight savings time to be year long and not to change back to standard time.	6/23/2014 12:58 PM
7394	As a parent, I hate Daylight Saving Time! It interrupts my kid's schedules--primarily eating times and sleep time. It makes for very cranky little ones. I feel like it takes weeks for them (and I) to adjust.	6/23/2014 12:58 PM
7395	I hate changing clocks around twice a year, but do not really care if we stay on standard time year round or go on Daylight Saving Time year round. Just do SOMETHING to prevent the twice yearly change in time! Most people I know feel the same way, which might present a flaw to this survey. For example, if 30% of the people vote to stay on DST year year and 30% vote to stay on standard time year round, and 40% vote to leave things as they are--that's still a 60% vote in favor of change. In other words, you're dividing up the vote for those who want change, when in fact I don't think most of us really care which option is used as long as we don't need to keep re-setting our clocks. Could the survey somehow be reworded to reflect this? Perhaps give just two choices--stay as is or keep the clocks the same year round and then if people select the second option, give them choices of staying on DST year round, staying on standard time year round, or don't care either way. Just a suggestion.	6/23/2014 12:58 PM
7396	I would like to see us stay on the same time schedule year-round. I believe that staying on daylight savings time year round would give us an extra hour of daylight in the evening, which may arguably improve driving conditions during that time when people are tired coming home from work. It would give us the current benefits we enjoy during the summer year round.	6/23/2014 12:58 PM

7397	The system we have works just fine. It gives us more daylight in the evening during the warmer parts of the year when we can enjoy it after work. Changing your clocks is just like crossing time zones going across the country. You would think the way people complain about this, they are giving up a kidney or something. It is an hour time change twice a year folks. Find something important to whine about.	6/23/2014 12:58 PM
7398	I work in the airline industry and work graveyards. When it's time to spring forward I have to work an extra hour and don't get paid for it. Besides it's 2014 their is not a advantage in saving energy from that extra hour that we gain.	6/23/2014 12:58 PM
7399	I would prefer for Utah to stay on the Daylight Saving time and not change back. As a person who starts work at 6:30am each weekday morning, that lost or add of an hour does impact my productivity for that day.	6/23/2014 12:57 PM
7400	I believe that Daylight savings no longer has reason for being. It does not save us any time, money or give us an edge in world markets, in my opinion. And it can be difficult for families to make adjustments, especially in the spring.	6/23/2014 12:57 PM
7401	The extra hour of sunlight in the evening really is beneficial to those of us who have a day job but still like to work outside in the spring and summer.	6/23/2014 12:57 PM
7402	I would just like to stay on the same time year round. I cannot see where daylight savings time has made a big difference in my life. I hate changing the clocks twice a year, taking them off the wall and putting them back up. Let's go back to Mountain Time and keep it the way it was intended to be.	6/23/2014 12:57 PM
7403	I have been opposed to Daylight Savings Time since it's inception. I don't see that it provides any benefit(s) to the average Utah citizen. I do, however, find it to be an unnecessary inconvenience and an uncomfortable period of time to acclimate to the change twice each year. I live in St. George, and have not seen or heard from my neighbors in Arizona, that the lack of a time change has in any way negatively affected them. In fact, several have expressed how grateful they are that they don't have to deal with "that nonsense" in their state. Let's follow suit and stop this silliness as soon as we can. Thank you for considering my view on this issue.	6/23/2014 12:57 PM
7404	I don't care if you call it standard time or daylight savings time but keep one time the whole year	6/23/2014 12:56 PM
7405	A long times ago day light savings time was needed; those days have come & gone. Time to be like Arizona!!!	6/23/2014 12:56 PM
7406	The benefits of DST have long been out grown. We live in a 24 hour society where most industires no longer depend upon having more daylight in order to work. It is very difficult on everyone's system but for parents with young children the changing of their schedules is extremely hard.	6/23/2014 12:56 PM
7407	I would love to just stay the same all year long	6/23/2014 12:56 PM
7408	The first week is hard to get used to, but for the most part I see the advantages of Daylight Saving Time.	6/23/2014 12:55 PM
7409	Go on and stay on. Don't ever go back off. If we can't do that, don't ever go on. Time changes are especially hard on children, and there are a lot of kids in Utah. On Mtn std time, kids can get up and go to school while it's still dark outside, so I would rather stay on Mtn daylight time year round and never go off. But I would rather not change times at all, so if the only way to do that is to stay on standard time, let's do that.	6/23/2014 12:55 PM
7410	please do not get rid of daylight savings time. If anything make daylight savings time year round. It makes it hard to do things in the evening when it is so dark so early. It doesn't need to be light in the morning. If anything it makes it hard to sleep when it is so light so early. Evening hours are more productive and need more light. Morning hours are just getting ready for the day and sleeping, no need for light so early. Please, I'm begging you. Keep daylight savings time and preferably extend it.	6/23/2014 12:55 PM
7411	The benefits of having it far outweigh the whiny costs asserted by those that oppose.	6/23/2014 12:55 PM
7412	Keep the DST all year. I agree changing clocks can be a nuisance, but having the light in the evenings is well worth it. Better yet, just keep the light in the evening all year around - keep on DST; do away with MST.	6/23/2014 12:54 PM
7413	During the depression and agriculture age it was a benefit, but now it just messes with things.	6/23/2014 12:54 PM
7414	We truly don't care whether it is Standard Time, or Daylight Saving Time - Just pick one or the other and let it be!!!	6/23/2014 12:54 PM

7415	I recognize that daylight savings time does not actually "save" any daylight, but I do believe that it is beneficial. The sun will come up and go down on it's own schedule no matter what we do, but daylight savings allows us to do different activities while the sun is shining. I would much prefer to have an extra hour of darkness in the morning and and an extra hour of light in the evening. Although changing the clock does create a small problem with internal body rhythms, it is worth it to have it stay dark while I am sleeping and have it light while I am doing other activities that require sunlight. Please keep daylight savings the same.	6/23/2014 12:53 PM
7416	I love daylight savings, always have. The thought of waking up at 4:30 in the morning and going to bed at 8:00 pm at night to align myself with the sunrise and sunset during summer is absurd. Why the sudden need to change things? After the dreary inversion laden winters in Salt Lake I can't begin to describe how much I look forward to the longer days of spring and summer. To remove daylight savings would in essense cut short those limited long days. At least it would for us where our jobs often dictate our schedules. Not to mention, with the sun setting at 8 how could any working person ever hope to attend their kids ball games which would inevitably be pushed even earlier to 3 or 4 pm? Or any other event requiring long summer days for that matter. Please do not take daylight savings away! I would be extremely dissappointed and frustrated.	6/23/2014 12:53 PM
7417	There is no benefit of DST. Many say its because of the farmers but they work from dusk to dawn not the clock. For myself it takes me a month to adjust my body to the time change. It is just common sense to go with the natural flow of life.	6/23/2014 12:52 PM
7418	I personally like it. It give us more daylight hours in the evenings.	6/23/2014 12:52 PM
7419	Great for activities with youth and grandkids and yard work. I like it . I am currently volunteering in South Africa that has not adopted DST so I am currently experiencing life without it and I prefer life with DST.	6/23/2014 12:52 PM
7420	I hate the time change. It disrupts everybody's lives and creates hazardous situations, since everybody is driving and working tired for a week or more. If specific businesses want to change their start/stop work times for their employees, fine. Don't make all of us suffer for the needs of a few. It makes sense to align with Arizona, but even moving to year-long daylight savings time would be much better than staying with idiotic twice-yearly time changes.	6/23/2014 12:52 PM
7421	I just want to get rid of daylight saving time.	6/23/2014 12:51 PM
7422	DLS is obsolete, annoying, and ruins my spring every year.	6/23/2014 12:51 PM
7423	I LIKE Daylight Saving Time. I would like Utah to STAY on Daylight Saving Time YEAR AROUND as our "Normal" time. It gives us more light in the evenings especially in the winter. It is supposed to conserve energy so I feel that we should stay on it year around as we would use less power in the winter AND summer if we have more daylight hours. With Daylight time, this would help out and our bodies would not have to adjust. So PLEASE, keep Daylight Saving YEAR AROUND.	6/23/2014 12:50 PM
7424	it is not needed. it is no longer used what it was developed for	6/23/2014 12:50 PM
7425	Set the clocks and leave them alone. It is not beneficial in this day and age to lose or gain an hour in any way.	6/23/2014 12:49 PM
7426	It's not necessary anymore.	6/23/2014 12:48 PM
7427	There was once a point to have daylight saving time. Back when there was no electricity. Let winter and summer come at their normal time. If you want more day light move closer to the equator.	6/23/2014 12:48 PM
7428	Not effective, and annoying	6/23/2014 12:48 PM
7429	Get rid of it! It is a mind game. I grew up on a ranch & it made no difference in our schedule. We worked sun up to sun down regardless of what the clock said. If you want to stay up late to play golf go play golf after work or early in the morning, the clock does not control the sunlight!	6/23/2014 12:48 PM
7430	My company is headquartered in the Eastern Time zone. If Utah falls back with Arizona, we will be 3 hours behind the Eastern Time zone for the majority of the year. I fear for some businesses that may be too much, and they'll pull smaller offices from the Utah market. Not to mention being a huge hassle even if they don't.	6/23/2014 12:47 PM
7431	We should do away with Daylight Savings Time and stay with Mountain Standard Time all year round. The adjustment time for the body seems to be longer and longer each year. When it is light so late in the evening it is difficult to end the days work, which then makes it more difficult to get a good start the next morning.	6/23/2014 12:47 PM

7432	It is such an outdated practice that should be ended. It is so hard to adjust children's sleeping schedules and put them to sleep long before the sun goes down and such. It would be so much better to be able to be consistent year round and not have to change the clocks.	6/23/2014 12:47 PM
7433	The change in time is too hard on young kids and older people. The internal clock gets messed up. Keep the time the same!	6/23/2014 12:47 PM
7434	Please just leave the time alone. I like having more sunshine in my day. It's crazy for it to be dark at 5 pm	6/23/2014 12:47 PM
7435	Lets get rid of "Daylight Saving Time". Its not natural or beneficial to constantly adjust our sleeping habits. Anytime we try to change natural law there are consequences. Leave nature and time as it should be. "Daylight Savings Time" was implemented for profits only. Its not natural or good for the body. People have plenty of time to complete what they need to do within the day light and time nature gives us, we do not need to try to create additional day light, just to wear out our bodies, when we should be sleeping. Again it not natural for the body. If people want more daylight time then get up earlier, get up when the rest of nature gets up. Thanks	6/23/2014 12:46 PM
7436	Changing the time twice a year is unnatural and detrimental to emotional and physical health.	6/23/2014 12:46 PM
7437	As someone who suffers from Seasonal Affective Disorder (SAD), I would prefer that we stick to MDT all year long.	6/23/2014 12:46 PM
7438	I would like us to just stay on Daylight savings time. Or on Mountain Standard time. one or the other, just don't flip-flob back and forth.	6/23/2014 12:46 PM
7439	Better to have the longer sunlight in the evenings during the winter because workers and students need to get up in the dark anyway.	6/23/2014 12:45 PM
7440	I think stable hours year round would be better that switching 2 times per year. I like the daylight after work, it allows time to do things after work. In the winter without DST, I go to work in the dark and home in the dark. I would like to go home in the light.	6/23/2014 12:44 PM
7441	In the dark of December, morning twilight for the kids getting on the school bus is about 7:20 a.m. and evening twilight is about 5:30 p.m. We have 10 hours of light and 14 hours of darkness to work with. Moving forward to DST all year would force all the kids to be waiting for the bus in the dark, not just the junior high and high school kids. That is not a good option. On the other hand keeping MST all summer would allow us to start outdoor concerts, movies and fireworks earlier, Yea! I lived in Arizona for a while and liked the schedule. I hate making the switch every year. I vote for MST year round.	6/23/2014 12:44 PM
7442	Personally, I have a difficult time adjusting to the changes in the spring. The later daylight hours and extended spring/summer activities keep our family up later but we still must arise at the same early hour to meet work and school schedules. The resulting fewer hours of sleep negatively affect our physical, mental, and emotional health.	6/23/2014 12:44 PM
7443	I love having an extra hour of daylight after work to enjoy the outdoors. I prefer the option to have Daylight Savings all year. Most people are at an office or in school in the mornings, so we don't need sunlight then, but it is so refreshing to have daylight at 5pm when work is through. In the winter, I hardly see the sun.	6/23/2014 12:44 PM
7444	Get rid of Daylight Savings Time, by all means.	6/23/2014 12:43 PM
7445	It is so much healthier to keep the time consistent year-round. The time change disrupts sleep schedules in adults, but is especially difficult for children. I would prefer to align with Arizona time, but even if we keep the "spring forward" time, anything is better than an unnecessary time change twice a year.	6/23/2014 12:43 PM
7446	It's hard to adjust to the time change twice a year. It doesn't make all that much of a difference light wise if we are just changing one hour. It seems unnecessary.	6/23/2014 12:43 PM
7447	I am willing to leave it one way or the other. The change is not good for health, sleep or safety. A saying I like is "Only white man cuts off blanket at one end, sews it on the other end, and thinks it is longer."	6/23/2014 12:43 PM
7448	I tend to be a night person. Maintain year round daylight savings would be very nice for me.	6/23/2014 12:41 PM

7449	I grew up in Utah, lived in Arizona for 7 years after College, and moved back to Utah 4 years ago. I am so glad to be back to DST. In Arizona, it was confusing to us and others outside the state to be one of the only states that did not observe DST. It caused confusion when setting up meetings and making phone calls (e.g., people would call you at the wrong time because they didn't take into account the different time zone), among other things. Stick with the rest of the country. The extra daylight in the summer is MY FAVORITE, especially given Utah Summer nights. Don't become like Arizona please!	6/23/2014 12:41 PM
7450	Just stay on Mountain standard time year round, no guessing or worry about change clocks in house and vehicles. No gain to DST in my eyes	6/23/2014 12:41 PM
7451	I don't think it has hurt Arizona much. And we are a newer age. If farmers need to adjust their schedule they can on their own without impacting everyone elses schedule. Do away with Daylight Savings Time.	6/23/2014 12:41 PM
7452	I feel day light savings is hard on our bodies. It takes me weeks to be adjusted to a new sleep schedule!	6/23/2014 12:41 PM
7453	You should plan your activities for the time not change the time .	6/23/2014 12:41 PM
7454	Daylight savings allows people who work regular business hours to spend time with their families outdoors in the daylight after work. I personally love that extra hour of daylight that I can spend BBQ'ing, hiking, fishing and doing many other activities that would be very limited if we got rid of daylight savings. The answer to the proposed problems with daylight savings (more accidents, poorer student performance) is not to do away with daylight savings. You must way out the pros and cons. Quality of life significantly drops for most people without daylight savings and I believe that daylight savings is a correlation to the above mentioned problems, not a causation. There are better solutions than destroying quality time that many of us need in the summer to get though a difficult work week. Daylight Savings is essential to most hard-working people in Utah	6/23/2014 12:39 PM
7455	Love having it light later in the daytime!	6/23/2014 12:39 PM
7456	Changing the time does not help anything. It only creates confusion and increases the number of groggy/sleep-deprived drivers on the road. We have enough issues with accidents without adding time changes to the mix.	6/23/2014 12:38 PM
7457	Daylight Saving Time is well past it's usefulness. It is disruptive and takes time to readjust to the new time every six months. Get rid of it!	6/23/2014 12:38 PM
7458	Monumental waste of time, money, and productivity. End daylight savings time.	6/23/2014 12:38 PM
7459	I would rather not mess with the time leave it the same all year long. I think messing with the time make it hard for you body to adapt and causes sleep problems.	6/23/2014 12:38 PM
7460	I really don't care which time schedule you choose--but leave it the same all year. There is something to say for standard time however-two bicyclists were killed near Lehi this spring the day after the time change. If it had been standard time that morning it would have been getting light enough at that time for a driver to have seen them. Also the driver could have been more alert if he had not had to get up so early. Which ever way--leave our time alone.	6/23/2014 12:38 PM
7461	Even though I would like DST year around, I know that is not feasible. As far as I am concerned, DST has more positives than negatives for most people, but you hardly ever hear from the majority in the news media, just the very vocal minority against DST get the headlines.	6/23/2014 12:38 PM
7462	Personally my body seems to take a week if not more to adjust to a new schedule. It just gets frustrating to deal with and I wish we didn't have to do it. I hear that we have day light savings time to save on energy costs but no one can really say whether it's true and with hard numbers to back it up. Just guesses. Why don't we not participate for a few years, track the numbers, and then see if it's really worth it. Because I don't think it is.	6/23/2014 12:38 PM
7463	As an educator, I have personally observed that my students do not perform as well following the time change. Please join Arizona and fall back to Mountain Standard Time.	6/23/2014 12:38 PM
7464	It is antiquated and needs to be done away with. It serves no purpose now other than to get our bodies screwed up!	6/23/2014 12:38 PM
7465	I hate daylight saving and switching back and forth. Just leave it the way it originally was. Switching back and forth screws up peoples' sleep and students have a real struggle as well as adults every time it changes.	6/23/2014 12:37 PM

7466	The present system of daylight savings time should be retained. We should be in sync with neighboring mountain states as much as possible to maintain our time zone. Also, the additional light in the evenings is beneficial to us. Don't do away with a good thing!	6/23/2014 12:37 PM
7467	DST is what makes summer evenings what they are. I've lived near the equator and having the sun up or down right around 6 pm is terrible. I look forward to the extra light in the evenings every year. Plus, has anyone thought about the sun shining in your windows at 5 am June and July?!? No thank you!!! Keep springing forward! I bet this whole thing is being orchestrated by the big drapery lobby.	6/23/2014 12:37 PM
7468	Longer evenings is what the summer is all about.	6/23/2014 12:37 PM
7469	its time move on.	6/23/2014 12:37 PM
7470	I support keeping daylight savings time year round because studies have shown the numerous benefits of longer days.	6/23/2014 12:36 PM
7471	Live close to Arizona and Nevada, and it would be nice to be on their time for awhile. If it gets dark earlier, it would be easier for parents with young children to get them to bed, and some seniors like to go to bed early also. I just don't see any benefit. Think the old arguments of farmers working late in the day are passe.	6/23/2014 12:36 PM
7472	I would prefer to to create a new daylight time zone for Utah that doesn't change throughout the year AND increases the amount of light we have in the evenings. In time terminology this would amount to remaining at UTC -6 throughout the entire year. If my math is correct this would give us a sunrise of 8:45am and 6pm in the winter and 6am/9pm in the summer. I believe that most people in Utah want to get rid of DST because they don't want to change throughout the year and so they think they want to join Arizona, but Arizona gets about 40 minutes more light than we do during the winter. If we were to join Arizona, then during the summer months the sun would rise at 5AM and set at 8PM and in the winter would rise at 7:45AM and set at 5PM. I think most people in Utah would prefer the sun to set at 6pm rather than 5pm in the winter months.	6/23/2014 12:36 PM
7473	I prefer to stay on one time year round. I have found that changing time twice a year affects my sleep patterns and I really think that it also affects our health. Choose one or the other and give our bodies and minds a break!	6/23/2014 12:35 PM
7474	You have the same 24 hours whether it is daylight or regular time. Just learn to adjust. I agree that it takes time for kids to adjust and some adults as well.	6/23/2014 12:35 PM
7475	Get rid of it. It doesn't change the amount of sunlight available in any given day and it's such a pain to adjust to it every 6 months or so.	6/23/2014 12:34 PM
7476	I like to be outdoors after work. It's good for my health.	6/23/2014 12:34 PM
7477	Aligning with Arizona will help to ensure that we reduce traffic accidents involving students, bicycle riders and other individual groups as they walk, and engage with cars in the morning when the sun rises too early and impedes most drivers. We don't need the back and forth. In the summer it will still be light until 9:30pm instead of 10:30pm in June and still around 9:00pm come July and August. That is still light enough to enjoy activities after work, allow fireworks to start earlier and allow young children to maintain a structured pattern for sleep. We are not an agricultural based society anymore so it is time we come into the 21st century. Again, the hours of light are the same, its just where we put it. In terms of recreation, try having a campfire while camping at 10:00pm, it's no fun. More importantly, if it saves the life of one child, and it will, who is walking to school then the change is worth it and no argument can trump or should trump that one.	6/23/2014 12:34 PM
7478	It just isn't worth the bother.	6/23/2014 12:34 PM
7479	I think we should not keep changing the time twice a year. I like the Mountain Standard Time--especially living in St. George. It seems more natural. It is healthier because we usually get sick when the time changes because we lose an hour of sleep and have to get used to it again. I like the kids not having to go to school in the dark. It is just a more normal time to our bodies! I would love to have Daylight Saving Time done away with!	6/23/2014 12:34 PM
7480	I always hate the change that having the time shift makes on the body. Either direction it takes a while to recover and get back to normal.	6/23/2014 12:34 PM
7481	keep it all year.	6/23/2014 12:34 PM
7482	Jumping forward and falling back each year causes headaches. No one has to adjust to new time zones if we stick with Mountain time the whole year. Daylight savings time may have helped 200+ years ago, but I don't see it helping my family or neighbors now, it's just a pain.	6/23/2014 12:34 PM

7483	The rationale for DST has not held up over the duration of implementation. It does not benefit the health, well being or business interests of our population. It creates more danger and dysfunction. It's an easy decision to quit participating in Daylight Savings Time. Get rid of it!	6/23/2014 12:33 PM
7484	My body takes time to adjust every Spring and Fall, it effects my daily life and work. I would prefer to have it 1 way or the other and not have to adjust at all.	6/23/2014 12:33 PM
7485	I don't see a problem with a time change, if our society is not intelligent enough to deal with a simple time change twice a year, we are in trouble. It's sad that time and resources are wasted on such a insignificant issue. Societies are failing because of their lack of focuse to resolve the greater issues that act as a terminal sickness on our society. These degenerative problems must be met head on and resolved to curb the tied of complet socialistic failure. Daylight Savings Time? Really!!!!!	6/23/2014 12:33 PM
7486	If the people of Utah cannot figure out how to change a clock twice a year, let them invest in a clock that is set by the satellite. Leave the time change alone.	6/23/2014 12:33 PM
7487	I wish we were on DST all year round...but will be happy if they leave it like it is.	6/23/2014 12:32 PM
7488	Daylight savings time gives much needed additional hours of daylight during the summer, that allows my family more time to spend outside together, as well as more time to get things done outside in general.	6/23/2014 12:32 PM
7489	I like having daylight!	6/23/2014 12:32 PM
7490	The change of time in March forces us to use more electricity than we would otherwise be using in the morning. It also disrupts the sleep patterns of our teenagers with the effects lasting a month at least. This breaks down their physical stamina adding more opportunities for sickness. It was the most ridiculous thing in the world to extend the daylight savings for the sake of Halloween. Really? Leave the clocks alone and let people get up earlier or stay up later on their own. We have both a farm and a retail business. The time change is not good for either one.	6/23/2014 12:31 PM
7491	We should stay on daylight savings time year round.	6/23/2014 12:31 PM
7492	No matter how anyone tries to color this subject there is only 24 hours in each day. If business or other entities want to start at an earlier hour let them make that choice but not force the rest of us to change our clocks twice a year for such a foolish idea. If I want more hours in the day I get out of bed earlier and stay up later. Let's do away with DST. Bob in St. George	6/23/2014 12:31 PM
7493	Create a new daylight saving time, e.g. spring forward for all 12 months of the year	6/23/2014 12:30 PM
7494	Daylight Savings time does not benefit us except take daylight away from us during school/work times and creates a difficult sleeping time/schedule for children. As a child it throws their days and all of their schedules off creating more hostile living for all the parents and children by creating un-needed stress in the home. If you leave the time where it is we will not have these issues. I am also a stay home parent/work from home/ and full time student.	6/23/2014 12:30 PM
7495	For so many reasons I would like to see DST end: safety issues , resetting body clocks, dark mornings, etc. If people want more daylight at the end of their day they can get up an hour earlier.	6/23/2014 12:30 PM
7496	we really enjoy the longer evenings.	6/23/2014 12:30 PM
7497	In the construction business, contractors start the day when it is light. Daylight savings keeps the window smaller for construction suppliers to be open, (7:00 AM - 5:00 PM; 10 hours) verse roll back would be (6:00 AM - 5:00 PM; 11 hours)	6/23/2014 12:30 PM
7498	Most important to me is that we stop changing the time around. If an industry relies on daylight for operation, then I don't see why they can't change their hours of operation accordingly. And that would inconvenience fewer people than having the entire population adjust their clocks.	6/23/2014 12:29 PM
7499	Later sunsets are nice and would be great in the winter. This is the option I prefer but as long as we stop changing are clocks I am good either way. Thanks	6/23/2014 12:29 PM
7500	There is no benefit to the changing hours, lets stay on Mountain standard.	6/23/2014 12:29 PM
7501	I hate the change twice a year. My preference is MST, but one system or the other, year-round, is better than back and forth.	6/23/2014 12:29 PM
7502	In general, I like the idea of the time staying the same year round. With that said, I do not like the idea of every state choosing their own, which would create confusion. I would prefer to maintain the Daylight Saving schedule as the year round, but only if others states also made the change.	6/23/2014 12:27 PM

7503	Leave it the way it is and worry about more important things in Utah like medicare for the poor.	6/23/2014 12:27 PM
7504	DST is antiquated and make my kid's 8:00 PM bedtime more challenging to maintain the the summer. This video, by CGPGrey on YouTube articulates the problem very well: http://youtu.be/84aWtseb2-4	6/23/2014 12:27 PM
7505	Shifting back and forth every 6 months is chaotic and unnatural. We can adapt, we don't need an artificial law that moves us all forward and back every 6 months.	6/23/2014 12:27 PM
7506	DST is a big, illogical waste. It doesn't save anything: You lose or save an hour here and reverse it several months later. Notice that the BHO administration has made it so we're on DST more than we're off. It upsets all kinds of schedules, contracts, and people's lives. Children get mixed up on play times. People's circadian rhythms are upset. We waste too much time adjusting our timed devices! If you want more light in the morning, get up earlier (duh).	6/23/2014 12:26 PM
7507	It is hard to keep adjusting to time changes. I do not like going to bed at 9pm with the sun shining so brightly in my room that I cant sleep. The arguments for the tourism industry do not benefit the majority of the residents of the state.Farmers have the same amount of daylight whether you move the time or not. They no longer rely on their children to get off school to help on the farms. Keep the time on Mountain Standard and leave it there. Public safetly is more important that a few business owners getting more profit. Let those business owners adjust their hours of operations instead of making the whole state adjust.	6/23/2014 12:26 PM
7508	I would really like to get rid of daylight savings so that there is not the need to spring ahead and fall back. Aligning with Arizona on mountain standard time would be perfect.	6/23/2014 12:26 PM
7509	Either leave it the way it is now or keep changing it. I hate how early it get dark in the winter.	6/23/2014 12:26 PM
7510	I chose standard time because the spring ahead takes to long to get used to once you are used the standard time. And you really do not save any money on power or any other utilities.	6/23/2014 12:25 PM
7511	Having lived in Mesa AZ. for 5 years I grew to love the additional morning hour of daylight. I have not found any benefit of MDT, it just stays hot later in the summer evenings.	6/23/2014 12:25 PM
7512	I think most people would prefer the extra hour at the end of the day. Let's keep our current schedule year round.	6/23/2014 12:25 PM
7513	I really do hate everything about it, from getting adjusted when the time shifts, to adjusting meeting times for international, etc.	6/23/2014 12:25 PM
7514	DST was introduced for the agriculture industry. They are still around, lets keep DST!	6/23/2014 12:25 PM
7515	get rid of this horrible tradition that does no one any good! way to disruptive to kids..too hard to adjust!	6/23/2014 12:24 PM
7516	Utah is located towards the West, so it is beneficial to have some sort of Daylight adjustment. Arizona and Utah suffers from the lack of daylight on their evening commute during MST periods. Not a very safe scenario!!	6/23/2014 12:24 PM
7517	It takes me longer to get adjusted. I have always hated it. I am 82 and would like it to stay the same.	6/23/2014 12:24 PM
7518	Of prefer there was no switch at all. Even better would be if the entire US eliminated the twice yearly switch. Outside the scope of this conversation, I'm aware.	6/23/2014 12:24 PM
7519	I HATE HATE HATE Daylight savings. It does nothing for us but make everything miserable and children grumpy. I also don't love going to work when it's dark in the morning and heading home when it's dark at night.	6/23/2014 12:23 PM
7520	If we stayed on dst year round it would stay light on hour longer in winter, which would help people with seasonal depression.	6/23/2014 12:23 PM
7521	I dislike changing back and forth between the two times. I am an early riser and I prefer having the extra daylight in the morning especially in the spring and fall. Thank you for considering a change.	6/23/2014 12:23 PM
7522	I think we should keep the time as it is now.	6/23/2014 12:23 PM
7523	Current changing process does not provide most Utah residences any advantage.	6/23/2014 12:22 PM
7524	Better option might be to standardize on DST rather than MST since that is currently the time for, What, 8 months of the year now anyway.	6/23/2014 12:22 PM

7525	It takes me a few weeks to adjust to the change of time. I just don't see the point of changing in the spring and in the winters. I wish you would just keep it the same.	6/23/2014 12:22 PM
7526	The time change does not save any money on energy. It is too hard adjusting to the time change; it is hard on the body. People need something that is constant in their lives, too many other things are constantly changing.	6/23/2014 12:22 PM
7527	I don't care if we stay on daylight savings time forever or stay on Mt. Standard forever, but changing twice a year is just wrong and awful for many of us. It has always taken my body around three weeks to fully adjust to the change, which is over a month every year where I feel awful because the government decided this is what it wants to do....in "less-government" Utah, even. I especially hate returning to standard time. It's like suddenly jumping into depressing darkness instead of naturally getting used to the natural darker days. It's awful. Studies show no savings for DST. Let's go back to one time all year long and stay with it.	6/23/2014 12:22 PM
7528	For children and the elderly....it is very difficult to adjust to bi-annual changes in time.	6/23/2014 12:22 PM
7529	I feel it is difficult for school children to get in the routine of getting the propper rest in the fall as school starts and it is still daylight after they should be in bed. I have friend in Arizona and they have no problems with regular time. I am sick and tired of having to go through my house and changing multiple clocks twice a year. I used to work in a hospital and when we "spring forward" well, not so bad. You get paid for one less hour. But when we "fall back", you work an extra hour with no extra pay. At least that was what happened when I worked in the hospital setting	6/23/2014 12:21 PM
7530	I think early to bed, early to rise is good wisdom! I realized when I go camping I'm forced to do this more and I feel better! And it is healthier! So when we are adjusting and it stays light so much later our kids want to stay out playing later. This is especially hard when school is still in session. And all those early morning commuters could really use more daylight!	6/23/2014 12:21 PM
7531	Working the graveyard shift is already hard, having to adjust back and forth the time I wake up for it is harder. I work at Wal-Mart as an overnight stocker and I just want to get some decent sleep.	6/23/2014 12:21 PM
7532	In today's world, I feel it is less important to create a false construct to make time fit our lifestyle than it is it to allow time to flow in a constant, orderly fashion. Jumping back and forth twice a year just isn't conducive to health and well-being. If you feel the need to be forward or backward and hour, please just apply it to the whole year. It especially doesn't make sense to "save daylight" in the summer when the days are long anyway and not it winter when the days are short and the average worker gets home from work in the dark.	6/23/2014 12:21 PM
7533	We need more daylight after the majority of the workforce times ie.. 9 to 5 to be able to do necessary obligations that come after work hours. The hour in the morning makes no difference. It does not matter if you commute in the dark or not. If your at work dark or light does not matter. Generally we would benefit by keeping DSL as is and not changing back to allow more time after work in the light.	6/23/2014 12:20 PM
7534	The process of "moving our clocks" forward, or backward has been proven to be quite stressful on our bodies. People say they like "more daylight hours". Guess what? The days will get longer even if we don't mess around with our clocks!	6/23/2014 12:20 PM
7535	When the time changes, it takes too long for our internal clocks to adjust. I don't think it's healthy. I wish you would just leave it alone.. We survived for YEARS without the change in the first place. I grew up on a Dairy farm. It may not have made a difference to most people, but I'll tell you, the cows could feel it... Just leave it one way or the other... Please :)	6/23/2014 12:20 PM
7536	Twice a year when the time changes, it is very disruptive to my eating and sleeping patterns. Even though I'm a lifelong Utah resident, I've considered moving to Arizona just because of this issue.	6/23/2014 12:20 PM
7537	I would like to stay on one time. I was torn between fall behind and spring ahead. I just think it makes sense to keep it one way or the other. Our bodies do not transition to these constant time changes. I think this is true for all age groups.	6/23/2014 12:19 PM
7538	Dislike,just retired teacher, kids end up tired and sick.	6/23/2014 12:19 PM
7539	The way I look at it...we have 24 hours a day. If people want ...what they call more daylight using standard time....just get up earlier and stay up later....problem solved.	6/23/2014 12:19 PM
7540	I personally don't care where you put it BUT put it one place or the other. STOP CHANGING IT. If, like the last time you tried DST all year round, it effects the children, then leave it on Standard time. Farming is a BIG business now, mostly, and it isn't needed like it was in does gone by.	6/23/2014 12:19 PM

7541	I don't see any benefit from changing the time twice a a year. Instead, I see the negative effects of adjusting sleep/work/school patterns.	6/23/2014 12:18 PM
7542	no matter how the clock changes, there is only so much daylight, adjust your own alarm clock!	6/23/2014 12:18 PM
7543	I would like to just stay on daylight savings year around, for sure would be unhappy if they take it away.	6/23/2014 12:18 PM
7544	I see no benefit in Daylight Savings time. It messes up the natural sleep cycle and takes several weeks before your able to function normally again.	6/23/2014 12:18 PM
7545	Lets pick one time zone to be in and Stay there. Stop the twice yearly change.	6/23/2014 12:18 PM
7546	Having light in the evening in the summer is great for those who can only do yard work then	6/23/2014 12:18 PM
7547	I have been opposed to Daylight Savings Time for as long as it has been in effect. I fail to see any real benefit to the average citizen and abhor having to reset my clocks and acclimate to the time change twice a year. I live in St. George, and have not seen that Arizona residents have suffered at all without it, and have heard expressed by many how grateful they are not to have to deal with the hassle that it would be to them. Let's please stop the nonsense! Thank you for allowing me to express my opinion on this matter. R. N. Wageman.	6/23/2014 12:17 PM
7548	I would rather keep MST year around.	6/23/2014 12:17 PM
7549	Pleeaaasse get rid of Daylight Savings! I like Spring Forward because it gives us more afternoon light in the Winter.	6/23/2014 12:17 PM
7550	Is everyone forgetting alot of kids are in year round school.you are making them walk to school in the dark. The extension also ruins Halloween. Instead of kids starting out early they are trick oe treating until after 9PM. As a working adult, i found i was a zombie during the Day light sabings months. You are getting alot less sleep p, not just because it is light for so much longer, but because people and children are still out side until late. How do people get up for early morning jobs or kids get up for school when the sun is still out until almost 10pm?	6/23/2014 12:16 PM
7551	I especially hate the change in spring. I grew up on a dairy and it was a hard adjustment for the family. We would soon adapt to not changing times spring and fall. Business hours are easier to adjust than peoples' sleep habits and lives. There are the same hours of daylight each day so why not leave them alone. Arizonans seem to get along just fine with one time schedule throughout the year. We can too.	6/23/2014 12:16 PM
7552	Utah (and everywhere) should abandon DST (if they haven't already). As it is, living by the clock disrupts one's circadian rhythm but DST exacerbates this disruption. It's a myth that DST was instituted to benefit farmers and school children. Like many policies, the benefactors of DST are not primarily the people. Although most people surely enjoy having the additional daylight facilitated by DST, is it worth the physiological costs? So, who benefits the most from DST? When people make use of the extra daylight, do they not largely become business patrons? As such, are not business owners the greatest benefactors of DST, notwithstanding DST being counterproductive to them, their employees, and their patrons? Let Utah tolerate DST and its negative impacts on the people no more. Instead, let us determine which time provides the optimal amount of light and stick to it.	6/23/2014 12:16 PM
7553	It's too hard to adjust to, either way. I don't like it.	6/23/2014 12:16 PM
7554	Really hard to deal with kids bed times.	6/23/2014 12:16 PM
7555	Keep daylight saving time. It only lasts for a few months an I like it	6/23/2014 12:15 PM
7556	Discontinue daylight savings time! It serves no useful purpose. Also for a couple of months it causes children to walk to school or the bus in the dark!	6/23/2014 12:15 PM
7557	I chose MDT because alignment with Arizona made more sense over a kind of 'stand alone' time, i.e. half the year with Arizona and half with Idaho. I can't buy the notion that tourism is boosted with DST - would anyone suppose that Arizona or Hawaii are having lower tourism or that ranchers and farmers run out of daylight because of how the clock is set? Sophistry. Idaho has two time zones that divide the state north from south and other states have 2 time zones that divide them east from west. I'll wager that their clock settings don't affect tourism or agriculture. As for people that want to play in the summertime after work having more available daylight, perhaps they could negotiate with their employers and shift their work schedules rather have the rest of the populace live on their time. Thanks to the State of Utah for allowing public input on this antiquated system that seriously needs to be changed.	6/23/2014 12:15 PM

7558	I would prefer that we drop the DST and join AZ and HI	6/23/2014 12:14 PM
7559	Please end the time change!	6/23/2014 12:14 PM
7560	I think switching between DST and non DST is silly and we should just stay at daylight savings time year round. It's annoying to come home from work at 5pm in the winter and it's completely dark.	6/23/2014 12:13 PM
7561	I would hope that we would do like Arizona and not disrupt our body clocks twice a year. I feel like it is not good for school children and as a 75 year old person who lived in the years that weren't bothered by daylight savings time, I really don't like not having a voice in the decision as to whether or not we should be required to adapt to this change continually.	6/23/2014 12:13 PM
7562	I really don't care which option is chosen. I just hate the adjustment of going from one to another.	6/23/2014 12:13 PM
7563	From farmers to technology workers, I have yet to find a supporter of time changes. They cause confusion, difficult work conditions and payroll issues.	6/23/2014 12:12 PM
7564	DST is an outdated concept that provides more confusion and headache every year than it is worth. We should join the hundred or so other countries that do not use this practice anymore.	6/23/2014 12:12 PM
7565	Switching back and forth doesn't change anyone's lifestyle patterns that I know of and it's just one more thing you have to acclimate to twice a year. I do business around the nation and it’s a pain to have to always stop and think if the person you are calling in on the same time pattern or if I need to adjust to accommodate daylight savings. Also, it disheartening in the winter when all of a sudden, you lose an hour of daylight, when it’s already getting darker sooner in the day.	6/23/2014 12:12 PM
7566	It is a pain having to re-calibrate my brain's sleeping schedule every time we change the clocks.	6/23/2014 12:11 PM
7567	The reason for daylight savings time still being practiced are a joke. If anything there is more loss of productivity due to the jet lag effect twice a year as we try and set ourselves. The statistics speak for themselves in accidents increased and all the other mayhem the time shifting causes. Business flow will adjust and maybe some of Americas sleep deprived people will actually start doing better. The fear of change is just fear, we did just fine before daylight saving and we'll do just as good once it's gone. Are the other two states suffering after ditching this old practice? NO, so why would we?	6/23/2014 12:11 PM
7568	I have never seen any need for daylight savings. Farmers get up with the sun and go to bed with the sun so it doesn't save them any time. Those who get up early in the morning are loosing the daylight hours they would enjoy if the time were just left at MST all the time. People would get used to having the time the same all the time. God did not intend for us to change what he created so why mess with it.	6/23/2014 12:11 PM
7569	Changing back and forth between times is difficult for many people, but especially for children.	6/23/2014 12:11 PM
7570	We at our house think daylight savings should be discontinued !	6/23/2014 12:11 PM
7571	It's outdated and serves no purpose.	6/23/2014 12:11 PM
7572	As a mother, I find daylight savings very disruptive to my children's and my sleep habits. I think we feel the negative effects of this for several weeks after the time change while our bodies struggle to adjust. I think there are also other areas that daylight savings time can be problematic. I had an infant in the NICU during the time change this last spring. During a time that was already stressful, both my newborn daughter and I had to adjust to the time change because the feedings in the NICU are strictly done every three hours. Because nurse staffing come in on 12 hour shifts, we couldn't just leave my daughter's feedings as they were, we had to change them so they followed the new daylight savings times. Trying to adjust a full hour of feeding time off of our current schedule was very difficult.	6/23/2014 12:11 PM
7573	As someone who prefers to wake up to the sun and go to bed relatively early, I would prefer aligning with Arizona and staying on Mountain Standard Time.	6/23/2014 12:10 PM
7574	This should have been done years ago!	6/23/2014 12:10 PM
7575	I lived in AZ for over 14 years, did not miss daylight savings at all.	6/23/2014 12:10 PM

7576	I feel VERY strongly that daylight savings should be ended. Most people I associate with do not like daylight savings and would welcome its end. I do not believe in our day and age that daylight savings time fulfills its stated purpose of saving electricity. Much of our electric usage has nothing to do with artificial lighting anymore. I believe that most people/businesses for whom daylight hours are particularly important (construction, farming, ranching, recreation, etc) have the ability to adjust their schedules to retain whatever need they may have for natural light. Also, Utah (Salt Lake City specifically) is already a little ahead on our clocks compared to solar noon (the middle of the day with respect to the sun) anyway. We live on the Western edge of the Mountain Time Zone. During MST, our solar noon is at approximately 12:30pm. During MDT, our solar noon jumps to approximately 1:30pm. So during MDT our clocks are actually about 90 minutes ahead of the sun. In fact, our solar noon during MST are almost exactly the same as those of Las Vegas (which is on the very eastern edge of the Pacific Time Zone) during their daylight savings portion of the year. During PDT, Las Vegas solar noon is 12:40pm. During PST, Las Vegas solar noon is 11:30am. I don't think there is a compelling argument to say that Las Vegas residents as a whole are somehow harmed by their solar noon being at 12:40pm during the summer. They have adjusted their lives accordingly, where necessary. We would do the same. The cost of whatever adjustment is needed by a very small portion of the population to make a year round standard time work for them, is very small and insignificant compared to the huge cost to the rest of the state's residents having to deal with the twice-yearly clock changes.	6/23/2014 12:10 PM
7577	I hate the changes twice a year; changing all the clocks and devices; messes up sleeping patterns. We don't need this !!	6/23/2014 12:10 PM
7578	Let's join Hawaii and Arizona and NOT change our time twice a year.	6/23/2014 12:10 PM
7579	Let's just make a decision and stop switching!	6/23/2014 12:10 PM
7580	Didn't research on this issue show that altering the time actually results in being costly rather than a savings? Please get rid of it.	6/23/2014 12:10 PM
7581	I like having later evenings in the summer to get things done and spend time with my family. In Arizona, it light at 5am, way to early. Just leave it be.	6/23/2014 12:09 PM
7582	I am not concerned so much about aligning with Arizona or creating a new time. I do not like the change twice a year as we currently have it. It creates added stress on the body by requiring change to the body clock every few months. I selected the create option because we already spend so much of the year in daylight savings.	6/23/2014 12:09 PM
7583	Daylight savings time saves no money or resources.	6/23/2014 12:08 PM
7584	DST is an excellent idea, I moved here from a country with no DST, sun rises at 4am, but work only starts at 7am / 8am so what a waste of sunlight! I love the fact that evenings are prolonged by DST, in fact, moving two hours forward in summer/spring would even be better!	6/23/2014 12:08 PM
7585	Since my childhood I've grudgingly endured the "spring forward, fall back" toll on the natural rhythms of life, both in regards to me and those around me. Twice a year the government is messing with our sleep patterns, and there is nothing we can do about it! Recently I've spoken with several young moms whose children are incredulous (and resistant to the fact!) that they must go to bed while outside there is still full daylight. I can attest to the fact that even many "older folks" have a hard time winding down for a decent bedtime while it is still so light out, so early risers frequently find themselves sleep deprived. I hope Utah gets it right and opts out of DST altogether.	6/23/2014 12:08 PM
7586	I really dislike the fall back time, I come to work in the dark and go home in the dark!!!	6/23/2014 12:08 PM
7587	Keeping the Daylight Savings Time hours, year round, in my opinion would be optimal.	6/23/2014 12:08 PM
7588	I love having that extra hour of daylight in the summer. It helps my days feel longer which is nice becuase days go by so fast already. If anything, keep daylight savings in place all year round instead of going back to standard time. I love having extra daylight :)	6/23/2014 12:07 PM
7589	Time changes are archaic and unnecessary in today's world. Winter days are already short enough, but the fall back changes which puts night fall at around 5 P.M. here is the worst! Evening daylight hours are much more useful in today's world than they once were & we should be smart enough as a modern people to know when to walk away from an outdated tradition. PLEASE, PLEASE, PLEASE let us stay on the our summer time schedules year round. Thanks.	6/23/2014 12:07 PM
7590	I prefer daylight in the evening when I can do outdoor activities with my family.	6/23/2014 12:07 PM
7591	I am not sure there is any benefit to one time over another. Just keep it the same. If you change to Utah's own time, it will probably be more confusing.	6/23/2014 12:07 PM

7592	I would prefer if there were no daylight saving time and we stayed on MST all year. Most public high schools start around 7:30am, and this meaning that many students have to leave for school in the dark during the winter. Just as the sun begins rising earlier, daylight savings time starts and students are forced to go to school in the dark again. In addition, having it stay light later in the evening makes it harder to go to bed early, so people are more likely to not get adequate sleep. Daylight savings time was intended to save on electricity for light in the evenings. However, since many people have work or school early in the morning, daylight savings makes it so they must use electric lighting in the morning that would otherwise be unnecessary. In general, waking up in the dark is detrimental to people's mindset and overall wellbeing. Keeping Mountain Standard Time all year would prevent confusion and "jet lag" at the time change, would improve happiness and productivity, and would provide overall benefit to our state.	6/23/2014 12:07 PM
7593	It just doesn't serve it's original intended purpose anymore.	6/23/2014 12:07 PM
7594	It is an unnessary change that messes with my biorhythm. I have to prepare myself a week ahead of time to make the adjustment. Make the madness stop!!	6/23/2014 12:06 PM
7595	It is very hard to get children to bed at a decent time it the summer because it stays so light so late. The natural changing of the season automatically makes for longer days in the summer, There is no need to switch.	6/23/2014 12:05 PM
7596	There isn't a need to change the clocks - there are still the same number of daylight hours in a day. Staying with MST makes it reasonable for the children in the winter months. And it means I don't have to reset clocks twice a year.	6/23/2014 12:05 PM
7597	Tired of changing time back and forth, just leave one way or let us vote on it.	6/23/2014 12:05 PM
7598	DST may have served a more useful purpose in the past when our country was more agriculturally based. However, presently it seems to cause more stress on people's bodies, especially with the earlier seasonal start and later seasonal end of DST. I think big companies are more concerned about their profits than people's health, and are worried that abolishing DST will affect their interests negatively. But I believe these concerns are unfounded and the government should protect the interests of the people above all else.	6/23/2014 12:04 PM
7599	I work in healthcare. That hour change reigns havoc on bio-rythms causing more stress, sleeplessness, illness, brain-fog, etc. Years ago it may have been necessary--but not now. Pick a time and stay with it...PLEASE.	6/23/2014 12:04 PM
7600	I hate the spring forward time, I can't get my kids to bed because it is light outside, I can't get them up for school because its dark outside. We are sleepy all day . Like a wise old indian once said, just like the foolish white man to think you can cut the end off a blanket, sew it to the other end and think you have a longer blanket.	6/23/2014 12:03 PM
7601	It just makes sense.	6/23/2014 12:03 PM
7602	Getting my body used to the time changing gets more and more difficult the older I get. I think we need to pick a time zone and stick to it. I would prefer we stay with daylight savings time all year around, but I would also rather stay with our standard time all year than switch back and forth. I'm already getting too old to keep making the adjustment and I'm only 41. It's just going to continue to get more difficult.	6/23/2014 12:03 PM
7603	Definitely do away with changing twice a year! The hassle and difficulty associated with changing clocks is not productive at all. Since I prefer the light in the later hours of the day in both winter and summer seasons, I would rather come up with a new year-round DST, but even going back to standard time year round would be an improvement.	6/23/2014 12:03 PM
7604	I love, love, love DST. Please don't change it. I love our wonderful summer nights. Why on earth would we want to be different than the 48 states that observe DST? Every day thousands of passengers fly to a different time zone and make the adjustment without complaining. Let's stay in step with the rest of the nation on this!	6/23/2014 12:02 PM
7605	Every six months we hear about how much harm is caused by this outdated practice. It doesn't belong in today's world. I'd like to see a poll of opinions concerning Daylight Savings, I'm sure the majority favor abolition.	6/23/2014 12:01 PM
7606	I would love the spring forward and then never the fall back. With the busy lifestyles we all lead these days it would make it much easier to complete the daily tasks and family time with that extra hour of daylight in the shorter days of the year, I could see where it would save on a bit of energy as well with not having to turn lights on for that extra hour. Just my thought, opinion and hope for a new way of doing things in our ever changing world.	6/23/2014 12:01 PM

7607	Nowadays we don't need to change the time. It was used mostly for farmers. It's not good for our bodies and our minds. Leave it alone.	6/23/2014 11:59 AM
7608	Yes! Get rid of DST. It is ancient and has no purpose in modern times.	6/23/2014 11:59 AM
7609	I see no advantage to maintaining daylight savings time. Having less light in the morning is dangerous as the tragic accident this year proves. The added light in the evening has no impact economically.	6/23/2014 11:58 AM
7610	DST seems to cause a lot more problems than it solves, i.e. fatigue, complications with travel, etc.	6/23/2014 11:58 AM
7611	There is no such thing as "giving us more daylight hours in a day". Changing the time every six months does not increase the daylight hours. If you want more hours of daylight in the evening, then wake up an hour earlier. That is all.	6/23/2014 11:58 AM
7612	It is working fine and should be left the same as it is now. Change school schedule if necessary they get out too early. Why be different than the rest of the county. Lots of family time in late evernings....and fun!!	6/23/2014 11:58 AM
7613	Having been a parent of younger children and now a grandparent I have had problems with children because of the summer extended hour. I see and hear the same thing from the parents of my 16 grandchildren. It would be better to stay on mountain standard time. Even changing to year round daylight savings time would be a problem. Also being a business man it causes problems with my employees. It would be much easier for business to change their time of operation than for all of us to alter our time of day twice each year. I servedf as mayor of my community for twenty years and know that the time change was supposed to be better for golfers and those who wanted more day light. I feel that it would be much better for those business who desire more daylight to alter the times of operation. This has been a problem for me all my life and wondered why we did not correct it and be in line with our neighbors to the south. Please change it so we are Mountain standard time all year round..	6/23/2014 11:58 AM
7614	Pick a time and stick with it year around. I think it is hard and the working person and students.	6/23/2014 11:57 AM
7615	is not working anymore should do away with it does not benefit any one.	6/23/2014 11:57 AM
7616	Why change it back and forth Arizona seems to do fine	6/23/2014 11:57 AM
7617	Keep it standard time. It's too much trouble make time adjustments. It's not natural. IF the original reason was for farmers..most of them have lights on their equipment. Actually we can keep standard time or Daylight savings...but make it permanent, no changes.	6/23/2014 11:57 AM
7618	As a business owner and published productivity expert, I am strongly in favor of curtailing Utah's DST participation. It would be far better for us to align with Arizona. Business impact: as my business interacts with clients and employees overseas, DST has a huge economic and productivity impact. There is often a lot of confusion, and it causes my overseas employees to need to shift their schedules to accommodate our DST practices: which are perceived as strange and difficult. Productivity impact: The transition time from time change to time change is a massive productivity killer. The human body becomes used to a certain rhythm. Having to change this twice per year results not just a small productivity hiccup of an hour or two, but an overall productivity slowdown that takes weeks to recover from.	6/23/2014 11:56 AM
7619	It is idiotic to think that there is ever any more daylight in a day because of daylight savings time.	6/23/2014 11:56 AM
7620	I find it frustrating to change the clocks and would prefer mountain time like Arizona. Otherwise and I don't think this choice was offered tbat I could tell and that is stay with mountain daylight time and leave it alone. No changing clocks either way. It throws me off when we change.	6/23/2014 11:56 AM
7621	There seems to be no good reason to change the time twice a year. Originally it was presented as something beneficial to farmers, but farmers use the sun as their "clock" and do not rely on time for their work schedule. If other industries and enterprises want to start earlier, just change your hours, don't. Hange the clocks. It is difficult for parents to get children to bed when the sun is still shinning at nine at night. Also for people who work long shifts the added hour in an already untenable schedule is cruel.	6/23/2014 11:56 AM
7622	keep it as it is now!! quit wasting time with this. The rest of the country is on it ....why make it a problem???	6/23/2014 11:55 AM
7623	Time changes are very difficult when dealing with children, makes it difficult for me going in the dark to work with early morning shifts. I also prefer to have more sunlight time in the early morning when I have regular shifts or days off but have to work around other schedules.	6/23/2014 11:55 AM

7624	Daylight savings is hard to adjust to every six months. Everyone does it but I do not think it is necessary or worth the adjustment. I believe we should create a new standard time for Utah which allows us to stay in the spring forward time. This will maintain our long summer days keeping revenue up in the state due to the long days. I know personally long summer days are my favorite time of the year and when I tend to go out and support the community financially. Winter tends to be darker anyways and I do not think we would notice the sorry days in winter as much as we would in the summer.	6/23/2014 11:55 AM
7625	I see no reason to change the time. It is awful to have darkness at 5:00pm in the winter. I do not believe it is so dark in the mornings that it would affect school kids. Heck we did fine when I was I growing up. It is such an inconvenience.	6/23/2014 11:54 AM
7626	Can we also change all the sun dials to adjust to DST?? It isn't healthy as more heart attacks are reported after changing the times. Please go to the same time year round. Golfers can go out earleir if that's the reason we have to do DST.	6/23/2014 11:54 AM
7627	I prefer having the sun up later in the evening so I would like to see Utah move to sticking with daylight saving year-round. I also would support staying with the status quo. I do not support eliminating daylight saving and only using standard time.	6/23/2014 11:54 AM
7628	I would really like to keep Daylight Saving Time either retain the current or Utah create their own.	6/23/2014 11:53 AM
7629	Leave it alone daylight savings time saves power how many people are up at 5 am when it would become daylight and how many people stay up past 8 pm and would have to have there lights on	6/23/2014 11:52 AM
7630	My husband was a farmer in Nebraska; they did just fine without any changing-- he had 8 siblings and DLS would've caused havoc with schedules for school, sports activities, etc.	6/23/2014 11:52 AM
7631	No more changing clocks. Keeping it how it is currently year round will work for everyone, the farmers who need the extra daylight will get it, and those who don't like coming home in the dark in the winter will have a little more daylight.	6/23/2014 11:52 AM
7632	I would just prefer to have one time and stop going from one to the other. I don't see any benefit to having two different times. It's easier for the family to have a constant time to go to bed. It is very hard to sleep when it is still light outside.	6/23/2014 11:51 AM
7633	Keep it, for those who work its nice to have a few hours of light when we get off work to do things.	6/23/2014 11:51 AM
7634	I am a student and part-time employee and I suffer from an autoimmune disease. Sleep is something that is essential for me to remain in control of that disease and the twice yearly clock change messes with that sleep schedule; I am thrown out of whack. I picked the option to "align" and remain on Mountain Standard Time all year long, I do not like the current twice a year time change. I also did not chose the option to "create" and be put on a permanent daylight saving time, I believe it not something that is safe. Many people have to be to work and school very early in the mornings and during the winter time it is often dark, if time was pushed an hour ahead it would be even darker. While the "extra" hour of light in the evening is nice, it should not be at the expense of our children's safety. Most people do not have to be out and about in the evenings, but most have to be out in the mornings; let there be light when adults and children alike are commuting.	6/23/2014 11:50 AM
7635	I HATE switching back and forth, please leave it on either MST all year round or daylight savings all year round. Changing it back and forth is very difficult. It always takes me a couple of weeks to adjust when we do a time change.	6/23/2014 11:50 AM
7636	Stop the switching of time! Choose one and leave it! Farmers have lights on their tractors and work during the night anyway (I'm a farmers daughter so I know that's true).	6/23/2014 11:50 AM
7637	We just need to keep the time the same instead of changing it back and forth. If people want more daylight let them get up a hour or two earlier. It mess with your sleep each time you change times.	6/23/2014 11:50 AM
7638	Daylight Savings Time is not beneficial and should be abolished. There is no need to change the time in spring or fall.	6/23/2014 11:49 AM
7639	I would just like it to stay the same. No adjusting clocks.	6/23/2014 11:48 AM
7640	We need to go back to MST and stay there	6/23/2014 11:48 AM
7641	Jumping back and forth is disruptive, outdated and a pain in the neck. get us on one time and stick to it. Thanks	6/23/2014 11:48 AM

7642	Jumping back and forth is disruptive, outdated and a pain in the neck. get us on one time and stick to it. Thanks	6/23/2014 11:48 AM
7643	We should get rid of daylight savings time. It is such a hassle adjusting in the spring and has lead to many fatigued weeks when I was studying in college and even moving into the work force. There have been numerous times where I have gotten ill just after the spring adjustment, and I believe it is leading to a decrease in productivity in our state. I think that adjusting the biological clocks in people is also responsible for poor driving in the spring season as well. We are a modern society, a little dark or light is not going to hurt us, but messing with our internal clocks when we need to be on the freeways will. Get rid of daylight savings time!	6/23/2014 11:48 AM
7644	Changing is difficult and in reality few of us do much before work/school, so having it dark then isn't much of a problem. However getting off work in the winter and having it already dark limits recreation and commerce activities.	6/23/2014 11:47 AM
7645	I don't like the fact that twice a year we got to change all the clocks around the house, and knowing which way to turn click ford or backwards.	6/23/2014 11:47 AM
7646	Kill it before it kills us ! DST totally messes everyone up every year. I hate it!	6/23/2014 11:47 AM
7647	Please keep day light savings. As a local Utah farmer my family and buisness depends on our crops and cattle. With more daylight I have more time to work. For those who know the farming and ranching industry it's not a 9 to 5 job. I start before the sun rises and end when it goes down. If daylight savings is changed it will negatively effect the agriculture industry and our local economy.	6/23/2014 11:47 AM
7648	I would rather not changed times throughout the year and I prefer more light in the evenings.	6/23/2014 11:46 AM
7649	The body clocks for children and infants is thrown off and can cause concerns for their health. Also adults have to readjust their eating times and it also caused sleep disorders. Also an increase in auto pedestrian accidents for children walking to school or catching a bus in the dark in the mornings. (Cows get milked at the same time no matter what the clock says).	6/23/2014 11:46 AM
7650	Keep it. I like having the extra hour of daylight in the summer but in the fall, it's too dark for the kids going to school - I think we should move that back to the end of Oct like it used to be.	6/23/2014 11:46 AM
7651	I feel that daylight savings is an idea from the past and we should leave it there. It does make a difference in the whole scheme of things in today's society.	6/23/2014 11:45 AM
7652	My personal preference is to maximize the evening hours with daylight year-round. That said, I am in favor of doing away with DST time changes in Utah, regardless of which option (forward or back) we choose.	6/23/2014 11:45 AM
7653	If it gets dark earlier all year round I will be too depressed!!	6/23/2014 11:45 AM
7654	Wish it would stay daylight saving time and don't fall back mountain time.Thank you.	6/23/2014 11:44 AM
7655	Please quit changing the time. Stay with one.	6/23/2014 11:44 AM
7656	DST is no longer relevant.	6/23/2014 11:44 AM
7657	about time	6/23/2014 11:44 AM
7658	I just think it is unnecessary to be changing clocks and I have grown up in mostly agriculture area and Utah was based on agriculture and I think we ought to support them.	6/23/2014 11:43 AM
7659	I love to go running or do yard work in the Summer. If the hours during the evening were to be shortened, I would have to run in the dark; also I would not be able to work in the yard as long. I love the summers just for that reason. During the winter, I run in the dark but it is hardly as pleasurable! Thanks	6/23/2014 11:43 AM
7660	We have young children at home and trying to change their sleep schedule twice a year is a nightmare!	6/23/2014 11:43 AM
7661	let's get rid of the time shift twice a year.	6/23/2014 11:43 AM
7662	The current program of changing in spring and fall provide the best balance of allowing daylight in the morning for students going to school while allowing additional time during summer hours in the evening for many activities. No daylight savings will not give the students any additional sunlight in the mornings for walking to school.	6/23/2014 11:41 AM

7663	I do not now, nor have I ever, seen the benefit to changing the clocks back and forth. It really got ridiculous when they moved up the spring jump to early March and pushed the " fall back" to November. There is no need for it to be light out until 10 pm in the summer. Farmers don't care about the clock. There are "x" hours of daylight, it doesn't matter what time they occur. There is no energy savings to be had, the temps and daylight are what they are, all you might do is flop the energy usage around from one end of the clock to the other. It's hard on the body, the school kids and working folks to have the rhythms shifted "just because" the government thinks it's good for you. It works just fine for Arizona to hold to MST, why can't we?	6/23/2014 11:41 AM
7664	I hate changing the time twice a year. This is way outdated and needs to stop.	6/23/2014 11:41 AM
7665	Daylight savings is pointless. At a minimum, the energy savings it is supposed to give is negligible. http://gizmodo.com/5892438/why-daylight-saving-time-is-pointless	6/23/2014 11:40 AM
7666	No more clock switches! Before daylight savings time -- people managed to live their lives just fine. I hate trying to reset my body clock twice a year. I'd rather just be MST and deal with early sunrises! maybe I'd be more likely to get up early and exercise! :)	6/23/2014 11:40 AM
7667	We need to stay on daylight savings and leave it that way. More daylight means more stuff can get done. Standard is less light, and I have noticed a lot more depression in people. Day light makes people happy, and it really should stay this way continually.	6/23/2014 11:40 AM
7668	I have a vacation home in AZ. They are much happier with their year round time standard!	6/23/2014 11:39 AM
7669	It should stay the same, older people have a hard enough time with change in their lives. This only adds to it.	6/23/2014 11:38 AM
7670	I would like to see the time go back to the way it was in the 60's even though I was real young at that time I remember my parents always complaining about having to keep on turning the time back and forth and I also think it's a big pain and I think it is senseless	6/23/2014 11:38 AM
7671	The lack of productivity resulting in loss of sleep and disruption of sleep schedule is more costly than changing to Standard Time. Early to bed early to rise makes a man healthy wealthy and wise. If it is still light outside it makes it harder to go to sleep early.	6/23/2014 11:37 AM
7672	There is no reason to continue DST. You can not get an extra hour out of the day by changing the clock.	6/23/2014 11:37 AM
7673	I think that the time change is too hard on peoples health, and that we should just keep it one time or the other. Either align or create would be fine. Just keep it one time all year long.	6/23/2014 11:37 AM
7674	The current time change serves no beneficial purpose to the citizens of Utah. If we stayed on D.S. Time all year, it would make better use of the limited sunlight in the winter months.	6/23/2014 11:37 AM
7675	I enjoy having the later summer evenings where I can be outdoors and enjoy the beautiful scenery of the state. I am significantly opposed to creating a new time zone, as coordination of efforts for business and personal reasons outside of the state would then be more complicated (I have associates in Arizona who struggle interacting with daylight states. This would essentially be the same thing.) It does take a couple days to adjust around the time change, but I feel within a couple days most people I know are adjusted and fine. I believe there are more pressing matters needing consideration than whether to implement a change to daylight savings.	6/23/2014 11:37 AM
7676	I feel we should stay on Daylight Savings all the time, since we are currently on it more and more each year and I would not want to be in Standard Time all year! Too much darkness or the wrong time of light in the summer.	6/23/2014 11:36 AM
7677	I go to work when it is dark and come home late. It is hard for me to be able to play with my kids when I return home and it is dark outside. Please let us come home to some sun. It make family life that much better	6/23/2014 11:36 AM
7678	Stop the madness. One time schedule, the entire year.	6/23/2014 11:36 AM
7679	Parents are shuttling their children to and from various after school activities. Our family feels more alive and active with the sun later in the day. Once it gets dark we prefer to stay home. Although I acknowledge that we need to try to have lighting available at bus stops for the safety of the children. I try to make sure my porch light is on to help with this effort. For me personally, I get depressed more during regular time. My husband works in the oilfield and likes more light toward the end of the day as well. Thank you for taking our preferences in to consideration.	6/23/2014 11:36 AM
7680	It should stay the same, older people have a hard enough time with change in their lives. This only adds to it.	6/23/2014 11:35 AM

7681	It's an outdated and unhealthy practice. Stop messing with the clock. Choose one and leave it.	6/23/2014 11:35 AM
7682	I would like to keep Utah on the time we currently have it gives us time for summer fun and it might make it easier to get home from work during the winter months. It is to hard to switch back and forth.	6/23/2014 11:35 AM
7683	1. There is no objective benefit to changing the clock twice per year. 2. Changing the time does not change the number of daylight working hours that proponents of changing the time suggest. 3. Staying on "Daylight" time year round is beneficial during winter months as sun will not be setting at 4pm.	6/23/2014 11:35 AM
7684	Daylight savings time is completely pointless now.	6/23/2014 11:34 AM
7685	I would like the time to remain at MDT. I cannot see any purpose in adjusting the time 2xyear.	6/23/2014 11:34 AM
7686	Leave the time as it is right now. People who don't like it will adjust. It makes no sense to change it back and fourth.	6/23/2014 11:34 AM
7687	The twice per year change of the biological clock is disruptive to the body, to employees, to students, to children--it takes a week to adequately change the bio-rythmn. These are two weeks per year of disruption that are not necessary and amount to lost employment, students not being productive and general fatigue. I vote that we stay with Arizona. It has worked perfectly for them.	6/23/2014 11:34 AM
7688	If you are going to change DST, change it to year-round. DST gives me more time to get things done in the evenings before running out of daylight. Taking care of livestock, yard and other outside activities requires daylight and I use every minute available after I get home from work. To stay on MST year round would greatly decrease my ability to get these things done. I look forward to the change every spring. It upsets my life cycle? So I yawn for a few days, I get used to it. There are worse things to worry about.	6/23/2014 11:33 AM
7689	In the winter, my children must go to school in the dark (which is unsafe, btw). Just about the time it gets light for them in the morning, DST kicks in and they must walk to school in the dark again. While DST may have been a good idea for agriculture in the beginning, it's about time we move into the modern era and leave time alone.	6/23/2014 11:33 AM
7690	I would also support aligning with Mountain Standard time and not switching to DST. It doesn't seem necessary anymore to change the clock twice a year.	6/23/2014 11:33 AM
7691	It's time for the time change to go away. The toll it takes on people is not worth the extra hour to play golf.	6/23/2014 11:33 AM
7692	The cost of daylight savings system including changing clocks, software, business hours, scheduled shifts, confusion when scheduling appointments, and disrupted sleep patterns. We should NOT be using daylight savings time. BTW, the way you list options for question #1 is confusing. #2 should say something simple as "Don't modify clocks twice a year".	6/23/2014 11:33 AM
7693	I love having some daylight left when I get home so I can work in my yard or enjoy watching my grandkids play outside. Coming home from work in the dark sucks, especially when it is only 6 pm	6/23/2014 11:32 AM
7694	Our lives should be more in line with natural rhythms. We should get up with the sun and go to bed with the sun. Stop trying to go against natural rhythms and cycles.	6/23/2014 11:32 AM
7695	I worry about the children waiting for school buses in the mornings before the sun comes up. I am also tired of being tired each time the time changes. It takes awhile for our body clock to readjust. I would really like to see day light savings time to go away!!	6/23/2014 11:32 AM
7696	IF IT WORKS WHY MESS WITH IT. THIS IS WHAT I GREW UP WITH. I CAN'T IMAGINE IT GETTING DARK AT 3:30 IN THE EVENING.	6/23/2014 11:32 AM
7697	Get rid of DST!!! It causes more harm than good. Creates health issues and does not save money.	6/23/2014 11:31 AM
7698	I believe it saves money in energy consumption. Keeps the days and nights normalized, with the exception of the days immediately following the change over.	6/23/2014 11:31 AM
7699	I strongly believe that Daylight Saving Time has long since outlived its usefulness and is more of a problem that people endure than anything else.	6/23/2014 11:31 AM
7700	Too hard to adjust to change. Children struggle for weeks	6/23/2014 11:30 AM
7701	I personally like the DST. However, I don't like the switch back and forth. So I would like to see either staying on MST with Arizona or staying on DST. Either one would be just fine with me. If I was forced to make a choice it would be to stay on DST.	6/23/2014 11:30 AM

7702	sdf	6/23/2014 11:30 AM
7703	I think it is silly to switch around. I'm not sure which time would best suit our state, but I think we should pick one or the other.	6/23/2014 11:30 AM
7704	Changing times is a huge pain. Lets just stick with summer times. It will be darker in the morning in the winter, but that's not a big deal. It's the changing back and forth that throws me off.	6/23/2014 11:30 AM
7705	The first thing is to get rid of time changes. It is hard on everyone to try to change their internal clocks twice a year. It results in loss of sleep, and loss of production. It is especially hard on young children, who don't understand that the clock changed and they still want to wake and sleep at the same times. I think the spring ahead option is best because fewer people use the hours of daylight in the morning. More people would benefit from longer nights.	6/23/2014 11:30 AM
7706	Stay with one time and forget the change.	6/23/2014 11:29 AM
7707	Daylight Savings is just plain awful! More people are awake at 6:00 pm am than 6:00 am. The more people who can get a little sunlight & Vitamin D, the better.	6/23/2014 11:28 AM
7708	The time when it gets dark varies so greatly between seasons (which is frustrating), and day light savings helps even it out. If we didn't have daylight savings, it would get dark at 4:00pm during the winter, and 10:00pm during the summer. It's a little better with DLS in place... so please keep it.	6/23/2014 11:28 AM
7709	Growing up in Kanab (UT), I had a high school girlfriend from Fredonia (AZ), just seven miles away. It was a real challenge keeping track of pick-you-up and curfew times! On a more serious note, when raising our own children in Utah, the bi-annual time changes were disruptive and difficult to manage. I don't doubt that businesses, government agencies and individuals are better capable of adapting to a year-long consistent time than to the twice-yearly change-all-the-clocks imposition of DST. Unless there is good cause shown for retaining DST (especially real and current economic advantages), I would favor joining Arizona and remaining on MST year-around.	6/23/2014 11:28 AM
7710	DST sucks. No benefit.	6/23/2014 11:28 AM
7711	I don't personally mind changing the clocks twice a year, but if a change is going to be made to avoid changing the clocks I would strongly be in favor of keeping the clocks how they are in the summer all year long. In my opinion having the hour of daylight at the end of the day instead of at the beginning is more beneficial to the quality of my life and the others around me. I can argue that shifting the hour of daylight to the morning will cause just as many problems as people claim switching the clocks twice a year does. First off parents with young children in sports and activities will have to take extra time off work to get their kids to these things an hour ealier every day in the summer. Outside activities that used to start at 4:30 and 6:30 will now have to be started at 3:30 and 5:30 in order to get finshed before it gets dark. Starting times of 3:30 are almost impossible because of school schedules. Secondly, if we are really concerned about childhood obesity as much as everyone claims to be then why would we want it to get dark outside an hour earlier? I'm not worried about losing the daylight in June when it's light until 9:00, I'm more worried about losing the daylight in the middle of September when the MST sunset would be 6:30. In my opinion the very best weather of the year in Utah happens during the warm afternoons of September and October! There are many more reasons why I believe shifting the hour of sunlight to the evening is beneficial, but the last one I will share is that it has been proven to reduce crime. http://www.batten.virginia.edu/content/news-events/bright-lights-safe-cities-how-daylight-saving-fights-crime I remember when my friends and I were young (and dumb) we always felt a little more mischievous once the sun went down in the summer. Do we really want it getting dark an hour ealier in the summer when criminals and bored hormonal teenagers have less to do, and less light being shined in their direction? How does that Kenny Chesney song go..."Everything get's hotter when the sun goes down!" PLEASE DON'T SHIFT AN HOUR OF DAYLIGHT TO THE MORNING WHEN IT IS SO MUCH MORE BENEFICIAL TO THE MASSES IN THE EVENING!	6/23/2014 11:27 AM
7712	The 'more daylight for farmers' argument doesn't carry any weight. Talk to any farmer, if they need sunlight to work, they get up with the sun to get things done. I'd love to see daylight savings go away. Business that change the hours they're open already make changes for their summer hours. If others want to do the same, they can. Daylight savings is unnecessary and _increases_ energy usage (look it up.)	6/23/2014 11:27 AM
7713	I firmly reject Daylight Saving Time in Utah and the rest of the United States. It is unnecessary and completely arbitrary.	6/23/2014 11:27 AM
7714	So many summer events require dusk to set in before beginning. Young families thus have a more difficult time participating in such events.	6/23/2014 11:27 AM
7715	Change back to MST and leave it alone, forever!	6/23/2014 11:27 AM

7716	I prefer daylight savings time because there are more hours of daylight.	6/23/2014 11:27 AM
7717	I definitely prefer going to a permanent Daylight Savings Hour year round. Most people are at work or school early in the mornings, and once you arrive at school or work, it doesn't matter much at all since we are all indoors with artificial lighting. What does make more of a difference is when there is more light later in the evening when people are more likely to be doing things outdoors. I know a lot of people who have said to me that they hate that it gets so dark so early in the winter months, they leave for work in the dark, and they return home in the dark. If the darkness didn't come until an hour later, I think most people would be pleased. Regardless of which option is chosen, I strongly favor eliminating the twice yearly change.	6/23/2014 11:27 AM
7718	It is nice to have extra daylight on the winter mornings and then to have longer daylight in the evenings during the warmer months. Please do not change. I am uncomfortable driving on dark mornings in the winter.	6/23/2014 11:26 AM
7719	time change causes confusion, discomfort and problems for business and education. (http://www.rasmussenreports.com/public_content/lifestyle/general_lifestyle/march_2013/fewer_see_the_purpose_of_daylight_saving_time). it does not in fact "conserve energy" as per the original justification. (http://www.nber.org/papers/w14429).	6/23/2014 11:25 AM
7720	I would prefer coming to work early so I can enjoy more sunlight when I get off of work. Shifting to an hour earlier all year long would make it so I had more light available through the year for going out and doing things when I get off.	6/23/2014 11:24 AM
7721	As a state, let's work to quickly end the insanity of daylight savings time and keep our time consistent all year long.	6/23/2014 11:24 AM
7722	We should have more daylight savings time (year round) in order to enable families to be more active instead of sitting at home and watching tv because it's too dark outside to do anything else. With obesity and the rising prevalence of Type 2 diabetes, this is an important consideration.	6/23/2014 11:24 AM
7723	People in my household suffer from migraine headaches. Changing the time causes many more migraines for suffers because changes in sleep pattern trigger attacks. This causes many more days of illness and missed work and school. These unnecessary changes to our circadian rhythm are unhealthy and stressful. This is just one negative effect on people. There are many other reasons to end this practice.	6/23/2014 11:23 AM
7724	I feel that it was useful many many decades ago when farming was a more widespread occupation. Now it seems that it is more of a nuisance that doesn't affect people. I feel that it is just something we do every 6 months instead of something that is actually beneficial to how we spend our time. We live in a 24/7 world so what time it is when it gets dark is negligible in todays world.	6/23/2014 11:23 AM
7725	We do not have many farmer's left in Utah. That was the whole purpose of daylight saving time. Leave it at one time period. It is ridiculous to Spring forward and Fall back. Quit it already! It isn't worth it. LEAVE it alone!	6/23/2014 11:23 AM
7726	I feel we shouldn't control what doesn't need to be controlled. If we followed natural (nature) it makes it easier to adjust for all living things.	6/23/2014 11:23 AM
7727	I like the sun being up later at night. I think we should keep the time we have now and not change it back an hour.	6/23/2014 11:22 AM
7728	Though I would prefer Mountain Standard Time year round, for my family and me the important thing is to do away with the change in time in the spring and fall. There are advantages and disadvantages with both Standard or Daylight Savings time. But the change between the two is just harmful on health of children and adults alike, disrupting sleep patterns, diminishing sleep, and affecting an individual's performance whether at school or at work. So, while I could debate all day about why I would prefer Standard time, in doing so I would have to acknowledge the benefits of Daylight Savings time, leaving me in a position to say, "Just stop changing the clocks!" And just one more thing: Daylight Savings time does not increase or save the amount of Daylight in the day. We can adjust our clocks, but we cannot add more daylight just as we cannot slow the rotation of the Earth.	6/23/2014 11:22 AM
7729	I find day light savings time to be very hard on my children, and my elderly parents and in laws.	6/23/2014 11:22 AM
7730	Stay on daylight saving year round. I would rather have more light at night than in the morning.	6/23/2014 11:22 AM

7731	I would like to have a consistent time which does not change. I prefer more light in the morning instead of in the evening. It is hard to get children to bed in the summer when it is light so late in the evening. They then want to sleep in and don't want to get up in the morning. This impacts school performance because they are tired. The children in schools on year-round schedules experience additional negative impacts.	6/23/2014 11:22 AM
7732	I think it is an outdated and completely useless practice in today's world.	6/23/2014 11:21 AM
7733	If I need to "spring forward" or "fall back," I am perfectly capable of adjusting my own schedule. Forcing it on everyone only causes sleep deprivation twice a year, leading to decreased productivity, increased illness, and a sharp spike in traffic accidents. There is no reason to maintain DST. Every benefit can be gained from adjusting individual schedules as needed, and keeping DST is literally dangerous.	6/23/2014 11:21 AM
7734	I am full time employed and would prefer to have more daylight hours after my work schedule ends to have more of an after work life. I hate it when I get off work and it is dark already. Extended daylight hours at the end of the workday give me so much more flexibility.	6/23/2014 11:21 AM
7735	What good does daylight savings do except mess up kids bed time? And pets behavior!	6/23/2014 11:21 AM
7736	In today's open-24-hours-a-day economy, Daylight Saving Time just doesn't make sense. Kick it to the curb.	6/23/2014 11:20 AM
7737	I would like to keep the same time all the time. I would like it to be lighter longer in the winter too.	6/23/2014 11:20 AM
7738	Daylight savings is a dated policy that no longer has relevance in today's world. We need to pick a time and stick to it to save time and money.	6/23/2014 11:19 AM
7739	It seems like a whole lot of trouble and confusion for no real benefit anymore. I'd prefer to keep things simple and not mess with my and my family's sleep. :)	6/23/2014 11:19 AM
7740	Daylight savings time is really annoying. Just keep it all normal and let us move on.	6/23/2014 11:19 AM
7741	I grew up in the agriculture industry. With the advent of technology, there isn't the same argument for a need to have an extra hour of daylight.	6/23/2014 11:19 AM
7742	Benjamin Franklin got it right. It gives more time for everyone during the summer. And how could this possibility be detrimental to anyone's health? Don't try to fix something that's not broken!	6/23/2014 11:19 AM
7743	My main reason to keep the current system is so that Utah is not out of sync with almost every other state in the country. I would love to see change, but on a federal level, not just a state level. It will be too confusing. I have children living on the east and west coasts, and at least when we change now, all of us change and so we are still the same number of hours' difference. Having said that, if it were done on a national level, I would be in favor of eliminating the changes every spring and fall. I don't like them. But that way, then the whole country is on the same system. Some of the problem with the twice yearly changes was made significantly worse when Congress changed the dates from April and October to November and March. If we were to choose one over the other, I like the summer time (DST) better than the winter. I like more daylight at the end of the day. I also like to exercise outdoors in the morning before my work day, and the thought of it already being sunny and HOT at 6-7 a.m. for all of the summer does not make me very happy. So keep it the way it is and lobby for the federal government to make a nationwide change. Finally, I kind of like the suggestion that some have made about changing the whole thing just a half hour and then keeping it that way all year round. It hits a good middle ground.	6/23/2014 11:18 AM
7744	I hate gong back and forth. Just leave it the same all year.	6/23/2014 11:18 AM
7745	We have a national business that needs to align with our corporate and field office, all of which follow the classic DLS plan of "springing" and "falling" at the scheduled times..	6/23/2014 11:18 AM
7746	Going back and forth seems outdated and annoying. Let's just listen to the people!!! No body likes it!	6/23/2014 11:18 AM
7747	Daylight savings time is the cause of a lot of frustration and confusion across the board. Everyone I know is confused on the first day, and then lagging for an entire week or more after the switch, and for folks with sleep phase delay, it's even worse. Please do us all a favor and remove this disturbingly antiquated practice.	6/23/2014 11:18 AM
7748	It is the change that is disrupting! It takes two weeks to ajust to the time change. Productivity is lost, health issues are compounded, and just like my animals, I get use to a schedule of feeding and sleeping. When that is distrupted, everything suffers. Please leave it in one or the other, no change appreciated.	6/23/2014 11:18 AM

7749	Having more daylight after work helps being able to still get stuff done outside. Leaving for work as its just getting light then comming home as the sun is setting increases my depression.	6/23/2014 11:18 AM
7750	Because it's proven to be an awful idea.	6/23/2014 11:18 AM
7751	Its more annoying than anything, really.	6/23/2014 11:17 AM
7752	I have 8 children aged 13-30 and 12 grandchildren aged 0-9. I'm also a business owner and educator. I chose to align with AZ because they have set a precedence and they are doing well. Keeping Daylight Savings is difficult for children causing change adjustment that especially hard on younger children and their parents as they adjust to the new schedule.	6/23/2014 11:17 AM
7753	It is such a bother to turn the clock back or ahead. It serves no purpose. People with children have such a hard time in the transition.	6/23/2014 11:16 AM
7754	Daylight savings time is really lame to me... if the farmers need to get up an hour earlier, they can do it without time change! I hate going to bed one night knowing that I'll get one less hour of sleep than usual. And I met someone once who actually got sick because of the time change! This is just sad!	6/23/2014 11:16 AM
7755	I would not be able to get any exercise after work in the fall, winter or spring if you do away with DST.	6/23/2014 11:16 AM
7756	I love daylight savings time. I think the people that say it is bad for people should provide the statistics where they get the information	6/23/2014 11:16 AM
7757	I support keeping it the way we currently do it. Longer daylight affords families time to enjoy activities together rather than sit inside and watch television. Our children enjoyed playing outdoors and we had wonderful family time. Having that extra daylight hour in the evening makes far more sense than from 4:30 AM til 5:30 AM. Very few would benefit from this. Those long winter nights keep us inside enough.	6/23/2014 11:16 AM
7758	The purpose originally was to extend daylight time, then it became an issue of savings on utility bills. The utility bill issue has been proven wrong. It is dangerous for children to be going to school in the dark. That is the best reason for staying on standard time. In addition, adjustment to time changes is very difficult for many people.	6/23/2014 11:15 AM
7759	Springing forward I feel messes with our body clocks I like the extra light but its not worth what it does to our bodies and children have a hard time adjusting as well.	6/23/2014 11:15 AM
7760	Daylight savings time is an outdated system for an outdated economy.	6/23/2014 11:15 AM
7761	Main problem with current DST is that it's too LONG: starts too early and ends too late. This is worst in early spring when people have to go to school in the dark. How about a shorter spell, preserving the nice long summer evenings but starting, say, late April and going to late September?	6/23/2014 11:15 AM
7762	I really like the time we have in the summer (the sun is up until 9:00 mid summer). In the winter, with it being dark so long in the morning sucks but is worth it for the time in the summer. We should keep the time we have right now in the summer and do away with the time change in the fall.	6/23/2014 11:15 AM
7763	Let's just pick one and stay with it.	6/23/2014 11:14 AM
7764	I think Utah should keep the clocks where they are now. (Spring Forward) It provides more sun light at the end of the day. It is difficult to switch back and forth between times - and I believe it can have major adverse effects on work quality and students ability to retain information.	6/23/2014 11:13 AM
7765	The longer summer hours would be retained without having to change our clocks twice a year which in turn throws off ones internal body clock. My children absolutely dislike when we have to spring forward and lose an hour of sleep.	6/23/2014 11:13 AM
7766	Daylight savings time ("DST") should be retained in Utah. Abandoning DST would result in sunlight beginning at 5am and while this may make sense in AZ where work is frequently done early or late to avoid daytime heat, there is no comparable need in Utah. On a personal level, I appreciate the longer daylight hours DST provides in the summer as it allows me additional daylight after work to complete outside projects or yard work I may have, as well as allowing me to spend time with my family outside participating in recreation. I don't believe the minor inconvenience of losing one hour of sleep in the spring outweighs the benefits DST provides and believe Utah should keep DST in practice.	6/23/2014 11:13 AM

7767	The time change each spring and fall causes me health problems as my body slowly adjusts to it. I would prefer no time change - whether we are on Daylight savings time or standard time is not as much a concern for me. I also do not see the benefit in moving the clocks forward or backward an hour.	6/23/2014 11:13 AM
7768	Enjoy the added daylight at the end of the day	6/23/2014 11:13 AM
7769	In a state that has a wide variety of outdoor recreation and interfaces with all areas of the country it makes sense to 1) maximize daylight hours after normal work hours and 2) keep necessary business and tourist accommodation to a minimum. Keep DST. Make it year round if a demand for no clock change during the year is preferred.	6/23/2014 11:13 AM
7770	We are a software development company and when we loss an hour due to daylight savings, it always takes weeks for our developers to get back into a normal workday operations. The loss is maybe as high as 100s of man-hours, each spring. In addition, most people across the US don't really understand time zones so making a change to be inline with AZ should have little to no effect on working with others in different time zones. In addition, since most of our work comes out of CA and the Bay area, being on their time zone half the year will be beneficial. So we only see upside on this with very little loss if any for our business.	6/23/2014 11:13 AM
7771	Clock shifting is costly, and I have yet to see evidence that the cost is justified.	6/23/2014 11:12 AM
7772	I'm completely in support of removing daylight savings time. I always hated it.	6/23/2014 11:12 AM
7773	I prefer earlier light than later. The children go to bed sooner as it becomes dark. They are less likely to be out later (especially in the summer). The furnace and air conditioner can be turned down sooner in the evening (cooler earlier evening in the summer and going to bed sooner).	6/23/2014 11:11 AM
7774	Changing time in this day and age seems completely useless. Famers don't care what the clock says, nor to their animals. We need to pick a time, and stick with it.	6/23/2014 11:11 AM
7775	Please just keep our original time and don't do daylight savings. It takes myself and my school children 3 weeks to adjust to the earlier wake up. It truly does have an impact on productivity. Mine and theirs.	6/23/2014 11:11 AM
7776	I think we should stay in "Spring Forward" or stay in the stay in the same timezone as Arizona. Either way, I think we should stick to one and not keep changing. I haven't met one person who didn't take a month or two to adapt to the flip flopping time change. It's really hard on people and their sleep...more sleep deprivation, more accidents...	6/23/2014 11:11 AM
7777	It should be done away with, but only if the other states do also. Second choice to align, but with just two states its more irritating and confusing than beneficial to change. If you got rid of daylight in all of mountain time zone, that would work too	6/23/2014 11:11 AM
7778	I believe we should STAY on DST for the entire year. In other words, now that our clocks are set to where they are, I think we should stay here. This would give the benefit of additional evening light in the spring, fall, and winter time, when it gets dark so early I am less inclined to go out and spend money and more inclined to simply stay home.	6/23/2014 11:09 AM
7779	I am tired of having jet lag twice a year.	6/23/2014 11:09 AM
7780	Make it stay just like AZ and then tell Governor Mead in Wyoming to do the same please.	6/23/2014 11:09 AM
7781	Adjusting to the time change is an annoyance.I am indifferent to whether you match Arizona's time or create our own.	6/23/2014 11:09 AM
7782	While it was a good idea in its time, due to saving on candles and oils for lamps, The time for Daylight Savings has passed, and it is completely unnecessary now.	6/23/2014 11:09 AM
7783	I thinks Utah should stay on Daylight Savings year round	6/23/2014 11:09 AM
7784	The arguement of daylight saving providing extra daylight in the evening is flawed in that you have to "steal" that extra hour from the morning. The globe is not going to rotate any faster or slower just because we changed the clocks. We will have the same amount of daylight hours whether we change the clocks or not, so lets just eliminate an unnecessary change.	6/23/2014 11:09 AM
7785	I am a firm beliver that the time should not be tampered with. Does 1 hr more of daylight mean that much for Heaven's sakes ???	6/23/2014 11:09 AM
7786	I think we should not change it it takes so long for our bodys to adjust to the time chance We moved here from Indiana where they left time changing alone and it worked out fine for the 25 years we lived there do not change please!!!!!!!	6/23/2014 11:07 AM

7787	DST is disruptive to the sleep schedules for school children twice a year. Yes this matters for their well being.	6/23/2014 11:06 AM
7788	I think there was a time for lengthening the days so farmers could have more time to bring in crops. Keep that in place and don't change it in the fall. That way, the farm industry can do what they need naturally as days lengthen, and in winter, we keep the time as it is and not fall back.	6/23/2014 11:06 AM
7789	I have been a teacher for 32 years and have seen first hand how Daylight Savings Time literally robs people of an hour of much-needed sleep every day. This is especially true during the first month after the spring change. Children's sensitive internal clocks just don't adjust to the time change very well. They go to bed later because they don't feel tired at bedtime, but the next day they are cranky and sleepy. The time change has a negative effect on academic performance, behavior and health. Now that we spring forward in March, kids and teachers alike get sick a lot more frequently right after the change.	6/23/2014 11:06 AM
7790	It makes no sense to think that you would save anything by pulling an hour out of one place and putting in another. Please get rid of daylight savings.	6/23/2014 11:06 AM
7791	Just stick to MST. It is a waste of time and energy switching back and forth. It has been proven that employee efficiency drops for several days with each adjustment in time. Switch back to MST and leave it alone!	6/23/2014 11:05 AM
7792	I'm not really sure which way to go on this maybe we should pick a time frame and try it for year see how it goes	6/23/2014 11:05 AM
7793	More evening sunlight all year round is better. Some evening sunlight in the winter would be ideal.	6/23/2014 11:05 AM
7794	It's tough on the little ones including myself to lose that 1 hour of sleep or even gain it. Just leave it 1 way or the other! It takes me at least two weeks to adjust	6/23/2014 11:05 AM
7795	I think the time should be the same year round. Don't care if it is daylight savings or not... just don't keep changing it.	6/23/2014 11:05 AM
7796	I like longer daylight days. As I get older it is getting harder to switch back and forth. I am for keeping daylight savings all year round!	6/23/2014 11:05 AM
7797	Daylight savings time does nothing up interrupt schedules. It is no longer needed in our electronic world. Let our bodies stay on track. Let babies keep their schedules. Let kids go to school without being zombies. Stop it. Just stop changing the time. Align us with the states next to us and then stop changing the time. STOP IT.	6/23/2014 11:04 AM
7798	I hate loosing an hour one reason. Also it's hard on the body to get use to one time and then have to change and then get use to the other time change.	6/23/2014 11:04 AM
7799	I have been a teacher for 32 years and have seen first hand how Daylight Savings Time literally robs people of an hour of much-needed sleep every day. This is especially true during the first month after the spring change. Children's sensitive internal clocks just don't adjust to the time change very well. They go to bed later because they don't feel tired at bedtime, but the next day they are cranky and sleepy. The time change has a negative effect on academic performance, behavior and health. Now that we spring forward in March, kids and teachers alike get sick a lot more frequently right after the change.	6/23/2014 11:03 AM
7800	My main concern is that this discussion is being driven by whiners. I know that sounds weird, but it's people that just don't like to change their clocks or don't like to have to wake their kids up. Those type of people seem to be the vocal majority. There are lots of people that stand to LOSE money from this switch that have summer time businesses. Plus I hope there are studies on what it would do to utility usage too. I know they say that the sun is still up for however many house in a day, but people aren't going to be getting up earlier and going to bed earlier, they will still stay up late and use more power than they did because of it. PLEASE do some due diligence on this and don't just listen to the whiners out there.	6/23/2014 11:03 AM
7801	I prefer the extra hour of daylight at the end of the day, so I would like to stay on the summer schedule year round, but that wasn't an option in your survey. Barring that, stay with AZ, no more flip-flopping. changing the clocks twice a year and adjusting the sleep schedule is too disruptive.	6/23/2014 11:02 AM
7802	Hate daylight savings .-.	6/23/2014 11:02 AM
7803	I'll take the trade-off of having a time adjustment in the spring and fall to allow for later sunsets in the summer. Daylight savings allows the working public an extra hour for summer afternoon and evening activities.	6/23/2014 11:02 AM

7804	I see no benefit in changing to and from DST each year.	6/23/2014 11:02 AM
7805	I prefer daylight savings time the way we currently have it in Utah because of two main reasons. 1) I have more daylight time in the evenings after work to do yard work at my home, and 2) more daylight time to recreate in the evenings after working in an office all day. My second vote would be to keep daylight savings time all year long. Thanks	6/23/2014 11:02 AM
7806	DST wastes energy. See NY Times article (link below) by Matthew Kotchen, professor of economics at Yale University and former deputy assistant secretary for environment and energy at U.S. Dept of Treasury. http://www.nytimes.com/roomfordebate/2014/03/06/daylight-saving-time-at-what-cost/daylight-saving-time-wastes-energy	6/23/2014 11:02 AM
7807	Well I think that joining AZ would be good because Daylight time was brought about to save the cost of factories having to turn on light back in the early 20th century. Now people indoors work when they can be most productive regardless of weather the Sun is up or not. I used to work in the construction industry and weather the Sun is up or not didn't effect if we worked. If it was dark we would bring out lights. Traffic patterns, weather, and materials is what has an impact not if the Sun is up.	6/23/2014 11:02 AM
7808	Daylight Savings Time is very disruptive to normal sleep cycles. I like going to bed when it is dark and waking up when it is light. I have hated DST since its enactment in the mid 1960s. The most recent change which extends the obnoxious shift is even more disruptive. Do the right thing and end this insufferable insanity.	6/23/2014 11:01 AM
7809	I really don't care which way the time is kept or changed. I would just like to see it stay the same year round. As an adult I find it hard to adjust for a week or so, but thinking of children who have no concept of a clock, I think they go more by the sunlight they see. I think it really messes kids up for several weeks and make parents very frustrated.	6/23/2014 11:01 AM
7810	I enjoy the longer evenings with daylight for gardening and hiking, etc. It is the best part of summer. As a child we did not go to daylight savings time until I was about 9 or 10 years old and I have liked it since then.	6/23/2014 11:01 AM
7811	Not changing time will help my children. The adjustment is to hard for them and myself. It is also difficult for pets and babies.	6/23/2014 11:00 AM
7812	My major complaint is the twice-yearly time switch. My secondary complaint is the morning darkness induced by the DST change in March. My preference is to follow the Arizona model.	6/23/2014 11:00 AM
7813	It takes me a week for my body to adjust to the time change so that it becomes a chore.	6/23/2014 11:00 AM
7814	The reasons for having daylight savings time are not worth the trouble it causes. It is especially annoying when you live in St. George, because in the winter when we have nice weather, the sun goes down at 6:00, way too early to enjoy the sunshine after my husband gets home from work.	6/23/2014 10:59 AM
7815	The change in time every year simply is unhealthy. Studies show that thee are more accidents and heart issues due to the time change, Less stress is better for everyone. I have always disliked the change.	6/23/2014 10:59 AM
7816	Let's make daylight savings time last all year long.	6/23/2014 10:59 AM
7817	"Only the government would believe that you could cut a foot off the top of a blanket, sew it to the bottom, and have a longer blanket,"	6/23/2014 10:59 AM
7818	Should be MDT year 'round.	6/23/2014 10:58 AM
7819	I would prefer to have the most daylight available to me in the evening hours. This is when I spend time with my family, usually outdoors.	6/23/2014 10:58 AM
7820	DST serves no one. Started after WW1, I think it's time to be retired!!!!!	6/23/2014 10:58 AM
7821	Please keep daylight savings. When you work you need that daylight to work in your yard and play. Take that hour away and then you only have a few hours to play and work after supper.	6/23/2014 10:58 AM
7822	Just turn DST on and leave it on.	6/23/2014 10:57 AM
7823	They always use the farmers as a reason for daylight savings time. I think farmers work sunrise to sunset no matter what the clock says. Daylight savings time doesn't give them more daylight to complete their work. There is only so much daylight in a day!	6/23/2014 10:57 AM
7824	I love the extra hour of sunlight that we get at night. I'd love to be able to keep it that way all year long. I don't like trying to adjust myself or my kids to the change in time.	6/23/2014 10:57 AM

7825	why does some of those elected spend their time to get into peoples lives...they want to regulate everything..this is not broke...therefore don't attempt to fix it...surely they have other important things to do...but then again it is obvious they don't...why even spend anything to hold hearings..and then only in select locations..the rest of the state does not matter...as usual...if it is to be considered at all...at least have the guts to put it to a vote. and let the people decide...not those who think they know best....doing it this way is not representing all the people.	6/23/2014 10:56 AM
7826	I prefer more light in the morning as I exercise in the morning - running and bike riding - and I'm in the dark except for the longest days of the year so I can arrive at work on time. More light in the morning would be much safer and more fun. This also would make it easier to get to sleep earlier so I can get up early to exercise. Mainly I'd like Utah to establish one time standard and not change back and forth. No matter which standard were adopted, adapting would be MUCH easier (and make more sense) than changing twice each year.	6/23/2014 10:56 AM
7827	DST was originally created to assist the farming community which was a much larger part of the population then. It has much less impact today and is mostly a source of irritation today. "Off with its head".	6/23/2014 10:56 AM
7828	I don't see a benefit of daylight savings time.	6/23/2014 10:56 AM
7829	Whatever we do we should stop changing it twice per year. I would prefer we spring ahead and leave it.	6/23/2014 10:55 AM
7830	Stay as it is right now. I hate coming home in the dark. LEAVE IT. Why is this such a big deal?	6/23/2014 10:55 AM
7831	Old Indian: Only the White man would cut 2 inches from one end of the blanket and sew it onto the other end of the blanket and say it is longer. Just leave it alone.	6/23/2014 10:55 AM
7832	I really don't care if we align with Arizona or create our own. I know how hard it is on adults and have watched it be even harder on my kids with school and schedules. Just keep it at one time and leave it.	6/23/2014 10:55 AM
7833	I think the shift in time disrupts our sleep patterns; Impacting productivity for a relatively short time thereafter. At least, that has been my experience when DST changes occur.	6/23/2014 10:55 AM
7834	Just keep one time. Students suffer, workers suffer when we change...for no really good reason. We are not an agg. based society any more. It hurts productivity and our health, I have read several studies on heart attacks the Monday after the time change. I don't see how tourism would be deterred if we keep it at one time.	6/23/2014 10:55 AM
7835	I do not see hiw daylight savings helps anyone	6/23/2014 10:55 AM
7836	Daylight savings has provided little benefit (if ANY) in the last 100 years. Let's move on and keep our clock sane and our sleep cycles on track... That is all.	6/23/2014 10:54 AM
7837	They say it is beneficial to farmers for more daylight. I grew up on a farm and farmers did NOT like this. Farmers work by the sun not the clock. Now that I live in the "city" I still don't like DST. Please leave it one way or the other, quit changing it every Spring and Fall..!!!!	6/23/2014 10:54 AM
7838	Go back to Mt. time and stay there! There is no good reason to keep changing!!!!	6/23/2014 10:53 AM
7839	I think it is a waste. I hate having to change. It throws my body off for a week!	6/23/2014 10:52 AM
7840	My suggestion is to change the time every month so the averge sunset time is ALWAYS the same. We would take the average sunset time for a given month for the last 10 years and adjust our clocks at the start of the month so sunset is as close to 7:30 PM as possible. Some months we might only need to change our clock by 15 minutes, others it may be a full hour :). If this is too complicated then lets just pick the time that gives us the most daylight after 5PM in the winter and leave it at that time the whole year!	6/23/2014 10:52 AM
7841	I have not done a great deal of research, but from what I have seen, the benefits of DST do not offset the hassle and cost of changing the clocks twice a year. Stay with standard time year round. Then convince the rest of the country to do the same.	6/23/2014 10:52 AM
7842	Absolutely love it! I would support a shortening it a bit because I know it's hard for parents to get kids to bed when school is in session and it's still light outside. Don't be fooled by the moronic things people say - "it confuses the cows", etc. Love it!	6/23/2014 10:51 AM

7843	Aligning with Arizona is the way forward, not because it's what AZ does but because it allows for longer daylight. It is a proven fact that people have more energy, are more active and productive with daylight. We can 'get more done' so our accomplishments increase, we are active and daylight gives everyone a chance of a more positive psychological attitude. Going to work in the morning in the dark and coming home in the dark is no fun at all! I am 100% for the change.....do it please!	6/23/2014 10:50 AM
7844	It is just too difficult to switch back and forth. Please just leave us "sprung forward" and do not adjust the clocks this upcoming fall. Pets, children, night owls, and people on timed medications (just to name a few groups) will bless your names. Thanks!	6/23/2014 10:50 AM
7845	Daylight savings is an antiquated practice that only messes with our body's natural clock and disrupts sleep, work productivity and unnecessary stress.	6/23/2014 10:50 AM
7846	It will cost more money in the long run if we align with Arizona as our energy bills will rise due to the loss in sunlight during working hours. This would be a fiscally irresponsible move.	6/23/2014 10:50 AM
7847	As a parent I prefer we leave the time the same time all year. I don't care if it is MST or DST, just pick one and quit switching every spring and fall. It messes up my and my children's schedules and routines. It is hard on the body to adjust and just about the time we are adjusted, it changes back. Please just pick a time and leave it on that time for 12 months. The reasons in the past are past and it is time to fix this problem.	6/23/2014 10:50 AM
7848	I have always felt Daylight Savings time was disruptive to the circadian rhythms of people of all ages, but especially infants and the elderly. Each Spring and Fall I have a difficult time sleeping due to the time change. I have always thought DST was an unnecessary evil. Get rid of it.	6/23/2014 10:49 AM
7849	I have been a teacher for 32 years and have seen first hand how Daylight Savings Time literally robs people of an hour of much-needed sleep every day. This is especially true during the first month after the spring change. Children's sensitive internal clocks just don't adjust to the time change very well. They go to bed later	6/23/2014 10:49 AM
7850	I see now reason for it. It plays havok with my carefully established routine with my children, and my own health as well.	6/23/2014 10:49 AM
7851	I am employee'd in the public safety field. When I work day shifts, it is nice to have some daylight left when I get off work. In the winter, when I get off work it is dark and limits what I can and want to do after work. When working the graveyard shift on the night of the time change, we end up having to work an extra hour, or loosing an hour of work. It would be nice to not have to worry about it.	6/23/2014 10:48 AM
7852	Though it may or may not affect energy usage etc., daylight savings time does affect the body clock and requires a great deal of effort both at work and home to reset the dozens of clocks in use by every family and employer. Further, people must spend time and resources reminding themselves and others to change their clocks. One positive about daylight savings time is that it is humorous to watch for people who are an hour late/early for church twice a year.	6/23/2014 10:48 AM
7853	Although I would be happiest with time staying in the spring forward position, I would also be quite happy if the time just stayed in one position all year, even if that were the fall back position.	6/23/2014 10:48 AM
7854	The current status is just fine; the adjustments in time help spit the difference in sunlight in the mornings and evenings - the current time routine IS NOT BROKEN - SO DON'T TRY AND FIX IT! thank you.	6/23/2014 10:47 AM
7855	It's my understanding that we currently only use MST in the darkest months instead of half the year. I can appreciate the argument for earlier light for kids walking to school. However, my preference would be a single time. Let's use the one we're already using for most of the year.	6/23/2014 10:47 AM
7856	Political manipulation of any scenario is corruption by elected officials to their personal benefit, instead of the benefit of the Citizens.	6/23/2014 10:47 AM
7857	I feel DST is pointless and unnecessary.	6/23/2014 10:47 AM
7858	Horrible. Its not needed any more	6/23/2014 10:47 AM
7859	I used to live in Arizona and loved not changing the clocks. It always takes me at least a week to switch back and forth and even worse for my kids. Keep daylight savings all year or mountain standard time, either way, just stop switching back and forth.	6/23/2014 10:47 AM
7860	I think we should do daylight savings all year long.	6/23/2014 10:46 AM

7861	Changing time is not good on our internal clocks. It's especially difficult for children and the adults over 50.	6/23/2014 10:46 AM
7862	Studies have shown that there are more accidents and less production on the days following the time chanes. We do not need them, we have watches to let us know what time it is, why not just leave them set once and for all!	6/23/2014 10:46 AM
7863	I believe in the past Day Light Savings time has served it's purpose. With technology and businesses running 24/7 I feel it's redundant at this point. I have also noticed a negative impact with my children's schedule. They take time to adjust and don't have the luxury of coffee like I do.	6/23/2014 10:45 AM
7864	Don't believe it actually saves any energy. It's safer not to collectively steal an hour of sleep from everyone.	6/23/2014 10:45 AM
7865	No need for it and it's very confusing to travelers.	6/23/2014 10:45 AM
7866	go back to normal times; junk daylight savings it serves no valid purpose	6/23/2014 10:45 AM
7867	I would like to have daylight savings time all year long. I hate switching back and forth and I think this time frame works best for us here in Utah.	6/23/2014 10:45 AM
7868	I find my after work hours are greatly enhanced to do necessary chores at home by daylight savings. Please don't change the current daylight savings .	6/23/2014 10:44 AM
7869	Get rid of dst. It's stupid and was from the beginning!!!!!!!	6/23/2014 10:44 AM
7870	In my case, it takes months for my body to adjust to the time change, and I have to start over every time we switch. It's especially difficult with small children, and really takes its toll on my health and well being, and I consider myself a young and healthy person. I know that there are many people out there that feel the same way as I do, so I feel that we should do away with daylight savings. The main argument that I've heard recently from those who are opposed with doing away with daylight savings, has been along the lines of wanting more time to have fun after work and enjoy the beauty. While that does sound nice, it wouldn't affect their health or well being in any way to have it get dark an hour earlier in the summer. On the one hand we have an argument for health and well being, on the other, an argument for more time for recreation. The only other compelling reason I've heard against doing away with daylight savings was for construction workers who would have to work in the heat, but I feel that the amount of construction workers or people that feel that they need the daylight savings pales in comparison to the number of people who it wouldn't benefit except to allow them to have an extra hour to play each evening. One other thing to note is that there aren't many people that spend every single evening outside. so it wouldn't really affect them on most days, whereas the time changes affect many, every single day for at least 2 weeks, often affecting them for much longer than that. Please do away with this time change twice every year.	6/23/2014 10:43 AM
7871	Changing clocks every six months has a myriad of economic, social, and personal health consequences. Professionally, my organization is required to closely coordinate with Arizona government agencies and therefore would have an easier time coordinating schedules if we used the same time zone. Personally, my health is negatively affected in the spring, and my wife's health is impacted in the fall when we are forced to re-adjust time zones. Have you thought about adjusting the clock half way between MST and MDT and then leaving the clocks alone forevermore? Thank you for considering a measure that would eliminate "Daylight Saving Time" in Utah!	6/23/2014 10:43 AM
7872	End day light savings, it's useless and out dated.	6/23/2014 10:43 AM
7873	Please stop the madness of Daylight Savings Time! It is antiquated, highly disruptive, and non-sensical. Think of the great publicity Utah will receive because of its rational and welcome change!	6/23/2014 10:43 AM
7874	Please stop daylight savings time!	6/23/2014 10:42 AM
7875	The change in time affects normal times I wake and go to bed. It would be much easier and healthier to remain on the same time year round	6/23/2014 10:42 AM
7876	There is no need for the change of time. It only serves to throw off our biological clock twice a year.	6/23/2014 10:41 AM

7877	As a mother of young children, I feel that children have a very difficult time adjusting to the change of time. They are used to their bodies needs for food and naps and don't understand that the time has changed. Twice a year, I go through a week or more of children who are overly tired and exhausted due to the time change. Most parents that I have spoken to about this feel the same way. I work outside of the home, I would much rather drive to work in the dark and have additional time of light in the evening when I am at home and can utilize the light. I am also a wife of a dairy farmer. Cows like to be milked at the same time every day. The time change twice a year effects their milking schedule.	6/23/2014 10:41 AM
7878	It is a real mess in trying to readjust 2 times a year for this. It does not help anything.	6/23/2014 10:41 AM
7879	Have Daylight Savings year-round. We love it!	6/23/2014 10:40 AM
7880	I'm the father of 6 young children and the effect of changing clocks back and forth is counter productive to their schedules and education. My opinion is that its an antiquated system that doesn't have benefits in our modern economy. It would be much better to not have the changes. I'm in favor of either maintaining Mountain Standard or Daylight Savings, just so we pick one and stick with it.	6/23/2014 10:40 AM
7881	I think we should keep DST for the whole year, to get more daylight in the evenings and to prevent having to switch twice per year.	6/23/2014 10:40 AM
7882	Time change is difficult for individuals and it takes approximately 2 weeks for the mind and body to adjust to forced time changes. This is a change that does not need to occur twice a year. I vote for setting a time and sticking to it.	6/23/2014 10:40 AM
7883	I think they should leave the time sprung forward. If schools, jobs, etc. want to adjust their work hours that is up to them. I like sprung forward because there is more evening light.	6/23/2014 10:39 AM
7884	I advise the Arizona schedule as that will be healthier for families as it will no longer be light until 10 pm each night (children do not want to go to bed until after dark). Also, it would help to normalize a year round schedule and eliminate adjusting twice yearly.	6/23/2014 10:39 AM
7885	I really think that we could do without it. The reason that it was thought up is now invalid.	6/23/2014 10:39 AM
7886	Daylight savings time has a largely negative impact on our children. They take weeks to adjust to the new time schedule, resulting in lost sleep, decreased school performance, moodiness, and behavioral difficulty. By the time we all adjust, it is about time to change times again, resulting in upheaval all over again. I also work as a registered nurse in a pediatric hospital and recognize the negative affect the time change can have on the critical scheduling of medications and therapeutic interventions for patients there. It is very disruptive and can result in dangerous errors and adverse outcomes for these sick kiddos. I do not see any great benefit in retaining daylight savings schedule and would feel it of great health, educational, and psychological benefit for children, families, and communities if we just got on a normal year-round schedule like Arizona! Thank you for considering the voice of the people.	6/23/2014 10:39 AM
7887	There are still the same number of daylight hours in the day no matter what time you say it is. Many businesses have greatly different hours now than they did when daylight saving time started. There is no reason now to continue with daylight saving time.	6/23/2014 10:39 AM
7888	Keep it to one Time it does not affect just the farmers. Do what the majority wants	6/23/2014 10:38 AM
7889	I'd like to have Daylight savings time in utah year round. I play soccer and the extra light during the season helps us be able to play games later at night without needing lights. Plus it's great for outdoor activities being able to enjoy the outdoors until 9:00pm in the summer time. More daylight has to have a benefit to tourism and the economy.	6/23/2014 10:38 AM
7890	What's the point? We gain nothing from it. Just creates higher risks during dark morning hours. As for night-fall...an extra hour of daylight doesn't really add much.	6/23/2014 10:38 AM
7891	I prefer to remain permanently on daylight saving time. Having the clock adjusted so that we have the extra hour in the evening is very nice and would be great in the winter months as well.	6/23/2014 10:38 AM
7892	I would like to see DST for the summer from Memorial Day to Labor Day,	6/23/2014 10:38 AM
7893	Children don't adjust to time changes well. We always endure weeks of negative effect with no benefit for every time change forward or backward.	6/23/2014 10:37 AM
7894	daylight savings is of satan	6/23/2014 10:37 AM

7895	Please keep Daylight Savings time year-round or at the very least retain DST. I don't need the sun to come up at 5 am while I am sleeping. It helps with people's moods and energy to see the sun during waking hours. I LOVE IT.	6/23/2014 10:36 AM
7896	For peace in my home, I would like to have daylight savings removed.	6/23/2014 10:36 AM
7897	DST didn't bother me that much until I had children. The perceived benefit after having children is completely negligible and causes a disruption in our family that can last up to two weeks. Get rid of it!	6/23/2014 10:36 AM
7898	I think that it is STUPID! That should be enough reason. I don't know a single person that likes it. We should spring forward and stay forward!	6/23/2014 10:35 AM
7899	Pick a time and stick with it. NO more switching back and forth.	6/23/2014 10:35 AM
7900	It is difficult to readjust my sleeping schedule and so I am always tired for a week or so every time the clock changes. Having lived in AZ before, I much prefer having no DST.	6/23/2014 10:35 AM
7901	Stay on day light savings time all year.	6/23/2014 10:35 AM
7902	I have always thought it was silly to keep changing time...it doesn't add anything to your day, you are either a morning person or a night person, when you keep changing the time you mess everyone up. Like speed on the freeway...just pick one and stick to it.	6/23/2014 10:34 AM
7903	It's too hard on my body as well as my children's body every time we spring forward and fall back. It takes at least a full week to recover from the change which isn't worth it. I also have a hard enough time getting kids to go to sleep at bedtime, let alone when it's light for 2 hours after they go to bed.	6/23/2014 10:34 AM
7904	Daylight Savings is great for when my kids are in school and it's not bright out when it's bedtime, but during the summer there is more light for us to enjoy the outdoors as a family, especially after my husband gets off of work.	6/23/2014 10:34 AM
7905	I am a morning person. I accomplish more in the morning. Plus having the sun shine in your eyes on the morning commute is not fun. Yes it will anyway, but just when it gets high enough in the sky not to be a problem, it is switched to DST and you have to start all over again. And the argument that farmers have more daylight is ridiculous. Farmers (I am from a farming community) go by the sun, not the clock, as do farm animals and the produce that grows. You won't hear from them because they're out working. I hate the time change. The ONLY reason it exists is for economics. People spend more money in daylight hours and it's a heckuva good way to part people from their money. Greed abounds. As someone who works outside the home, I love being able to get up with the sun and get some yard work and housework done before having to face the day. Coming home after a long day at the job and having to do these things is just draining on body, mind and spirit. Give us a break! We've tolerated it long enough. Give those of us who hate DST a chance to be happy.	6/23/2014 10:34 AM
7906	For a period of time following each change during the year, I find myself struggling to adjust to the new time schedule, it interrupts my sleep patterns, which in turn has an impact on the rest of my daily routines / schedules. Not long after adjusting to those schedules, I found myself having to do it all over again. I find the same thing true for my children and their sleep / schedule patterns.	6/23/2014 10:33 AM
7907	Time changes are dangerous, inconvenient and unhealthy! Get rid of it!	6/23/2014 10:32 AM
7908	I hate the time change. Please put ut on standard time year round. Thank you.	6/23/2014 10:32 AM
7909	Please just stay on one time and leave it all year round. I don't care if we compromise and move it half an hour between the two times. Whatever the end time is chosen, stick with it forever. NO MORE CHANGING CLOCKS!	6/23/2014 10:32 AM
7910	Mother Nature did just fine. In today's world, DST is nothing but a hassle. My husband travels internationally for work and the constant back and forth wreaks utter havoc with airplane connections. It's confusing to children, who are already sleep deprived when going to school. I see no advantages whatsoever.	6/23/2014 10:31 AM
7911	Daylight Savings Time is very unhealthy. It is especially hard on school children.	6/23/2014 10:31 AM

7912	Daylight savings time serves no purpose. It does not add any hours of daylight. They stay the same regardless of the clock. What it does do, is create havoc for parents and educators in the spring when children don't want to go to bed while the sun is still up and don't want to get up for school in the mornings. The same can be said for adults. It is hard for us to go to bed in time to get up and get to work on time. I have found that it takes most people about two weeks to adjust to the time change in the spring and fall and some never adjust during the summer at all. In conclusion, there is no practical reason for daylight savings time. It should be eliminated completely.	6/23/2014 10:31 AM
7913	End it! It's pointless.	6/23/2014 10:30 AM
7914	I don't really care which option is chosen as long as we get rid of the change. I have kids in school and we pay an emotional price when their sleep pattern changes.	6/23/2014 10:30 AM
7915	If managed properly, there are efficiencies in Energy savings.	6/23/2014 10:30 AM
7916	Shifting the time on my clock twice a year interrupts sleeping patterns. Some people - myself included - already have a difficult enough time maintaining a healthy sleeping pattern, and shifting the clock makes it nearly impossible during those two points in the year. This results in added sleep deprivation, which in turn has a negative effect on everything from job performance to social interaction.	6/23/2014 10:29 AM
7917	Personally I prefer the daylight to be available in the evenings. While I get up and run and workout in the morning I seem to be able to do this without the rise of the sun. Even though I say that I would like us to create our own time frame there are too many draw backs to trying to create or go off daylight savings time completely. I find those wanting to go off of Daylight Savings time feel that their lives are lived in a vacuum. The economy of the state is impacted by those we do business with outside the state as much as inside the state. To think we can set-off on our own trail and make it work will only cause confusion for business partners. The impact of changing, in my opinion, would have more negative impacts than staying with what we have been doing. Here are a few examples. I feel more productive and get out more into the community when their is sunlight after work. I can come home and go do things with my kids. If we were to be like Arizona, the impact on my house would be as follows. My kids arise when sun comes up (even with blackout curtains). This would be detrimental to me as they would be awake at 5:00 am during the summer. I would still need to work 9 to 5 and then would find myself going to bed around 9:00 at night. I would stop going to summer events because after getting home from work and eating dinner we'd be with in an hour or so of bedtime for my kids. I would no longer attend Bee's games or concerts. I would stop going up the canyon for hikes. (I do this after work because I have fewer restrictions on time.)This would put much of my "usable" time prior to work which would be very wasted unless businesses are going to open earlier so that I can have my oil changed at 6:00 am. Concerts and dinner parties are not held at 7:00 am. Baby-sitters (teenagers that can sleep through anything) are not up at 6:00 a.m. so my wife and I can have a date. Unless ALL business is willing to shift their schedules to an early time I can't imagine the negative impacts on the economy. Oh and by the way, I'd stop watching the news at 10:00 because I'd be asleep. On the business front, my corporate offices are on the West coast and several are on the central time zone. I am a customer service based business meaning I need to be open between 8:00 a.m. and 5 p.m. If we were like AZ, it would be great, During the summer when we are the same time as California my employees would come into the office the same time as our home office but we'd now be two hours behind the mid-west. I would not be able to provide a quality service to my clients after 4 p.m. because my mid-west offices close at 6:00 p.m. their time. I'd be paying employees to sit and not be able to perform the duties they are being paid to do. Right now we shift with both California and the Mid-west which keeps the hours consistent. One thing to weigh in is what would this do with relationship in business with regards to both the East and West Coast. Sorry, we are not a big fish in the sea (California or the Eastern Seaboard) and any major shirt would cause confusion when dealing with other states and business. While many people state accidents and learning, how much of this is really tied to failure of people to shift their sleep schedules. Until business shifts from 8 to 5, changing our DST makes very poor economic sense to have us try and do something that would cause confusion and issues with business owners trying to conduct business. (If we shift our clocks I would need to shift the work hours of my employees which would defeat the purpose of the shift). This is a really stupid thing for us to be discussing until enough states are willing to do the same thing that the shift would actually allow for stability in business. My answer, tell people to go to bed when they should and wake up when they should. The human body will adjust.	6/23/2014 10:29 AM
7918	I hate the early sun sets in the winter. I Wait all winter for the time change. I also effects our business. People stay out socializing if it's light and we see higher shopping if it's light out. At the change we see traffic patterns shift by one hour almost immediately each season. I would like the summer TIME not the Winder Time	6/23/2014 10:29 AM

7919	Please stick with MST. The downside to switching back and forth far outweighs the benefits that only a few industries and groups enjoy. Thank you for making this a serious consideration.	6/23/2014 10:28 AM
7920	Changing time back and forth every 6 months is a pain with little benefit. Pick a time and leave it, is my vote.	6/23/2014 10:28 AM
7921	Please get rid of it altogether.	6/23/2014 10:28 AM
7922	Personally it is disruptive to me to have to change my sleeping habits. I much prefer to choose a time and stay with it.	6/23/2014 10:28 AM
7923	Based on what our current system has provided we are able to find more time during the summer months to recreate. Where a large portion of business flow and income come from recreation in Utah we would be doing ourselves a big dis-service cutting time short in the Summer months. That extra hour provides me time after work to go places or do things i wouldn't normally do after work.	6/23/2014 10:28 AM
7924	Daylight savings time is beneficial because it provides for better use of the daylight when given a societal schedule that does not adjust to make better use of the daylight. We are conditioned to waste the morning light and seek the darkness of night to play etc. I enjoy the light of day and feel wasteful when hours of morning light are wasted in late morning slumber.	6/23/2014 10:28 AM
7925	It affects all aspects of life for children as well as adults. It does not help farmers they didn't have it in the 30s, 40s or 50s and they farmed just fine.	6/23/2014 10:27 AM
7926	In the past, it made since to try to conserve electricity and other reason for the changing time. Now the world is up 24 hours a day. Computers and other electronics are always running. People are working around the clock 3 different shifts. Farmers, they will wake up when they need to wake up to get there work done. I honestly believe that daylight saving time is not longer needed. We need to just keep one standard time. Thank you!!	6/23/2014 10:27 AM
7927	If your job involves doing business with the east coast, then not going on Daylight savings time would mean a 3 hour time difference for 8 months of the year. One of the reasons I settled here from the west coast was the advantage of being in a more neutral time zone for business. I am okay with Daylight savings year round because would keep us 2 hours than 1 hour different from the eastern time.	6/23/2014 10:27 AM
7928	The more daylight time that is available after I get off of work the better. I enjoy having time to get out and play with my kids while there is still light. Also I try to mow a few lawns on the side of my normal job in the summer and the extra hour of daylight helps things like this be accomplished in the evening and preferably in one evening with the extra daylight. In the winter I would prefer not to go off of daylight savings time so that there may be some time when it is actually light outside when I am not in my office working.	6/23/2014 10:27 AM
7929	Less change for the body, and it seems pointless anyway. After all, who are men to change nature and time?	6/23/2014 10:26 AM
7930	I would love to NOT have to change my clocks twice a year. I lived in Arizona as a kid and I definitely prefer it that way	6/23/2014 10:26 AM
7931	I LOVE Daylight Saving Time! It's really great to have extra time to work in the yard or do other outdoor activities after work.	6/23/2014 10:26 AM
7932	keep it the way it is. those of us that work by the clock prefer an extra hour of daylight after work in the summer. and winter needs to be light during waking hours	6/23/2014 10:25 AM
7933	I enjoy having the sunlight in the later hours during the summer so I can enjoy more time with my family or working in my yard. I don't see much benefit, however, to changing the time back in the fall. I think having more daylight hours in the evening during winter months would be enjoyable.	6/23/2014 10:25 AM
7934	I work until 6:00 p.m. and I am in an office. it is nice to be able to enjoy the sun for a few hours in the evening. I have time to mow my lawn, weed my garden and other stuff at night before it gets to dark.	6/23/2014 10:25 AM
7935	Daylight savings time ALL the Time	6/23/2014 10:24 AM
7936	We assume what you meant by "align" is to have no daylight savings time. Linking that to "'Arizona" has no obvious purpose. But, for sure, let's get rid of DST.	6/23/2014 10:24 AM
7937	I prefer it getting dark later than earlier.	6/23/2014 10:24 AM

7938	The only people this benefits is the farmers. Between subsidies and everything else they obtain enough assistance from the wealth confiscated from the citizenry. This is a nightmare for those with kids or those on set schedules who work. Thank you.	6/23/2014 10:24 AM
7939	DST is outdated and a nuisance. Let's leave the clocks alone!	6/23/2014 10:24 AM
7940	the more daylight we have in the summer the better. right now the sun comes over the mountain and in my window at 6am. If changed back an hour, the sun would wake me up at 5am. I also love late summer nights where the sun is up until 8:30-9:30pm.	6/23/2014 10:24 AM
7941	It is extremely confusing when dealing with Arizona as to whether they are on Utah time or Pacific time. As long as most of the country is using Daylight Savings Time, Utah should stay with the majority to avoid confusion.	6/23/2014 10:24 AM
7942	Seems like extra daylight during the winter would be very useful. As useful as never changing the clocks again. Please do it soon.	6/23/2014 10:23 AM
7943	It would be more beneficial to have more daylight in the evenings where most people work in an office. Even those who are in agriculture, can still get up when the sun comes up. I feel that the time on the clock will not have an effect on the time that they choose to begin to work.	6/23/2014 10:23 AM
7944	From my perspective, the changes in time twice per year is more disruptive than beneficial. One of the arguments I hear made for daylight savings is ridiculous. Though I am not a farmer, I have known many farmers. Every one I have discussed daylights savings time with has said it is laughable. They are up before the sun and often working after the sun. Some have told me they don't even pay attention to "time". Animals need to be fed, cows milked, fields plowed etc. when they need to be done, not base on a clock. It is also disruptive to children and school. Let's stop the insanity.	6/23/2014 10:23 AM
7945	I wish we would just stay on daylight savings time all year long.	6/23/2014 10:23 AM
7946	Stay continuous.. hate adjusting and then readjusting..there is too much disruption. It filled a need at one time. Like the old Indian saying goes "only a white man would cut the bottom off a blanket, sew it on the top and think he has a longer blanket" STOP THE MADNESS!!!	6/23/2014 10:22 AM
7947	The purpose of DST no longer exists.	6/23/2014 10:22 AM
7948	Why on earth would we want to create our own daylight savings time that is different from everyone else's? If anything, I'd prefer to always stay on daylight savings time.	6/23/2014 10:22 AM
7949	It seems the people who want to keep DST don't even understand it! "We need it so the kids won't have to walk to school in the dark!" I hear that so often, yet it is DST that makes it darker in the morning! Get rid of it!	6/23/2014 10:22 AM
7950	The continual changing back and forth is disruptive.	6/23/2014 10:22 AM
7951	I like waking early and getting going with my day. I am healthier when I go to bed early too.	6/23/2014 10:22 AM
7952	I enjoy the extra time in the morning(daylight). If anything leave at Daylight savings time year round. If you change it then everyone will want it back, you can't please people. If it works why change things.	6/23/2014 10:21 AM
7953	First and foremost if we are interested in saving energy changing what we have would negate that. Hawaii I understand, but Utah I don't but if it could make kids go to bed earlier and get out of bed when the sun comes up maybe we would have something. But I doubt it would change that.	6/23/2014 10:21 AM
7954	I don't think this needed any longer. Please do away with it.	6/23/2014 10:21 AM
7955	waste of energy and time to change back and forth	6/23/2014 10:20 AM
7956	I believe that the times should stay the same throughout the year, but I also feel like we should stay consistant with daylight savings time. I work throughout the week and daylight savings time is the best time of the year for me. I am able to go home and still get hours of daylight. Getting rid of daylight savings would take this away. Most people argue that we should get rid of daylight savings all together, but I would guess that most of their children do not feel the same way. Children love the extra hour they can get outside during this time. This extra hour of daylight could be used for more exercising outside rather than people staying inside.	6/23/2014 10:20 AM

7957	Getting the most hours of daylight after work in the summer is extremely important. Summer is a time when people spend more time outdoors and maximizing daylight hours after work is very important to my personal enjoyment. I believe it also allows our economy to be more productive, but at the very least it provides more time for recreation, which also benefits the economy. But, the time switching is annoying and painful. So we should stop switching, and do a one time spring forward so that our time clock is permanently optimized for maximum evening daylight hours for summer in Utah!	6/23/2014 10:20 AM
7958	I am a plein air artist, meaning I paint landscapes while out doors. The shorter day created by daylight savings time, mean I work shorter hours. This affects my productivity.	6/23/2014 10:20 AM
7959	You finally get used to one time, and it changes again. We loose sleep and very confused as to what the real time is. It messes up your body for a few weeks. Just pick one time and leave it there.	6/23/2014 10:20 AM
7960	I hope I picked the right option. I want it to stay lighter in the evenings. I hate having my husband drive home from work in the dark in winter. It feels like we can't enjoy the evenings with family when it's dark and nothing to do in the dark.	6/23/2014 10:20 AM
7961	It is a waste of our time to switch back and forth and accomplishes nothing but making it harder to get the children to sleep early in the summer time.	6/23/2014 10:20 AM
7962	Early to bed, early to rise, makes a man (woman/children) healthy, wealthy, and wise!	6/23/2014 10:20 AM
7963	Longer daylight means more energy saved and I an active longer resulting in decreased weight!	6/23/2014 10:19 AM
7964	In the peak of the summer, under DST, the valley begins to get light about 5:30 am. It can disturb my sleep. I fear that going back to MST will make the morning come at 4:30 am which will be like getting up in the middle of the night for me. Please don't change it. I understand that parents don't want kids to go to school in the dark in the winter. So my preference is keep switching. Personally I would love to have DST all year long. I prefer more light at night.	6/23/2014 10:19 AM
7965	I hate daylight savings time. It takes me 2 weeks to get adjusted to the new time. Parents who have children in school tell me it is horrible for their children to adjust. My husband agrees with me.	6/23/2014 10:18 AM
7966	If we are keeping daylight savings just so the farmers can have more daylight, that is ridiculous because the amount of daylight does not change. Every farmer I know doesn't farm off of the clock as much as they do off the sunlight. They work from sun up to sun down no matter what time it is. I don't see any benefits even in the construction industry. We work while we can in the summer no matter the time. It all has to do with when the sun is up and we can see.	6/23/2014 10:18 AM
7967	I believe we should 'spring forward' permanently. This would allow the most daylight hours, year-round. Second choice would be to match Arizona time, leaving DST out of the equation altogether. At any rate, the regular clock changing of DST needs to go. I'm okay with whatever gets rid of it. It's stupid and useless, in the modern age of artificial lighting and air conditioning.	6/23/2014 10:18 AM
7968	I think having daylight later in the day is awesome! it is also beneficial when the weather is bad that you get more light in the afternoon commuting home in bad weather.	6/23/2014 10:18 AM
7969	There are 4 reasons I would prefer to stay on daylight savings time year round. 1. As Utah brings in more and more business to the state these businesses have clients all throughout the nation. Keeping the time on daylight savings will make our time difference gap between the rest of the nation more centralized, making it easier to do business with both the east and west coast during normal business hours. If we stayed on standard time we would have the same time as the West Coast in the Summer and it would be more difficult to do business with the East Coast during normal business hours. 2. In the winter it gets dark early and it would be nice to have it stay light an hour later when more people will be home from work. 3. I have young children at home, and they tend to wake up when the sun comes up. Having the sun come up at 5:00 AM in the summer, will make it harder for them to stay in bed as long as they need. 4. If the nation ever decided to move from 4 timezones to 2 timezone, they would likely have an eastern and western time zone. Western timezone would be the same time as MST/MDT and the Eastern timezone would be similar to CST/CDT. This would be a good argument to keep our current time, but if we moved to strict MST the transition would be more difficult and we would not be able to keep that time. One thing to note is when I have talked to people they like the idea of keeping the same time but they confuse MDT with MST and tend to say they would like to stay with MST, but if they actually understood what it meant, and thought about it, I think they would prefer to stay at MDT year round.	6/23/2014 10:18 AM

7970	My grandchildren, as well as myself, have a very difficult time adjusting to the time changes. Personally, I feel that most older people as well as the youth, children and infants have a difficult time with this and there is no real benefit. In an agrarian society, farmers work from sun up to sunset no matter what the clock says. Others that want to shop are doing more on the internet, therefore, it is a moot point. Car shoppers do more comparison shopping on line as well. We should leave the time alone!!!!!	6/23/2014 10:18 AM
7971	I LOVE late summer nights and feel like more people stay out, doing--spending money, etc. I'm a runner and I'd hate to have to wake up even earlier than I already do to avoid the sunny heat in st george in the summers.	6/23/2014 10:17 AM
7972	I think it makes the most sense to align ourselves with Arizona.	6/23/2014 10:17 AM
7973	DST is an outdated adaptation to a time that we no longer live in. The best arguments for it- that it helps farmers and shop keepers- hold no water what so ever in our modern day. The disruption caused to personal lives, school children and families is significant enough to make this change. It is fully time to break with meaningless tradition and dictate our own future. Give it up and lets get on with living how we want.	6/23/2014 10:17 AM
7974	Adjusting to the time change twice a year is bad enough, but adjusting with children is way more stressful and difficult. It is hard on our bodies to change a daily sleep routine and basically makes two weeks every year when everyone is out of whack from trying to adjust their internal clocks. While I'd be OK with the CREATE option, but I prefer the ALIGN option because I prefer to have more daylight in the morning rather than the evening. It helps my family get up at a reasonable hour and helps us go to sleep at a better time as well. Having the time zone aligned such that evening comes at an earlier hour also allows us to let our children stay up to watch fireworks in the summer without them having to stay up as 'late.' Eliminating the time change would also be beneficial to my husband at work. He is a computer programmer and the "time zone guy" at his work so every year he has to deal with bugs caused by the time change.	6/23/2014 10:16 AM
7975	People who support DST seem to overlook the fact that they have the personal option of starting their summer days an hour earlier if they so choose. Many professions provide flexible working hours.	6/23/2014 10:16 AM
7976	DST is antiquated! It needs to be abolished!	6/23/2014 10:16 AM
7977	I lived in Arizona for 20 years after having been born and raised in California and really liked not having to change my clocks. Here in Utah I coach high school baseball and because of the lack of high school facilities in the Salt Lake Valley with lights, we need as much daylight as possible in the spring and summer months to properly run/develop a high school program. I'm all for long days of daylight.	6/23/2014 10:15 AM
7978	Sunlit evening hours help working people accomplish more at home and provide psychological benefits especially for indoor workers. Changing the present practice would be unnecessarily disruptive to the ways of living of Utah's citizenry.	6/23/2014 10:15 AM
7979	I WOULD LIKE TO SEE US STAY ON MOUNTAIN TIME WITH ARIZONA. IT WOULD GIVE US MORE TIME TO WORK OUTSIDE FOR CONSTRUCTION AND MORE DAYLIGHT FOR TOURISM.	6/23/2014 10:15 AM
7980	I would really like it if the practice of Daylight savings was eliminated. I have found the change twice a year far too disruptive. Please eliminate this by all means!	6/23/2014 10:15 AM
7981	Throws me for a loop every time it changes! My body isn't as easy to change as a clock!	6/23/2014 10:15 AM
7982	Just pick one and stick with it. Spring forward for all months or fall back for all 12 months.	6/23/2014 10:15 AM
7983	I would love to see DST full time, but I doubt that will happen. Having the extra hour in the evening, means you can still enjoy outdoor activities in the daylight. It also allows working folks time to work in there yards in the evening in the cooler hours. Tourism would be hurt if that extra hour at night goes away.	6/23/2014 10:14 AM
7984	I like DST I would prefer out stay that way all year. I really hate it getting dark at 5:30 in the winter. And changing the clocks twice a year is pointless it needs to stay on one or the other preferably DST	6/23/2014 10:14 AM
7985	Keep daylight savings year round. Need more daylight during free time after working indoors all day. Daylight is essential to our well being. No exposure to daylight is depressing for many people.	6/23/2014 10:14 AM
7986	We should do away with Daylight Savings time and stay the same year round, like Arizona	6/23/2014 10:14 AM
7987	I enjoy haviing longer days after work. I would like to have this year-round.	6/23/2014 10:14 AM

7988	It's unnecessary (we don't farm anymore) and I don't like after it changes in the fall, little children walking to school in the dark.	6/23/2014 10:14 AM
7989	Frankly, I don't care if we stay on daylight savings time or go back to Mountain Standard Time. I just don't like changing back and forth.	6/23/2014 10:13 AM
7990	I work for American Express in Technologies. We should align with Arizona. Daylight Savings is a huge waste of resources esp in technology where many man-hours are spent aligning computer log files and adjusting shifts.	6/23/2014 10:13 AM
7991	I think it's stupid. Farmers can choose to wake up earlier / later. I don't see why everyone else should be bothered with it.	6/23/2014 10:12 AM
7992	Daylight savings is broken. "Our main finding is that -- contrary to the policy's intent -- DST increases residential electricity demand. Estimates of the overall increase are approximately 1 percent, ..." (NBER working paperNo 14429). It is not save energy. We should discontinue the dysfunctional legislation.	6/23/2014 10:12 AM
7993	I have wanted Utah to stay on daylight savings time for years. I feel like a wreck for weeks after the time change in either direction and know many others who also do. I would rather have whatever extra daylight we have in the evening. If necessary, adjust the time our children start school to start a 1/2 hr later.	6/23/2014 10:12 AM
7994	I hate having to remember, I hate the jet lag we experience each time, and I fail to see the benefit anymore, even for farmers.	6/23/2014 10:12 AM
7995	I always heard that this was put in place for the farmers. However, having talked to those who work in agriculture, they start and stop working with the sun no matter what time it says on the clock. I don't see that the time change is necessary.	6/23/2014 10:12 AM
7996	I have always disliked daylight savings and I am strongly for either staying on mountain Standard or staying one hour ahead. the change twice a year is too disruptive to biological clocks. I have been hoping for years that this would be brought up and hope that we eliminate this unneeded tradition.	6/23/2014 10:12 AM
7997	I would like it to be kept the same all year round.	6/23/2014 10:12 AM
7998	There is no need to change our time back an hour in the fall. The reasons for the time change dealt mostly with the needs of farmers.	6/23/2014 10:11 AM
7999	Would certainly prefer to stay on Daylight Saving Time FULL time in Utah.	6/23/2014 10:11 AM
8000	Keeping with Arizona would eliminate the headache caused by "Falling Back" and "Springing Forward." As a parent, these are nightmare days, forcing children to bed earlier or attempting to keep them in bed later in the morning is a fruitless, ornery, comical exercise in futility that more often leads to salty tears of exhaustion than any kind of benefit. Furthermore, have you ever tried to put kids to bed at a reasonable hour in the summer only to hear "But DAD . . . it's still light outside!" That continues until nearly 10:00pm at the peak of summer hours. As a parent, a working professional, and a self-proclaimed night owl, I would welcome a return to an unchanging routine. Godspeed.	6/23/2014 10:11 AM
8001	Align with Arizona, stop this non-sense of changing the clocks.	6/23/2014 10:11 AM
8002	Everyone I know hates the change in time twice per year. Most people I know would be happy with DLST or MST as long as it always stayed the same. It is the changing back and forth that is the problem.	6/23/2014 10:10 AM
8003	I think the daylight savings time should be kept on all year round, never reverting back to MST.	6/23/2014 10:10 AM
8004	I prefer that we have more daylight because it gives the opportunity for everyone to do more outdoors things with their family, it's safer also during the day time due to majority of the crime happens at night, and economically people will spend more money and do more things. As I was reading this article it states that there would be more accidents? How do people predict this stuff?? Why are accidents even part of a decision? I would think driving in the snow in the dark causes more accidents. Also the article states that their childrens' education would be effective. Seriously??? Education in any state has never been important. When there's a budget cut it's always education first. So why does the time change effect education again??? Ridiculous.	6/23/2014 10:10 AM
8005	Students struggle for about a week while they adjust to the time change in the spring. I watch more fall asleep and scores are lower.	6/23/2014 10:10 AM

8006	Daylight saving time is by the government. Let's have less government. Let the Private sector become creative and let the employees make a schedule that they will like. In doing so, we will have less rush hour traffic and pollution will go down. Governor Herbert, Please take leadership to remove this time switch.	6/23/2014 10:10 AM
8007	As a parent with an Autistic child. Changing the time like it is now, causes so many behavioral problems. I am sure if you ask any special needs parent it causes a up roar in the whole family. I think it is hard on our bodies having these time changes.	6/23/2014 10:09 AM
8008	I really enjoy more sunlight during the day. I have a hard time adjusting to the time changes.	6/23/2014 10:09 AM
8009	There are no rational or logical reasons to continue daylight savings time.	6/23/2014 10:08 AM
8010	I vote to create so we can balance the lame winter months where it's dark when I leave for work and dark when I get home. We should control our own destiny for our specific region. If creating doesn't pass then I'd vote to align. We should get rid of DST.	6/23/2014 10:07 AM
8011	Having more light in the evening is great to get more things done. All that light in the morning would be a waste.	6/23/2014 10:07 AM
8012	I think the reasons for daylight savings are outdated. There are no benefits anymore. Instead we have higher costs when it comes to computers, more auto pedestrian accidents trying to adjust and it is hard for bodies to adjust.	6/23/2014 10:07 AM
8013	My dogs wake up every morning - mostly because the sun wakes them up. If the sun came up at "5:00" I would go crazy.	6/23/2014 10:07 AM
8014	Many organisms in nature, including humans, rely on regular circadian rhythms, meaning regular sleep/wake cycles each day. Our bodies rely on this daily routine to know when to perform important steps in our metabolism and overall maintenance of health. Disrupting these cycles has been linked to several problems relating to human health. In my opinion, the benefits to discontinuing the practice of daylight savings time outweigh the risks. Don't rely on diverse opinions to establish policies...rely on carefully scrutinized scientific research. Please see the following recently published peer-reviewed scientific articles, for more information (keep in mind, these articles represent some of the most recently published research in the area; there are many more available): 1. Wyse CA, et al. The bright-nights and dim-days of the urban photoperiod: Implications for circadian rhythmicity, metabolism and obesity. Ann Med. 2014 Jun 5:1-11. 2. Karatsoreos IN. Links between Circadian Rhythms and Psychiatric Disease. Front Behav Neurosci. 2014 May 6;8:162. eCollection 2014. 3. Depner CM, et al. Metabolic consequences of sleep and circadian disorders. Curr Diab Rep. 2014 Jul;14(7):507. doi: 10.1007/s11892-014-0507-z.	6/23/2014 10:06 AM
8015	The term Daylight Savings is misleading first of all, no matter how your arrange it there are only 24 hours in a day, and the same amount of daylight no matter how you look at it, so what is being saved. Changing the clock twice a year only messes with our internal clock and I can honestly find no advantages to it at all. Please consider leaving time alone, let it flow naturally like it was meant to.	6/23/2014 10:06 AM
8016	I'm actually happy with staying with Arizona or always being on Daylight Savings. I just dislike changing times twice a year.	6/23/2014 10:06 AM
8017	Mountain or Daylight Savings I don't care. Just pick one and stay with it. The change is harmful to your health, and causes more accidents.	6/23/2014 10:06 AM
8018	I would be OK with year-round Daylight Saving Time. Utah should NOT choose different DST start/end dates from the rest of the country. Daylight saving makes good use of sunlight time and should be kept. It should also be considered in Winter.	6/23/2014 10:06 AM
8019	It's too hard on the children AND ADULTS to keep changing back and forth. Just leave it one way or another!	6/23/2014 10:06 AM
8020	DST is an outdated, useless notion which only causes stress and problems for the working public. We are still going to drive the same distances, we are still going to use the same amount of energy, it will just shift from the beginning of the day to the end of the day (and then back again).	6/23/2014 10:06 AM
8021	I believe Daylights Savings is a huge advantage to the citizens of Utah. We're a very active state all year long and having natural light longer throughout the day/early evening is a huge advantage. Additionally, more citizens will utilize business, goods, services and recreational activities when there's more natural light. Please keep daylight savings all year long!	6/23/2014 10:06 AM

8022	The argument that Daylight Savings time creates more "daylight" in the day is completely false. No matter what the time is, the amount of actual daylight in a day is the same. that depends on the rotation of the sun and the earth rotating around it. People say that it helps the children in the dark every winter. Well, that is a bad argument because they'll be in the dark a month later anyways. You are delaying the inevitable. I lived in Arizona for 2 years. It was glorious and there was no impact to business. Whereas if you change time, every six months you have an impact to business and productivity.	6/23/2014 10:05 AM
8023	It may have served it's purpose in the past but not relevant now	6/23/2014 10:05 AM
8024	I should be a Utah resident. I lived there my whole life until four years ago and visit all the time. I grew up thinking daylight savings was the coolest thing! It was fun to stay up later in the fall and good to have light change. As an adult I don't understand why so many people complain about it. I have three children and while it can he hard on their sleep habits I think it is helpful to have more light during the awake hours of the day. Also other states implement it and it would be confusing to have different time than the States that surround Utah.	6/23/2014 10:05 AM
8025	I hate it. It messes with everyone.	6/23/2014 10:05 AM
8026	I really don't care if we fall back or spring forward, I just don't like changing. Please keep the time the same all year long, no switching back and forth.	6/23/2014 10:05 AM
8027	I like the way it it is. I only takes a couple of days to adjust to the time change. If is change it should change to Daylight Savings time all year around not MST	6/23/2014 10:05 AM
8028	If it wasn't for stupid people making ridiculous statements such as how much it affects farmers and ranchers and other stupid comments I would not have a strong opinion. But farmers adn ranchers get up at the break of dawn and work until the sun goes down regardless of what the clock says. I think there is too much effort, money, and other resources wasted on adjusting clocks twice a year. Do they really think that tourists won't come to Utah if we don't change our clocks twice a year? I am sure tourists avoid Arizona and Hawaii for that very reason. What they are most likely not telling us is how they have figured out a way to profit from the changes.	6/23/2014 10:05 AM
8029	I like Daylight Savings Time, but I'd be willing to try out sticking to the same time year-round.	6/23/2014 10:04 AM
8030	Daylight savings only gives the farmers and anyone else that needs it one more hour during the summer. Most of the time if farmers need more time they get up earlier or work all night anyways. So it's more pain in the butt to remember to change clocks forward or bacwards.	6/23/2014 10:04 AM
8031	I know that there are many in the cities who love it because it allows them to get in a game of golf. Those of us who live in the country hate it. We already get up early in the morning and the daylight savings makes this worse. This does not include the various studies done to determine the effect this has on the populace. Hint: It is not good. Lets leave this in the past were it belongs.	6/23/2014 10:04 AM
8032	It is detrimental to the school children due to safety issues and it is not beneficial to agriculture because it really does not create another hour of daylight, the total hours of daylight remain the same whether on daylight time or on standard time.	6/23/2014 10:04 AM
8033	I do not believe the claims that daylight time is energy saving in our current economy. People with various diseases such as Seasonal Affective Disorder have difficulty adjusting to the change in the clock because their bodies are not able to follow the natural change in daytime sunlight. Those organizations that would like to change the effect of daylight on their operations could change the time their business runs. For example change the start time from 9:00 to 8:00 and ending time from 6:00 to 5:00. Soccer practice could also adjust to the sun if necessary. Farmers have always adjusted their lives to the rhythms of the sun, their water turns, and the needs of their crops. The clock is not the driver.	6/23/2014 10:03 AM
8034	It should remain because everyone in Utah or outside of Utah, knows that we follow DST. It will cause confusion and even the state may lose tourists because of this. It should remain the same also, because Benjamin Franklin created hoping to increase the winter hours to benefit the farmers. This is highly important for the farmers are becoming an endangered career. As for the kids walking in the dark, I know its difficult for certain parents to have their kids in the dark. However, if a parent strives to keep their kids in a bubble, they will regret it later. The children will grow up naive and not understand the world. I have five children under the age of eight; I understand that parents want to keep their children safe. But isn't better to teach them about the world and what goes on in it, then to keep them ignorant? If they become ignorant, they will find out on their own and most likely be more dangerous then if they were taught in the first place. I say keep DST because it will continue to keep everyone sane. Thanks.	6/23/2014 10:03 AM

8035	I believe that day light savings should just be gone. It's crazy to loose an hour and then gain an hour. (At least for me) I have a hard time sleeping and working because I am adjusting to the time change. I know it's only an hour here or there but it does make a difference and when I finnally get used to it, it is time to change all over again.	6/23/2014 10:03 AM
8036	Kill daylight savings go with regular time.	6/23/2014 10:03 AM
8037	For both economic and education reasons, as noted in the news lately, I feel it would be wise to set a permanent time code (whether it be the MST option--as Arizona has adopted--or the MDT option), though I would prefer the MDT configuration.	6/23/2014 10:03 AM
8038	It would be much healthier for children, farmers, etc... The body does not adjust to daylight saving time.	6/23/2014 10:03 AM
8039	The biannual time change is extremely disruptive that affects every single person in Utah. The benefits DO NOT outweigh the risks and negative aspects. Every person experiences some form of forgetfulness, anxiety, sleeplessness, delayed reactions, and loss of productivity because of these changes and the most extreme effects of the time change are strokes, heart attacks, and car accidents. We should not voluntarily allow this disruption to occur, not once but TWICE a year to Utah citizens! If we could minimize the amount of inconvenience, stress, car accidents, strokes, and heart attacks for our fellow citizens-why wouldn't we? Tourism or whatever reason to keep the biannual time change intact should not be more important than the well-being, health, and safety of each Utah citizen. Let's take one more step closer to make Utah a safer and healthier place to live for everyone.	6/23/2014 10:02 AM
8040	It's well established that switching back-and-forth is detrimental to society as a whole. So the real question should not be whether to continue with daylight-savings time switches, but which standard MST or MDT should be retained. MDT (or CST) should be retained year-round. There is no benefit to using MST in the summer. The days in UT during the summer are long enough that daylight starts extremely early and ends late. Switching to a permanent MST would only result in it being bright even earlier (sunrise at 5am! instead of 6am), while still being bright relatively late in the evening (sunset at 8pm instead of 9pm). However, retaining MDT (CST) in the winter months would be beneficial. It allows potential for some daylight availability after work/school in the winter. As is, due to people's lives necessarily (and unfortunately) revolving around business schedules, daylight in winter evenings is non-existent for many people under the current schedule. The common complaint against MDT in winter is kids having to go to school in the dark. However, this is essentially the case anyway, even on MST. It's still dark close to school starting times. Those who find it to be an issue, should lobby their local school district to change the start time for their schools, especially considering many schools start too early as is, regardless of time standard. In any case, concerns such as school start times belong at a local level, not state or national level.	6/23/2014 10:02 AM
8041	I really like daylight savings time. I don't think it's a big deal to switch the clocks two day out of the year. Also, mainly I like having long days in the summer with lots of daylight. If any change is to be made, please do not take away my long summer days. Thanks.	6/23/2014 10:02 AM
8042	Daylight savings throws everyone off. It takes weeks to get my kids back to a functioning schedule after the switch. I see no benefit to the majority of the population, only disadvantages.	6/23/2014 10:02 AM
8043	Changing our clocks is disruptive. Twice a year we loose productivity because of the time change.	6/23/2014 10:01 AM
8044	The rest of the nation, except Arizona, uses Daylight Saving Time. Utah should follow the rest of the nation.	6/23/2014 10:01 AM
8045	Having to adjust our body clocks every spring and fall is unnecessary and unhealthy.	6/23/2014 10:01 AM
8046	The time changes costs more due to the disruption to our sleep/wake cycles. The human toll needs to be factored in heavily as we look at this.	6/23/2014 10:01 AM
8047	I love it in the summer when the evening light last longer. I also suffer from SAD, and I believe that longer light hours would help me, and I'm sure that it would help others that also suffer from this. Really I think that it is a health thing.	6/23/2014 10:01 AM
8048	I understand the idea behind daylight savings, but i find it to be much more disruptive than the proposed benefits. for me personally, I find that it takes me weeks to adjust to the time change making me less productive in my employment and my life. As a parent i also find that it's difficult for my children to make the adjustments. I've been hoping for change in this regard for some time. I'm glad that the removal of daylight savings is finally being considered.	6/23/2014 10:01 AM

8049	I don't think it makes any difference really if we spring ahead with daylight savings. I say just always stay on mountain time, keep things simple. Plus I have small children that will be starting school soon and I hate dealing with clocks, and them feeling wake up is too early, or that bedtime is too early due to the sun being up.	6/23/2014 10:01 AM
8050	Love the idea of losing Daylight Savings time. Life is stressful enough without worrying about extra time changes. Why not make life a little easier for Utah residents and make it an even more attractive place to live.	6/23/2014 10:00 AM
8051	THE FIRST QUESTION IS POORLY WORDED. Perhaps the questions should ask 1 Do you want more daylight in the morning while driving to work? 2 Do you want more daylight in the evening after work?" I would wager a large % of the answers were not what the respondent intended do to confusion over the forward back thing and the confusion is what drives most of use who dislike DLST.	6/23/2014 10:00 AM
8052	I love the time we have now, I like it because I can be outside later in the evening and I can get more work done later and its not so hot outside. My kids have baseball games and soccer games so it is nicer to have that little bit of extra daylight so I can get some things done after their games!	6/23/2014 10:00 AM
8053	Just stay on MST..we don't need to go back and forth. It's hard on everybody to keep changing back and forth...	6/23/2014 10:00 AM
8054	In storing data this creates a problem. Storing dates in local time with DST creates two anomalies per year. In one case we have two hours which is/are one hour (because shifting clocks back one hour essentially repeats that hour over the top of an hour already completed), and the other case has an hour which simply does not exist (skipped in favor of the following hour). While DST is observed there is only one way to prevent this - store dates/times in a timezone format that is not local time (e.g. UTC) and then convert the time for every storage and retrieval operation in perpetuity. Both of these create additional challenges in reporting and statistical analysis due to the anomalous nature of these adjustments.	6/23/2014 10:00 AM
8055	Utah is already "different" enough as a state, I believe we should not further confuse people around the country by not staying with the standard US time zones. As a professional who promotes Utah and helps to bring new business to the state, I feel that we will harm our image by not going with the flow. I find it very confusing when I need to call AZ for business and can't remember what time it is there because I they are not consistent with the rest of the West, why add confusion for Utah as well? If it must be changed, then I vote for Daylight Savings all the time, it makes the evenings much more productive for recreation.	6/23/2014 9:59 AM
8056	I understand the original intent to help the farmers but that is no longer necessary and I'm not really sure there ever was. Having grown up on a farm - REAL farmers get up when the sun comes up and work until after dark regardless of what the clock says!	6/23/2014 9:59 AM
8057	I would prefer to stay on day light savings time year round. As a second option, I would love to drop the time change all together. Switching times is very hard on my kids and my employees here at work until they adjust to the new time.	6/23/2014 9:59 AM
8058	I see no value in changing the clock twice a year. Causes a lot of unnecessary trouble for everyone.	6/23/2014 9:58 AM
8059	It's a waste of time, I don't see the point in the change every year.	6/23/2014 9:58 AM
8060	Switching to a standard time cycle would help decrease electricity usage, fuel consumption, health effects, depression, and sleep disruption.	6/23/2014 9:58 AM
8061	The idea of shifting time to maximize daylight is unnecessary. Yes, there are arguments for and against retaining daylight savings, but the fact that the federal government has tweaked the daylight savings timeframe in recent years is proof that they may tweak it again in the future. Changes like this are costly. I am a software developer and re-writing rules for daylight savings time take time and money. If the argument for daylight savings time is that it saves money, I do not agree. I would like to see daylight savings time go away entirely. I would like to see us go to Mountain Standard Time without adjusting our clocks at any time during the year.	6/23/2014 9:58 AM
8062	I'd much rather have the extra daylight hours in the evening than in the morning. It is wasted before I get up. I feel like I get more done in Summer evenings than Winter evenings (or shortened evenings due to removal of DST).	6/23/2014 9:58 AM
8063	Daylight savings is entirely outdated. with the move to urbanization for the majority of citizens it would make far more sense to have more daylight hours after standard work hours (5pm) than to move it to early in the morning.	6/23/2014 9:58 AM

8064	Daylight Savings DOES NOT change the amount of daylight available in the day; it DOES NOT change the SUN. However, it does affect everyone's natural circadian rhythm causing unwanted disturbances that show in the learning process of students as well as the documented increase in accidents. We are no longer an agricultural society. Daylight Savings has outlived its usefulness and is no longer of any benefit to society and needs to be retired.	6/23/2014 9:58 AM
8065	I may be a non-resident, but I'm a former and likely future resident of Utah. Several people I've talked to think DST is kind of silly. It's no longer needed, if it ever was.	6/23/2014 9:58 AM
8066	I find it hard to articulate well my objections to daylight savings time, except to say that I can't understand any reasonable argument *for* it. It's disruptive to my sleep schedule (and more importantly, to the sleep schedules of my small children.) It adds needless complexity to life. I can understand that some people prefer to shift their schedule earlier during the summer; that's fine, but I don't see why _everyone_ should have to change their clocks to accommodate that preference. Regarding the "ALIGN" vs "CREATE" options, I prefer "ALIGN" for two reasons: (1) At least we'd always be in the same time zone as AZ; with "CREATE" we wouldn't be consistent with _anywhere_ else, and more importantly (2) all software that cares about time zones and DST already supports Arizona Time, so with "ALIGN" we'd all just need to set our computers/smartphones/etc on Arizona Time and we're done. With "CREATE", we would need to wait for Microsoft, Google, Apple, the Linux community, etc to add support for our new time zone before the change could be implemented.	6/23/2014 9:57 AM
8067	Standard time year round would be better. No sleep lag. Less accidents, better for students.	6/23/2014 9:57 AM
8068	It is very difficult to adjust to the time change, especially for children, and pets. It would also be nice to have an hour after sunset to start cooling down before bedtime. Also, It does not save energy, it just switches the extra use of electricity from the night to morning.	6/23/2014 9:57 AM
8069	Personally-choose a time alignment and stay with it. The changes in Fall and Spring are more disruptive than it's worth.	6/23/2014 9:56 AM
8070	Daylight savings makes me more tired during the time that we observe it and is hard on children and older individuals.	6/23/2014 9:56 AM
8071	I think it is ridiculous we are even considering this. Bouncing Utah back and forth between time zones makes no sense. It should be remain aligned with the other states in Mountain Time (Colorado, Idaho, etc.). There is enough of a difference in daylight during winter months for changing the time, and I don't see any valid reason for giving that up.	6/23/2014 9:55 AM
8072	I feel that the cost savings that were associated with Daylight Savings time are no longer valid and we would be wise to get rid fo it.	6/23/2014 9:55 AM
8073	I LOVE DST and can't wait every Spring until it starts! I am a night person and don't care about morning light, but treasure the extra hour of daylight in the evening. I think people who make noise about not being able to adjust to the change are the only ones who are ever heard and have nothing better to do. Those of us who like DST just quietly go about our busy lives.	6/23/2014 9:55 AM
8074	Don't like daylight saving time it is to hard for school kids and parents	6/23/2014 9:55 AM
8075	I find that I am most productive in the morning. Having an hour or two of daylight, to myself before leaving for work, is something I wish for. I have trouble rising when it is dark. I prefer standard time, and waking when it is light.	6/23/2014 9:55 AM
8076	In general, I do not mind daylight savings. I am usually so excited about summer and longer days that I deal with losing an hour of sleep. However, it would be nice to keep the same time all year as long as the long summer days remain. Losing an hour is not ideal and takes a lot of a adjustment.	6/23/2014 9:54 AM
8077	Please, just get rid of the daylight savings. Actually, does not save anything. I still use the same amount of energy as usual.	6/23/2014 9:54 AM
8078	I enjoy having more light at the end of the day. I'm able to spend more time with my children outside and can get my yard work done during the week. I think we should maintain Daylight Savings time throughout the entire year.	6/23/2014 9:54 AM
8079	The biological impact to switching times is hard on the body. So is trying to work around kid schedules and helping them adjust. Please just standardize and keep one time zone.	6/23/2014 9:54 AM
8080	The changes are disruptive to family, education and workforce personnel.	6/23/2014 9:54 AM
8081	The reasons behind daylight saving time, i.e., reduction of power consumption are not valid. It creates havoc with our biological clocks for no good reason.	6/23/2014 9:54 AM

8082	It is time to put Daylight Savings Time to rest. The extra daylight hour is really meaningless and disrupts sleep cycles. Living in St. George, I feel option 2 "Arizona Mountain Time" would be beneficial to residents and tourists in the border areas of Utah and Arizona. Planning travel to places like the Grand Canyon, Page, and the Vermillion Cliffs, would not be as confusing, with regards to the correct time of day. Thank you for your consideration. Bonita Allred	6/23/2014 9:54 AM
8083	I think potential energy savings is supposed to be one reason for daylight saving time, but I'm not convinced that we're saving much if any energy. I don't believe it's really needed. I do think it can make things confusing every time the time changes. When the time changes, in Spring especially, people lose sleep and may be less productive for a few days in their work. This video has good information: https://www.youtube.com/watch?v=84aWtseb2-4	6/23/2014 9:54 AM
8084	The energy savings reasons for daylight savings time are no longer applicable.	6/23/2014 9:53 AM
8085	Please change the time to continually be a "Spring Forward time". The effect of having less daylight in the winter is grim. Having to go to work and come home from work when it is dark is depressing. It is difficult to change the kids schedules and I prefer to have more hours of daylight in the evening.	6/23/2014 9:53 AM
8086	I operate a bed & breakfast on the boarder of Az & Utah, in St. George. I have many guest flying in from Las Vegas and driving into our State. The time difference is already confusing. Add mountain time & mountain standard time on top of that, which makes for mass confusion. In addition, when we spring forward our guest loose an hour, meaning they need to check out an hour early. That never makes anyone happy. Daylight savings is no longer a benefit therefore, we should now do away with it.	6/23/2014 9:53 AM
8087	For those of us that work all day, it's fantastic to have extra daylight in the evenings to be able to enjoy outdoor activities, get yard work done and simply enjoy it. Please don't take away daylight savings time!	6/23/2014 9:53 AM
8088	It is very nice to spend the summer evenings outside, on the porch or anything other than being in the house. Its bad enough being cooped up all winter long with the short days. With DST the days seem a lot longer.	6/23/2014 9:53 AM
8089	The study, titled "Small shifts in diurnal rhythms are associated with an increase in suicide": The effect of daylight saving, used Australian suicide data from 1971 to 2001 to determine the impact on the number of suicides of a one-hour time shift due to daylight saving. The results confirm that male suicide rates rise in the weeks following the commencement of daylight saving compared to the weeks following the return to Eastern Standard Time (EST) and for the rest of the year. After adjusting for the season, prior to 1986 suicide rates in the weeks following the end of daylight saving remained significantly increased compared to the rest of autumn. This study suggests that small changes in chronobiological rhythms are potentially destabilizing in vulnerable individuals. Many people say that daylight saving time affects their sleeping patterns and body clocks. Drowsiness, headaches and additional stress are among the complaints given by those who feel negatively affected by daylight saving time. A recent study found that incidences of heart attacks increased significantly for the first three week days after the transition to daylight saving time in the spring. In contrast, there were fewer incidences of heart attacks after the transition from daylight saving to standard time in the autumn. The study found that the most plausible explanation for the findings is the adverse effect of sleep deprivation on cardiovascular health. Moreover, the study reported that transitions into daylight saving time could disrupt chronobiologic rhythms and influence the duration and quality of sleep, which lasts for many days after the shifts. According to the researchers, the study also provides a possible explanation for heart attacks most commonly occurring on Mondays. This study, titled Shifts to and from Daylight Saving Time and Incidence of Myocardial Infarction, was conducted by Imre Janszky and Rickard Ljungand and was published in The New England Journal of Medicine on October 30, 2008. On a personal note, there is much confusion about how to log your time for O. T. R. truckers, and many D. O. T. officers don't know how to read the times that include daylight saving time transitions. For these and other reasons, I favor eliminating 'Daylight Saving Time'	6/23/2014 9:52 AM
8090	It would be nice to either stay on Daylight Savings year round or Standard Time year round and to quit flip-flopping. It messes with everyone physically and emotionally in my opinion.	6/23/2014 9:52 AM
8091	The time change has a negative effect on the body, it takes weeks for an adult person's body to adjust to the new time. It is worse for teens.	6/23/2014 9:52 AM
8092	Changing the time twice a year is silly. Choose one time and stick with it year round. My personal preference is MST. But I would be okay with DST as long as we don't have to change the clock twice a year. Choose one time and stick with it year round!	6/23/2014 9:52 AM

8093	I believe DST is a waste of time and energy. In the winter months, we do not need to waste an hour of electricity. Multiply that hour by how many homes are in Utah and we could actually save both money and power.	6/23/2014 9:52 AM
8094	Lots of great comments, but why can't people work their way around a STANDARD time and daylight hours, rather than work around a clock? I work with companies around the world. The time change is very disruptive on a number of levels. Setting 40 clocks twice a year, and working with children, is beyond a hassle. I'm also outdoors quite a bit doing activities that require daylight. Daylight still drifts with DST, and Summer daylight gives you more time anyway! If you need more daylight, just get up a bit earlier. Sheesh! I've worked in Alaska where it does not get dark and night. Why do we need daylight until 9:30p?	6/23/2014 9:52 AM
8095	Easier sleep wise to stay on MST. I lose two weeks of productivity every time we switch.	6/23/2014 9:51 AM
8096	I love the time now the way it is..leave it this way..more daylight.....we don't need time change	6/23/2014 9:51 AM
8097	We don't need to keep changing. Please pick one or the other and stick to it year round.	6/23/2014 9:50 AM
8098	I don't see a need for time changes. We should pick a time and stick with it. I believe aligning the time with Arizona would be a good idea since I have family and clients in the state.	6/23/2014 9:50 AM
8099	The children have a hard time adjusting; they go to school in the dark; always, it takes me weeks to adjust. For many years, I will be tired and lethargic, no energy, not only now but when I was younger. I've read that there are more accidents with the change, maybe people aren't as alert.	6/23/2014 9:50 AM
8100	I work long days and I like to have more daylight in the evening to spend time outdoors with my family.	6/23/2014 9:50 AM
8101	I am absolutely opposed to year round Mt. Standard time. During the summer months the only time I have for outdoor activities is in the evening. Going to Mt. Standard time during the summer effectively reduces my discretionary daylight hours by 25% or more. Not only does it reduce the amount of time I can enjoy the outdoors, but it increases my electricity bill by requiring the lights to be turned on for an extra hour every evening. I also see no benefit to having full daylight at 5am during the summer. If any change is to be made from our current method, then we should go to daylight savings year round. That would at least make it so I can come home from work in the evenings and enjoy a little bit of daylight during the winter months.	6/23/2014 9:50 AM
8102	I enjoy more daylight into the evening hours rather than morning. I prefer going to a PERMANENT daylight savings time and never falling back to MST.	6/23/2014 9:49 AM
8103	This is just another antiquated, man made way of trying to cheat against space & time. From Wikipedia: "Although an early goal of DST was to reduce evening use of incandescent lighting (formerly a primary use of electricity[6]), modern heating and cooling usage patterns differ greatly, and research about how DST currently affects energy use is limited or contradictory.[7]" Let's just keep it the way it is during the Summer & not worry about it anymore. There are plenty of more pressing issues around the world that need more attention.	6/23/2014 9:49 AM
8104	As a teacher, it is so hard to change times twice during the school year. Students have such a hard time making the adjustments...for several days. Leaving us on Daylight time allows longer daylight hours after school which allows more "awake" time for outdoor sports and time to do homework.	6/23/2014 9:49 AM
8105	I work 8-5. I don't mind getting up and going to work in the dark, but I'd really prefer to have at least a little daylight left in the day to get some things done when I get home. I love summers when there's light until 9 or 9:30.	6/23/2014 9:48 AM
8106	Daylight saving time allows us to come home and have a few hours of sunlight to enjoy after work to complete our chores in the summer time.	6/23/2014 9:48 AM
8107	The original purpose of Daylight Saving time has passed and is no longer applicable. There are no benefits to continuing the practice. The claim of energy savings because people will be able to use daylight instead of electric lighting are false as people will use what they want and turn their lights on when they want regardless of what the clock says.	6/23/2014 9:48 AM
8108	I can not get used to,the Spring ahead time,it makes me tired the rest of the day,and I just ignore the clock,I used to get up 7 am,and now I get up at eight. I wish they abolish the daylight saving time Thank you John H smit jsm@cut.net	6/23/2014 9:48 AM
8109	Like the change of time and having more daylight during the summer hours	6/23/2014 9:47 AM

8110	I lived in Arizona for 15 years and it was so nice to not have to worry about the clock change. I have no idea why we do this change back and forth, it makes not one bit of sense to keep moving forward and back. I liked living there for that reason. I would say get on the same time as AZ and leave it there!	6/23/2014 9:47 AM
8111	If others want to go to work earlier, change the business hours not everyone else time.	6/23/2014 9:47 AM
8112	Please change this.	6/23/2014 9:47 AM
8113	The extra hour of light during the summer is beneficial for all sorts of outdoors and tourism activities.	6/23/2014 9:47 AM
8114	Dealing with people in other states on a daily basis I can say that states that do not use daylight savings (Arizona) end up being more difficult to do business with. If the majority of the country moved away from daylight savings that would be fine, but for ease of business we should not make ourselves any more of an anomaly than we already are.	6/23/2014 9:46 AM
8115	Stop the clock changes! Internal clocks, especially for my children, are off for weeks and create unnecessary problems.	6/23/2014 9:46 AM
8116	D.S.T. has no useful function in a world with electric lights. It costs more than it saves. We should eliminate it.	6/23/2014 9:46 AM
8117	I find one hour does not make a difference. It still stays lighter in the summer longer and goes darker in the winter sooner. It just annoying changing back and forth. Just when you get used to one it changes . Pick a time and stay with it please.	6/23/2014 9:46 AM
8118	I don't get off work until 6 PM. I like having the extra hour in the summer to do things. I can't just "get up earlier" and start my day, I still get off work at 6 PM regardless of how early I get up. Keep things the way the are.	6/23/2014 9:46 AM
8119	I've not found any concrete data or measurements on the benefits of daylight savings, only theories and projections. After more than 45 years, is there no measurable/demonstrable benefit? It seems not, so it is passed time to end this experiment.	6/23/2014 9:45 AM
8120	I value light in the evening more than light in the morning	6/23/2014 9:45 AM
8121	Those with chronic illnesses affecting sleep are placed at a severe disadvantage with DST. It is very difficult to adjust to the changing times. Also, tinkering with the month/day when the change happens is ridiculous. Much more time/energy/money was spent by IT personnel around the state making the adjustments than was ever saved!	6/23/2014 9:45 AM
8122	Love the extra hour of daylight in the summer.	6/23/2014 9:45 AM
8123	Unnecessary, causes business expenses.	6/23/2014 9:44 AM
8124	Align with CST year-round. We need light in the Winter afternoons- particularly for office workers who leave in darkness in the morning and return in darkness in the evening.	6/23/2014 9:44 AM
8125	I'd prefer to stay on DST year round to have the extra hour in the evenings. But I'm not that particular as to whether we go DST or MST. Just pick ONE and stick with it! It's the changing that kills me 2x per year.	6/23/2014 9:44 AM
8126	Just pick one. Bottom line you will go to work in the dark some time in the year no matter what you pick. again just pick ONE...	6/23/2014 9:43 AM
8127	I have lived in both Arizona and Hawaii, it was wonderful not having to reset my "internal clock". I think the down side of 2X per year time shifting (accidents, loss of productivity, fatalities far out-weighs benefit)	6/23/2014 9:43 AM
8128	It's pointless. Causes more problems than not	6/23/2014 9:43 AM
8129	Spring forward! Vitamin -d is good for the soul! Please . I hate "falling back".	6/23/2014 9:42 AM
8130	Lets spring ahead and stay ahead on Day Light Savings year round. Moving back and forth does nothing but screw stuff up.	6/23/2014 9:42 AM
8131	daylight saving time makes no sense	6/23/2014 9:42 AM
8132	I personally can't see the need for DST any longer. Stay on Mountain Standard Time.	6/23/2014 9:42 AM

8133	I haven't liked the now shorter time Utah is actually on Mountain Standard Time. I know young families struggle with these time changes and I don't like the way it makes me feel when we go from one time to another in the yearly switch-over.	6/23/2014 9:42 AM
8134	The reasons for observing DST are outdated. Let's simplify and leave our clocks alone.	6/23/2014 9:41 AM
8135	The reasons for daylight savings time no longer seem applicable.	6/23/2014 9:41 AM
8136	Just stop doing it. It just isn't need anymore.	6/23/2014 9:41 AM
8137	I prefer to keep daylight saving time or to just permanently move to DST for Utah.	6/23/2014 9:40 AM
8138	I prefer to have daylight in the evenings. I work a 9-5 job and it is really nice to still have day light in the evenings in the winter when I am driving home.	6/23/2014 9:40 AM
8139	I don't like switching the clock every year. It's stressful and complicates life. We spend a lot of money and time compensating for the change. If we were to get rid of the change, it would be nice to not segment time zones further and instead join Arizona's time. It would send a message to other states to follow our lead and join in a standard time.	6/23/2014 9:40 AM
8140	Regardless of the time on the clocks, there will be the same amount of daylight each day if we choose to observe DST or not. I say there is no benefit of "springing forward" or falling back.	6/23/2014 9:40 AM
8141	I personally think day light savings is no longer needed because of the orgins on why it was originally set up no longer stand to today's standards. Not to mention for anyone that has to work during the hours it activates all those people have to work an extra hour without getting paid usually because companies won't recognize the hour change.	6/23/2014 9:39 AM
8142	Either Align or Create are both good options for Utah. Daylight Savings Time creates havoc on sleep schedules for children and adults; and changing the time twice per year is an outdated system that should not be continued.	6/23/2014 9:39 AM
8143	Being a school bus driver, I want as much light as possible while I am picking up my students. Invariably, I have high school and junior high school students that run late and chase the bus. A lot of the streets have very poor lighting and sometimes it is impossible to see students running for the bus, due to dark clothing and poor light during morning pickups.	6/23/2014 9:39 AM
8144	I think DST is ridiculous.	6/23/2014 9:39 AM
8145	I absolutely hate the time change, it makes everyone miserable. I like the longer days, we only are off of daylight savings time for what is it 3 months? We should just have the same hours all year.	6/23/2014 9:39 AM
8146	I prefer the Mountain Standard Time and I hate the flip flopping back and forth, since it is hard to adjust to the time change all the time.	6/23/2014 9:39 AM
8147	There are negatives related with both options. If daylight saving time is chosen for year round, it will be darker by one hour in the winter mornings for school children. If mountain standard time is employed year round, daylight will begin at 4:30 AM in the summer months of June and July and it would get dark one hour earlier in the summer. No more working in yards until 9:30 PM. There is a solution that could be employed for Utah and the country as a whole. It would be "continuous time adjustment" in which clocks are adjusted continuously to achieve the most benefit of available daylight. This would entail a daily adjustment of approximately 20 seconds. Cell phones, atomic clocks would update at least daily to reflect the time adjustment. This would eliminate the need to spring forward and fall back each year. The technology to facilitate continuous time adjustment is already in place. Thank you	6/23/2014 9:39 AM
8148	Daylight savings is outdated and needs to go away. Its just one more thing to deal with.	6/23/2014 9:38 AM
8149	This is something that is a waste of time discussing, yet I am here voicing my opinion non the less. If we cared about economic development, we would be doing other more productive things to get more businesses to the state in areas other than the Wasatch Front. Utah doesn't end at Provo. The reason people don't go out when it's dark isn't because they don't want to, in most of rural Utah it's because no business are open after 5. Try finding a hardware store or plumbing supply store open after five in the southern 2/3 of the State. I would spend more on local businesses if I was able to, but I can't because I'm at work. Businesses aren't open when the average working person can go, that is a big reason why they are struggling, and then blame the big box stores.	6/23/2014 9:38 AM
8150	DST is totally unnecessary and inconvenient.	6/23/2014 9:38 AM
8151	stays light too late into the evening, the extra light would be better in the am.	6/23/2014 9:38 AM

8152	The system that is currently in place works SO WELL for our family. I can't see that changing it would be a good thing AT ALL. I honestly believe most people don't understand what will be changing and will be the ones complaining (again) because they will find something different doesn't work for them either!	6/23/2014 9:37 AM
8153	Let's stop this nonsense of DST now! As the old Indian said, "Only fool white man cut one foot off top of blanket, sew on bottom, think blanket longer." Unfortunately DST is not a joke. It causes accidents and disrupts our circadian rhythm. The benefits are nil. Please do away with DST!	6/23/2014 9:37 AM
8154	I'm not a fan of daylight savings time in Utah. It seems to me that it's a waste of effort. Most people will just adjust their schedules according to the sun. Makes no sense to change the time to me. I don't like the change, and wish it was just a standard time across the board year round. Please get rid of daylight savings time in Utah!!!	6/23/2014 9:35 AM
8155	I like the Daylight savings time better than the regular time. If I had my choice we would stay on day light savings time all year round.	6/23/2014 9:35 AM
8156	Not needed, and dangerous to kids traveling to school in the dark.	6/23/2014 9:35 AM
8157	There is no longer a need for daylight saving time. With the advances in farming technology, the need for longer daylight hours seems antiquated and more of an annoyance.	6/23/2014 9:35 AM
8158	If the only argument for keeping daylight saving is kids in school then change the start times of the schools it seems that would impact the least amount of people	6/23/2014 9:34 AM
8159	I like the idea of staying on one time. I am not sure which time would be better. I chose align simply because than we would be on the same time as AZ.	6/23/2014 9:34 AM
8160	Please keep our time on Mountain Standard Time. No changes Please.	6/23/2014 9:34 AM
8161	Eliminate Daylight Savings all together or make the "spring forward" a permanent thing, without shifting.	6/23/2014 9:34 AM
8162	I personally do not think that flipping back and forth is beneficial in any way. When my children were in school I actually found it difficult to get them to adapt to the time changes, it disrupted their sleep schedules too much. I think we should align with Arizona on this.	6/23/2014 9:34 AM
8163	I would love to just keep it year round	6/23/2014 9:33 AM
8164	I hate standard time. Wish we could me on DST all year, but since that would make us even more of an outcast in the US, I voted to keep switching back from DST to MST. Loved that we expanded DST by 3 weeks a few years ago. Hated driving home from work in the dark on Halloween with so many trick-or-treaters out. Would love increasing DST by even a few more weeks. I am a life-long Utahan.	6/23/2014 9:33 AM
8165	It's difficult to send children to school when it's dark outside.	6/23/2014 9:33 AM
8166	Hate it!! Utah always get way too hot, It would be nice to have that sun go down earlier, so you could go out and enjoy the evening...	6/23/2014 9:33 AM
8167	It's difficult to send children to school when it's dark outside.	6/23/2014 9:33 AM
8168	I think daylight savings is outdated. I would like to stay on the "spring forward" schedule all year long. I feel it helps with our energy expenses so we don't have to turn our lights on earlier in the evening (this would help save energy for many businesses too). It would also help in the winter when it feels like the night starts so early. Changing the time disrupts my family and effects our sleeping patters. Studies show that the changing of the time effects the population at large and there are more accidents and other sleep deprivation issues throughout the population within the first few days following the time change.	6/23/2014 9:33 AM
8169	I have disliked DST ever since I was a young student. I am a self-starter and am self employed so I have no problems getting out and getting things done....regardless of where the sun is in the sky. I resent the time change and the two weeks it takes to re-adjust every time the clock changes. Please seriously consider setting the clocks to either one zone or the other (preferably the zone we are in) and leave them alone. Enough is enough.	6/23/2014 9:32 AM

8170	I have been interested in eliminating the DST clock adjustment for a couple of decades and am glad that this has now come to the table. Although I do understand the intent of DST in he past when we - the United States - consisted of a much different social, economical, and technological infrastructure, I don't believe that it is in the best interest of our modern society. Certainly many have reviewed the statistics available on topics such as power consumption, traffic accidents, road rage, and even coffee consumption, but any statistics can be manipulated to support whichever side you support. From some reading I've done, one of the original primary reasons for having DST is to give agricultural industry workers "more daylight" to work on the farm and other such duties, but that has always baffled me. What happened to "rise with the sun"? If one would like more time to work in the daylight, why does the clock even matter? Can you not rise whenever you'd like? In any case, I believe that the cost of switching to and from DST twice each year is unnecessary. I believe we as citizens are all capable of performing our duties when we need to and do not need to be governed by how much light is or is not remaining in the day. I believe that keeping off of DST will save us energy, a topic which is important to me. Additionally, I don't believe most people analyzing the costs/benefits of DST account for the amount of loss work time for all the employees that spend the first week gabbing about how much they like/dislike DST each time it switches. It is a lot of lost work and time that could otherwise be spent being productive and not adjusting our schedules and adjusting to our children's needs. As a father, I also support eliminating DST simply because it causes my son to get grumpy when his eating scheduling (and thus blood sugar) is altered by one hour, which affects the learning experience for the entire classroom. In summary, I would definitely support the elimination of DST from Utah.	6/23/2014 9:32 AM
8171	Leave it where it is right now!	6/23/2014 9:32 AM
8172	Research has proven that the physiological impacts far exceed any financial gains. On a personal note, whenever there's a spring forward or a fall back I've noticed that my productivity drops for a few weeks.	6/23/2014 9:32 AM
8173	Long day light hours make it very hard for putting kids to bed. They want to stay up because it is not dark. They need a lot of sleep as well as all of us do	6/23/2014 9:32 AM
8174	It messes up kids' sleep schedules, and does not actually benefit us at all.	6/23/2014 9:32 AM
8175	I concur with many supporters of the move to opt-out of DST. As a parent of school aged children, I've seen first hand the impact it has on my kids. It takes a week or two to fully adjust to the time change.	6/23/2014 9:32 AM
8176	It would be great to have one time all year long - I have not seen any studies that indicate a benefit to changing the time back and forth - in fact, there are more studies about detrimental effects on a person's health that stems from changing the time back and forth.	6/23/2014 9:32 AM
8177	I prefer more daylight in the evening!	6/23/2014 9:32 AM
8178	It seems rediculous to me that we change our clocks twice every year for an extra hour in the summer. I would rather have an extra hour in winter instead of it getting dark at 5, that's ridiculous. Thank you for letting me share me and my families opinion.	6/23/2014 9:32 AM
8179	We see the challenge the time change brings to both us and our family. Our young grandchildren have a difficult time adjusting to the earlier hour in the spring. We do not see any real value in daylight saving.	6/23/2014 9:31 AM
8180	I hate getting up that early and find there is no reason for it. Why do we even have it? WHo does it supposedly help? Farmers? They can just get up earlier since there are getting to be less and less of them.	6/23/2014 9:31 AM
8181	I prefer to have Daylight Savings time year round. There would be no need to adjust clocks twice a year and try to get your body adjusted. It also allows for more daylight later in the day all year.	6/23/2014 9:31 AM
8182	I think changing time back and forth is hard on the body. I hate it.	6/23/2014 9:31 AM
8183	Keep DST year-round. The extra daylight in the evening is highly beneficial to those cooped up in offices all day. As for children going to school on winter mornings, there are very few who are not dropped off by parents/cars so it should not even been in the conversation.	6/23/2014 9:30 AM
8184	My husband has lived in an area that doesn't conform to traditional daylight savings hours and says it's awful for those working across state borders like a lot of the tech companies in Utah do. But as a full-time parent, it would be nice to not have to rearrange my children's sleeping schedule every 6 months.	6/23/2014 9:30 AM

8185	I'm worried people responding to this are the ones that are so glad in the fall to be on daylight savings time - as in they can't even remember which is which! Switching the time is annoying, but not as bad as it would be to be on MST all the time. If switching wasn't an option, I'd definitely prefer MDT all the time. To waste those daylight hours on the early morning in summer seems like a bad choice.	6/23/2014 9:30 AM
8186	Actually, I don't really care if we "spring forward" or "fall back." I just really dislike the changing of all the clocks two times a year. ESPECIALLY now that it's an 8/4 month swing, rather than half the year for each. The whole thing is ridiculous and unnecessary. Pick one and leave it at that!	6/23/2014 9:30 AM
8187	Its just tough to adjust and it doesn't seem to benefit one way or the other.	6/23/2014 9:30 AM
8188	Simplify life. STOP changing clocks!	6/23/2014 9:30 AM
8189	DST makes me happy.	6/23/2014 9:30 AM
8190	I believe we should align with Arizona with DST. I don't feel it is a constructive measure anymore, as work schedules and school schedules have changed. I don't believe there is a cost savings benefit as believed for many years. The same amount of daylight, no matter what the hour, will necessitate the same requirement for lighting to be used. Please hear our voices and remove this archaic measure that is no longer useful.	6/23/2014 9:30 AM
8191	This daylight savings time has been forced upon us for years with out any public vote. Get rid of daylight savings time. It is very disruptive if not just plain annoying.	6/23/2014 9:29 AM
8192	I think that the whole contry to move to just 2 time zones with no Daylight Savings; An Eastern Time Zone and a Western Time Zone. This would make doing business much easier in the US.	6/23/2014 9:29 AM
8193	Changing the time back and forth just messes everyone up. Abolish it please!	6/23/2014 9:29 AM
8194	We no longer need Daylight Savings Time. There are no energy savings and changing times causes more problems than it supposedly solves. If there are people who want to get up earlier during the summer, they can do it themselves without affecting everyone else. by setting their alarm clocks an hour earlier.	6/23/2014 9:29 AM
8195	I think people have a hard time adjusting to the change in times. It's hard on their minds and bodies.	6/23/2014 9:28 AM
8196	should retain Daylite time year around	6/23/2014 9:28 AM
8197	I feel as if the us should all be on the same time were one country Arnt we?	6/23/2014 9:27 AM
8198	Lets stop the clock changes. It just messes people up. Pick a time and stay there. It takes me weeks to get adjusted every time we have to change.	6/23/2014 9:27 AM
8199	I love day lighty savings time in the Summer	6/23/2014 9:27 AM
8200	The spring change of moving an hour forward is no longer needed and creates health issue -- cows don't care what time they get milked, we no longer run factories as the main economic engine, we work in offices that have the lights on 24 hr a day, many of us don't even have windows in our work areas. Moving an hour forward simply extends the work day by an hour, people do not leave earlier, they stay longer at work eroding personal life and lose the benefit of the early summer day mornings.	6/23/2014 9:27 AM
8201	This is an outdated practice for the majority of income industry in Utah. It is scientifically proven to cause lost productivity and effects a large population negatively in the area of health due to disturbed sleep patterns.	6/23/2014 9:27 AM
8202	I see no benefit to Daylight Savings time. I'm of an age that I remember not having daylight savings time and would prefer to not have to change clocks and wait for my biological clock to adjust.	6/23/2014 9:26 AM
8203	Too confusing for anyone to handle. Just get rid of it and say that summer nights are brighter than winter nights...	6/23/2014 9:26 AM
8204	Get rid of it. It is pointless and messes with kids schedules. It is more of a hassle than any good.	6/23/2014 9:26 AM
8205	There is no point in this practice anymore. It makes little difference and is a big hassle. And getting rid of it will not be the end of the world. Get rid of daylight savings time please.	6/23/2014 9:26 AM

8206	Daylight savings time kills productivity. Upsets our internal time clocks. Takes time for our bodies to adjust. It makes no sense nowadays. We have technology to help us know when the sun is going up and coming down, just ask Siri. DST also makes people late for church. We can't be havin' that! We can start a revolution. If Utah follows AZ, then perhaps Idaho will follow UT, then CO, NM, WY and so forth. Let's abolish DST in the MST Zone all together. No one really likes it. It is a miserable terrible thing. I am going to start a chant...who is with me? NO MORE DST! NO MORE DST! NO MORE DST!	6/23/2014 9:26 AM
8207	I would like to keep day light savings time all year long- it will help in the winter months. I love it in the summer!	6/23/2014 9:26 AM
8208	I appreciate having extra daylight after work to spend time with family. While it's "possible" for individual companies to change their working business hours to adjust for the expanded daylight, in my experience it doesn't happen in a widespread manner.	6/23/2014 9:26 AM
8209	Perhaps we should take a hard look at staying on daylight saving time year round.	6/23/2014 9:26 AM
8210	Keep DST!! No need to change.	6/23/2014 9:25 AM
8211	Please, please, please choose either MST or MDT and stick with it all the time. The twice yearly time change is killing people.	6/23/2014 9:25 AM
8212	The benefits of keeping Daylight Savings is within the name itself; it saves the added benefit of extra daylight.	6/23/2014 9:25 AM
8213	I would prefer to either keep DST as it is, or just stay an hour ahead year-round. I guess I'm confused about why this is even an issue. (If there are safety concerns with schools, why can't they start later in the morning year round?)Evening light (especially in the summer) is beneficial. The argument to "just wake up earlier" doesn't really have anything to do with the fact that many people enjoy outdoor exercise or recreation after work, enjoy family time at the park after dinner, or sitting on the porch watching the sunset after all the hustle-bustle of the day is over.	6/23/2014 9:25 AM
8214	Trying to have my body adjust to time changes twice a year is just too hard! It takes a few weeks every time and creates issues every time, not just for me, but especially for the children in my life which effects every one. Living in Arizona, life is so much easier! I never had to worry about trying to adjust to the change and the seasonal issues that come with it. I already have enough health issues- specifically that deal with sleep. Having to adjust twice a year for basically no reason is more than obnoxious.	6/23/2014 9:25 AM
8215	The argument that daylight savings time is beneficial for the farmers makes no sense. The animals etc., need taken care of at the same time every day no matter what the clock says. I think health and safety dictates that we are better off choosing a time schedule whether it is daylight savings time all year or Mountain standard time all year - and then leaving it alone.	6/23/2014 9:25 AM
8216	The original purpose for this program is understandable, but in our current society it is no longer a valid point. It has become more of a nuisance than a benefit and removing it is a common sense approach.	6/23/2014 9:25 AM
8217	Man this DST thing.. just make it go away. Too confusing.	6/23/2014 9:25 AM
8218	we currently are on savings time 8 of 12 months. Keep it on saving time and keep it simple. I used to work in a hospital environment and twice each year we had to go to a manual process for the hours involved because of patient care to ensure medications and procedures were performed at the correct time. when there are 2 2:00 am-3:00 am hours, medication records and other time sensitive record keeping practices get really goofy and confusing. I would love to stay on Daylight Savings Time permanently. I hate when it gets dark at 5:00 in the winter. I have never understood the opinion that it saves energy. with Savings time, and having it lighter in the eventing It makes it much more pleasant to enjoy the evening, instead of just coming home from work in the dark! I think we should keep Daylight Savings all the time and not fall back in November.	6/23/2014 9:24 AM
8219	Studies show that it's actually unhealthy for your system to lose that hour of sleep.	6/23/2014 9:24 AM
8220	There are many reasons to have longer daylight hours. Here are just a few: Kids playing outdoors longer and staying healthy. Residents able to golf, tennis and play other sports after work. Going for walks and talking with neighbors after dinner. Tourist spending more time in state and national parks. Tourist would also be able to spend time and money playing outdoor sports. etc.	6/23/2014 9:24 AM
8221	I think that daylight savings time has always been a problem and a waste of time and effort, and causes a lot more problems than it solves.	6/23/2014 9:24 AM

8222	Having the sun up later is the most desirable. There is something magical about the sun being up late in the summer time. If it were up later in winter, I think it would help with "winter blues" so many people suffer from because we would actually be able to see daylight after work. My vote is to stay on MDT.	6/23/2014 9:24 AM
8223	The change back and forth twice a year is VERY disruptive! It takes weeks to adjust to the new time. We did just fine for many years without Daylight Savings time - why not go back. Farmers are going to work according to daylight, not the clock anyway!	6/23/2014 9:24 AM
8224	I like long summer nights.	6/23/2014 9:24 AM
8225	My preference is to do away with changing of time but rather than falling back to Standard Time I would prefer to stay on MDT. Going to work in the dark isn't a big deal but having the daylight in the evenings is beneficial to home life after work.	6/23/2014 9:24 AM
8226	I think we all benefit from it being light longer. I would like to see us stay with daylight savings time year round personally. I travel a lot for my job and have a hard time seeing at night. The longer days enable me to travel home from meetings same days. I love the extra daylight in the summer. Evenings are a great time to be outdoors and I hat the thought of losing one hour of that precious time. My family does some farming and the evening hours are the only time available to do most of this due to other employment. Please keep daylight savings time as is, or consistently set to maintain daylight in the evenings. Thanks	6/23/2014 9:24 AM
8227	I would prefer not to have Daylight Saving Time and not to change our schedule twice a year. I understand there are business reasons for this, but they are not as valid as the issues caused for the entire population as a result of two time changes per year. Keep us on the same time year round!	6/23/2014 9:24 AM
8228	I gave never liked day light savings time. I think it would be better for our children and also save energy, because with the sun setting a bit earlier it would start to cool off sooner and our AC units wouldn't have to work o hard. We would still have extra light in the summer months just not until 10. I would be okay with that. Please let's change it.	6/23/2014 9:23 AM
8229	I really don't care which time we stick to, but I feel like it's so hard on my body and expecially the kids to change our internal clocks. It's best for us to have a schedule and stickto it and listen to the internal clock but it gets thrown so off when we change the time. I also don't feel like taking time off one end to put on the other gives us more time. It's still the same amount of day time and if I'm doing something that the daylight really matters then why not adjust what time I do it.	6/23/2014 9:23 AM
8230	I would prefer to either stay as is, or to stay on Daylight Savings (spring forward) year round. It is a pain to have time change, the kids always struggle with it, but I definitely prefer having more light later in the day, I can accomplish a lot more. I would absolutely hate being lined up with Arizona with no Daylight savings time.	6/23/2014 9:23 AM
8231	Don't change daylight savings time!!! The idea is just awful! In the summer we love to go out after 6:00 (when a lot of people are just leaving work) and fish or ride our atv's. The time change would really cut into the available daylight. Also, living I'm southern Utah, I see so many tourists. I feel the tourist industry would suffer by having sunset at 7:30-8 instead of 8:30 or 9:00. Please don't change it!!	6/23/2014 9:22 AM
8232	Stop changing clocks and stay on MST year round. With Utah's western location within the Mountain Time Zone and St. George's proximity to Arizona and Las Vegas, it would be a mistake to consider MDT year round. Compare Utah's MDT sunrise/sunset times to D.C., New York, Chicago, Los Angeles, Phoenix (MST), and Las Vegas. It is clear what we should do. There is no reason to mow your lawn at 9:00PM!	6/23/2014 9:22 AM
8233	I believe it is a disruptive, intrusive practice that no longer is necessary in our modern lives. Agriculture - the primary reason it was introduced - is no longer a dominating life style, and to have to readjust our inner clocks and schedules simply because of mostly recreational activities seems unnecessary. School-age children are negatively affected, especially in the months of May and June, having difficulty getting proper rest due to the unnaturally prolonged days. I vote wholeheartedly in favor of returning to year round Mountain Standard Time.	6/23/2014 9:22 AM
8234	I like DST because it makes it lighter in the evenings which I think is what makes summer so great.	6/23/2014 9:22 AM
8235	The purpose for day light savings was for the benefit of the farming generation, when 95% of the country where farmers. Now that 95% of the country are not in agriculture, we should keep time consistent throughout the year.	6/23/2014 9:22 AM

8236	I like having the extra hour of light in the afternoon and I think it would be great in the winter to not arrive and leave work in the dark. I'm all for keeping that time all year round. I don't like remembering and adjusting to the change twice a year.	6/23/2014 9:21 AM
8237	I think DST should be abolished throughout the world. It costs far more than it should.	6/23/2014 9:21 AM
8238	I don't understand the argument about it helping farmers by giving them more time to do there work. On a farm, as it's getting light you're up and you work as long as you have daylight regardless of the time. I believe the time change as it is has negative consequences on children in school and their safety.	6/23/2014 9:21 AM
8239	I think we should move one way or the other and not change. I would propose that the whole country split daylight time by 30 minutes and we stay on that all year. More light during the summer, and not too dark in the winter.	6/23/2014 9:21 AM
8240	1) Only about a third of the world's population uses it, so it makes coordinating business with the rest of the world a hassle. 2) The benefits of daylight savings are debatable, especially when it comes to issues like saving energy and business revenue. Business revenue is likely to increase because of DST, but energy usage due to air conditioning, etc. is also likely to increase. 3) Changes in sleep schedule are health deterrents and are indirectly costing the nation more. My main concern is #1. I voted for ALIGN but I would also prefer CREATE over RETAIN.	6/23/2014 9:20 AM
8241	Please, please, please STOP Daylight Savings Time. It is such a hinderance and dangerous practice for so many people no matter their age AND occupation. Aligning with Arizona only makes sense geographically. Speaking from experince from having lived in Arizona for 20 years I've experience both, non-daylight and daylight. The non-disruption in time change is most preferred. PLEASE vote to END Daylight Saving Time in Utah. Thank You.	6/23/2014 9:20 AM
8242	While I have no problem with switching the clocks twice a year but would love staying on DST year round. The extra hour an night is very enjoyable. Besides, if we didn't switch in the spring, the 4am sunrises would be rotten.	6/23/2014 9:20 AM
8243	Please do away with the time change twice a year. It's distruptive to everyone. I work in a restaurant that serves breakfast, lunch, and dinner. I hear on the news how doing away with DST would impact us financially. Bull. Every time the time changes we have regulars that miss because their schedule is all screwed up and we actually lose revenue for a few days. We open early in the morning so making us open earlier for DST only makes us use more energy in the morning. Only the government would think that you cut one end off a blanket and sew it on the other end would give you a longer blanket. I think DST was thought up by a late sleeper instead of a morning person. My grandkid's schedules are also thrown into a tizzy twice a year when this changes. MDT all the way please.	6/23/2014 9:20 AM
8244	One of Utah's biggest economic, cultural, and recreational assets are our beautiful natural outdoors areas. The "spring forward" and staying there time allows our families to enjoy more of our natural wonders instead of being inside watching television. We spend more money (driving economic activity and tax revenues) when we are out and about enjoying this beautiful place in which we live when there is more daylight left after work hours.	6/23/2014 9:20 AM
8245	I think we should stay with the rest of the USA..it is too confusing with some of the states opting out...I love the daylight in the summer	6/23/2014 9:20 AM
8246	It's still light at 9:30	6/23/2014 9:20 AM
8247	Children will be able to attend school ,walking in daylight ,returning home in daylight , traffic can see them .	6/23/2014 9:20 AM
8248	My family and I are much more active and more likely to get off our butts in the evening and be active. Either working in the yard, doing sports or going out to eat. Having the sun up at 5 am in the summer is not going to make us work in the yard, do summer sports or go out to eat any more.	6/23/2014 9:19 AM
8249	fall back OR spring forward--doesn't matter! just leave it the same!!	6/23/2014 9:19 AM
8250	My kids are on year round school. Hard for them to sleep in the summer when there is still sun light at 9:30 pm.	6/23/2014 9:19 AM

8251	Having been born in Arizona and more recently transferred to residency in Utah, I've fielded several discussions about why or why not use daylight savings time. In several of those discussions, we've gone into the benefits and balances of each option, but the funny thing is that most of the time, I've found them arguing in favor of the winter-time schedule, which is the one that aligns with Arizona in the first place. I honestly can't say I've heard may arguments in favor of the time change that I've liked. The best ones tend to revolve around farming, which is an increasingly smaller segment of the population. The only reasoning in favor of the time changed I've ever actually liked is from the fictional movie National Treasure where the story suggests that Free Mason's used the time change as a cover-up for their trail of clues.	6/23/2014 9:18 AM
8252	Kill it.	6/23/2014 9:18 AM
8253	I'm not 100% sure what you mean by "Create - Make a new DST for Utah, but if you mean to "spring forward" permanently, I'm for that. My next preference is to stay permanently on MST, like Arizona. Whatever we do, let's get rid of the time shift twice a year.	6/23/2014 9:17 AM
8254	More light to accomplish task that are needed outside, outside of working hours.	6/23/2014 9:16 AM
8255	Because I hate it.	6/23/2014 9:16 AM
8256	I really like having the extra light at the end of the day when I can use it better. I get off work, go hiking, biking, etc. I just feel more productive.	6/23/2014 9:16 AM
8257	During the "fall back" time period, there is not enough daylight remaining after work to get anything done. The additional hour of daylight after work during the "spring forward" period is beneficial for those who don't get done working until 6pm or later. I would rather have an additional hour of daylight after work instead of before work.	6/23/2014 9:16 AM
8258	I love having the extra hour of light during the summer.	6/23/2014 9:16 AM
8259	The issues mentioned in survey last a short time-up to 2 weeks. For us who have better mental health with more daylight we appreciate the added daylight, in the dark winter months especially. I would like to stay on it all year and then there would be no adjustments. I realize parents concern with children going to school in the dark, however, that also lasts for a short period. I would hope that parents discuss safety with their children.	6/23/2014 9:15 AM
8260	I believe that the need for daylight savings time is not as critical as when it was first created. I hate that I lose two weeks a year in adjusting to time changes. Just pick one and leave it there.	6/23/2014 9:14 AM
8261	I see more issues than benefits with DST. When we "spring forward" and lose an hour, sleep related issues increase, people are statistically less productive in the week after going to DST, increasing mistakes and costing companies money. Also, there is an increase in heart attacks and suicides that can be correlated to the change to DST as well. Where it only saves the average household a few dollars a year, I feel the "benefit" of DST does not outweigh its issues.	6/23/2014 9:14 AM
8262	I moved from AZ 9 years ago, this time change is disruptive to any business or actions you do during the twice yearly time change. Just forget the time change and keep the clocks going. I don't care if it is Day Light Savings time or in live with AZ... for get the clock changes!	6/23/2014 9:14 AM
8263	The time change is dangerous for everyone. Car accidents and industrial accidents increase for at least a week following the time change.	6/23/2014 9:14 AM
8264	I grew up in AZ and enjoyed a stable time throughout the year. I believe that it contributes to greater consistency and therefore productivity. You do not lose any time trying to adjust bodily set-points on a personal or familial or employee level. As to creating a new permanent time zone, I love the current Spring daylight time. I find that I expect it to be somewhat darker in the morning as we are merging from night to day and look forward to the sun rising. I am productive longer at the end of the day with longer light. As it gets dark, I tend to think that the day is over and it's time to go into night routines. I believe staying on the daylight time zone will positively and powerfully affect productivity in educational, work, and tourism environments!	6/23/2014 9:13 AM
8265	I lived in AZ. for 35 yrs. and it was a pleasure to not have to bother with it..If you want more tourism change the liquor laws.	6/23/2014 9:13 AM
8266	As a full time working mother with young children it is so hard to have to try and adjust myself and them to the change twice a year. Please change it so that it will not change anymore.	6/23/2014 9:12 AM
8267	Just end the practice and quit jacking with the time and clocks.... Set one time and be done with it	6/23/2014 9:11 AM

8268	Many Utahns I know, including my family, travel to Idaho on a somewhat regular basis. I would be happy with a permanent "spring forward" time as long as Idaho can get on board with it as well, otherwise, inter-strate travel may become complicated.	6/23/2014 9:11 AM
8269	DST is terrible. It makes it hard to get kids to sleep in the summer. I have to run the air conditioner more when I get home from work because it cools off later in the day. This costs me money and uses more energy. The time change is hard for our bodies to adjust to as well. Get rid of DST! The sooner the better.	6/23/2014 9:11 AM
8270	It would be nice to just pick a time and stick with it. Switching back and forth is hard on my children. I get them on a schedule and then it changes and I have to start all over again. Just pick a time and stick with it!	6/23/2014 9:10 AM
8271	As a student, it was ridiculously hard for me personally to get up an hour earlier than normal during the spring switch. It was AWFUL. I was tired all day, it took me nearly a week to adjust, and I felt it took its toll on my learning during the days I was trying to get used to a different sleeping pattern. I have insomnia, and changing the hours during either of the daylight savings is incredibly hard for me. I have to switch up my sleeping pill rates during the Spring Daylight Savings just so I can get to sleep on time. That's not healthy, especially because I wake up so groggy the next morning as it is, let alone when it's an hour earlier than my body thinks it is. For people with sleeping disorders like mine, Daylight Savings is a cruel joke. Join Arizona and leave it be! Time is RELATIVE. It doesn't matter if our clocks are set one way or another, because the sun will rise and set when it wants. If the farmers want an extra hour of daylight, great. Let them wake up earlier. Don't punish the rest of us for the farmer's sake. They can choose to wake up an hour earlier if they want to.	6/23/2014 9:10 AM
8272	I don't see where there are any benefits to changing to daylight savings time. It messes with a persons internal body clock, sleep patterns and eating schedules. We are on the regular time for 4 months and daylight savings for 8 months. So, I think it would be best to leave it at mountain standard time all year.	6/23/2014 9:10 AM
8273	Lived in Arizona for 5 years and had to deal with no time change there. Unless the majority of the country does away with DST, having Utah go against the flow is a pain for many businesses. Also if you have Family in the same time zone, it really messes up your personal life as well.	6/23/2014 9:10 AM
8274	Please consider discontinuing daylight savings time in Utah. It really throws off my internal clock.	6/23/2014 9:10 AM
8275	Buses back East traveling through 6 time changes on a short run is not a problem anymore and was never the West's problem. Should have never messed with our Bio-Clocks in the first place. Bad for health. Bad for productivity. Bad for rushing and causing wrecks to avoid late arrivals. That's 3 strikes. It's out!	6/23/2014 9:10 AM
8276	Please consider shifting the time to MST permanently. It is a great inconvenience to change back and forth twice a year. Daylight until 9:30 in the summer is too much!!	6/23/2014 9:09 AM
8277	1) Leaving it on Spring Forward will be better in winter months because we will leave work an hour earlier and there could still be some daylight, driving in snow in the dark, in traffic is difficult. 2) Using farming as as excuse for it is strange, Farmers farm from sun up to sun down regardless of what the clock says. 3) I only liked "Fall Back" when I was in school because I got an extra hour of sleep, now it gives me anxiety. 4) Having kids in Preschool & Kindergarten the time change makes it hard for them to re-adjust and trying to get them up in the mornings is difficult. As well as bed time changes. My vote is either for align with Arizona and leave it alone or create a new one for Spring Forward, I don't care for the two changes every year. - Sincerely 36 year Utah Resident.	6/23/2014 9:09 AM
8278	I think it is beneficial to have more sunlight in the evening hours when people are home to enjoy it.	6/23/2014 9:09 AM
8279	I fully support getting rid of DST nationally, but I think doing so as a state is the wrong idea. The inconveniences created by being in a different time zone than our neighboring states would be greater than any hassle saved by not changing the clocks twice a year.	6/23/2014 9:09 AM
8280	I prefer setting the clock to standard time and leaving it alone. I see no reason to change it twice each year. We are a society in the information age and no longer restricted to the standard 8 to 5 work day of the past. On a personal note I prefer the light in the morning because I am a early riser.	6/23/2014 9:09 AM

8281	People talk about the negative health effects of changing the clock, but no one ever talks about the negative health effects of staying on permanent standard time. Namely, those of us who have seasonal-affective disorder. That extra hour of sunlight in the evening during waking hours helps so much! It is so easy to become depressed when the evenings get darker earlier like in the winter. The change to DST is the happiest time of the year for me. Also, the vast majority of the country observes DST. We don't live in isolation anymore, especially since tourism is a major industry for us. It would behoove us to conform to the rest of the country and create less confusion for our visitors. Plus, people can take greater advantage of all of our wonderful outdoor recreation with the longer evenings. Otherwise, if it gets darker earlier, people will tend retreat indoors and sit in front of their TV or computer getting fat. Talk about negative health effects. I don't understand the argument about it being too dark for schoolkids in the morning. Okay, so with DST, sunrise isn't until close to 8am in October and March. But in the middle of winter during STANDARD time, sunrise is also around 8am. So the kids are already going to school in the dark no matter what! On the other hand, DST makes it safer for kids to play outside in the evenings when school is out during the summer because of the later sunset. I think DST is a great thing, especially as someone who tends to be a late riser. Personally, I would prefer DST year-round, but that would make Utah a total outlier and therefore not very practical.	6/23/2014 9:09 AM
8282	Daylight savings time improves my qualify of life. I don't get home from work until 6pm most days. An extra hour of daylight allows me to enjoy the Utah outdoors for significantly more time each summer.	6/23/2014 9:09 AM
8283	I have no preference which time is chosen, to stay on mountain standard time, or stay on a daylight savings time, as long as it stays the whole year and we are not changing back and forth twice a year.	6/23/2014 9:08 AM
8284	The change of time every six months is aggravating. I much prefer extra daylight in the evening year round.	6/23/2014 9:08 AM
8285	Daylight savings messes with a person's sleep rhythms. It takes me a month to get used to the change and I feel like I have jet lag. I would like the time to be according to the sun's natural time. I think it's unhealthy to mess with the time.	6/23/2014 9:08 AM
8286	I enjoy the time when we "spring forward" in the Spring. It is nice to be outside at night and it still be light at 8:00 at night. It is so difficult to change back and forth between the daylight savings times. Please, choose one time and stick with it...don't keep changing it.	6/23/2014 9:08 AM
8287	I prefer to go to bed when its dark and get up when its light. Also when the time changes it takes a bit for our body clocks to adjust. I would rather stay on standard time year round.	6/23/2014 9:07 AM
8288	I grew up in Arizona and DST makes no sense to me.	6/23/2014 9:07 AM
8289	Mostly I hate the change. I'd like to pick one and stick with it.	6/23/2014 9:07 AM
8290	I do not like the change twice a year. We need to just adjust to normal time and stay with it. I see zero benefit to changing times. And I think "savings" in anyway are just red herrings.	6/23/2014 9:06 AM
8291	The adjustment periods are too disruptive, especially the spring forward time. Productivity at home and work are lower and it seems to take at least two weeks to get back to a normal schedule. Additionally safety is negatively impacted when people who's sleep cycles have been disrupted are driving.	6/23/2014 9:06 AM
8292	In the Healthcare Industry, it is a very difficult transition for those doing shift work. I'm not sure if there are more mistakes made but I know there are a lot of sleepy care providers for a few days after daylight savings time adjustments.	6/23/2014 9:06 AM
8293	I feel it should be the time that it normally was before the change. It is too hard going back and forth. Align with the right time that was set at the beginning of time.	6/23/2014 9:06 AM
8294	Studies have shown people are less productive the first week of the time change; there are more traffic accidents; children and parents struggle to adjust to the time change.	6/23/2014 9:06 AM
8295	DST makes it possible to enjoy outdoor family activities after work. With Utah winters, we are indoors quite enough. Please retain DST.	6/23/2014 9:05 AM
8296	Please either keep daylight savings in effect as is or keep daylight savings in effect all year. The daylight at night is beneficial to many industries. My company has branches throughout the United States; scheduling meetings becomes a chore when states are not uniformly changing together. Utah is viewed different in alot of areas from other states - please don't further isoliate Utah business.	6/23/2014 9:05 AM

8297	Making the change twice a year is disruptive to lives. Careers, education, health etc are all affected every time we make the change.	6/23/2014 9:05 AM
8298	The more daylight the better. Once we spring forward lets keep it that way. There is no reason to fall back in the winter time. Increasing the darkness in an already gloomy time of year is bad and can lead to increased depression.	6/23/2014 9:05 AM
8299	Changing the time is AWEFUL! It messes with your body all month! Just leave MDT and never go back to MST!	6/23/2014 9:04 AM
8300	Changing the time twice a year completely destroys my kids' sleeping patterns, and it takes weeks for them to readjust. It's just as hard on me- feeling groggy and lethargic until I get used to the change. I absolutely dread the two times a year we change the clocks. Please get rid of it!	6/23/2014 9:04 AM
8301	I would love to have Daylight Savings Time all the time! I hate when it gets dark at 5:00 in the winter. There is so much savings with energy when it is lighter later. I also think people are more productive when it is light outside. I think we should keep Daylight Savings all the time and not fall back in November!!	6/23/2014 9:03 AM
8302	2/3rds of the year is already on savings time. Let's just keep the winter on the same time. Keep things simple.	6/23/2014 9:03 AM
8303	In this modern day there is not a need for Daylight Savings. It is bad for our health to change for such a short period of time and makes no sense.	6/23/2014 9:03 AM
8304	If kept so it was left in a "Spring Forward" state, I'd be fore it. However, I don't know the implications with business in other states. I think further discussion needs to be done with businesses that work with other clients/sister companies in other time zones. Most likely it would take getting used to and there'll be push-back from those resistant to change but I don't see a true benefit to DLST. I've considered financial, personal, and energy implications and I just don't believe the hype that DLST solves problems in any of those areas.	6/23/2014 9:03 AM
8305	Maintaining a consistent schedule is important to me as I try to balance full-time employment and my family. Both instances - springing forward or falling back - spark dread in my mind as they approach and chaos in my life as my family and I try to adjust. This has become even more apparent to me since the period within which daylight savings is actually observed was shortened.	6/23/2014 9:03 AM
8306	Daylight Saving Time seems unnecessary, especially with having children whose sleeping schedules align with when the sun goes down, not with Daylight Savings Time.	6/23/2014 9:03 AM
8307	By manipulating the clock, we have made generations stay up later, and lose sleep, contributing to accidents & poor performance, throughout our nation. A healthier population will earn more, and spend more. And will ultimately make a stronger and wiser nation!	6/23/2014 9:02 AM
8308	I always have looked forward to going to DST in the Spring, especially after long winters of being dark at 5:00 or 6:00 PM. My family and I seem to get more done in the evening when it gets dark later, especially outdoor activities. I would be in favor of going to DST all year long. I work from home and I tend to get more done when it stays light later.	6/23/2014 9:02 AM
8309	We need to stay on one time zone. why keep changing? Their is no benefit.	6/23/2014 9:02 AM
8310	Daylight savings made a great deal of sense when it was first established. Now, however, it just causes frustration with schedules. I am a runner, I go to bed early and wake up for some yard work and to go running. I would prefer to have it more dark when I go to bed, and for my kids when they go to bed. I would prefer more light in the morning. I think Arizona is spot on the money and Utah would be wise to stand with them in leading a change that the majority of Americans would welcome.	6/23/2014 9:01 AM
8311	The benefit of switching in the spring and fall has long since past. In our 24/7 society, it doesn't matter as much anymore when it is light and when it isn't. I don't really care whether we stay on Daylight saving time permanently or stay on Mountain Standard Time permanently. I think we need to choose one and stop switching.	6/23/2014 9:01 AM
8312	I don't see ANY benefit to changing the time twice a year. Let's just eliminate the hassles, pick a time, and leave it alone.	6/23/2014 9:01 AM
8313	We just need to pick one time and stick with it. I prefer the extra hour at night but would be happy just to quit going through the time change twice a year.	6/23/2014 9:01 AM
8314	There is no benefit in changing the time each spring and fall. keep it one way.	6/23/2014 9:01 AM

8315	Leave it as it is now. Going to work in the dark and coming home in the dark sucks, sunlight is good for peoples disposition.	6/23/2014 9:00 AM
8316	It gets harder and harder as I age to accommodate to the time changes twice a year. Especially when we change in the spring. I am so tired for several weeks and my sleep is significantly impacted. I do not think that is good for anyone. I would prefer that we stay with one time (MST) so that this would not be necessary	6/23/2014 9:00 AM
8317	By the time my body adjusts to MDT it is time to change back. Please just stay on MST	6/23/2014 9:00 AM
8318	I think that daylight savings time is nothing more than additional stress during the year. The schedule I work is the same hours regardless of the shifting of time, so I either add an hour of sleep or take it away...neither is agreeable. I would prefer to align with Arizona just to reduce the amount of times that I have to change my watch when traveling.	6/23/2014 9:00 AM
8319	Please, please please do away with daylight savings time. It throws off sleep patterns and affects health, etc. By the time the body adjusts, it's time to switch again. Not fun at all!	6/23/2014 9:00 AM
8320	As a mother, daylight savings time is completely dreaded by me. It completely wrecks my kid's schedule, and at no benefit to me. We get plenty of sunlight.	6/23/2014 9:00 AM
8321	Hare it, as a senior citizen find it a problem and hard to adjust	6/23/2014 8:59 AM
8322	I have lived in Arizona and during the summer it gets light at 4am and dark by 830pm and it really sucks. Who wants to be out doing things at 4am??? I love the longer hours in the evening. Personally I would like us to be on daylight savings time all year long. The short 3-4 period we go off of daylight is actually kind of dumb. Why can't the schools adjust their start time a little bit during the Nov/Dec if the kids are afraid of the dark? My opinion - GO ON DAYLIGHT SAVINGS AND STAY THERE. Thank you.	6/23/2014 8:59 AM
8323	I personally like the idea of staying on "Spring forward" time year round for me, but the inconvenience of being off the same schedule as everyone else would be annoying. For that reason, I would vote to go off DST, but at least join Arizona to help set a precedence the other states may follow.	6/23/2014 8:59 AM
8324	It does not work during winter. It gets dark too early in the evening. It is not necessary during the summer. It would stay light late enough without it.	6/23/2014 8:58 AM
8325	I don't like changing the time. Pick a time and stick with it.	6/23/2014 8:58 AM
8326	I like having extra daylight during the day but I wouldn't care if we aligned with Arizona as long as daylight savings stopped. It is hard to retrain children to sleep after daylight savings and the week after daylight savings is miserable at my house.	6/23/2014 8:58 AM
8327	PLEASE do away with daylight savings time! It takes weeks out of each year to physically adjust to the time changes.	6/23/2014 8:57 AM
8328	Daylight savings time is wasteful in regards to productivity, energy, safety, education, almost anything we do. When daylight savings time takes effect employers can count on lost productivity from their works. As far as safety almost every year when the time changes you here about a kid that is trying to get to school who gets hit by a car because it is dark outside again and people are tiered. Also from a parents perspective it also makes it more difficult as young kids don't change schedules quickly making them grumpy and difficult to deal with, not to mention it makes it more difficult to keep bed times as now it is light outside when they need to go to bed. Daylight savings time also affects their ability to learn in school, loosing precious days of their education. With regards to agriculture, the cows don't care about daylight savings time. If you got up at 5:00 am to milk the cows, then when the time changes you get to get up at 4:00 am (respectively) during the summer to milk the cows. Lets face it farmers get up with the sun and the schedule of their animals, not with some artificially imposed time that man sets. Over all the concept of daylight savings time only benefits people that can afford the money and time to go play a round of golf after work the rest of us would benefit from a more constant time. I have friends who live in Arizona, they all say their favorite thing about living there is the lack of daylight savings time. Thank you for your time! Oh lastly on last think studies have shown that it really doesn't save energy anymore either.	6/23/2014 8:57 AM
8329	Daylight saving time is always a huge adjustment and I see a drop in productivity with each change. It is also outdated. This is a needed and necessary change.	6/23/2014 8:57 AM
8330	I prefer having more daylight in the evening hours so I can work around my home. In the winters months it won't get dark at 5 pm but will give us the extra hour of daylight.	6/23/2014 8:57 AM

8331	I feel very strongly about getting rid of daylight savings time. In my opinion it not needed anymore and creates a lot of animosity. I don't know anyone who likes it.	6/23/2014 8:57 AM
8332	energy savings	6/23/2014 8:55 AM
8333	I think that we should we should be the same as arizona. but I also really like the idea of spring time. really we just need to get rid of daylight savings time.	6/23/2014 8:55 AM
8334	I own a small business with employees, and I'm very happy with the current MDT implementation that we have. It helps us as a business with longer daylight hours, and we also have used aircraft for our business, and I am very happy with the current Daylight time standard we have (that starts in March and Ends in November) Please don't modify or change it.	6/23/2014 8:55 AM
8335	Please get rid of this nonsense	6/23/2014 8:55 AM
8336	I don't like the time change twice a year. It's especially hard on children with bedtime routines and it's hard to get them to bed when it is still light outside. Do away with Daylight Savings Time please.	6/23/2014 8:55 AM
8337	I don't need daylight during the morning hours. Kids go to school, I go to work. I would rather have more daylight after school and work to do family activities. So pick one time that gives more daylight in the evening and stick with it.	6/23/2014 8:55 AM
8338	I feel that it messes with our health as we are trying to readjust sleep schedules twice a year.	6/23/2014 8:55 AM
8339	I would love to not have daylight saving times it is hard to make the sleep adjustments twice a year. We gain nothing from it.	6/23/2014 8:54 AM
8340	It sucks having to remember to set all of your clocks back or forward every 6 months.	6/23/2014 8:54 AM
8341	Conventions make life easier and less complicated. Living in St. George, UT we are nearly surrounded by other states who hold are not aligned with a timing convention. Help Utah businesses be more aligned with its boarding states by joining the MST convention with AZ and NV. Thank you	6/23/2014 8:54 AM
8342	I feel like just as I am getting use to the time change it's about time to change it again. No time change would be a great idea!	6/23/2014 8:54 AM
8343	Daylight savings has passed it's need. There are 24 hours in a day no matter how you slice it. This is almost a 24 hr society now.	6/23/2014 8:54 AM
8344	I have lived under daylight savings time all my life and I see no use for it. Farmers work from sunup to sundown they do not look at a clock. I hate the inconvenience of changing every spring and fall. It has been especially bad since the US government has decided to start earlier and end later. I just want my clock to stay the same year around. The summer months give us more sunshine just from the rotation of the earth around the sun, we don't need to play with what has already been set up for us. I would be the happiest person if our state does away with daylight savings time.	6/23/2014 8:53 AM
8345	Please do away with the clock change. I prefer Mountain Time but even if you pick DST, please just pick one and stick with it.	6/23/2014 8:53 AM
8346	I hate having to switch the clock two times a year.	6/23/2014 8:53 AM
8347	Ihave bi-polar disorder. I manage it well through medication. However my circadian rhythms (sleeping) are so disturbed with changing times that it really plays havoc on my ability to wake and go to bed, thus my ability to function well at work. I struggle to maintain mood for weeks after each time and in the winter am barely adjusted and its time to change again. I am not out of control, just tired, drag, and have a hard time with my time keeping practices. I have a responsible government job and want to perform well.	6/23/2014 8:52 AM
8348	I work in the NICU and it is extremely difficult to adjust the infant's schedules for feedings when we have to document the same hour twice. Also, I have children and we struggle for a few weeks to adjust to the new time. One Standard time would be appreciated.	6/23/2014 8:52 AM
8349	We have a vacation home in Utah. Daylight savings time is awful, not in itself, but in changing times twice a year. It's really difficult for those of us with certain medical conditions to adjust to a shift like that in our sleep cycle. I don't care if you have daylight savings time all the time or standard time all the time, just PICK ONE PLEASE!!! Thanks!	6/23/2014 8:52 AM
8350	Because there is no reason to have daylight savings anymore, it's pointless.	6/23/2014 8:52 AM
8351	It is easier to say on one set time and not have to change every 6-8 months.	6/23/2014 8:52 AM

8352	Leave daylight savings year round - Vicki Stroud	6/23/2014 8:51 AM
8353	Daylight Savings is outdated. It breeds confusion, and unnecessarily disrupts the sleeping schedule of small children.	6/23/2014 8:51 AM
8354	Lost its relevancy	6/23/2014 8:50 AM
8355	I hate how by the time it gets dark it is so late. I like to get up and get things done early while it's cool out in the morning.	6/23/2014 8:50 AM
8356	Daylight savings time has no real use in modern society. That being said, it seems ridiculous to me, if we are going to do away with it, to stay on permanent Daylight Savings time, We should align with our neighbor state, Arizona, in observing standard time.	6/23/2014 8:50 AM
8357	Daylight savings time is an outdated practice. Residence are moving away from farming as a means of employment. Daylight savings are no longer a necessity.	6/23/2014 8:50 AM
8358	Families enjoy the extra time in the summer having fun outside. The removal of DST means that daylight would end an hour earlier in the summer and begin at 5 am, upon which most people are still asleep. It makes more sense to have the time aligned with people's active hours, not to when the majority of the population is in bed.	6/23/2014 8:49 AM
8359	We have outgrown our need for DST.	6/23/2014 8:48 AM
8360	Just would like to set the clocks and leave them.	6/23/2014 8:48 AM
8361	Daylight savings doesn't make sense anymore!!	6/23/2014 8:48 AM
8362	The time shifts create havoc in my life. My body clock takes a while to change over. In my opinion Daylight savings time is at minimum outdated if not having been useless from the beginning. The farmers around me work in dark, morning and night, any way so obliviously the actual time means nothing to them.	6/23/2014 8:48 AM
8363	You are asking an entire society to alter their body clocks for the convenience of an extra hour of day light in the evening.not to mentions the stress it causes individuals. I lived in Arizona and enjoyed waking up early in the morning and going walking before the rush of the day began and there was daylight. It helps to prepare a person for their day and results in better health physically and mentally. Rested much better at night also. My vote disband it. Allow nature to run it's course.	6/23/2014 8:48 AM
8364	Those who need the extra hour of light can change start times in the warmer months. The whole population should not have to adjust so the few can benefit.	6/23/2014 8:47 AM
8365	DST is too expensive and time-consuming. Also, it is harder & harder to adjust to as you age. We also have to adjust our locations' time clocks in the middle of the night so that we only have to adjust the "starting time" for one overnight employee instead of multiple. Finally, our older operating system in our phones adjusts the time on the first Sunday in April & October still, so we end up changing it four times per year! When Benjamin Franklin invented DST, he could not have envisioned today's world.	6/23/2014 8:46 AM
8366	I don't mind the time change that comes with daylight savings, but I know a lot of people hate it. I hate that it gets dark at 4:30 in the afternoon in the winter, so it seems that permanently staying on daylight savings time is a good compromise. Parents and educators don't have to deal with the effects the time change has on kids, and farmers (and everybody else) get to benefit from the extra hour of daylight. Win/win.	6/23/2014 8:45 AM
8367	I enjoy having that extra sunlight after work hours. Going home at 5 or 6 and only having a couple hours before the sunsets would ruin summers.	6/23/2014 8:45 AM
8368	I have small children who's sleep schedules are interuppted every time the time changes. It is very frustrating.	6/23/2014 8:45 AM
8369	We are already using Daylight savings 9 out of 12 months and it works. It is silly to change the clocks for 3 months.	6/23/2014 8:45 AM
8370	Daylight savings had its place 100 years ago, but no longer.	6/23/2014 8:45 AM
8371	I also live on a farm and it doesn't matter what time of the year it is, we're up before daylight and usually finishing about dusk depending on if we're haying. As far as the school goes, it does take the kids off track. Leave the time one way, rather it's MST or straight DST	6/23/2014 8:45 AM

8372	The health risks that have been associated with changing times twice a year, that essentially throw off the natural body clock, are my primary reasons against DLS. The high coorelations with increased accidents following DLS in the spring, both at work and in comute, add to my disfavor for the system.	6/23/2014 8:44 AM
8373	Get rid of this old practice. I grew up farming, rarely did we ever do any work after we moved our sprinklers in the evenings. This usually took place between the hours of 5-7. Most of my farming neighbors were the same way. To use the argument that farmers need the extra daylight savings hour is very inaccurate. The equipment we use today makes us efficient at what we did, and I haven't been in the industry for almost 20 years, today it is even more efficient. Arizona has got it right.	6/23/2014 8:43 AM
8374	Please retain DST in it's current form or change to a DST all year. The mornings may be darker but it would be beneficial for families and workers to have extended light in the winter evenings instead of going to work in the dark and coming home from work in the dark.	6/23/2014 8:42 AM
8375	Daylight savings is really hard on my body personally. I don't handle it well and it affects me until the time switches back. With already extending DST to last longer it affects me and our family even lomger. It isn't a natural thing to expect our bodies to wake up at a certain time etc, just because the clock indicates so. Our bodies are not fooled and instead we spend the next 7 months in a constant state of fatigue. My body wakes and wants to sleep at the same time everyday, whether the clocks are changed or not. So for more than half of the year, it's a struggle to wake on time, then in turn be on time, because my body so desperately argues.	6/23/2014 8:42 AM
8376	It makes no sense. I am tired of it messing with my body clock and it taking over a week to recover from it. It is like jet lag	6/23/2014 8:41 AM
8377	I see no point to daylight savings time.	6/23/2014 8:41 AM
8378	If it ain't broke don't fix it. Worry about more pressing issues. ie we have no jobs because we are out-sourcing. Give big business & industry incentives to keep jobs within the U.S. Keep jobs here!	6/23/2014 8:41 AM
8379	Think that the whole Country should figure it out and not use the DST anymore...that's what the LED lights are for--to use those for farming when it's dark!	6/23/2014 8:41 AM
8380	We need to stay on DST year round!	6/23/2014 8:41 AM
8381	Changing our body clocks twice a year seems pointless when it does no good to anyone. It messes up my body, it messes with my kid's bodies and it makes no sense to do anymore.	6/23/2014 8:40 AM
8382	While once it was useful, the way our society operates now renders DST more of a nuisance than anything.	6/23/2014 8:40 AM
8383	Our bodies set their own clock as the sunrise and sundown ties change. Switching twice a year stresses this natural rhythm.	6/23/2014 8:40 AM
8384	The clock changes twice a year are crazy. Settle on something and leave the clocks alone.	6/23/2014 8:40 AM
8385	That extra hour of sunlight at the end of the day is so critical to many of us. Let's just keep Daylight Saving Time all year round. Problem solved!!	6/23/2014 8:39 AM
8386	For diabetics and people on a timed medicine regimen(insulin) The daylight savings time change every 6 months is actually shortening our lifespans. It takes 2 full weeks for the body to adjust to the new time schedule. In that 2 week period each spring and fall blood sugar levels rise above 240 blood sugar level resulting in damage to the body. And also there are the the lows of less than 70 blood sugar levels which are a result of trying to control the high blood sugar levels, which can cause other serious problems. I would respectfully ask that you do away with daylight savings time. It would be a simpler matter of changing the starting time for schools to allow children to walk to school in the daylight. Or for those who work to have a more flexible work schedule that gives them an hour more of daylight.	6/23/2014 8:39 AM
8387	'Time is relative. If we don't change the clocks, it's the same all the time. No more kids getting killed in the early morning of spring. No more parents trying to wake the dead in spring. Let's join ARIZONA and bring a little sanity in our crazy state.	6/23/2014 8:39 AM
8388	Changing sucks.	6/23/2014 8:39 AM
8389	DST cost too much money and time, plus it is harder and harder to adjust to with every year of age. We have to adjust our locations' timeclocks manually, and in the middle of the night so that we only have to adjust the "starting time" of one Employee per Store.	6/23/2014 8:39 AM

8390	Point One: Daylight Savings Time is unnecessary in our day. Point Two: Daylight Savings Time also messes with sleep patterns for children. As an educator, I notice a significant change in children's alertness during the week or two following either time change.	6/23/2014 8:39 AM
8391	We absolutely do not gain anything with more daylight. It takes about a week to get use to the new time twice a year.	6/23/2014 8:38 AM
8392	The argument that Daylight Savings Time boosts tourism should be validated against Hawaii and Arizona. I don't believe tourism in either of these states is suffering. As for giving farmers and ranchers more daylight, this just isn't true. The amount of daylight is fixed by the tilt of the earth relative to the sun, and has nothing whatever to do with how politicians decide to meddle with things. Farmers and ranchers, and other people, too, worked successfully without Daylight Savings Time for thousands of years. I don't understand why it suddenly became necessary to meddle with success.	6/23/2014 8:38 AM
8393	Having to not deal with daylight savings time shifts would be a dream come true without having to move to the heat of Arizona. As a parent/educator all of my children would benefit from not having to deal with time changes each year.	6/23/2014 8:38 AM
8394	I really hate the time change in the winter months. It gets dark by 5:30ish, and by the time I get home from work it seems I dont have any more daylight to do anything. During the summer with the extra daylight in the evening it allows me to spend more quality time with my family in the great Utah outdoors. Mountain Standard Time is just more depressing.	6/23/2014 8:38 AM
8395	The government should not attempt to control what time people wake up and go to work. Shifting time does not add any daylight to the day.	6/23/2014 8:38 AM
8396	More sunlight! As a work-from-home mother of 6, it's hard to get family time in when it's dark outside by the time dad's home from work (at 5pm) We live in a semi rural area of Northern Utah and it'd be nice for our neighboring farmers to have more daylight to care for their fields/livestock.	6/23/2014 8:38 AM
8397	As a parent and working adult daylight savings makes life unnecessarily difficult. Children do not understand the time change or why they have to go to bed while it's still light out. They don't sleep as well (between it being too light out and their internal clocks being messed up) so school work suffers. The end of the school year is hard enough to get through for children and for parents without the unnecessary lack of sleep. As a working adult daylight savings represents several months of adjusting internal clocks and sluggishness at work and at home. The roads are even more unsafe than normal with accident rates higher for days after daylight savings. Children thrive on consistency and as an adult I count on consistency. Daylight savings only offers a disruption of internal schedules and unnecessary exhaustion for both children and adults. Life is hard enough without adding unnecessary misery to it.	6/23/2014 8:38 AM
8398	I just like not having to change my clock again (and again, and again) I think it would be wise, however, to match with Arizona's time instead of Utah having their own time. If each state started going off their own time that would create a lot of confusion.	6/23/2014 8:38 AM
8399	I work in aviation, I spend half of my work week in other U.S. time zones, adding daylight savings time adjustments into the mix creates a lot of unneccessary stressors on our circadian rhythms. I especially feel anyone in the transportation sector would benefit greatly with better sleep and health, from doing away with the archaic practice of daylight savings time.	6/23/2014 8:38 AM
8400	We have been doing this for so long it is time for a change. I know that we have change when we go on and off of Daylight Saving Time so now it is about 4 month when we are on one way. I don't think it makes that big of different for those few month to be on the time. Over all I think it just mess people up with losing and gaining an hour.	6/23/2014 8:37 AM
8401	It takes my body several weeks to adjust to the time difference and when I had small children it was very hard on them.	6/23/2014 8:37 AM
8402	I would prefer it to stay dls time year around. please quit changing it and playing God.	6/23/2014 8:37 AM
8403	This has helped the state economically for years. Why would we stop? Because some intellectual thinks they know better? I have lived both. Please keep it as it is.	6/23/2014 8:37 AM
8404	I LOVE DST and would prefer it year round - extra light is nice in the summer but would be extra beneficial in the winter when it's dark before you even get home from work. I dread setting the clock back in the fall and count down the days until we move it forward in the spring!	6/23/2014 8:37 AM

8405	DST provides more sunlight for those who need sunlight for depression. However rising earlier when the sun rises could provide the same benefit. I feel Utah, with its agriculture community does not need DST. Our bodies' time clocks are our best guides.	6/23/2014 8:37 AM
8406	The time changes messes with sleep schedules. It takes up to two weeks to get used to the change. It is problematic for animals as well that are used to a certain schedule. We hope this change goes through. Thank you.	6/23/2014 8:37 AM
8407	Set the clocks and leave them alone. It is not fun to try to readjust every six months.	6/23/2014 8:36 AM
8408	Use the measured time of daylight that is being recorded. adjust our time to get maximum use of it. allow for the maximum daylight in the evening all year. this seems to benefit the most people. That is what is at issue here what bebefits the most people. business will adjust to the set time. knowing that there is no change allows for better routine to be established. I know that getting to work when it is dark does not bother me as much as going home when it is dark. I believe most people are saying the same thing.	6/23/2014 8:36 AM
8409	I Would love it off it stayed lighter longer in the winter months. Also would love not to have to change the clocks and get used to a different sleeping schedule for myself, husband, and son!	6/23/2014 8:35 AM
8410	It's too hard for your body to adjust to the time change once a year. Have it remain like Arizona and never change the time.	6/23/2014 8:35 AM
8411	Pick a time and stick with it!	6/23/2014 8:35 AM
8412	I'm fine with it as is, but if we are going to change, let's do what AZ does so we can have the benefits of Daylight Savings without the changes.	6/23/2014 8:35 AM
8413	I have long thought that Daylight Savings is disruption in our lives we can certainly do without. There is no logical reason to keep it. Proponents say it gives farmers and ranchers more daylight hours to work??? I'm pretty sure there are the same number of daylight hours regardless of what the clock says... PLEASE GET RID OF DAYLIGHT SAVINGS!	6/23/2014 8:34 AM
8414	I thought your selections were a bit unclear. Not everyone knows that Arizona does not use daylight savings time. Why not have the simple option "NO DAYLIGHT SAVINGS TIME." I don't understand why we are willing to throw our entire state economy into the equivalent of jet lag twice a year. Surely the loss in productivity is a greater negative than any slight savings in energy costs that may be attributed to DST.	6/23/2014 8:34 AM
8415	Keep it the way it is now, falling back is depressing. I am more motivated when set on spring forward.	6/23/2014 8:33 AM
8416	It is very disruptive on our mental time clock, and cause's mental anguish. Please leave on one time only. There is no reason why is should be changed twice a year. Thank you	6/23/2014 8:32 AM
8417	Being aligned with Arizona, would provide some consistency, while still getting rid of the time change. The time change is unnecessary in today's culture.	6/23/2014 8:32 AM
8418	The hours of daylight during the summer months are optimum for workers in many different fields, but especially for those whose jobs are outside. Keeping these hours year round not only makes sense in optimizing the daylight available according to work schedules but having to change "back" is disruptive in our schedules.	6/23/2014 8:32 AM
8419	We should keep the time the same year round. There are health and educational negative issues when it changes fall and spring.	6/23/2014 8:32 AM
8420	Leave it one way or the other; this back and forth spring and fall is ridiculous.	6/23/2014 8:32 AM
8421	I would like it if we stayed on daylight savings year round. It feels like we have longer days.	6/23/2014 8:32 AM
8422	Late evening hours of sunlight make getting to sleep at night difficult and for kids in the spring this leads to staying up too late and difficulty getting up for school the next day.	6/23/2014 8:32 AM
8423	What I hate about the change is resetting all of the clocks in my house and car. Plus the 2 months of being tired because of the change losing the hour doesn't make up for the 2 days of feeling good because of the extra hour of sleep. Seems like wasted energy for those it doesn't matter to. Thanks.	6/23/2014 8:31 AM
8424	what I would really like to see is split the time buy a half an hour and leave it.	6/23/2014 8:31 AM

8425	While the "fall back" day of Daylight Savings is ideal, it's not really worth the entire switch for sleep schedules. The biggest complaint regarding it is the adjustment period sleep-wise. This is especially hard on families with small children who have a set schedule that can be thrown off by one hour more or less of sleep.	6/23/2014 8:30 AM
8426	Love daylight savings, A person can get a round of golf, play tennis, go for a picnic and get home before dark. Do not change!!!!	6/23/2014 8:30 AM
8427	We no longer need daylight savings time which was initiated back in the 40s for reasons back then.	6/23/2014 8:30 AM
8428	In the IT environment having to adjust the time of day on multiple IT systems twice a year is a huge waste of resource time and brings no value. DST made sense a century ago when large parts of the population worked the land but it is time to end the tradition. DST is very disruptive in multiple areas and I would love to see it on a ballot where the voice of the people can be heard.	6/23/2014 8:30 AM
8429	Let's stay on daylight savings time year-round. The rationale for returning to standard time is for "farmers" and a supposed safety issue for kids getting to school. The reality is that morning access to school is the most controlled environment that kids see all day: late afternoon in the winter is far more dangerous due to a plethora of activities (end of school, after-school activities, sports etc). And what percentage of our population farms? the animals don't care one way or another. We all benefit by having more light later in the day, year round	6/23/2014 8:29 AM
8430	I like DST during the summer. I have no problem with changing the clocks twice a year, and DST adjusts the summer sunrise to a time that's more reasonable for most people. But as it is now, it lasts far too long, and children end up needlessly walking to school in the dark and are more at risk of getting hit by cars. We adults aren't too thrilled to have to be going to work in the dark, either. I would like to see DST adjusted to no earlier than May 1, and no later than Labor Day.	6/23/2014 8:29 AM
8431	It is great to have daylight in the evenings for projects at home and for recreation. I dislike standard time in the winter when it gets dark at 5pm. I prefer daylight savings year round. In the winter it is dark when most of us go to work, and dark when we come home. It would be great to have the extra hour in the evening. I think people would get out more in the winter if it stayed light until 6pm, instead of 5pm.	6/23/2014 8:29 AM
8432	In our day and age there is no point to Daylight Savings Time. There is no need to change the time a couple of times a year to mess everyone up.	6/23/2014 8:29 AM
8433	In a global economy Utah should lead the way in removing the time changes.	6/23/2014 8:28 AM
8434	Pick one! I don't care which, lets just decide and stick with it.	6/23/2014 8:28 AM
8435	It makes sense to have daylight hours in the evening in the summer. I think it also helps the economy to have it in the evening, as people are more inclined to be out in the evening.	6/23/2014 8:28 AM
8436	Daylight Savings Time, the way it is now disrupts families schedules, especially those with small children and have a set schedule. It would be much better if we just left time the same year round!	6/23/2014 8:28 AM
8437	The time change causes confusion and lost sleep/productivity. But if extra daylight in the evening is good in the summer wouldn't it be even better in the winter when the days are shorter? I say we should spring forward and never look back.	6/23/2014 8:28 AM
8438	I would much prefer to have daylight hours after work instead of before work.	6/23/2014 8:27 AM
8439	I just feel it is hard to realign your bodies to loose or gain an hour in the Spring and then again in the fall! It really is unnecessary to do this any more. I think it would be best to pick on and stick with it.	6/23/2014 8:26 AM
8440	I think the disruption caused by Daylight Savings Time far exceeds any benefit that it may provide. I also think the few benefits DST is said to provide accrue only to a very small subset of the population. I don't personally know a single person that feels that DST is beneficial or that it should be continued.	6/23/2014 8:26 AM
8441	I am very strongly opposed to changing from the current daylight savings system. I teach and have never seen the negative impacts on students claimed by some. I also thoroughly enjoy the longer daylight in summer. It makes life much more enjoyable.	6/23/2014 8:26 AM
8442	I would like the time to stay the same for health reasons. This is a quote from a wise old Indian Chief, "Only a white man would think to cut off the end of the blanket and sew it on the top to make it longer." Changing the time does not give us more day light hours.	6/23/2014 8:26 AM

8443	I'm not sure whether I'd prefer to keep DST or not. What I do know is I prefer it to get dark earlier in the evening and get light earlier in the morning. People in general don't get enough sleep; maybe if it got darker earlier that would encourage it. Also, lately I've been getting up earlier to get stuff done instead of staying up late, and I find I'm much more productive that way; more daylight earlier in the morning could help promote that as well.	6/23/2014 8:25 AM
8444	the change just confuses peoples inner clock,,,,,lets go to one time and stay there,,,,,,,,,the sun rises and sets the same amount of time per day no matter how we set our clocks,,,,why is it so hard for people to understand that? WE DO NOT GET EXTRA TIME BY CHANGING OUR CLOCKS PERIOD.	6/23/2014 8:25 AM
8445	Daylight savings cost the Technology industry billions. Employees have to stay up late on new years to ensure that servers time all change.	6/23/2014 8:25 AM
8446	Don't care which we do; create a DST or align. Just stay on one.	6/23/2014 8:24 AM
8447	I enjoy recreation opportunities and appreciate more light in the evening hours.	6/23/2014 8:24 AM
8448	I like the idea of discontinuing the time change, but I love having the long days of summer where there is daylight until 9pm. Winter has far shorter days so shifting the daylight by an hour isn't of much consequence to me. I dislike Arizona time which "wastes" some nice daylight before most people are awake. (I'm afraid many people will vote for Arizona time without understanding the impact of that time shift.)	6/23/2014 8:24 AM
8449	I love the extra hour during daylight savings, I appreciate the benefits to less energy consumption. My preference, would be to keep "sprung forward" year round..	6/23/2014 8:23 AM
8450	We should get rid of daylight savings. Based on arguments I have read it seems it would be beneficial to keep the daylight saving time all year. The benefits of the summer would also apply in the winter (energy saving, safer, etc.) we should keep that time all year.	6/23/2014 8:23 AM
8451	Less worry about setting the clocks and making sure everybody is on time when the time changes occur. Also I lived in Okinawa and Germany and they don't have the time change which extremely nice.	6/23/2014 8:23 AM
8452	Please really consider just staying on MST all of the time. DST is not necessary and doesn't accomplish anything.	6/23/2014 8:23 AM
8453	Working full-time, I love love love daylight savings in the summer so I can enjoy longer daylight to go out and bike, hike, etc. after I get off work. I would cry without it. And I prefer to retain the change between daylight and standard because it would be annoying to occasionally be different from the rest of the country when converting the time difference between time zones - right now it is easy to calculate and remember because we are consistent with the nearly every other state in the country.	6/23/2014 8:23 AM
8454	stay on one set time MST	6/23/2014 8:23 AM
8455	The reasons it was created no longer applies. Why keep messing with schedules. Pick one and leave it alone. It is very hard for children and there is no point in changing. What ever the daylight time pick one and leave it alone. If it is better for farmers for more light in the evening OK. If the other is better then OK. Just pick one and stay with it. Stop the constant changing.	6/23/2014 8:23 AM
8456	The time change always messes me up. Takes a long time for my body to adjust, then usually just in time to switch again. The extra daylight makes it hard for parents to get kids to sleep the morning darkness hard for kids going to school.	6/23/2014 8:23 AM
8457	Start and end dates of current daylight savings keep changing. Switching back and forth causes more accidents and takes people time to adjust which affects businesses, schools, etc.	6/23/2014 8:22 AM
8458	The DST change twice a year is very disruptive for my children and their sleeping habits. It's also worrisome for me as a cycling commuter, given the recent accident that was probably caused by the DST change which claimed 2 cyclists lives. One way or another, I'd like to stop changing.	6/23/2014 8:22 AM

8459	DST is an outdated practice that results in disruption of our circadian rhythms and stress for our daily routines. It seems ridiculous to only have Standard time 4 months out of the year-Nov-Feb. During 5 months of the year children are walking to school in the dark. Keeping Standard Time during the entire year would make it so that children have the most daylight during the morning hours. Also, many people can handle the disruption of the their circadian rhythms, but to many people it's not a minor thing. Studies have reported upticks in heart attacks, suicides, car accidents and decreased productivity. Some studies report that the economic cost of those problems adds up to $434 million dollars in the US alone. We deserve better in the State of Utah. Please return to Standard Time throughout the year.	6/23/2014 8:22 AM
8460	I actually prefer Daylight Saving Time year round. Please consider this option.	6/23/2014 8:22 AM
8461	Time to go, it served its purpose.	6/23/2014 8:22 AM
8462	Keep DST all the time, we need it most in the winter! No time change just stay on central standard time	6/23/2014 8:21 AM
8463	Every 6 months when the time changes we have employees who forget to change their clocks resulting in chaos. Does not seem to matter how much we remind them.	6/23/2014 8:21 AM
8464	Hate it! Please do away with it. It's confusing	6/23/2014 8:21 AM
8465	I lived in Arizona for many years and I really enjoyed NOT having to deal with the time change. It got dark earlier, therefore cooled off a little and made evenings more enjoyable.	6/23/2014 8:21 AM
8466	There is no reason anymore to fall back. With Utah being known as the Beehive state we should be the ones to have more daylight to get our jobs done. Lets get rid of daylight savings and see what we can do/	6/23/2014 8:21 AM
8467	I think it is ridiculus to continue DST. Having the sun still up at 9 pm when it should be dark doesn't make any sense to me. Nature gives us more light in the summer without messing with the time on the clock.	6/23/2014 8:21 AM
8468	I really don't see any need or benefit to daylight savings	6/23/2014 8:21 AM
8469	Changing the time does not give me more daylight to farm. I still have the same amount of daylight in a day. There is only 24 hours in that day. By changing the time I am not getting any additional time to farm.	6/23/2014 8:20 AM
8470	Summer would be horrible if the sun went down at 8 instead of 9. We should create a new DST that springs forward in February and falls back in November, thereby maximizing our daylight even further into the spring and fall	6/23/2014 8:20 AM
8471	The original rationale for the implementation, as I understand it, really doesn't still apply or at the minimum should be reviewed for applicability to todays environment.	6/23/2014 8:20 AM
8472	The changeover weeks are really hard on students and takes them almost a full week to adjust. The purpose for which DST was created no longer exists. If Arizona can deal with it, so can we. GO FOR IT!!	6/23/2014 8:20 AM
8473	Outside of agriculture, it is primitive to rely on daylight hours to govern when we can work. Let us enjoy the natural ebb and flow of daylight between the seasons.	6/23/2014 8:19 AM
8474	What is important to eliminate is the change. To me it doesn't matter if we move to MST or MDT, just pick one and stick with it without changing back and forth.	6/23/2014 8:19 AM
8475	Hopefully I picked the right option. I think the time should stay as it currently, without falling back an hour in November. When we fall back an hour, the winter months are kind of depressing, and with it getting dark around 5:30/6pm it makes already sedentary people even less likely to venture outside or do any physical activity.	6/23/2014 8:19 AM
8476	There are several reasons to retain Daylight Savings: - It keeps us aligned with the rest of the country EXCEPT Arizona which minimizes confusion in companies that work nationally and internationally - It allows recreation that takes advantage of after work time - On a simple level, it keeps consistency with national events that occur in different time zones from as simple as TV show times, to as complex as airline schedules. The push to get off a national standards seems to be more a political initiative rather than for any practical reason. It also seems counter productive to many businesses as business groups have come out against the change.	6/23/2014 8:19 AM

8477	The changing between Mountain Standard and Mountain Savings time is difficult on students. It takes a while for their bodies (and my body) to adjust to the time change. As an educator I feel that I lose quality teaching time during the adjustment period each time we change our clocks. I would prefer staying on Mountain Savings time all year so that there is some light left in the evenings. Winters are really hard when you go to work in the dark, and you leave work in the dark. By keeping Mountain Savings Time year round, less people would suffer from vitamin D deficiency, winter time blues, etc. because they would be able to be out in/see the sun during the winter. It would also allow for us to have the long summer nights to get out and enjoy the many activities around Utah.	6/23/2014 8:19 AM
8478	Leave the time alone. Why can't we just get up earlier than stay up later? Mornings are a great time. Early to bed early to rise....Remember?	6/23/2014 8:19 AM
8479	My internal clock does not like DST. I FEEL RIGHT when we are back on regular time. For those who want more daylight hours, let them get up an hour earlier and leave the rest of us alone!!	6/23/2014 8:19 AM
8480	As we have moved from and agrearian society to a services society, the usefulness of day light savings has become muted. It causes shift-work sleeping disorders in most of the population. I'm not sure f there is any proof, but in my children, I have seen it cause issues with learning. In my employees so have seen the sleepiness and lack of attentiveness each time we spring forward. This lasts for about 2 months.	6/23/2014 8:18 AM
8481	I DON'T SEE HOW DAYLIGHT SAVINGS SAVES TIME. ALL IT DOES IS MAKE PEOPLE CHANGE THEIR ROUTINES BY AN HOUR TWICE A YEAR.	6/23/2014 8:18 AM
8482	The change is hard on my kids. They're tired at school for a week while they adjust to the earlier time. It is hard on everyone's bodies and disrupts sleep. If we stay on summer time all year, I think schools (high schools in particular) should change their schedules. Getting to school by 7:30 is already hard enough without an extra hour of dark in the winter.	6/23/2014 8:18 AM
8483	Don't care which one, just pick one or the other and stick with it.	6/23/2014 8:17 AM
8484	We should.get rid of it and just stay the same time.all year	6/23/2014 8:17 AM
8485	Permanent DST, Please! "Later" daylight is better in winter than is "early" daylight.	6/23/2014 8:17 AM
8486	I don't have a strong opinion on what time is chosen - I would just really love to have us stay on the same time all year! It is physically very hard on me to change in the spring, and it is hard on my kids too. I see no benefit to changing back and forth, only detrimental effects on health, learning, and productivity.	6/23/2014 8:17 AM
8487	The older we get/longer we work at a job, the more our own internal clock kicks in, which throws us off every time the time changes, because we're used to getting up at a certain time, which affects job performance. I've also noticed that children tend to be involved in more auto/pedestrian accidents before school because of poor lighting.	6/23/2014 8:16 AM
8488	I fail to see the reason to keep day light savings time, it should be eliminated.	6/23/2014 8:16 AM
8489	I would prefer DST for six to eight weeks on either side of the solstice. But if it must be all or nothing, I would prefer to stay on MST all summer. Beginning DST before the vernal equinox and continuing it after the autumnal equinox is very inconvenient.	6/23/2014 8:16 AM
8490	More light in the afternoon/evening to be able to enjoy things after work.	6/23/2014 8:16 AM
8491	I think it is purposeless and just an unnecessary bother twice a year.	6/23/2014 8:15 AM
8492	When the sun is up its time to work. It does not matter what time it is just leave the clock alone. If the sun comes up at 6 or 7 it does not matter work starts at sun up.	6/23/2014 8:15 AM
8493	Life is complicated enough. Why add one more thing.	6/23/2014 8:15 AM
8494	Dislike the time change takes a week to adjust to the new time, sleep patterns ect.. if anything keep on one time zone all year MDT or MST it does not matter thanks.	6/23/2014 8:15 AM
8495	Changing time twice a year is hard on a person's body, especially for those that already have health problems, such as myself. My children also struggle for several weeks after a time change with not getting enough sleep, being tired and not performing well in school and they often get sick shortly after the time change because it affects their bodies so badly. We could either stay on MST or MDT all year long, that doesn't matter to me, so long as we don't have to change the clocks twice a year.	6/23/2014 8:14 AM
8496	I enjoy having it lighter in the summer when the kids are out of school.	6/23/2014 8:14 AM

8497	Daylight Savings may "help" business, but it is proven the change causes more accidents and lower worker productivity as well as issues in schools for children. I don't care which way Utah would ultimately shift to, just quit changing the time.	6/23/2014 8:14 AM
8498	let's keep the same time all the time without interrupting it, year round.	6/23/2014 8:14 AM
8499	I think beyond the initial adjustment of loosing an hour of sleep that it continues to be disruptive beyond that. I know that most of the people in my comunity have to get up at 4 or 5 in the morning to get to work on time. (Comute of an hour or more). Because of this we need to retire by nine or ten in the evening. It is very difficult to get in the sleep mode when it is still very light out side. Thus you toss and turn and finally get to sleep but end up only getting maybe 6 or 7 hours of sleep so the next day you are still fighting fatigue most of the day.	6/23/2014 8:14 AM
8500	We do not need it--it just causes wasted work efforts and confusion.	6/23/2014 8:13 AM
8501	I would rather keep it the way it is now. Or just choose one and stick with it instead of changing it every season.	6/23/2014 8:13 AM
8502	DO NOT GO TO ARIZONA TIME. It's much more beneficial to Utah's economy to stay on one time all year round and keep it lighter longer during the production portion of the day.	6/23/2014 8:13 AM
8503	Work loss due to sleep adjustment on every time change significantly affects most people. We could avoid losing tons of man hours every year by changing to Arizona's system of avoiding time change all together.	6/23/2014 8:13 AM
8504	Maybe stay on mountain standard time for a year. It has been so long that we can't remember what it is like to be off of daylight saving time. Then we can compare which one we like.	6/23/2014 8:12 AM
8505	I believe maintaing the current system helps to rejuvenate an individual. It brings a new brightness to spring/summer. Additionally, as an individual who works 8-5 it is extremely nice to go home during the spring-fall and have daylight left. During the winter I go to work when it's dark and leave work when it's dark which causes depression. Please keep the current system.	6/23/2014 8:12 AM
8506	One less issue to have to deal with when it doesn't pertain to the majority of individuals.	6/23/2014 8:12 AM
8507	Can't see any tangible benefit at all. Seems to be only a minor inconvenience.	6/23/2014 8:12 AM
8508	I feel it is very disruptive and takes time to adjust. I do not see the benefit. Talking to those I know in Arizona that I know have the same view. I wish we would stay on the same schedule year round.	6/23/2014 8:12 AM
8509	In a world where we feel we dont have enough hours in a day, it would be beneficial to stay on Daylight Savings year round. Having the extra hours of daylight would help with after work activities like home maintenance/repairs, kids activities like baseball/dance or other sports. More time for school or studying.	6/23/2014 8:11 AM
8510	In the spring with the time change I have the feeling like new life have began.	6/23/2014 8:10 AM
8511	Because	6/23/2014 8:10 AM
8512	Daylight Savings is difficult to adjust sleeping patterns and daily schedules. Since most UT elementary schools are now year round, let's quit adding insult to injury and stop messing with sleep. No one likes time changes. Why are we still using archaic methods to manage our lives?	6/23/2014 8:10 AM
8513	I feel there is no need to continue the antiquated practice of Daylight Savings. The amount of sunlight one gets is constant. The only difference is what time the sun rises and sets.	6/23/2014 8:10 AM
8514	We need to leave it to regular time. Don't mess with it.....	6/23/2014 8:09 AM
8515	I hate having to change time because it messes up my internal clock & takes at least 2 weeks to recover. I want the powers that be to pick a time & just stay with it so there is no time change during the year.	6/23/2014 8:08 AM
8516	It is extremely hard to get enough sleep when the sun is still up after 9 PM and the alarm goes off at 4 AM. Absolutely hate and dread DST. Do not see any benefit to it. Also, I am changing my clocks 4 times a year now because DST has been changed so many times and the clocks still change at the old time. Please leave the time at the regular time.	6/23/2014 8:08 AM
8517	I prefer daylight savings time for the summer months but strongly feel that it starts too early and ends too late. I would like to see the start of daylight savings pushed back to April and resumption of standard time pushed back to November. The dark mornings in March are unpleasant and unsafe and don't save any energy.	6/23/2014 8:08 AM

8518	I personally have very hard time adjusting to time change. I am tired and I cannot wake up to go to work. I always dread the time change. For me, it is against nature to do that. Please consider people's health not what is good for business. Thank you.	6/23/2014 8:08 AM
8519	The main reason I chose staying with Arizona is so that businesses do not have an additional exception to the time zone rules to track. Its purely a logistical choice. I would also be fine with staying with daylight savings time, the most important thing is to stop changing.	6/23/2014 8:08 AM
8520	Day light savings is no longer something that is needed. It throws our entire family off each time it changes. Time to say goodbye to it.	6/23/2014 8:08 AM
8521	Daylight Saving Time makes sense for six to eight weeks on either side of the solstice. That is my preference. However if it must be all or nothing, I would prefer nothing: stay on MST throughout the year.	6/23/2014 8:07 AM
8522	the extra hour of daylight in the evening gives me the time I need to do what needs to do be done at home and allows for family time and activities while the weather is warm. KEEP IT!!!	6/23/2014 8:07 AM
8523	I hope that we can leave the clocks on standard time.	6/23/2014 8:07 AM
8524	Completely unnecessary, in fact, makes people sick, including me. Stop this nonsense.	6/23/2014 8:07 AM
8525	Daylight saving is a now-outdated custom, no longer necessary as it was seen in the past. It's main traits left over in the modern day are simply overly-tired people(the toll of disrupting our sleeping pattern this way can last not just for a day but at times for months, which can be damaging to health), as backed up as well as accompanied by higher car wreck rates immediately following the event	6/23/2014 8:07 AM
8526	Daylight savings was created to give farmers more daylight and also use less energy for households. Most people are not farmers and studies have shown energy usage is no different. It makes no sense to have daylight savings.	6/23/2014 8:07 AM
8527	I absolutely despise having to change the time! As a mother of a young child, it really makes life more difficult for everyone in the house.	6/23/2014 8:06 AM
8528	Please keep it like Arizona does this it benefits my kids that are in school its so hard when it changes its hard for myself as well ..	6/23/2014 8:06 AM
8529	We are now dealing with operating around the world with all the timezones. Why continue to move back and forth. Originally it was for the farmers, but the farming industry is shrinking. The change on the body is actually causing more damage than people think.	6/23/2014 8:06 AM
8530	Please keep it. It gives people so much more time to be outside when it stays light in the evening.	6/23/2014 8:05 AM
8531	I would prefer to stay on daylight savings year round. I like having an extra hour of light in the evenings to get things done.	6/23/2014 8:05 AM
8532	I think in this age of technology it's wise to do away with the tradition. It's difficult for my children and myself to make the adjustments twice a year.	6/23/2014 8:04 AM
8533	I just feel that there is no use for it anymore. It messes with the kids schedules and if Arizona doesn't need it then why do we? We would all adapt to the change much better if we kept it the same and didn't spring forward or fall back. Just stay on the same time as Arizona and all will be well!	6/23/2014 8:04 AM
8534	I would prefer that we stick to the summer hours, but I would rather stick with the winter hours than continue switching. I have young children and switching times is a nightmare.	6/23/2014 8:04 AM
8535	I find that changing time only makes it more difficult for the adjustment period caused by changing.	6/23/2014 8:03 AM
8536	I hate daylight savings time, it makes no sense, if people want to adjust their employees work schedule with the seasons, then do so, but changing the clocks every six months is a hassle and throws off everyone's sleep schedule for a few weeks until you adjust your schedule. It doesn't make the day longer, it just shuffles things. I don't care if we align with AZ or go the opposite way, but I hope we just pick something and stick with it and make it work. Businesses that want different schedules for different times of year can go ahead and set it up that way.	6/23/2014 8:03 AM
8537	It is a total waste of time, get rid of it, I do not see any benefit, but I do see a lot of people trying to live with each time change and not liking it.	6/23/2014 8:03 AM

8538	Daylight saving time has worn out its welcome. It is time for us to pick one or the other. It is hard on our kids and causes undue stress each time the time is changed. Please change the legislation and choose just one!	6/23/2014 8:02 AM
8539	I think it's beneficial to be on "daylight saving time" year round, instead of changing back and forth. I have little children and it completely screws up their sleeping patterns for a few weeks after the change in the spring and fall. Remaining on DST year round would allow the benefits of it to remain during the spring and summer months, while at the same time, adding some daylight to end of the day during the deep winter months. Commuting home in the dark at 4:30 in the afternoon can be a bit depressing.	6/23/2014 8:01 AM
8540	I say align with Arizona simply so those who want both no time change yet more sunlight at night can still have something to complain about when that 9 pm sunset becomes an 8 pm sunset. The majority of the populace seems to think we can stay on daylight time year round, but unless it changes nationally that can't happen. 5am Mountain time, 6 am Utah time, and 4 am Pacific time would be too confusing for the normal person.	6/23/2014 8:01 AM
8541	It makes it way too dark in the mornings for kids getting up and going to school. It is dangerous.	6/23/2014 8:01 AM
8542	I love the time during the summer. Having is lighter longer in the evening allows me more time to get things done outside. Plus I don't turn the lights on in my home until later. When it gets dark at 5:30 pm it gets depressing.	6/23/2014 8:01 AM
8543	I would like to keep the time schedule we are on in the summer. I think the extra hour of daylight is most beneficial at the end of the day when we can actually use it! An extra hour of daylight in the morning makes no sense, it's wasted because we're at or getting ready for school, work, whatever. I lived in Arizona for 10 years with no daylight savings, and not switching was fantastic, but losing that hour of daylight in the evening was horrible.	6/23/2014 8:00 AM
8544	Daylight savings time is beneficial to most. The longer days allows many people to accomplish chores with sunshine. The farmers are able to work longer in the crops. Please keep daylight savings time.	6/23/2014 8:00 AM
8545	My vote would be to move to DST permanently. Spring forward and never Fall back.	6/23/2014 8:00 AM
8546	I like the sun up later in the day. You can get more things done and enjoy the outdoors longer.	6/23/2014 7:59 AM
8547	Daylight savings time, especially with it's expansion into March and November, is an anachronism that is not needed and any marginal benefits are outweighed by the disruption and wasted time changing clocks twice a year. Further, any benefit is negated by the increased risk to children now going to school in the dark. The change has a documented increase in accidents that should hasten its cancellation for the good of all Utahns.	6/23/2014 7:59 AM
8548	We have moved beyond the need for daylight savings time- activities these days run independently of clocks and adjusting the time artificially.	6/23/2014 7:58 AM
8549	I found this site by reading an article which said that changing time was bad for kids (had a negative affect on student learning) and public safety officials say it leads to more accidents. Does it really or are those who are currently "in charge" just against it? This debate has been going ever since I can remember and I also remember these same "officials"/people saying we needed daylight saving for the benefit of children's learning and safety. I say keep it the way it is. If, those "in charge" are going to push the case and do away with the change, my vote will be to keep the time at Daylight Savinigs. That's the way it is most of the year now and would work the best overall. Yes kids will stand in the dark longer waiting for the bus, that's why we need to change time...or the schools can start later if they "really" care about the child's health and safety.	6/23/2014 7:58 AM
8550	I think we should keep daylight savings time all year. It is better for after school activities, like sports. More sun allows more time after school to do things.	6/23/2014 7:57 AM
8551	It takes pay away from night shift employees and causes problems for managers having to require an extra hour of overtime on night shifts in the fall. All employees then lose an extra hour of sleep in spring which translates to poor performance. People need consistency and changing daylight savings effects quality of life and paychecks. Kids in school perform poorly on spring forward and take weeks to overcome the change in sleep schedule.	6/23/2014 7:57 AM

8552	As an educator, I have a lot of opportunities to see "big picture" moments, and how things that happen affect whole families. I have seen, quite glaringly, a lot of difficulty that families experience every single time that we change our clocks. It's not a natural thing for any of us, at all, to be changing our entire daily schedules every 6 months... over and over and over again. It HAS been affecting many families for a very long time. I also strongly believe that based on what I see every time that we "spring" forward and every time that we "fall" back, that many children/ students have even experienced educational difficulties... it affects every single students' and every parents' and every teachers' sleep schedule. That is a big deal when you think about it. We should just stay the same all year long as Arizona does! Absolutely!	6/23/2014 7:56 AM
8553	Daylight Savings Time should be abolished everywhere. Creating another time zone just for Utah is a terrible idea; we don't need an additional time zone since we can just align with Arizona.	6/23/2014 7:56 AM
8554	I enjoy the long summer hours in the light... Children are able to play outside longer which means MORE ACTIVE children. We already have a problem with kids not being outside enough it will only get worse if we take this away it is beneficial.	6/23/2014 7:56 AM
8555	Daylight Savings Time may have had a useful benefit in the past, but now it is merely an inconvenience. There doesn't seem to be any advantage to moving the clock ahead and then moving it back a few months later. Arizona, which also has a large agricultural industry, seems to have the right idea.	6/23/2014 7:56 AM
8556	I like the light later in the day, so you can get more done outside. Mow grass, build things, kids can still play sports, etc. If it darks too early, it can be depressing.	6/23/2014 7:56 AM
8557	I would like to see Utah have Daylight Savings Time year round. It makes for more daylight in the winter months and longer summer evenings to have more daylight to be able to do more after the work day.I think we should be on daylight savings time permanently.One of the things I hate is the time change in the winter & autumn. Couldn't we just leave the time Daylight Savings all year long.One of the things I hate is the time change in the winter & autumn. It seems just as you are getting home from work it's dark outside.Love the long summer nights with the extended daylight. If we could have those in the winter as well, it would give us more time to have family activities outdoors.	6/23/2014 7:55 AM
8558	It's so hard to adjust the kids sleeping schedules every six months. Also, during daylight savings time I feel like it's dark so early.	6/23/2014 7:55 AM
8559	When we fall back it gets dark so early. I get off work in the dark.	6/23/2014 7:55 AM
8560	Please get rid of this out-dated idea. Let's remain on one time schedule for the entire year.	6/23/2014 7:54 AM
8561	Hate it, it messes with your body's natural rhythms twice a year, and is plain awful on parents!	6/23/2014 7:54 AM
8562	Anything would be better than having to keep switching our clocks back and forth year after year. Let's spring forward andstay there. This will make it so Utah individuals and families can enjoy more sunlight in the evening.	6/23/2014 7:54 AM
8563	Just stop springing forward and falling back! Leave it on one or the other!	6/23/2014 7:54 AM
8564	I think it would be nice if the federal government kept dst all year round in all states. Abolish switching back and forth. Its retarded.	6/23/2014 7:53 AM
8565	The change is a pain but after a week of adjustment I prefer the additional light.	6/23/2014 7:52 AM
8566	Daylight savings is not beneficial to my life. Just an annoyance	6/23/2014 7:52 AM
8567	My key points against DST: 1) It's annoying & frustrating to have to change clocks & sleep schedules 2) The agricultural/industrial reasons that motivated the change are not relevant anymore 3) The begin and end dates seem arbitrarily chosen so why have them at all? 4) Safety: if there are studies that show spikes in safety issues / lack of productivity, that should be sufficient reason to get rid of it.	6/23/2014 7:52 AM
8568	I think that it does not save any energy and I think it kills people; drowsy drivers in the morning, kids waiting at school bus stops etc. It takes 2 weeks for your body to acclimate to the new time. I hate it.	6/23/2014 7:52 AM
8569	DST is a concept whose time has come. It isn't saving energy, it is causing workplace injuries, it just does't work. Let's get rid of it.	6/23/2014 7:51 AM
8570	I don't think that it serves any purpose anymore. It causes confusion for technology customers, and introduces coding complexities, which can lead to serious bugs, especially for auditing programs.	6/23/2014 7:50 AM

8571	Evidence shows several detrimental effects and I have experienced some each year.	6/23/2014 7:50 AM
8572	I don't see the point of changing the time back and forth. For those industries such as farming you get up with the sun no matter what the time is. Growing up in California I worked on a golf course where we would adjust our schedule according to the sunrise so we could get started before folks showed up to the course. It just seems like an entirely pointless thing to do. In my current line of work we are outside 24/7 so it makes no difference what time it is when it is light or dark. Please lets get rid of daylight savings! Thanks! :)	6/23/2014 7:50 AM
8573	Unfortunately, the option that seems to work out the best is to maintain daylight savings time year round.	6/23/2014 7:50 AM
8574	I think daylight saving time should be longer or start earlier. I don't think it is long enough.	6/23/2014 7:50 AM
8575	Every time we change time it takes at least a week to adjust to the new time, additionally, the older I get the stronger the adverse affects of changing time become more pronounced.	6/23/2014 7:49 AM
8576	Daylight savings is no longer effective at reducing energy Vista. Arizona has been operating well without daylight savings, and Utah can do the same.	6/23/2014 7:49 AM
8577	Daylight savings time is manipulative in that it assumes the dumb masses don't think for themselves and realize that we shifting time not saving it.	6/23/2014 7:49 AM
8578	Each "time" I change my clocks either ahead or back, it takes my internal clock several weeks to "correct" itself to whatever the new time is. This leaves me tired and grumpy until my circadian rythm is back in sync. Either leave the clocks ahead to daylight time year round, or to standard time year round. I don't care which, just pick one and do it!	6/23/2014 7:49 AM
8579	I always hear the argument that daylight savings time gives more daylight for farmers and ranchers. That is simply not true. The amount of daylight has nothing to do with how we set our clocks. Clocks are just a label for when things occur and the position of the earth and sun determine the amount of daylight. The practice of changing clocks to and from daylight savings time should be eliminated. Personally I don't care whether we stay on or off as long as we stop changing.	6/23/2014 7:49 AM
8580	The purpose of creating day light savings time was to conserve energy but the savings do not make enough of an impact to change times twice a year. There are additional new technologies that enable us to conserve energy which were not seen when DST was implemented. Let's adjust to the times and fall back in line with AZ.	6/23/2014 7:48 AM
8581	Having lived in both Utah and Arizona it has made me realize that Daylight Savings really isn't necessary. We can be productive with our clocks running their regular course all year and not needing a change made twice a year.	6/23/2014 7:48 AM
8582	I like having more daylight hours in the evening.	6/23/2014 7:48 AM
8583	There is no reason to be changing time anymore. It is just an inconvenience to all and out-of-date practice. Get rid of it already!	6/23/2014 7:47 AM
8584	Changing back and forth has no advantages anymore. The reasons the time change was set up are moot.	6/23/2014 7:47 AM
8585	As an individual I personally HATE the time change. It's so complicated to adjust to every few months and causes a lot of unnecessary headache. As a mother and early childhood educator the practice is downright ridiculous. As difficult as it is for us to adjust it's ten times worse for little ones. It throws everything off for them and takes at least a week or two to get them back on track. And I don't understand why we even have it. I think we are at a point with our society that it's completely unnecessary. Go one way or the other, but LEAVE it alone whatever you decide to do. The switching back and forth is ridiculous.	6/23/2014 7:47 AM
8586	I think it is a pain. Kids don't get the sleep that they need for school. Going to bed at 8:00 or 8:30 the sun is still up.	6/23/2014 7:46 AM
8587	It's so hard to adjust to it when it happens. Especially with little kids it's a disaster!	6/23/2014 7:46 AM
8588	I like longer days in the summer and would rather have the daylight later in the day than in the morning	6/23/2014 7:46 AM

8589	Daylight saving time is bad for the health of a good number of people. Why some adjust quickly and only suffer "jet lag" type effects for a few days, some take a month or more to adjust. I am one of those people. Every clock change, I experience migranes and insomnia. It also causes contention in my home because I have to argue to convince my kids to go to bed at what seems like an earlier time in the spring or fight to get them up at what seems like too early in the fall.	6/23/2014 7:45 AM
8590	AZ has the right idea	6/23/2014 7:45 AM
8591	I live on the border down by Fredonia Az, and it would be nice if we could be the same as them, it is difficult to make appointments at the clinic in utah and have the arizona people make the appointment because of the time difference.	6/23/2014 7:45 AM
8592	Standard time seems to me to be the best fit for both the winter and summer periods. To paraphrase Evan Slack, Daylight savings time is like cutting a foot off the bottom of the blanket and sewing it to the top to make the blanket longer. There are only 24 hours in the day and so many hours of dark and light. We can't make the day longer by changing the clock.	6/23/2014 7:44 AM
8593	I enjoy having the extra time in the evening to get things done outdoors! We have a small farm, and there are always things to do. My kids also have outdoor activities that we enjoy, it is nice to have an additional hour of sunlight while the weather is nice!	6/23/2014 7:44 AM
8594	Youth sports, public golf courses benefit from extended daylight during evening hours	6/23/2014 7:44 AM
8595	Having young kids I have despised daylight savings for several years. It messes up my kids sleeping habits every time the change happens. I also don't understand the propose of having it dark at 530pm in the fall (my husband gets home from work and it's already dark) but then in the summer time it doesn't get dark until 930pm and I can't seem to get my kids to bed before then. I have always thought the time changes shouldn't be so extreme. Arizona has it right!!!! Don't switch it up at all.	6/23/2014 7:43 AM
8596	After spending 20 years in AZ, I don't see the benefit of the change.	6/23/2014 7:43 AM
8597	Our world is now 24/7 connected. The reasons for daylight saving in my option are now gone. It now creates fatigued drives, and more complex time and computer systems. Today you can have an app tell you when the sun sets and plan your day around that. You do not need adjust the time to the sun, to know when the daylight is over anymore.	6/23/2014 7:43 AM
8598	I don't personally know anyone who prefers Daylight Saving Time. Parents, especially, have major concerns with their children going to school in the dark. Adults who go to work or exercise in the early morning are against it for some of the same reasons. It doesn't accomplish the purpose for which it was intended. Please, please get rid of Daylight Saving Time when it comes up for vote this time!	6/23/2014 7:43 AM
8599	Daylight savings time is disruptive to everyone. Do away with it.	6/23/2014 7:43 AM
8600	It's weird an unnatural for it to be light so late in the summer.	6/23/2014 7:42 AM
8601	Having lived in several states across the country I have seen the results of time changes. It has had no affect on farmers or ranchers as stated. and should be discontinued as soon as possible.	6/23/2014 7:42 AM
8602	Changing back and forth is bad for our health! Staying on the same sleeping routine is much more beneficial, while changing back and forth creates a lack of proper sleep with both changes each year. Please discontinue the change!	6/23/2014 7:42 AM
8603	Do not participate ion daylight savings time.	6/23/2014 7:41 AM
8604	having to change the clocks twice a year just for a little more daylight? Is asinine	6/23/2014 7:41 AM
8605	Prefer to have the daylight into the evening. It will be less disruptive to shift workers around the time change.	6/23/2014 7:41 AM
8606	I went to grad school in Arizona then returned to Utah. Not having DST was fantastic. I thought having every other state shifting time but not us would be an issue but it really wasn't. Not changing led to more regular sleep cycles and lower energy bills because we got home later in the "solar day" and didn't have to use the A/C as long. Since moving back we've noticed the impact of the DST time shifts much more than we had before. We've wished that DST would go away so upon hearing of this initiative we fully support it. Please eliminate DST in Utah. Thank you.	6/23/2014 7:40 AM
8607	Stay on the "Summer Time" year round (I hope I chose the right on on Create) - I enjoy the extra light in the evenings and I think it would be beneficial for people trying to do errands after they get off work. Please pick one and stay with it. Thanks!	6/23/2014 7:39 AM

8608	I'm originally from Arizona and I see no reason for Daylight Savings. Life went on with no problems for the 25 years I lived there, just as it will continue to go on if we switched.	6/23/2014 7:38 AM
8609	Changing always seems like it is more than an hour. would rather not have to change.	6/23/2014 7:38 AM
8610	Would very much like more daylight at the end of the day	6/23/2014 7:38 AM
8611	We in agriculture do NOT NEED DST. It does not change the amount of time that the sun I up. We start work when we can see and qui when we can't. All it does is make it so that my kids go to school in the dark.	6/23/2014 7:38 AM
8612	I want to stay on daylight savings time year round. More hours of sunshine is a good thing.	6/23/2014 7:38 AM
8613	Although it may have served a purpose at one time, I feel that aligning with Arizona and leaving it going forward would be the best decision.	6/23/2014 7:38 AM
8614	Just tired of the changing back and forth, don't see the need.	6/23/2014 7:38 AM
8615	I hate the changing of times. I say leave it to daylight savings time. Changing the time just messes with your body and I feel it is not healthy. Why do we have to keep switching back and forth. Just leave it one way and quit changing.	6/23/2014 7:37 AM
8616	I like light in the evenings.	6/23/2014 7:37 AM
8617	I like the day light in the evenings so that I can do stuff when I get home from work. With out day light savings (spring ahead) the extra day light in the morning is of no use. The spring time ahead saves energy and is useful day light.	6/23/2014 7:37 AM
8618	Daylight saving year round. People use less power in the AM then @ night. Also like extra light when I'm @ home.	6/23/2014 7:37 AM
8619	That extra hour does not make a difference it just messes with people's sleep.	6/23/2014 7:36 AM
8620	DST disruppts our body's internal circadian rhythm. Light dictates how much melatonin our bodies produce. When it's bright out, we make less. When it's dark, our body ramps up synthesis of this sleep-inducing substance. Just like how jet-lag makes you feel all out of whack, daylight saving time is similar to scooting one time zone over for a few months. The problems with DST are the worst in the spring, when we've all just lost one hour of sleep. The sun rises later, making it more difficult to wake in the morning. This is because we reset our natural clocks using the light. When out of nowhere (at least to our bodies) these cues change, it causes major confusion. Like anytime you lose sleep, springing forward causes decreases in performance, concentration, and memory common to sleep-deprived individuals, as well as fatigue and daytime sleepiness. It can take up to three weeks to recover from the sleep schedule changes, according to a 2009 study in the journal Sleep Medicine.	6/23/2014 7:36 AM
8621	Return to MST year round, or keep DST year round. The hour change 2x a year is too disruptive and not productive or even defensible in this century. I don't own a farm, I have electricity and all it does for me is mess up my internal clock.	6/23/2014 7:36 AM
8622	Put us at the same as Arizona. Changing the clocks is bad on the kids and me.	6/23/2014 7:36 AM
8623	Daylight saving results in the sun not setting until past 9:30pm.	6/23/2014 7:35 AM
8624	I intensely dislike the change twice a year! Please pick one time or the other and keep it there!	6/23/2014 7:35 AM
8625	Changing the clocks twice a year is disruptive to our sleep patterns. It takes a while to adjust and I can see no benefit. Just when I start enjoying the early morning sun, the clocks are set ahead and it's dark again at the morning rise time. In short: It's disruptive and unnecessary.	6/23/2014 7:34 AM
8626	Keep it one way with no changing. I like the light when I get home from work, rather than waste the light for the morning.	6/23/2014 7:33 AM
8627	I would prefer to keep a standard time throughout the year. Having an extra hour in the summer is not beneficial. Truth be known my crops really do not care what the time is. However my children do, and putting them to bed with the sun still up is confrontational at best.	6/23/2014 7:33 AM
8628	Hate when it gets so dark in the winter so fast. I wanna stay out & play but can't due to it getting dark. And why does it have to stay light til after 9 all summer?	6/23/2014 7:33 AM

8629	It seems pointless to me to have the rotating sping and fall adjustments to all my clocks. I would like to see things stay the way they are all year. It also seems that it causes accidents on the road every time the shift happens e.g. the two bikers in Lehi that were killed this year riding to work. It just makes sense to do this.	6/23/2014 7:33 AM
8630	The time change is extremely difficult every time and I would prefer extra daylight in the evenings in the winter time.	6/23/2014 7:33 AM
8631	I believe I feel worse (physically & mentally) whenever we go to DST. It is no longer constructive to our way of life.	6/23/2014 7:32 AM
8632	It is and always has been very difficult for my body to adjust to the time change in the spring, and has made summer an unpleasant season for me. also I think it would cut back on air conditioning cost as it is cooler in the morning hours than the evening hours.	6/23/2014 7:32 AM
8633	Daylight Savings Time all the time would be preferable. As someone who works full-time, it is nice to have some daylight hours to get things done outside after work. It would be especially nice in the Winter, to actually see some daylight!	6/23/2014 7:31 AM
8634	I love extra daylight in the summer. I am not sure why we fall back in the fall. It is totally disruptive. I have loved in Indiana and Arizona, two places that do not change the clocks, and there were no negative effects.	6/23/2014 7:31 AM
8635	Just keep us on permanent daylight savings. It makes no sense to move us back to MST for such a short time in the winter months where it is dark most of the time anyway.	6/23/2014 7:30 AM
8636	I've lived in Utah my entire life and I've always loved the long summer days. I know everyone gripes about how 'inconvenient' it is, but there are a lot of inconvenient laws that we don't change just because people whine about it. If there were a viable financial reason for the change, I would be for it, but there is none.	6/23/2014 7:30 AM
8637	After living 12 years in Arizona, I can see no reason why Utah has daylight savings. Life was great without it. Every time we switch or bodies have to get used to a new schedule and I find that my children are grumpy for up to 2 weeks as they try to adjust. In this day and age, I think it's completely unnecessary to change times twice a year.	6/23/2014 7:30 AM
8638	I am an educator, and am married to an educator, and both of us STILL AGREE that spring, summer, and fall time (e.g. spring forward) is SO MUCH BETTER for our state. It is better for the economy, it is better for physical activity (public health), it is better for individual happiness, it is better for communities to gather, it is all around BETTER. Please switch to year-round spring forward time!	6/23/2014 7:30 AM
8639	Simply prefer extra hour of daylight in the evenings.	6/23/2014 7:29 AM
8640	Day light savings has a negative health impact.	6/23/2014 7:28 AM
8641	We save nothing and make our evenings miserable	6/23/2014 7:28 AM
8642	The switch is a pain. Let's pick a time and stay with it.	6/23/2014 7:27 AM
8643	Pros for DST:Gives farmers and the like an extra hour to work Cons for DST:Negative impact on sleep. I can obviously only speak to my own experiance and that of my associates. I feel that the impact on sleep is so severe that "toughing it out" for the duration of the months affected by DST is not a legitimate solution. The consequences of this are fatigue and the inability to concentrate. This has a compound effect that exponentially makes the situation worse and worse. For this reason, Utah should align with Arizona on MST year-round. Our farmers are adept and they will be able to adapt to this as well.	6/23/2014 7:26 AM
8644	Do away with dst	6/23/2014 7:26 AM
8645	Please, please PLEASE do away with daylight savings time please !	6/23/2014 7:26 AM
8646	Three states fail to see a benefit of daylight saving time. I too see no benefit of daylight saving time.	6/23/2014 7:26 AM
8647	I think the time change is disruptive & would like it to stay the same year round	6/23/2014 7:25 AM
8648	We have plenty of evening light with the arch of the sun in the summer without daylight savings time. The parents can't get the children to bed when it's still light outside, then the everyone has to re-adjust to the time change again in the fall while they are attending school or going to work.	6/23/2014 7:24 AM

8649	I am delighted to be able to finally have a "say" about this. I have NEVER cared for the time change. There are only so many hours of daylight. Leave the time alone please. I HATE it.	6/23/2014 7:22 AM
8650	Stop the switching PLEASE!!!	6/23/2014 7:22 AM
8651	There is absolutely no purpose for DST.	6/23/2014 7:22 AM
8652	It is antiquated and needs to be ended. Ben Franklin had a lot of great ideas...this wasn't one of them.	6/23/2014 7:22 AM
8653	Having lived in Arizona there is no reason to have sunrise at 0500. Also it's already dark as kids go to school at 0730 in the winter. It would keep it dark until 0900. Leave it alone.	6/23/2014 7:21 AM
8654	It has become a part of us now. I don't find it wise to change this unless more states do so. There are historical reasons why the change was made and it still applies today. We still need to conserve energy. Wait. Just wait.	6/23/2014 7:21 AM
8655	I prefer the daylight saving time since it provides more daylight in the evening. I always look forward to this time even though it means a tough adjustment in getting out of bed an hour earlier.	6/23/2014 7:21 AM
8656	You should never mess with Mother Nature.	6/23/2014 7:21 AM
8657	I feel it is nicer to have the extra hour in the evening rather than wasted in the early morning on the long days of summer.	6/23/2014 7:20 AM
8658	Daylight savings time serves no economic purpose. It is however, physically exhausting to our bodies and frustrating to deal with changing all of our clocks.	6/23/2014 7:20 AM
8659	It is a hassle to change every Fall and Spring. It messes up childrens good sleeping habits.	6/23/2014 7:20 AM
8660	Studies by the American Psychological Association and the American Medical Association have shown that day light savings time contributes to sleep deprivation causing more accidents and a general loss in overall productivity during the re-acclamation period and is particularly harmful to people with mood disorders; as I can well attest.	6/23/2014 7:20 AM
8661	Daylight savings time is a joke. If you want to get up an hour earlier during the summer hours, do it. We don't need to adjust an entire state for a few people's needs to rise a little earlier. We're not all farmers.	6/23/2014 7:20 AM
8662	I simply love having more daylight during the summer! I also dislike changing the time, it messes up my entire family for about a week.	6/23/2014 7:19 AM
8663	Want to maximize amount of daylight hours after traditional 8 to 5 workday and traditional school day for kids. Would rather start the day in the dark in order to have extra time in the daylight during evening hours when families can play together or participate in outdoor activities.	6/23/2014 7:19 AM
8664	As a dad of young kids who wake up as soon as the sun rises, I would enjoy having a few months out of the year when I can sleep in an hour.	6/23/2014 7:19 AM
8665	The change of time is really hard on the mind and body for the kids and myself. Keep the time the same. We then need to have to change all of our clocks and if you have a lot like me, you quit doing it. Leave our time alone.NO MORE DAYLIGHT SAVINGS TIME. ITS TOO HARD ON OUR KIDS AND GRANDKIDS.	6/23/2014 7:18 AM
8666	I think that Daylight Savings needs to be abolished. It messes with your body and really does nothing to change things. I feel it really does not help anything.	6/23/2014 7:18 AM
8667	DST creates a lot of challenges for my kids. They have a much harder time waking up to a set "time". Generally my kids will wake up when the sun arises, regardless of the time. Plus, farmers work sun up to sun down; they are worried about DST.	6/23/2014 7:18 AM
8668	There is no need for it any more. Any daylight hours don't change just because you change the clock.	6/23/2014 7:17 AM
8669	I feel like we would all be better if we kept time the same year round. I feel like there are no benefits but affects the natural sleep time for many people.	6/23/2014 7:17 AM
8670	Please stop the time change!	6/23/2014 7:17 AM
8671	i believe that we just dont need to mess up our sleeping habits when the sun will still be up for the same amount of hours. my parents moved to arizona and they love not changing the clocks. so lets get this done already	6/23/2014 7:17 AM

8672	We are no longer an agrarian society so dst is no longer needed. I hate how it's still light so late at night, it makes it hard to go to bed at a decent time unless one is watching the clock.	6/23/2014 7:17 AM
8673	What I would actually like as a personal first choice is a much shortened Daylight Saving time in UT, ONLY from May 1st to Sept. 30. The way it is set up now, it starts way to early and ends way to late. However, it strikes me as difficult to implement one USA state (Utah) to follow Daylight Saving on different dates than the rest of he country. For this reason, my vote then goes to eliminating the current Daylight Saving completely. The way it is currently set up now, when it starts we go back to having the lights on in the morning (so what savings is that???) for several weeks because Daylight Saving kicks in too early in the year. When it ends we have to turn on the lights in the evening earlier because it ends too late in the year. The artificial transitions from standard time to daylight saving are traumatic to the biorhythm of the human body. Unless, as I mentioned, UT can manage to have Daylight saving only from May 1st to Sept 30th, it is really not worth it in my opinion.	6/23/2014 7:16 AM
8674	Daylight savings year round!!!!!!	6/23/2014 7:15 AM
8675	Daylight savings time allows me to take advantage of the later evening hours while still enjoying late evening hours in the summer..... Keeping Daykight Savings time year round would be a great benefit to all, more light at the end of the day... Schools, start an hour later, this also would get children used to working, school days would then align with work days as the children get older....	6/23/2014 7:15 AM
8676	I like daylight savings time as it allows for more sunlight later in the day for recreation etc.	6/23/2014 7:15 AM
8677	I have observed that alot of people are more cranky. Before I retired My shift started at 3am at the hospital.	6/23/2014 7:14 AM
8678	Daylight savings time is important to me as a gardener. It allows me more time to get the needed work done.	6/23/2014 7:14 AM
8679	I LOVE daylight savings time! Look forward to "springing forward" every year. It allows me to do outdoor sports that I don't have time for otherwise.	6/23/2014 7:14 AM
8680	If we stayed on Standard time for the summer, the sun would come up much too early. I feel the best use of our daylight hours is when we are on Daylight time. It would also help in the Winter when the sun goes down so early. Again, staying on Daylight time would be the best use of daylight hours.	6/23/2014 7:14 AM
8681	I don't care if we fall back or spring forward. But just leave it at one!	6/23/2014 7:14 AM
8682	I believe that daylight savings time causes a disruption of sleep patterns. It takes several weeks to recover from the hour of sleep depravation, and many people make errors which may have otherwise been avoided. I do not feel the process is beneficial.	6/23/2014 7:14 AM
8683	Just don't think it's necessary	6/23/2014 7:13 AM
8684	Pick time and leave it alone!!!!! Daylight tme has lost the reason in why we went to it. Pleaselet us be like Arizona who does not change!	6/23/2014 7:13 AM
8685	just don't see a need for it	6/23/2014 7:13 AM
8686	This was created so long ago that it isn't necessary for these days.	6/23/2014 7:13 AM
8687	I just feel it is a confusing waste. We lived abroad for 2 years and really realized how silly it is. At one time it served a great purpose in our country but that ship has sailed. My opinion...	6/23/2014 7:13 AM
8688	Daylight saving time is disruptive to life and dangerous to school children. If we absolutely have to have it, have it from Memorial Day to Labor Day.	6/23/2014 7:13 AM
8689	I hate changing the clocks and trying to adjust twice a year but I really like having the extra daylight. Why not have it during the winter as well? I'd be just as happy if they aligned with Arizona. All I care about is getting rid of that ridiculous 2-4 weeks of feeling out of sync and tired every time we change the clock back or forward. Although going back is admittedly much easier than going forward.	6/23/2014 7:13 AM
8690	The only thing changing time does is cause sleep deprivation in my children. Just stick to one time. Outdoor workers work when they will anyway - I know. I'm in heavy industry. We have lights.	6/23/2014 7:13 AM
8691	Leave it where it is. Really stupid to keep changing it.	6/23/2014 7:12 AM
8692	It just makes no sense to participate in daylight savings and causes more problems than is of any use.	6/23/2014 7:11 AM

8693	I prefer that we have "Daylight Savings" on ALL year round !!	6/23/2014 7:11 AM
8694	move out of the dark ages. Thanks	6/23/2014 7:11 AM
8695	I am in favor of staying on daylight savings time indefinitely. I do a lot of outdoor work and activities in the evenings and the extra hour of daylight is very beneficial to me.	6/23/2014 7:10 AM
8696	The sun comes up and goes down at the given time every day no one can change it. Everything adjusts to this constant. The only real advantage to going through the ordeal of changing the time would be to conserve energy which doesn't seam to work well enough to make it worth while.	6/23/2014 7:10 AM
8697	I would be okay with any option that would have the time remain the same and avoid twice yearly shifts. Pick one and stick with it! It is so hard on everyone to have to adjust to a new schedule every Spring and Fall.	6/23/2014 7:09 AM
8698	Night life should be at night. Children must stay up too late to see the movie in the park, fireworks, etc. change has little value compared to the days when lighted stadiums and streets were not around. The time change also messes with the body clock unnecessarily.	6/23/2014 7:09 AM
8699	Detest changing to Daylight Savings time. There are no benefits that I can see.	6/23/2014 7:08 AM
8700	The adjustment is hard on the body, especially for kids. We still have the same amount of daylight whether we change to daylight savings time or not.	6/23/2014 7:07 AM
8701	I prefer the longer days in the summer.	6/23/2014 7:07 AM
8702	I feel that there are no true benefits to changing the clock twice a year. Please pick one setting and keep it year round.	6/23/2014 7:05 AM
8703	My work schedule begins early each day and this feature of our state's timekeeping throws my body into sock twice a year. If it causes me physical pain, it is worse for my children. Realigning my children's bedtime every six months adds another layer of frustration for the whole family. It seems that just about the time they are fully adjusted to the last change, it is time to move the hands on the clock again. With regard to tourism, I don't believe that it should be a major argument for maintaining the current system. Most of the people who visit our state are already expecting a time difference between Utah and their home and can consequently adjust their activities based on the daylight available. Furthermore, though they are an important group, they represent a small portion of those concerned in this question. Maintaining the status quo for their sakes would be a case of the tail wagging the dog. Please stop changing the time. The cost to the people of our state (both adults and children) is too great. Going with the AZ alternative would be best as it allows children to see it getting dark. But in any case, please make our time schedule consistent year round. Thank you.	6/23/2014 7:05 AM
8704	Moving to a fixed "Spring Forward" time is better for a number of reasons. With businesses and employers going to extended schedules, flex schedules for employees, 4 day work weeks, etc... Staying on the daylight savings schedule and not changing from it, increases productivity (employee's don't need to make the adjustment every 6 months), it means that for most employees, they can arrive home without it being dark in the Winter, creating a safer commute, business hours become fixed, so that international transactions/meetings/phone calls can occur, with all parties knowing the time, without needing to consider if it is standard, or daylight time. Having more daylight in the evening also promotes and provides for more time to do volunteer work, after work.	6/23/2014 7:05 AM
8705	DST sucks and should be abolished.	6/23/2014 7:04 AM
8706	If the time change in the spring is supposed to save time, why change it in the fall? I would like the time left alone on the daylight saving time. In the winter, it would get dark later which would help with accidents. The kids wouldn't be so tired at 5pm and they would do better on their homework. Just leave it the way it is right now and don't change it in the fall. Thank you for taking this up. It has been a long time coming.	6/23/2014 7:02 AM
8707	It is archaic and frustrating to deal with the changes. Kids have a hard time adjusting as well.	6/23/2014 7:00 AM
8708	I would prefer we stay on one time to avoid the confusion and switch twice each year. And I would suggest we just stay on DST all year round and not switch back in the fall.	6/23/2014 7:00 AM

8709	DST is a holdover from another era that doesn't make sense anymore and I'd love to see it go. It seems like most of the benefits are either questionable, or better left to individuals, or boil down to "we have to do it because everybody else does it". The time change impacts more than that one hour twice a year - I feel out of sorts for the following days and, occasionally, a week or more after the fact. The abrupt change to our schedule is jarring. I'm pretty confident in peoples' ability to adjust their schedules as needed as the earth tilts. If they want to see more sunshine, they are perfectly capable of getting up earlier or going to bed later. Somehow I manage to do that all by myself when I want, and I don't need everyone else to adopt the same convention to make it happen. There is nothing magical about a particular time - it's just a convention that everyone agrees to follow - so there's really no need to have the complexity of fiddling with that convention twice a year. If during some parts of the year businesses or schools want to adjust their schedules, that's very doable, and should be left up to them. If schools want to start a little later during a few months of the year, great. Very feasible - we don't need to be so controlled by the very convention we created. I've seen mention that construction workers would be forced to work later in the day when it's hotter because of local ordinances preventing work before a specific time (e.g. no noise before 7am). This is unfortunate, but the real problem is a poorly written law, and we shouldn't be boxed into the time change mess because of things like that. If we abandon the time change mess, then it should be relatively straightforward to then focus on fixing some of those laws (e.g. change them to be related to sunrise rather than a specific time on the clock). I work in the technology sector and dealing with daylight savings in computer software is a huge (and expensive) nuisance. Just about any time you deal with the concept of time, you have to take into account the user's geographic location, whether or not daylight savings was in effect, and also be able to handle the fact that the time could suddenly jump forward or backward by an hour. Even though it happens only twice a year, all the software that deals with time has to be able to handle that obscure scenario. It gets even worse when you have to represent any sort of timeline, such as a schedule of TV shows. Instead of representing a day with 24 hours, you have to allow it to be 24 normally, but also handle the exception where it's 23 or 25. If a user wants to record a 2 hour show starting at 1am on the day we lose an hour, does that mean you should record for 2 hours? 1 hour? 3 hours? If the user is looking at a schedule for the day in which we gain an hour, do you show them 25 hours? 24? There is a lot of ambiguity, such that even if you settle on what makes the most sense from your perspective, there's no guarantee that users will agree. Again, even though the exceptions happen only twice a year, the software that deals with it has to always be ready to handle that exception, and making that work right adds a lot of complexity and costs real money. It's such a mess that at more than one company we decided it was just cheaper to have the software be broken twice a year. Twice a year every year we'd deal with complaints from users about things not working right. It was a horrible way to treat our customers, and yet it was vastly cheaper than trying to make things work "right", especially when it wasn't always clear what "right" even meant. Finally, a more subtle problem with daylight savings is that it masks the changes that are going on outside. I feel like we're already too disconnected from nature, and this just further reduces our awareness. It would not be a bad thing for us to be more directly impacted by the gradual changes in sunrise and sunset times.	6/23/2014 6:59 AM
8710	We are grateful for more light during the day, even in the winter. Summer is enjoyed with more sunshine into the evenings. Not everyone is a morning person and they would miss out of the sunshine that begins at 5:30 a.m. even during Daylight Savings. Glad Halloween has longer daylight where the current Daylight is after that holiday. We had 4 children and they seem to handle the changing of the time forward and backward without problems. If a change is required, keep Daylight Savings year round.	6/23/2014 6:59 AM
8711	Allows me to experience all Utah has to offer during the summer.	6/23/2014 6:58 AM
8712	Save us the mess of changing our clocks twice a year. We spend our money no matter what time of day it is!	6/23/2014 6:58 AM
8713	I prefer to have as much daylight as possible after 5:00 p.m. year round.	6/23/2014 6:57 AM
8714	I like the extra daylight in the evening.	6/23/2014 6:56 AM
8715	It does not accomplish the energy saving it was intended to. Has kids going to school in the dark. Disruptive to many of our daily activities including our rest adjusting to the change.	6/23/2014 6:56 AM
8716	It takes several weeks for my body to adjust to any time change. It would be beneficial to my health to keep the time consistent year round.	6/23/2014 6:55 AM

8717	I enjoy having extended evening daylight. With the summer community festivals and rodeos, it provides the extra time you need to enjoy summer. I am only going to work in the early morning and I don't need daylight for that. You can't make any noise in most communities before 7 am because of noise ordinances. Arizona does it for the heat. They start at 5 and end at 2 when working outside. We don't need that here.	6/23/2014 6:54 AM
8718	Aligning with Arizona will allow outside businesses, and other institutions, to adapt to an already set time standard enacted by Arizona. It will also show that Utah is willing to stand behind a good idea instead of creating confusion by enacting a new time standard in the West. The "spring forward" change every year is, quite simply, harmful (see http://www.businessinsider.com/economic-and-health-effects-of-daylight-saving-time-2014-3)	6/23/2014 6:54 AM
8719	It's disruptive! Please stop daylight savings!!!	6/23/2014 6:54 AM
8720	Changing back and forth serves no practical purpose.	6/23/2014 6:54 AM
8721	I love daylight saving time. I would prefer to stay this way year around. It give me more daylight in the evening when I can use it. I love it.	6/23/2014 6:53 AM
8722	Daylight savings time is antiquated and outdated for our modern world. We are no longer a state where agriculture reigns. Many in the state work non regular shifts so there is no point in trying to time the rising sun to anyone's schedule anymore.	6/23/2014 6:52 AM
8723	Pick one time and stick with it. Day light savings doesn't 'add time' for anyone	6/23/2014 6:51 AM
8724	Thank you for bringing this up for debate. I hate changing all my clocks twice a year. Why increase daylight when days are longest and decrease when shortest!?	6/23/2014 6:49 AM
8725	Changing the time in the spring and fall serves no purpose. Nothing is gained by anyone.	6/23/2014 6:48 AM
8726	I love the longer daylight hours during the summer!	6/23/2014 6:47 AM
8727	I would much rather have it be light later in the evening than get light very early in the morning. It is very depressing in the winter to get off work when it is dark, and DST speeds up getting out of that mode. 5 AM is too early for sunrise in the summer	6/23/2014 6:46 AM
8728	Just pick one and stick with it	6/23/2014 6:46 AM
8729	I find it difficult to adjust every spring and fall when the time changes. It is even more difficult for my 4 children. I would prefer to do away with the biannual time change. Of the options available, I would prefer making daylight savings time permanent rather than going back to Mountain Standard Time. I do enjoy the extra daylight hours provided by daylight savings time.	6/23/2014 6:44 AM
8730	I'm sorry to say, I have always found this time changing each year to be pure nonsense and I for one, would welcome the change to "no change" each year.	6/23/2014 6:44 AM
8731	Changing the time has little to no benefit. It is difficult to adjust each time a change is made, which causes problems for most people. The preferable solution would be to split the difference between the two times (½ hour between) and leave it. However, this would only work if the majority of the nation changed as well. Because it would be difficult to work with the rest of the nation with a ½ difference I chose to stay on Mountain Standard Time.	6/23/2014 6:43 AM
8732	Pointless and antiquated.	6/23/2014 6:41 AM
8733	I dislike mountain standard time (utahs winter hours). And I would like to stay on day light savings time permanently. When winter comes, my daughter comes home from school and it is almost dark! My husband comes home to darkness. Please give us an hour more of sunlight in the afternoon during winter!!	6/23/2014 6:40 AM
8734	I like the light when my husband comes home, and the kids can still play outside when they get home from their school activities. It's hard for him when he goes to work in the dark and gets home in the dark. When he needs to work on car or anything outside the house he can't see very good	6/23/2014 6:35 AM
8735	Changing clocks twice a year is such an inconvenience. The time is what it is, so let's not mess with it. Let's do what Arizona has wisely done with the time - leave it alone. Thank-you!	6/23/2014 6:35 AM
8736	GWhen switching to and from daylight savings time it disrupts routines and schedules. It does make for a good excuse to be an hour late for school or work. It is no longer necessary and it would be better to have an extra hour of liht in the morning than in the evening, in my opinion. I would rather head to school or work in daylight than return in daylight.	6/23/2014 6:31 AM

8737	Your choices are confusing to the point of being deceptive. Most people don't know AZ doesn't do DST. Why does it say fall back on that choice? Most of the many people who hate DST will never have their voices heard unless you create a clear eliminate DST option	6/23/2014 6:31 AM
8738	I do not see any bennefit in the time change every fall and spring. Leave the time how it is on MST and lets move on!	6/23/2014 6:31 AM
8739	please keep it! I love the late daylight hours during the summer!	6/23/2014 6:30 AM
8740	I lived in Arizona for 6 years and hated having it get dark at 7 pm every night in the summer. It did cool things down but Arizona is much hotter than utah. My kids have more time to play outside with daylight savings. They are more active. Ending daylight savings would put an end to there activity, I think the obesity rate in Utah would increase.	6/23/2014 6:29 AM
8741	If Utah must do something with the time I enjoy the summer daylight savings time. It gives me and my family time to enjoy the summer longer daylight hours for family fun together. With the current system we are almost there with only four months on standard time. By keeping the summer time all year the winter evenings wouldn't seem so long with more daylight afternoon and evening hours.	6/23/2014 6:28 AM
8742	I like more daylight in the summer evenings.	6/23/2014 6:27 AM
8743	Mountain Standard Time makes the most sense. There is no additional time available in any case. As the Summer Solstice comes around, there are more daylight hours to be had in any given day. Likewise, as the Winter Solstice approaches, daylight hours dwindle. The only difference time changes (DST) make is messing with our clocks and our minds. It takes a person's mind and body time to adapt to time changes because work/school schedules don't change with it.	6/23/2014 6:27 AM
8744	It causes problems for the kids in school, and it runs entirely too long. If it's decided to keep it, it should start the first of June and end the end of September (the 'touristy' time).	6/23/2014 6:27 AM
8745	I support MST because I like it to be light early in the morning, when it is cooler to be outside. I like to be able to be outside early in the day, rather than late at night when it is still hot. I live in Southern Utah, where the closest stores,Church, and even the schools are in Arizona, so we go by MST to match Arizona. It would be nice if the rest of the state did, too.	6/23/2014 6:25 AM
8746	This has been unnecessary since the invention of the electric light bulb!	6/23/2014 6:25 AM
8747	Utah is known for its recreation and making DST standard would continue to foster this image.	6/23/2014 6:23 AM
8748	Please Discontinue DST.	6/23/2014 6:21 AM
8749	I don't think DST is relevant in our culture. As a teacher I dislike the week or so adjustment period that the students go through where they aren't able to focus or learn as well.	6/23/2014 6:19 AM
8750	Please stop the time change. Where we are geographically, in my opinion, it is not necessary. Thank you.	6/23/2014 6:19 AM
8751	As a school teacher, I can attest that the change in time causes problems with student attentiveness.	6/23/2014 6:18 AM
8752	Tourism	6/23/2014 6:18 AM
8753	i support changing it because its just obvious thats its not needed any more it served a purpose when it was created and now that purpose is not needed we can change	6/23/2014 6:18 AM
8754	Nothing is gained by moving the clock forward or back. The sun will rise and set as it wants. All DST does is mess with our natural biological time keeping causing mental and physical issues. I lived in AZ for 40 years and never had the sleep and waking issues I have living here with DST. Its simple, want to work a longer day? Get up when the sun comes up, go to bed when it goes down! the way it's supposed to be!	6/23/2014 6:18 AM
8755	This is not the right time for Utah to have another controversial issue in the forefront of the media. There are too many other topics right now that make people think our state is weird. Let's just go with the flow on DST for now and stay out of the limelight on this..	6/23/2014 6:17 AM
8756	I lived in Hawaii for sixteen years and I find the time change very non productive. Disorients you for no real positives.	6/23/2014 6:16 AM
8757	I think Utah should get rid of daylight savings time.	6/23/2014 6:14 AM
8758	Employers/Industries should adjust their start time in the summer instead of changing our clocks	6/23/2014 6:13 AM
8759	keep it the same, either day light saving time or MST	6/23/2014 6:13 AM

8760	daylight savings was for years ago when they needed it but with technology it has become useless and is only an annoyance in changing time every 6 months. we should pick a time zone and stay with it, when i lived in arizona it was so nice not to worry about it.	6/23/2014 6:12 AM
8761	Please get rid of daylight savings time!	6/23/2014 6:11 AM
8762	It's such a pain to adjust twice a year and there's really no good reason to do it.	6/23/2014 6:10 AM
8763	My husband and I just don't see the point. All it does is confuse us and our children.	6/23/2014 6:09 AM
8764	Leave the time the way it is from April to October. I don't like the way it is from November to March - the days are too short. I know the reason is so the kids don't have to walk to school in the dark, but it is only beneficial for about three weeks and then they are walking in the dark anyway. I love the longer days	6/23/2014 6:08 AM
8765	We need to Follow Arizona's lead and stop this foolish daylight savings nonsense	6/23/2014 6:08 AM
8766	I personally believe it is an outdated practice and that the benefits of following the DST are no longer relevant to how our culture interacts both on a professional and non professional level. While the studies presented seem to state there could be a shift in monetary gain it also states it could effect the farming communities (some positive some negative). I propose we implement trying the shift to fall back with Arizona on Mountain Standard time for a period of 3-5 years as a test run to see how it effects the populous and during this time determine if the benefits outweigh the drawbacks.	6/23/2014 6:03 AM
8767	If daylight savings is important, let's stay with it the whole year around.	6/23/2014 5:59 AM
8768	Daylight Saving Time is best all year round.	6/23/2014 5:53 AM
8769	In my business we work with people all over the world and in order to maintain working relationships we need to keep in sync with everyone else. We work 9 to 5 eastern time and I would prefer not to have to change hours because we're not doing daylight savings time any more.	6/23/2014 5:52 AM
8770	If I am correctly informed DST was made for farmers. If they still desire it, then I suppose I will side with them on the issue. I oppose it simply to make life more simple, no more changing clocks	6/23/2014 5:43 AM
8771	Changing everyone's schedule twice a year for a small group whom the current system might benefit--and who could change their own personal schedules to rise and retire when they like--is counter to what's best for the citizenry as a whole. Changing people's wake schedules is analogous to giving them jet lag. Should we purposely be giving the entire populace jet lag twice a year and lowering our state's productivity?	6/23/2014 5:32 AM
8772	It works well just the way it is. Most people enjoy having more daylight during the warmer months to enjoy family and recreational activities. Shifting back to standard time during the few colder/darker months helps the kids with their school day mornings.	6/23/2014 5:27 AM
8773	Daylight saving time is disruptive, can cause health problems, and serves no purpose. Adjusting to the time change twice per year is difficult. Utah should remain on standard time all year.	6/23/2014 5:23 AM
8774	I feel it is unnecessary at best and an annoyance at worst. I realize some benefit from it, but that doesn't outweigh the negative impact on the lives of the everyday person. It's more common to hear a complaint about DST than not.	6/23/2014 5:23 AM
8775	Daylight Savings Time doesn't serve any logical purpose anymore. We need to pick a time and stick with it.	6/23/2014 5:21 AM
8776	I enjoy staying on daylight savings time. I love the sun staying up later in the winter. Great for driving.	6/23/2014 5:20 AM
8777	I don't believe Daylight Saving Time is necessary and believe we should opt out.	6/23/2014 5:17 AM
8778	I don't really care if we stay on MST or MDT. I prefer we do one or the other and stay on it year round.	6/23/2014 5:17 AM
8779	I very much dislike the change back and forth, but very much like the longer days. I don't like when it gets so dark so early in the winter months. I would love it if we could just leave the time where it is now and not "fall back."	6/23/2014 5:03 AM

8780	My husband and I have a farm and have a business on the side. We get up and go to bed as needed for the jobs that we are doing that day. When daylight savings comes around every spring the children complain about getting up in the dark and the cold, we as adults don't care for it ether. We look forward to the days that the sun catches up to the goverment imposed time to get up and the longer evening light. We have fought our childern and our selves to get to bed when the sun is still up and then we are pulling them and our selves out of bed to go to school or to work. We face the changes as we change back to mountain standard time. We know that not all the people in the state are blessed to live on a farm like we are, but we see how the people in the oilfield around us are affected and other businesses who do not benifit from it.I would like to know what businesses do benefit from it. We know how it affects the schools because I was a school teacher for a few years. Why must we have another goverment imposed time change to tell us what time it is? We already have the clock and the sun to tell us.	6/23/2014 4:57 AM
8781	Set one time and leave it alone.	6/23/2014 4:48 AM
8782	Need to stay with same time yearly. To have longer nights and still early daylight why can't whole country simply compromise and go half between the two -- like Newfoundland does. Instead of it being 8 or 9 pm set summer clocks up a half hour as compromise for all time zones in us and rename it the new eastern standard time or the new mountain standard time-- then stop fiddling with the whole silly was for good	6/23/2014 3:29 AM
8783	In the financial industry where I work it would be of greatest benefit to match what the majority of the country and world is doing. If the majority of states and/or countries do away with daylight savings or just stay on summer time then we should match that. It would NOT be in my industries benefit to change without the majority of other states doing the same. I personally would prefer to get rid of it all around the world. But from a business perspective it is vital to maintain the same norm as the majority. Thanks, A. Anderson Bluffdale, Utah	6/23/2014 3:27 AM
8784	I'd much rather see daylight saving be year-round. Daylight during the hours I'm in bed or at work are wasted. I'd much rather have daylight well into the evening when I can actually enjoy it.	6/23/2014 2:37 AM
8785	I think the time change is ridiculous! I know back in the day it was to conserve energy during war time but I think currently it is honestly useless. All it is a distraction to my inner clock every 6 months. ABOLISH IT!!	6/23/2014 2:13 AM
8786	I work as a system administrator involved with keeping time for thousands of computer systems. All of these computers are linked to Utah's DST schedule. Updating these computers to use a new time zone schedule is possible, but it may take several years before we could have all the different software components ready to support it. I support the change to fall back to Arizona's time. However, I strongly suggest that the year in which we choose to make this change active be set far enough in advance that those in my industry can align the millions of computer systems out there to understand this time change. Not having adequate time to prepare could ultimately be harmful to our state's economy. The business I work with may choose not to participate and remain on a DST schedule, but in order to have the choice a great deal of lead-time is required.	6/23/2014 2:12 AM
8787	My preference would be CST. However, whatever we choose/get we need to just leave it alone. No changing back and forth. Compromise with a half hour on each end if need be but just decide and then let it be!	6/23/2014 2:11 AM
8788	I would prefer to REMAIN 1 HOUR AHEAD of ARIZONA (never change time). I grew up in Arizona and loved NOT changing my schedule. I do prefer the shift in time to being 1 hour ahead of Arizona (daylight alignment) and would love to stay that way year-round. (I did not understand the last choice in the list above so I picked to stay with AZ even though I would prefer maintain 1 hour ahead of AZ without ever changing (no "daylight savings" switching)	6/23/2014 2:05 AM
8789	I don't care if we stay on Mt. Standard time like AZ or go onto a spring forward plan as long as we don't have any changes. I do NOT want to EVER have tp spring forward or fall back. Changing the time is a pain in the rear!	6/23/2014 1:54 AM
8790	I would prefer a year-round daylight savings schedule; would be nice to have more light in evenings during winter as well.	6/23/2014 1:50 AM
8791	I love Daylight Saving Time and think it feels natural.	6/23/2014 1:48 AM
8792	It is so hard on my children! Let's stop bouncing around!	6/23/2014 1:43 AM
8793	I vote that we should permanently stay on what is now known as Daylight Savings Time. Going back to standard time in the fall only makes it get dark around 4:30 or 5:00 in the afternoon, which is too early! We don't need it to be dark super early in the afternoon and then light early in the morning.	6/23/2014 1:40 AM

8794	Daylight savings is pointless now. It serves no other purpose than being really annoying when you have to wake up early.	6/23/2014 1:39 AM
8795	I am in favor of going to permanent daylight savings. I appreciate the later sunlight in the summer, and would love to have more sunlight in the evenings of the winter. I see no reason to keep falling back just for a few months in the winter as we have been doing. It doesn't seem to benefit anyone or any industry, and yet springing forward has many benefits. So let's just stay "sprung forward."	6/23/2014 1:39 AM
8796	We've lived in AZ and UT and we like the Arizona way better. It's easier on kids.	6/23/2014 1:33 AM
8797	DST is only a problem because it changes the time twice a year. When it does, every single person is hit with a sort of jet-lag. This is especially difficult for young children (and their parents).It also means that drivers and pedestrians suddenly have less light (either morning or evening) and therefore less visibility. That becomes a serious safety issue. In addition, the assertion that farmers/ranchers benefit from DST is completely false. They actually have MORE difficulty because their animals are used to being fed/milked at a certain time, and when the time changes the rancher has to alter their schedule as a RESULT of the change - and not in a beneficial way. Unlike humans, animals cannot simply "change the clock". Farmers have to do their work when they have to do their work - regardless of the time or daylight - and DST only complicates things for them instead of making it better. The only benefits to DST are monetary benefits to retail and recreational businesses who benefit from the extended daylight of the summer months. However, those benefits really come from the daylight itself, and not from the time. Businesses and outdoor workers (such as construction businesses) also have the ability to set their hours, and modern/urban living means that many people are awake and living/working/shopping/recreating at various hours of the day regardless of the time or the light. People don't get up in the morning or go to bed at night with the sun, and most activities are not daylight-dependent. The result of all these factors is that the twice-yearly flip-flop of time caused by DST means safety issues, irritation, and sleep deprivation for every single person - certainly a significant statistic - with benefits that are only marginal for a few recreational businesses. The concept of changing to DST permanently would only be beneficial if it were not localized - if the entire country or at least a large swath of states changed. Eliminating DST and sticking with standard time would put Utah in line with Arizona as well as setting a precedent that could and likely would then be followed by other states and/or the nation as a whole.	6/23/2014 1:30 AM
8798	I like it staying light longer at night.	6/23/2014 1:24 AM
8799	Technically it makes sense to completely do away with changing the clocks.	6/23/2014 1:23 AM
8800	Daylight savings time all the time. The proposal to get rid of daylight savings time is dumb and no doubt a product of wretched morning people.	6/23/2014 1:21 AM
8801	Daylight Savings time should be done away with. It is hard on people and really serves no purpose. Just pick one way and keep it year round.	6/23/2014 1:19 AM
8802	Easier to get the kids to bed. Ha, ha. It doesn't shift times back and forth constantly having to adjust to a new time. Farmers don't need the daylight since tractors are equipped with great lighting now.	6/23/2014 1:12 AM
8803	I think we should keep Daylight Savings time all year round. It's only a few months now that we change back for. If it's so upsetting to change back and forth, I'd vote to keep it all year. I like to have all the extra hours of sunlight in the Summer time. My vote is to keep MDT all year round.	6/23/2014 1:10 AM

8804	There are many impacts with this decision that I've not seen mentioned at all. If we go to a system where we stay on mountain standard year-round, an hour of outdoor recreation time for families after work is lost. Sports leagues can have fewer games or have to push them up in order to fit them all in, leaving working parents with fewer opportunities to support their children. If we were on standard time today, sunrise would have been at 4:53 AM. That's too early, way too early, for many (including my small children, who woke up this morning at 6:15 because it was getting light outside) to deal with having to wake up because it gets light outside. Then it gets hotter earlier in the day for everyone who works or plays outside. In the winter very few people like getting out of work when it is already dark. It is probably bad for many worker's psyches and staying always on daylight savings would solve that. The list goes on and on, and most of them are quality of life issues that would affect virtually every resident. I understand that there are a few concerns about the way the system is now. But I believe a change to only using mountain standard time would affect my family very negatively on most days of the year. I really believe that making this change would do very little to actually solve the problems that some are concerned about now, and just shift those problems to a different time, or change those problems into other problems, while adding additional concerns. Let's please have a very comprehensive look at this that really studies all the impacts on average Utah families from every aspect, not just those of the large or loudest groups with well-tuned voices. Under no scenario should we make this change just to have to look back and say, "gee, look at all these problems we didn't consider that we created with this change."	6/23/2014 1:07 AM
8805	Just take 30 minutes from everyone and never change again. Now that Daylight savings has been altered, international communications is trickier. I'd love to see Utah jump in and lead the way for the rest of the U.S.	6/23/2014 12:56 AM
8806	Changing a clock forward or backward cannot increase or decrease the amount of total daylight in any given day. I'm surprised anyone would even articulate such an argument. Additionally, saying that keeping Utah on one time set year round would hurt tourism doesn't hold against the experiences in both Arizona and Hawaii which are both heavily dependent on tourism. Changing clocks twice a year is irritating, very disruptive to sleep and activity cycles, and caters to those who are more interested in playing than producing. Daylight savings time is a bad idea that should have long ago been dumped on the trash pile of dumb ideas.	6/23/2014 12:55 AM
8807	Keep Daylight Savings year-round. Extra daylight in the evening allows for more productivity after work.	6/23/2014 12:53 AM
8808	it would be more beneficial for us to have an extra hour during the winter time.	6/23/2014 12:49 AM
8809	The stark differences between Winter and Summer in this state means it gets dark at 5pm in the Winter vs 9pm in the Summer. Without Daylight savings it'd become more consistent. There would be less "jet lag" when the state switches.	6/23/2014 12:48 AM
8810	I hate it!	6/23/2014 12:47 AM
8811	Daylight savings is unnecessary.	6/23/2014 12:46 AM
8812	It would be great to have an extra hour of daylight in the winter time to make that time of year less depressing.	6/23/2014 12:44 AM
8813	What will the real impact be on the global economy?	6/23/2014 12:40 AM
8814	I personally don't see any point in following this program any more. I agree that it hurts our young people education goals.	6/23/2014 12:38 AM
8815	I personally don't see any point in following this program any more. I agree that it hurts our young people education goals.	6/23/2014 12:38 AM
8816	I DONT THINK THAT DAYLIGHT SAVING WAS EVER BENIFICAL TO ANYONE.	6/23/2014 12:36 AM
8817	I work with people across the country and so have to work with people in many different time zones but primarily with people in the Eastern time zone. If Utah were to align with Arizona it would put me at a three hour difference with many of those I work with which either requires earlier hours of work for me (5am would be common) or having fewer work hours to get the work done with those back east that I need to. If other states didn't change time I wouldn't have such an issue but it would place great inconvenience on me and others that have to work with other people to the east of us. I have also worked internationally and by not changing time it would also put Utah at greater inconvenience working with Europe for part of the year. If I could vote on a change it would be for us to not move to DST so early in the year and not move off if it so later. First weekend of April and October was a pretty good time to make the change and allow me to see the sun in the morning.	6/23/2014 12:33 AM

8818	Solar panels and a windmill are the only source of power that we have to run our home. We like Daylight Savings Time because it gives us more daylight hours	6/23/2014 12:32 AM
8819	I'm from Utah and all if my family is in Utah, that's why I thought I'd weight in. In our modern world, it just seems like there's no reason for the time change any longer.	6/23/2014 12:30 AM
8820	It is not needed any more.	6/23/2014 12:30 AM
8821	So much time is lost and money wasted because if these time changes. In order to provide more efficiency, I am all for not changing times.	6/23/2014 12:29 AM
8822	Darker in the morning. Lighter at night.	6/23/2014 12:28 AM
8823	I love the long evenings.	6/23/2014 12:27 AM
8824	I would love to end daylight savings time. It made tons of sense 100 years ago, but now it's just one more thing I have to do twice a year. Definitely in favor of changing it.	6/23/2014 12:24 AM
8825	Much study has been done linking depression and lack of productivity with sunshine. Utah would do well to set a time zone that would eliminate winter depression by giving us sunshine after work and school times. We leave in the morning in the dark and we return in the dark. All are inside buildings for the short hous of sunshine. Summertime hours are perfect.	6/23/2014 12:24 AM
8826	DST is pointless. Changing the time just to change it back is nothing but a nuisance. A gradual change in daylight is much better than a sudden change in the length of the day.	6/23/2014 12:23 AM
8827	Keep Daylight Savings Time all year round. Hopefully that was the choice I picked. It wasn't completely clear the way it was written on the survey.	6/23/2014 12:21 AM
8828	My first choice is to always be on Daylight Savings Time. My second choice would be to keep it the way it is now. I am concerned that the way the survey is set up, that people who like Daylight Savings will be split in half vote-wise. Some will vote to keep status quo, others will vote to change to all DST, while those who oppose will all vote the same and their votes will win. Is there a way to avoid this happening?	6/23/2014 12:21 AM
8829	I would like to keep my same sleep patterns.	6/23/2014 12:20 AM
8830	I really don't prefer that option, it was the closest to what I DO prefer - which is simply- STOP CHANGING THE TIME! Keep it on DST or MST I don't care. Just leave us permanently on one or the other. This twice a year time change is ridiculous and wasteful. AND painful!	6/23/2014 12:19 AM
8831	There is no longer a benefit to maintaining DST. It is confusing and a waste of time and energy.	6/23/2014 12:19 AM
8832	I think the changing of the clocks is a nucence to everyone.	6/23/2014 12:14 AM
8833	No further need for it. I believe it should be done away everywhere because many global partners do not use it.	6/23/2014 12:14 AM
8834	Keep it, unless the entire country does away with it.	6/23/2014 12:10 AM
8835	Simple. There is no reason for it to be practiced. It makes lives more complicated instead of easier like it was originally intended to do. And as a parent, it wreaks havoc on children's schedules for a solid month every time. Please get rid of it!	6/23/2014 12:09 AM
8836	Daylight Saving Time is archaic and not relevant to today's society. Let's align!	6/23/2014 12:07 AM
8837	I'm tired of changing clocks and habits twice a year!	6/23/2014 12:07 AM
8838	I just wish it would stay the same, one way, or the other. I like the hours in the summer...wish they would stay that way throughout the winter, as well. Or just stay on Standard time and never change!	6/23/2014 12:06 AM
8839	Winter is dark any way you look at it, so it is nice to have the light in the summer evenings when you can be outside to enjoy and do things.	6/23/2014 12:05 AM
8840	It is a hassle to change times and it serves no useful purpose in my life or the lives of my children and grandchildren.	6/23/2014 12:04 AM
8841	I myself have a very difficult time with the change. Making the adjustment twice a year is very hard in my body. Falling back isn't so bad. But springing forward always about kills me. I am a school teacher by profession. I've noticed in my classroom that these changes are also very difficult for my students.	6/23/2014 12:04 AM
8842	Daylight savings is an antiquated solution to a problem that no longer exists.	6/23/2014 12:03 AM

8843	Beside the annoyance of having to get used to a new time, I'd like to be able to spend the evening with my children and family doing night activities and not have to wait until ten o'clock at night to do them. It's rediculous. Sometimes I don't think my children know what stars are, it's so late to go lay out in the grass and look at them or we have to wait until so late to start an outside movie event, or fireworks. It's great to be out in the summer and having fun, but I don't want to be out until the middle if the night doing them because it doesn't get dark until so late. Please, end daylight savings time!	6/23/2014 12:03 AM
8844	My health has suffered for years, it takes over a month for my body to recuperate from the time change.I have had numerous tardies on my work record the same time of year, every year. no matter how I try to prepare for the change. My children growing up going to school in the dark, and when younger having a hard time getting to sleep when still light out. It is way beyond time to stay on MST. We longer have half the nation running farms or ranches. A tourist will visit without DST. Arizona has tourists that continue to visit without DST	6/23/2014 12:02 AM
8845	I would love to get rid of daylight savings, however the "fall back" gives winter something to look forward too… But other than that, I don't see much of a point of it.	6/23/2014 12:00 AM
8846	I really hate having to adjust to daylight savings time in the spring. It takes me several weeks to get adjusted. I feel tired a lot more tired during the weeks following the time change.	6/23/2014 12:00 AM
8847	I've been wishing someone would address the issue of daylight savings time for years. I don't care which you choose, forward or back, but choose one and stick with it! Don't change the clocks twice a year.	6/22/2014 11:58 PM
8848	It throws everyone off and there's no reason for it anymore.	6/22/2014 11:55 PM
8849	The time change is very difficult to adjust to for many reasons. Falling back to standard time is not preferred due to the lack of sunlight in the evening when most people are out and about. Also to avoid the sun coming up at 5 am.	6/22/2014 11:55 PM
8850	Tough on families with young children	6/22/2014 11:54 PM
8851	Daylight savings time is an archaic energy conservation solution that now only serves to disrupt natural rhythms and productivity.	6/22/2014 11:54 PM
8852	Standard time is only 4 months now. Why move the clock back in the winter? Leave the clock on Saving time. "What about the children?" Move when school starts if that is something people care about. It isn't like all the schools are on exactly the same time anyway.	6/22/2014 11:53 PM
8853	Over the years I have not been able to see or experience any functional reason for daylight savings time.	6/22/2014 11:52 PM
8854	There is no use for the sun to be up at 6 AM, it is better used at the end if the day! It's depressing to get home from work and it's dark. "Sun downers" is a real condition and causes a lot of depression. We want sun when we are actually awake and can use the daylight . Spring forward and leave it that way year round!!!! It would alleviate a lot of depression and make a happier state :)	6/22/2014 11:51 PM
8855	I love having an extra hourdaylight in the summer to spend with my wife a kid after I get home from work.	6/22/2014 11:50 PM
8856	The idea of maintaining one time all year around greatly appeals to me. I personally have always struggled to adjust to daylight savings time. It got even worse when they added a few months to it. I have a hard time with the idea of keeping daylight savings time around all year long, partially because of how early it would get dark in the winter. I know that keeping standard time would prevent it from getting light earlier as the weather got warmer, but farmers and ranchers were getting up that early before daylight savings time was ever implemented. I think having a later sunrise is preferable to having an early sunset.	6/22/2014 11:48 PM
8857	I grew up in Utah and visit frequently, but now live in Arizona. I really like having the extra light in the morning and don't miss having it dark earlier, so I'd love for Utah to be on the same time.	6/22/2014 11:47 PM
8858	I have lived in Utah for 40 years. Although I do believe change is a good thing most of the time, I think it would be a mistake not to retain Daylight Saving Time as we know it. Our state is rich with outdoor activities and adventure. I stay in Utah for that reason and thousands of others visit for that reason as well. By falling back to MDT with Arizona, Utah will lose daylight hours in the evening that residents and tourists cherish to be able to mountain bike, fish, hike, water-ski, etc. I have four children. I count on daylight hours after work to enjoy these activities with them. In the winter, it would be good to keep daylight through the evening commute (until 6pm or so) for safety reasons.	6/22/2014 11:47 PM
8859	I think it too hard on kids and adults to adjust to every 6 months.	6/22/2014 11:44 PM

8860	Please keep the time the same all year round. When the good lord made this world daylight savings didn't even exist. Man made it, and we can at least put the lord of all back in how we mange our time.	6/22/2014 11:43 PM
8861	It is difficult to adjust the physical 'body clock'. Springing forward and falling back makes an already difficult adjustment in the body with the seasons changing, an even more difficult one when losing sleep and changing sleep patterns and light sensory.	6/22/2014 11:42 PM
8862	Its hard on adults and especially on children. Health has been compromised due to staying up later because the "sun goes to bed later". It is in general just a nuisance to change what is just fine to leave alone.	6/22/2014 11:41 PM
8863	It takes our family a week each spring and fall to adjust to the time change and there is no benefit to the change.	6/22/2014 11:41 PM
8864	I feel that Daylight Savings is more of an inconvience than anything else. I really dislike having to adjust my body clock twice a year. I would rather have the time stay the same all-year long.	6/22/2014 11:41 PM
8865	I agree that it is nuisance to change our clocks two times a year, but more so now that Daylight Savings Time is longer. Personally I'm growing very weary of this debate, feeling that there are more pressing issues our lawmakers should be addressing. I'd rather we just stay aligned with the rest of the country but if lawmakers are determined to change Utah, then I prefer Daylight Savings time so that we have light later on in the day, especially during the cold months. Besides, who wants the sun rising before 5:00 am?	6/22/2014 11:39 PM
8866	It's really hard on children. It takes a long time for them to adapt and adjust to the new times. I lived in Arizona for 7 years and LOVED having no change. It was so much easier than "springing ahead and falling behind". I would love to see no more daylight savings!	6/22/2014 11:38 PM
8867	I don't like the spring ahead fall back, but I do enjoy having the extra daylight in the summer evenings. I would like to see Utah adopt a new time zone that leaves us on daylight savings time all year. I remember as a child I hated that it was getting lighter in the spring and warmer and then the switch and I was catching the bus in the dark again. Let's keep it the same all year, whichever way you decide to go.	6/22/2014 11:37 PM
8868	No matter what the clock says there are still the same number of hours of daylight. This daylight savings is an unnecessary burden placed on everyone twice a year that needs to be removed.	6/22/2014 11:36 PM
8869	Daylight savings time is disruptive, especially to children. It can only be described as robbing Peter to pay Paul. Nothing but a hassle.	6/22/2014 11:33 PM
8870	As both an educator and former business owner, I have noticed that it takes a certain amount of time for employees and students to recover from daylight savings time each year. It's really dollars and cents for me. We're just wasting time every time we have to change the clocks.	6/22/2014 11:32 PM
8871	It is SUCH a pain to change clocks twice a year!! It is also SUCH a pain to have to get used to the time change twice a year!! It is so ridiculous!! Why can't the time stay on Mountain Time ALL year?	6/22/2014 11:31 PM
8872	I would like DST to be in place year round. I would love the later light in the winter. This would aslo eliminate having to adjust to the time change twice a year. I have children in grade school and changing their schedule 1 hour is a huge adjustment.	6/22/2014 11:31 PM
8873	I like having the extra time in the evening over the extra time in the morning. It is nice to come home from work in the winter and still have a little bit of daylight. I like the spring forward time.	6/22/2014 11:30 PM
8874	The days aren't really lengthened or shortened with the effect of daylight savings. No purpose. Just a headache for children and adults to adjust to new times when it's not necessary. Spring forward and fall back don't have much of an adjustment on times of sun rises and sun sets.	6/22/2014 11:29 PM
8875	Daylight savings time is a silly tradition that has no real benefit. If certain people or industries need to adjust according to the daylight, let them do it, but it is not necessary for everyone to follow suit.	6/22/2014 11:29 PM

8876	Utah, and especially northern Utah, is of a high enough latitude that daylight savings time is beneficial. The sun is up early enough that the morning commute for most people is during daylight, and provides enough daylight after normal working hours to tend to outdoor activities during daylight hours, but still retire when it is dark rather than light. There is a suggestion that daylight savings time causes more accidents. I suggest, however, that the increased accidents are a result of increased summertime activity, and not because the clock is advanced by one hour. Just because there is, if in fact there is, an increase in the number of accidents during the months we enjoy daylight savings time does not in and of itself suggest or infer a direct correlation of one to the other. Moreover, I believe that anyone advancing the idea of a strong correlation would be hard pressed to demonstrate it. I can't reasonably see how advancing the clock by 60 minutes causes so much confusion that people become accident-prone as a result. To suggest that daylight savings time has a negative effect on students and learning is likewise hard to believe. I think that spring and summer, and the longer days have more effect than where the hour hand is pointed. People naturally like to be outside in the warmer months, and children more so. It is very easy for me to imagine a student daydreaming in class about being outside, and spending afternoon hours outdoors rather than doing homework. I speak from personal experience, and it didn't matter where the hour hand was pointed: it was warm and the sun was in the sky, and I wanted to be outside. As with accidents, I believe no real correlation exists between daylight savings time and "reduced learning". Because two phenomenae, in this case accidents and daylight savings time, or "reduced learning" and daylight savings time, happen to occur at the same time does not imply a correlation. They could in fact be mutually exclusive. To make my point, "reduced learning" and accidents occur at the same time, but no one is suggesting a correlation between them. For all we know, it could simply be that people become less attentive -more prone to daydreaming - during the summer months, thereby causing poor learning and more accidents. How an arbitrary hour hand plays into it I have no idea. If people mean to permanently rescind daylight savings time, they should do it for valid reasons. I don't know all of the reasons presented, but if they are as thin and weak as the two discussed here, then there is no good reason to change.	6/22/2014 11:28 PM
8877	I feel it would be more beneficial for utah to not have daylight savings time.	6/22/2014 11:28 PM
8878	It is my understanding that Daylight Savings Time was created years ago to benefit farmers who worked outdoors so they would have more hours of daylight. Presently it seems we keep practicing it so that we will turn on fewer lights and therefore conserve energy and resources, but in talking with family and friends it doesn't make much difference in our day to day other than to disorient us twice a year for a few weeks,	6/22/2014 11:28 PM
8879	Daylight savings time disrupts our biological clocks unnecessarily and is not healthy. It is an antiquated practice. Let it go, please.	6/22/2014 11:27 PM
8880	To me, it matters less whether it is aligned to Mountain Standard or whether it is aligned to Daylight Savings. What matters first is that it doesn't change throughout the year, screwing up the circadian rhythm of both adults and children throughout the state. The disruption of sleep cycles twice a year leads to more difficulty establishing a healthy sleep pattern. I do prefer Mountain standard to daylight savings, though.	6/22/2014 11:25 PM
8881	I love the longer evenings. It allows me to do more with the time I have getting off work. As someone who manages employees it makes them depressed to have a 9:00 - 5:00 job and go home in the dark during the winter months.	6/22/2014 11:25 PM
8882	I think Arizona has the right idea. It's too confusing for people when it's time to both spring forward and to fall back each year.	6/22/2014 11:24 PM
8883	I am a night owl and would like more daylight during my most productive evening hours. Especially in the winter!	6/22/2014 11:23 PM
8884	I hate daylight savings with all of my heart. It makes it so hard in the healthcare industry when there is a change. I don't think there is any need to change it. It doesn't make it any better to switch it back and forth. It just messes with the sleep schedule of everyone. I would be so excited if we changed so that we didn't ever change times!	6/22/2014 11:22 PM
8885	Please keep it as is. Longer summer evenings provide opportunities for people to get out and enjoy Utah's outdoors.	6/22/2014 11:22 PM
8886	Leaving the state on Daylight Saving time permanently would take advantage of giving more daylight hours during the summer when kids are out of school, and your body wouldn't have to adjust to time changes twice a year.	6/22/2014 11:22 PM
8887	More daylight in the afternoon/evening is ideal for me.	6/22/2014 11:21 PM

8888	I don't see daylight savings as beneficial to anyone. It would be confusing for people if we made our own time zone, it would be simpler to join Arizona in the same time zone.	6/22/2014 11:20 PM
8889	I prefer the long summer daylight hours to complete out door work at my business(restaurant) and my farm.	6/22/2014 11:20 PM
8890	I think it is a fallacy that day light saving time gives more day light for agricultural professions to work. The day light is a set thing and farmers/whomever will work during the day light regardless of time. Creating a new time for Utah will give us the light later in the day all year around and will prevent disruptions caused by changing sleep schedules twice a year.	6/22/2014 11:16 PM
8891	I know of some people who were killed this year because of the time zone change. I have long thought that changing to Daylight Savings was a ruse and that nothing was gained by it. If this is a chance to keep the state on standard time, I am for that option.	6/22/2014 11:15 PM
8892	I think it will be better for the children. My kids always have a hard time with this. They are grumpy and out of sorts for several weeks, before becoming use to the time change. I also hate watching the kids walk to school in the dark. It can be dangerous and scary enough out there with the weirdo's... but in the dark... the risk is even greater.	6/22/2014 11:14 PM
8893	Please stop Daylight Savings	6/22/2014 11:14 PM
8894	Prefer to maintain what is currently DST year round	6/22/2014 11:11 PM
8895	DST messes with our bodies natural circadian rhythms. Some people adjust well, but most struggle for a bit. It affects behavior and cognitive performance too.	6/22/2014 11:10 PM
8896	There has been plenty of research that shows the economic and energy saving benefits of switching between standard and dst. But because a legislator lost an hour of sleep and got grumpy we have to waste all this time and money debating it yet again? Also, I look forward to summer when I can get out and enjoy the sun after work. I used to live in Arizona and hated that it got dark so early.	6/22/2014 11:09 PM
8897	I would hate to align with Arizona, as the sun would come up around 4:30 in the morning and set around 8:30. We love our summer evenings and even though we are farmers, 4:30 is quite early to get up with the sunrise.	6/22/2014 11:09 PM
8898	Most daily activities are carried out irrespective of the position of the sun. There are competing (and seemingly balanced) interests in the industries/fields that are concerned with the sun, and because these interests are mostly balanced, there is no overwhelming reason to adjust time to suit one group or the other. Thus, it is my opinion that we should stop the disruption of changing clocks twice a year. Although I prefer having my clock set an hour ahead (DST), I think it would be a good idea to align with Arizona to simplify cross-time-zone time conversions somewhat.	6/22/2014 11:08 PM
8899	DLS is useless and silly. That's all I have to say.	6/22/2014 11:07 PM
8900	The transitions to daylight saving time and back to regular mountain standard time are very difficult for families with several young school children. We spend a good week and a half "adjusting" to each time change - that's three weeks of school where my children are not at their best because their internal clocks don't match up with the clock on the wall. Please choose one way or the other and quit switching back and forth.	6/22/2014 11:07 PM
8901	I prefer not driving to and from work in the dark in the winter. It is quite depressing not seeing daylight during the work week	6/22/2014 11:05 PM
8902	I don't like having to adjust to the time change twice a year (eating/sleeping) and change all the clocks in the house, work, cars, DVD, telephone system, pool/spa just to have to change them again a few months later.	6/22/2014 11:05 PM

8903	It is detrimental for people, especially children, to alter their schedules as we now do. When my children were school age, I could count on them getting sick when the clocks moved and we had to adjust the schedule by an hour. It took a couple of months before they really got accustomed to the new time, and then a few months later we would again change. We should stay on either MST or DST and not change back and forth. Since the majority of Utah people live in the central part where there is a half hour of daylight saving time naturally because of where we are located in the time zone, it is most beneficial to stay on standard time. When we move to daylight time, our clocks are an hour and a half off from the sun rise and set. As a farmer/rancher's daughter, I am tired of people saying that farmers/ranchers like dst because 'it gives them an extra hour to do chores.' That is nonsense. They get up and work when the sun rises, and quit when the sun sets and it doesn't matter what the clock says. (No one bothers to tell the cows the clock has been changed. They still want to be fed and milked by what the sun tells them.) My parents greatly disliked dst for that reason...business and school hours changed, but the farm and ranch work stayed on the sun's schedule. It was particularly disruptive for them. I think the people who really like it are golfers. They should just arrange with their employers to come in an hour earlier so they can get off in time for their golf, and leave the rest of us on a schedule that follows the natural rhythm of the sun. In any case, pick one time and stick to it, and then schools, businesses, et al can set their hours that best fit the needs of the people involved with them.	6/22/2014 11:04 PM
8904	In today's world it serves no useful purpose and is confusing and intrusive. It may, perhaps, be beneficial if we returned to a non-technical, agrarian society, and were unconnected from the rest of the world. It received mixed reviews when originally instituted, and has never been proven to be a net benefit since - by scientific standards.	6/22/2014 11:02 PM
8905	There is NO logical reason, in today's world, for needing to change our clocks to 'maximize' available daylight (there never has been, really, but ESPECIALLY now, with artificial lighting a standard option pretty much everywhere, it's kind of ridiculous to shift an hour of daylight from one end of the day to the other.) Just leave it be, run on Standard Time, and people will adjust their day as they need to it make use of the daylight where it's most beneficial to them, instead of spending a week readjusting to a new time twice each year.	6/22/2014 11:02 PM
8906	Most important is that we no longer have to endure the change every few months. My first choice would be to have all year be as it is in the summer right now, but I would also be happy to stick with MST, as long as we didn't have to switch back and forth!	6/22/2014 11:01 PM
8907	I'm a very active outdoorsman and I enjoy spending time in the evening daylight hours outside.	6/22/2014 11:01 PM
8908	I want the additional daylight, especially during the summer.	6/22/2014 10:59 PM
8909	I love having the light later in the day and would be very happy to have it stay that way all year.	6/22/2014 10:56 PM
8910	It's a pain to get used to. It seems like every six months when we change, we are just getting used to the time being changed, then it's time to change again and you have to start over again to getting use to the new time change. I feel we need to fall back with Arizona and just leave it alone. I'm tired of this yo yo feeling we get. It also screws up your biological clock. It also messes up little kids nap times. It's a pain all around.	6/22/2014 10:55 PM
8911	It's easier. And we have family who live in time zones that do not change times so it makes life easier	6/22/2014 10:55 PM
8912	Changing the time on the clock does not impact the number of daylight hours. It does negatively affect sleep schedules, work schedules, and school schedules. It is difficult for children (and many adults) to adjust to the bi-annual time changes. Please abolish this practice! Thank you for your consideration.	6/22/2014 10:55 PM
8913	I prefer perm DST or perm MST. Changing time twice a year is confusing and adjusting is difficult.	6/22/2014 10:54 PM
8914	It's very hard on the human body to have an artificial time change; there are more car accidents (if the news stories are true); and everybody is grouchy!	6/22/2014 10:53 PM
8915	Daylight savings is not helpful. It needs to go away.	6/22/2014 10:53 PM
8916	I don't have a preference as to which time is chosen, but I want Utah to choose one and stick with it permanently. No more bouncing around twice a year! It is hard on growing kids and the parents who care for them!	6/22/2014 10:53 PM
8917	If anything we should do it backwards so as to smooth out the transitions not exaggerate them.	6/22/2014 10:53 PM
8918	Changing the clocks back and forth is crazy we need to stay one way or the other. Either works for me	6/22/2014 10:52 PM

8919	The hour change makes such little difference in the schedule that keeping the time the same saves communication	6/22/2014 10:52 PM
8920	I love it & Hope that it will remain as it has been.	6/22/2014 10:51 PM
8921	I see no benefits for keeping DST. Every time it causes me to lose a full day of productivity and reeks havoc on my kids' cycles due to fatigue.	6/22/2014 10:50 PM
8922	I don't think that there is a benefit anymore to switching our clocks forward and back.	6/22/2014 10:50 PM
8923	Extra daylight is so essential during the summer time. We always look forward to more lighted hours for work and field chores. Extra light for family and recreational activities helps family ties become closer. Neighboring states rely on Utah population centers for economic support as well as other social and professional and medical and transportation issues. Being on the same time always makes it more beneficial for that support. Vacationers and other travelers coming and going make it valuable for the State to be aligned with other nearby states. Adjusting clocks twice a year is not a major issue.	6/22/2014 10:49 PM
8924	It seems the only argument I hear in favor of keeping daylight savings time is because of the farmers. I do have great respect for the farmers, however why can't they adjust their schedules instead of everyone else. It may have been a good idea in years past, but now it seems like the tail is wagging the dog. PLEASE PLEASE change it. Le't's do what Arizona has done. Less interruption. Thanks for your consideration. - Kyle Wilson, Bountiful Utah	6/22/2014 10:49 PM
8925	I just feel it is too hard for the body to adjust, and it seems to me uses more energy when it is dark earlier. I just don't understand the point anymore.	6/22/2014 10:49 PM
8926	While I prefer "Create" to "Align," both of these options are infinitely better than "Retain." There is no logical reason to keep switching back and forth twice per year!	6/22/2014 10:48 PM
8927	The practice of Daylight Savings Time is outdated and creates more confusion, exhaustion and tension that it helps out. In my day to day tasks through working across the west, the time changes create many issues when setting appointments, having meetings and traveling. Please take Utah off the Daylight Savings program.	6/22/2014 10:48 PM
8928	Daylight savings was created to serve a purpose. It no longer accomplishes that. Arizona has it right.	6/22/2014 10:47 PM
8929	I feel there is not enough of a need to continue with DST. I would like to see it eliminated. Changing the time messes up our body's natural circadian rhythms.	6/22/2014 10:46 PM
8930	Good to enjoy the linger days. More time for activities	6/22/2014 10:46 PM
8931	Daylight Savings Time is bad for small children and an enormous frustration for parents who would like their children to go to bed at a reasonable hour. Some days in the Summer, I can't get my kids to bed before 9 or 10 because the sun is still up. I hate it.	6/22/2014 10:45 PM
8932	retain Daily Light Savings year round. The switch is hard on kids and having extra day light after work hours is very nice.	6/22/2014 10:45 PM
8933	I feel it has a big impact on kids in school. Many kids seem to never recover from the spring ahead time change. They take several week to become fully functional in the mornings and there are a lot of missed educational hours as a result	6/22/2014 10:45 PM
8934	While I do enjoy long summer nights, I think the disruption twice a year is more of a nuisance than a good idea. I lived in Arizona for many years and did not find anything to complain about with the Standard Time solution.	6/22/2014 10:42 PM
8935	I just don't like the time change twice a year. It can't be good for our health. It messes with children particularly.	6/22/2014 10:42 PM
8936	I simply think it is unnecessary. It makes the difference between summer and winter too severe. There is no need to use Daylight Savings Time anymore.	6/22/2014 10:42 PM
8937	We were always in the Mountain Time Zone and that is where we should stay. Changing time affects the body natural internal clock making it hard to adjust to the DST but is comfortable at MST	6/22/2014 10:40 PM
8938	It makes no sense in the spring to move it an hour earlier. There still light out.	6/22/2014 10:40 PM
8939	Day light savings is NOT for the people, it was created for businesses. We the people want time to stay REAL and consistent! THANK-YOU whoever allowed this discussion! Woot woot!	6/22/2014 10:39 PM

8940	As a teacher and a parent, I see how the time change affects my students, my own children, and myself. It is very difficult to adjust with the time change, and to help children adjust to it. By going to Mountain Standard Time with Arizona, we would not have to deal with the negative impacts of a time change.	6/22/2014 10:39 PM
8941	I love to have four hours of daylight after work to work in the yard, play golf, go to a lake, just about anything. Love it, keep it. Chick	6/22/2014 10:38 PM
8942	1. Daylight Savings Time is no longer useful. The original intent was for farmers to wake up early to plow their fields. 2. It takes a person a long time to get used to the time change. It takes me weeks before I feel good. 3. It messes up the 24 Hr circadian Rhythm and affects sleep patterns.	6/22/2014 10:36 PM
8943	Daylight savings is NOT necessary today. It's an inconvenience that must be eliminated!	6/22/2014 10:36 PM
8944	This practice has been a life long annoyance!!! I am SO happy there is a discussion going on!! I have NEVER talked to ANYONE who likes this practice. It has been a complete frustration and constant complaining for EVERYONE. Although I haven't talked to business owners...I understand that this is the total and complete purpose of this. They say it's for farmers...haha! farmers don't work by the clock! They work by the sun. FYI	6/22/2014 10:34 PM
8945	Like daylight savings time and would hate to lose an hour of sunlight in the evening and have it even earlier in the morning.	6/22/2014 10:34 PM
8946	I can't stand the semi-annual time changes. It seems to take weeks (especially in the Spring when we spring forward) to get everyone's body clocks adjusted to the change. My children are sluggish for at least a couple weeks when the time springs forward and it's very difficult when they have to get up for school and be alert throughout the day. I don't see the necessity for the time changes anymore.	6/22/2014 10:34 PM
8947	It seems there is no benefit to switching to DST and it is an annoyance to have to adjust twice a year for no benefit	6/22/2014 10:32 PM
8948	The daylight savings time as is, comes to late to be useful. Go back to when it was in October or maybe even sooner.	6/22/2014 10:31 PM
8949	It is so difficult for myself and my children to change our sleep patterns and habits twice a year. Though I would prefer the fall back always option I would take either option to changing.	6/22/2014 10:30 PM
8950	I moved from Utah to Arizona 18 year ago and I have never liked that we don't have DST here. Rather than switch with the rest of the country twice a year, we essentially switch time zones, which means everything around us changes times while we stay the same. It's especially chaotic in my line of business where I write schedules for call centers across the country. Imagine the confusion and extra work that is caused when we actually have to CHANGE all the schedules/hours of operations for our Arizona offices simply because we don't observe daylight savings time. You think you might be simplifying your lives by eliminating DST when you will actually be causing even more complications.	6/22/2014 10:30 PM
8951	My biggest complaint is that when the times change, high school students and jr. high students are walking in the dark and crossing streets in the dark. Pedestrian accidents occur. These problems could be avoided if DST were 6 and 6 not 8 & 4 months.	6/22/2014 10:29 PM
8952	I don't think daylight or lack thereof really keeps people from doing anything they want to do.	6/22/2014 10:29 PM
8953	When a chief was asked about what he thought of day light savings he said "Only a white man could think that he could cut the bottom of a blanket and sew it to the top and it would be longer."	6/22/2014 10:29 PM
8954	Outdated practice that serves only to confuse residents twice a year.	6/22/2014 10:29 PM
8955	Changing the clocks twice a year causes many more problems than it helps. Just the man hours spent changing clocks should negate any positive effects let alone the negative physical effects it has on the individual. I don't care which option you go with as long as the clocks don't change twice a year.	6/22/2014 10:27 PM
8956	I work full time but enjoy gardening in the evening. Switching back and forth is difficult for my family to adjust to, but to go with Arizona all year would mean I would never have enough daylight after work to do anything in my garden until May.	6/22/2014 10:26 PM
8957	Better physical and mental health if we follow the natural sunlight that our bodies have bewn programmed with.	6/22/2014 10:26 PM

8958	I think going to a permanent daylight savings (spring ahead and stay there forever) would be the best compromise. Good for those of us who hate changing clocks twice a year and disrupting routines, and good for	6/22/2014 10:26 PM
8959	Do not like daylight saving. Let's team up with AZ	6/22/2014 10:26 PM
8960	It takes at least a week to adjust to the time change. During that week I and my children are cranky and tired. It's time to get rid of it.	6/22/2014 10:26 PM
8961	Changing twice a year is a pointless inconvenience. Farmers get up with the ight, not the clock.	6/22/2014 10:26 PM
8962	We don't need it, it makes life unbearable with children.	6/22/2014 10:26 PM
8963	I believe that Utah should remain on Daylight Savings Time year round. In other words, do not move clocks back an hour in the fall, leave them where they are now. I believe that the questions of the survey are poorly worded, and that most Utahans completing this are likely confused with the choices. Based on comments I am reading in response to the news article on this topic on ksl.com, most people reported that they would like the time to stay where it is right now. People do not like it getting dark so early in the winter time. In a state where depression is already rampant, it would be detrimental to have any less daylight in winter. I would propose to those collecting data on the topic to rewrite the options, as they are confusing. Most people will vote to not have to move their clocks, but the "Create" option is confusing. Rather the choices could read: Continue to change clocks in spring and fall Move to Mountain Time Stay on DST year-round (where we are right now)	6/22/2014 10:25 PM
8964	I like it to stay light longer	6/22/2014 10:21 PM
8965	Daylight savings just messes with our natural schedules. This is an especially difficult time for the very young and the very old. It takes a couple of weeks at best for our bodies to adjust to the changes. The original need for daylight savings is gone, we are not a farming society anymore. Please pick a time and stick with it.	6/22/2014 10:21 PM
8966	Children need less light fall asleep and morning light to wake up for school. Daylight savings time is terrible for kids. It's unhealthy. Alarm clocks and light bulbs give people extra time.	6/22/2014 10:21 PM
8967	I prefer standard time over daylight savings because: my kids are able to go to bed earlier easier there for being able to get up earlier and be ready to function for the day. My kids and my self are much more tired after daylight savings time starts. I agree with the old saying "early to bed early to rise makes a man healthy wealthy and wise" daylight savings time encourages just the opposite. I have 5 kids and in order for me to be a good parent I need to be the best me I can be. In order for me to be the best me I HAVE to get up early workout and prep for the day while my kids are still sleeping. Mountain standard time helps with that and daylight savings time makes it easier. Even with mountain standard time year round we would still have plenty of light in the evenings all summer long! ☺	6/22/2014 10:20 PM
8968	More daylight hours means more hours driving safer on the roads especially in the winter.	6/22/2014 10:20 PM
8969	Having additional daylight in the evening is helpful with commuting, exercise, etc.	6/22/2014 10:20 PM
8970	I do not see any value in Day Light Savings. It does not save anything and is very disruptive to most people's lives.	6/22/2014 10:20 PM
8971	The "spring forward" and "fall back" change in time is so disruptive to our personal body clock as well as to my grandchildren's sleeping habits. It takes weeks to adjust and for what purpose? In the spring the children are going to school in the dark in the morning. That is not beneficial.	6/22/2014 10:20 PM
8972	I would rather have the extra hours in the evening with natural light for yard work, exercising, and other projects after my 8-5 workday. No since in wasting daylight in the morning time that is less useful before work. We already try hard to conserve energy this helps.	6/22/2014 10:20 PM

8973	I love the long summer evenings. I usually work outdoors in the summer until it gets too dark to see what I'm working on, which is around 10 pm. Shifting my outdoor work to early mornings is not acceptable to neighbors due to noise. Winter is very depressing when I have to go to work in the dark and return home in the dark. It causes seasonal affective disorder and depression, not being exposed to sunlight except on weekends. I'm helpless to stop the depression caused by lack of sunlight, since my employer (like most employers) requires we be in our cubicles from 8-5. I feel compassion for the kids who have to walk to school in the dark. Perhaps if we kept Daylight Savings time year round, and moved the school starting time an hour later, so the kids don't have to walk to school in the dark, the kids would also love the extra hour of daylight in the winter evenings, for outdoor play after school. The most bothersome is that it really takes 2-3 weeks of dysfunction to change my body clock to the new time change, and not be tired all the time. Like a walking zombie.	6/22/2014 10:19 PM
8974	With the Federal change to DST, it doesn't seem that a few months and changing back and forth has any benefit. Especially with young children, it's really hard on them.	6/22/2014 10:19 PM
8975	Don't mess with the clock! If you want more daylight get up earlier in the morning! We are more productive in the morning than we are with it staying so late at night..	6/22/2014 10:19 PM
8976	The inconvenience of the twice-yearly clock change is, for me, outweighed by the ability to think consistently of my schedule and take advantage of the longer daylight hours of the fall/spring/summer days.	6/22/2014 10:19 PM
8977	I see no benefit to changing clocks every six months. Choose a time and stay there.	6/22/2014 10:19 PM
8978	I really enjoy the extra daylight in the evenings. Because I work during the day, I often don't see any daylight during the day.	6/22/2014 10:19 PM
8979	I am less worried about whether we align or create. I just want to stop changing times.	6/22/2014 10:19 PM
8980	I prefer to stay with AZ/MST because it makes sense for the region we live in	6/22/2014 10:19 PM
8981	As a former student and as a mother of current students, I feel as though daylight saving time is counterproductive. The adjustment period twice a year is hard on children, and seems to serve no legitimate purpose.	6/22/2014 10:19 PM
8982	With the farmers having electricity, the need for morning light in the winter is not as mandatory.. The health risks and dangers that happen right after the switch in the spring are reason enough. The incidence of heart attacks during the two weeks immediately following are staggering. My own father had a massive deadly heart attack in the spring, right around that time, many years ago.	6/22/2014 10:17 PM
8983	Changing the time every few months is hard on me and my children for several days. Not changing the time would be easier to accommodate. Staying on MST allows us to have more time before work outside. Then in the evening it gets dark too.	6/22/2014 10:17 PM
8984	I live just over the Idaho border and do most of my shopping in Utah so a switch would be very hard on our family. I love Daylight Savings Time! I prefer my hours of daylight when I am awake to enjoy them. With my husband farming it is wonderful to give him time to take care of things after he gets home from his day job. People are more content in the sunlight than in darkness.	6/22/2014 10:17 PM
8985	I definitely don't want to be on Arizona time because I do enjoy the light in the evening. I'm not quite sure how late it would be dark in the winter months if we choose the spring forward option. I think the school children need it light to go to school but on the other hand I like it light poster in the evening too.	6/22/2014 10:16 PM
8986	I like having more daylight in the summer. The long evenings are great for outdoor activities. I don't have a strong opinion in terms of energy use, so it's really just preference.	6/22/2014 10:15 PM
8987	Changing the clocks does not control the sun. Let people change their own sleeping/waking habits if they so choose, and let everyone else be. The health implications of this twice-a-year change are simply not worth it!	6/22/2014 10:15 PM
8988	I think in another time, DST was useful for reducing crime or conserving energy (more light at night), but cutting an hour on one end and moving it somewhere else doesn't save anything. We have better night lighting for the crime, and the energy use should be similar. DST changing every six months is a hassle, especially for those with children.	6/22/2014 10:15 PM

8989	I would prefer that we pick a time and stay on that time. If people who farm think that one time or the other gives us more "light" they are wrong the sun doesn't care what our clocks say. I also don't think that it will effect the tourist revenue. Everyone has to adjust when they travel it is part of life. It is ridiculous to put our children and even working adults through a time change that totally throws our biological clocks off and in the long run really does cause harm. More accidents, less efficiency at work, tired students. All of this can be avoided if we just stay on one time.	6/22/2014 10:13 PM
8990	It is really hard for my children to get a good nights rest. It is hard to get into bed before 10 every night because it doesn't even get dark until 9:45. In the winter when we spring forward the kids are going to school in the dark.	6/22/2014 10:12 PM
8991	It is out dated and uneeded. Tales almost a month to get children in sync. As well as myself! !	6/22/2014 10:12 PM
8992	Never liked how the change effects my body, like it even less as a teacher. The change is hard on little kids sleep patterns and negatively effects their performance at school for at least a couple of days, more for some children. I have to adjust in my instruction for both daylight changes each year.	6/22/2014 10:12 PM
8993	.	6/22/2014 10:10 PM
8994	I prefer to do away with daylight savings to avoid the adjustment twice a year, and to align with Arizona. My second choice would be to create a new time using daylight savings time permanently. Either way, doing away with the biannual time change is my strong preference - it causes a significant impact to the entire population to benefit a small portion of the population.	6/22/2014 10:10 PM
8995	I prefer more daylight at the end of the day. I would like to spring forward an additional hour in the fall. Working until dark is depressing especially if it's only 5 or 6 pm.	6/22/2014 10:09 PM
8996	As a mother of five I have dreaded the change every spring and fall. It's so hard on everyone in the family to make the change--and I've always felt that the reasons for keeping daylight savings are for the most part antiquated and irrelevant. For most of us it is an unnecessary inconvenience that messes with everyone's internal clock. It causes stress for a month, worrying whether or not I have missed it. I don't necessarily care which time we go with, just so that we stick with it and forget the change every 6 months.	6/22/2014 10:09 PM
8997	I think that creating a system where we stay on DST all year round is better because it makes it so that it is light at more hours of the day that the general population is awake and businesses are open. Saving more energy in homes and businesses. This is true for both winter and summer. Today if we were on MST instead of MDT the sun would have risen at 4:57am instead of 5:57am.	6/22/2014 10:08 PM
8998	Keep the current DST as is year around.	6/22/2014 10:07 PM
8999	I don't see a purpose in it. If there ever was a purpose, it has long since gone. And I personally dread the "spring-forward" time of year.	6/22/2014 10:07 PM
9000	If the rest of the country has to do it, why should Utah be any different? Most of us have grown up with DST so it would be strange to not have that during the year.	6/22/2014 10:07 PM
9001	I would much prefer eliminating Daylight Savings time...hard on your body and on your sleep rhythms, making people more vulnerable to illness...as well as just a pain going back & forth. My elderly parents really struggle just getting all their clocks in synch...and then it's time to to it again.	6/22/2014 10:06 PM
9002	No real economic benefit. Just a lot of tired kids and employees.	6/22/2014 10:06 PM
9003	Daylight savings time is hard for people to get used to. You spend two weeks every fall and spring getting your body used to the time change.	6/22/2014 10:05 PM
9004	It messes up children's sleep patterns. And adults. It would be nice to not worry about it.	6/22/2014 10:04 PM
9005	I love the extra daylight in the evening. I do not like changing but would stay on DST in a heartbeat. As a former farmers son I would agree with the farmers that would also have the evening sun to work in. As far as schooling goes it hardly makes a difference they have dark in the morning anyway when it's not DST, just a bit shorter time that is dark and with little adaption and student education it would be ok. They then would have a bit of time with light in the evening.	6/22/2014 10:04 PM
9006	We don't need to be changing all the time. Pick a time and stay with it.	6/22/2014 10:02 PM
9007	I prefer to have no time change; I would like to keep it one way or the other. I would feel fine if we stayed on mountain time or daylight saving time, although my preference would be continuous daylight saving time (but I would defer to whichever one were less costly to maintain in the long-run).	6/22/2014 10:02 PM

9008	Let's return to God's time!	6/22/2014 10:02 PM
9009	Let us Fall back and NEVER Spring forward again.	6/22/2014 10:01 PM
9010	DST is an old, outdated, ridiculous policy. We need to change this as adjusting clocks is aggravating, unnecessary and stressful.	6/22/2014 10:01 PM
9011	It throws my kids off every time. They have such strong internal alarm clocks that the change just destroys them for a week or so.	6/22/2014 10:00 PM
9012	The change each season is jarring. I would prefer to stay on Daylight Savings time all year round to best utilize the sunlit hours.	6/22/2014 9:59 PM
9013	Please get rid of DST.	6/22/2014 9:58 PM
9014	I really would like to have daylight saving time all year.	6/22/2014 9:58 PM
9015	Daylight savings time is a unnecessary falsified changing of clocks to change schedules forced upon everyone and everything. lets make then time standard and let individuals changes their schedules if they choose to in the changing of seasons.	6/22/2014 9:57 PM
9016	My husband and I farm, and the extra hour at night is convenient, but as an educator, I see the effect it has on kids when we roll forward and roll back, and I think that we need to pick one or the other. I would be okay with matching AZ too, although it would be my second choice. I just want Daylight Savings to end.	6/22/2014 9:57 PM
9017	I like the added hour of light in the evening but hate changing. It's very hard on my kids and unnecessary. So I vote stay at spring ahead.	6/22/2014 9:57 PM
9018	Daylight Saving Time is COMPLETELY stupid. There is absolutely no need for it. Get rid of it.	6/22/2014 9:57 PM
9019	the only reason I care if so that my child doesn't have to go to school in the dark.	6/22/2014 9:56 PM
9020	Having worked in the school system for many years I have seen how daylight savings time effects the youth. It is best for them to not have to change their time.	6/22/2014 9:56 PM
9021	Inconvenient changing times in only four months Prefer more daylight in the evenings	6/22/2014 9:55 PM
9022	Daylight savings time has never made any sense to me. It is of no value to me or anyone I know.	6/22/2014 9:55 PM
9023	The change appears to reduce productivity every time it changes, both in the spring and fall.	6/22/2014 9:55 PM
9024	I think that having to modify our natural rhythms twice a year does a lot of damage to the quality of our sleep, with effects all year round. I personally would prefer to have daylight savings all year round because of the extra hour of sun after work in the summer, but my second preference would be to align with Arizona. Just as long as we get rid of the twice-a-year change.	6/22/2014 9:54 PM
9025	It's dangerous to lose the hour in the Spring because there are more car accidents the Monday after the change than any other Monday of the year. There are too many sleep deprived drivers that day. It's also dangerous in the Fall when we haven't gained the hour back yet. Children are going to school when it is still dark and have been hit by vehicles in the morning causing injury and even death.	6/22/2014 9:53 PM
9026	Daylight Savings Time is our favorite time of the year! If we were forced to choose one time and stay with it all year, we would most definitely choose DST, because we have an extra hour to enjoy the beautiful weather after work! We are also fine with the status quo, which is beneficial to school kids and commuters with a little extra light in the mornings. Please do not ruin Utah's already-too-short-summer by reducing the hours we can be outside in the evenings. Thanks!	6/22/2014 9:53 PM
9027	I prefer to stay with Arizona on Mountain Standard time because the touted benefits of Daylight Savings time just aren't there. One benefit was to supposedly help farmers with more daylight. Well, I farmed for 30 years and can say, "so what?" So you have an hour more of dark in the morning so you can have an extra hour of light at night? It's 6 of one and half a dozen of another. It's cooler in the morning and better for farming and working, not in the heat of the day which happens with Daylight Savings. Changing time schedules is extremely difficult for babies and children (and parents) to deal with. With Daylight Savings it's light until 10:30 or 11:00 p.m. at night and difficult to get children to bed at a decent time. Changing times upsets the body's natural light/sleep patterns and just isn't worth it. I fail to see the benefits of changing to Daylight Savings and request that we align with Arizona and keep Standard Mountain time. Thanks.	6/22/2014 9:53 PM
9028	Changing the time twice a year is so hard on my family! It takes weeks for my kids to adjust. I just wish it would stay the same and not change. . .	6/22/2014 9:53 PM

9029	I prefer the extra hour in the evening. The change in time makes no sense in the modern world.	6/22/2014 9:52 PM
9030	My family and I never seem to get our bodies acclimated during daylight savings time. And being a daylight only driver, I would always know when sundown is instead of maybe planning something, only to realize it will be too dark to drive. Keep the mountain standard time, please.	6/22/2014 9:52 PM
9031	I prefer to keep my body on the clock that it is most comfortable being on. I get really tired with the Spring time change and I never recover. I am an early riser and feel that the farmers will just get their work done earlier leaving the evening hours open for resting. This time changing has been a difficult thing on my health since it is implementation.	6/22/2014 9:52 PM
9032	It's hard on the body (and kids) to switch time like this. It's a think of the past. Most of the world does not use it. Arizona is the only one with enough sense to not use it around here. I'd love to get rid of it.	6/22/2014 9:51 PM
9033	I do not feel daylight saving time offers any real benefit to Utah, or the world at large. I recommend we join Arizona and drop this outdated practice entirely.	6/22/2014 9:51 PM
9034	I work at a high school and I can see the negative effect that it has on students. Not only that, I can see the negative effect it has on my health as a result in the disruption of sleep patterns.	6/22/2014 9:51 PM
9035	While most of the US follows DST, I believe that the practice should be universally abolished. Though aligning with AZ would certainly cause some short to medium term confusion, I believe that the chance that maybe more states would start following suit is worth it. Please just get rid of this pointless tradition.	6/22/2014 9:51 PM
9036	I love having more light later into the evenings in summer but I also like having light in the mornings during the winter months	6/22/2014 9:49 PM
9037	Time change is an outdated concept. It's not needed, so lets join Arizona and Hawaii and soon the rest of the world will join too!	6/22/2014 9:48 PM
9038	With lighting available now, it seems unnecessary.	6/22/2014 9:47 PM
9039	I grew up in Indiana, which unfortunately now observes DST. But I much preferred not having to worry about the semiannual time change. I've never heard any good persuasive argument for it. It just seems it happens because "everyone else is doing it."	6/22/2014 9:47 PM
9040	Disadvantages far outweigh any possible advantages. The switching to and from DST causes an increase in car accidents and heart attacks, for example. It's inconvenient for many and difficult for some. I hate it. It takes me a few weeks to get used to doing things an hour off from normal.	6/22/2014 9:46 PM
9041	I think Utah should keep DST year round (in other words, keep the time we have NOW and do not "fall back" an hour in the fall. As a parent and school teacher I have seen the negative impact DST has on children. It often takes my students weeks to adjust, losing valuable educational time. Additionally, as a parent, it is struggle to get my kids dressed and out the door in the mornings after they've "lost" an hour of sleep. It takes their internal clocks such a long time to adjust. Additionally, I do not think most Utahans would enjoy year-round Mountain Time, as we would lose our long summer evenings that many of us so enjoy.	6/22/2014 9:46 PM
9042	I like it light in the morning when I'm refreshed instead of light at night when I'm tired. I like light at night but you can't have both, right? I'm tired of changing clocks every six months. It will definitely make life easier not to have to change so often.	6/22/2014 9:46 PM
9043	Keep DST permanent, with no change back to standard in the fall. The extra light on summer night is amazing. I think it would be very beneficial health wise to have the extra light in the evenings during fall and winter.	6/22/2014 9:46 PM
9044	During the summer months it is much more productive to have more daylight in the evening than very early in the morning. Because of the shortness if daylight in the winter, it doesn't have much effect either way.	6/22/2014 9:45 PM
9045	Long over due	6/22/2014 9:43 PM
9046	I want Utah to create a new time that would essentially be Daylight Savings all year long. I participate in outdoor and family activities and more daylight in the evening would be desirable for my lifestyle. If it has been beneficial to have longer daylight hours in the summer, why would it not be beneficial to have longer daylight in the winter also?	6/22/2014 9:43 PM

9047	For me, there is no more depressing time of year than when we "fall back" and are suddenly plunged into winter darkness before even getting home from work. Obviously, regardless of what we do with the time, we will have fewer hours of daylight in the winter, but keeping the change a naturally gradual decrease prevents the sudden, depressing loss of any after-work time in daylight. By remaining on "daylight saving time" in the winter, we could all have at least some time for activity with kids, friends, pets, or loved ones before winter darkness sets in! I am so pleased the legislature is finally considering this issue seriously and I hope action is taken. Although I strongly prefer year-round daylight saving time, I would be satisfied with year-round standard time - please just end the time change madness!!	6/22/2014 9:42 PM
9048	I think time should be left alone and not changed or regulated by humans.	6/22/2014 9:42 PM
9049	Please get rid of daylight savings. It's unnecessary and difficult on children to change back and forth.	6/22/2014 9:42 PM
9050	I don't feel it really saves any money and its to hard to get kids to adjust.	6/22/2014 9:40 PM
9051	I would like to stay on daylight savings time all year. It is good for businesses.	6/22/2014 9:38 PM
9052	Prefer permanent DST (central standard time). In this way we won't need to adjust clocks and will still have evening sun. Would be nice to see the sun after work in winter months.	6/22/2014 9:38 PM
9053	It's unhealthy for children to keep changing their sleep schedule	6/22/2014 9:38 PM
9054	Too hard kids to change back and forth. Plenty if light in summer. No need for day lights savings.	6/22/2014 9:37 PM
9055	I hate it. Rakes three weeks to get my kids back on track.	6/22/2014 9:37 PM
9056	It's a wasteful and meaningless tradition for modern society.	6/22/2014 9:37 PM
9057	I've been a mother for 25 years now, and have noticed some real drawbacks with daylight saving time as we now use it. I think starting it earlier in the spring, while we still have longer, dark nights to help us get used to it, is better than what we used to have, but I still see a lot of problems. Children's body clocks can't just change overnight. Once this begins in the spring, they continue to go to bed at the same "real" time for quite a while. Because they are waking up an hour earlier every day, they start losing sleep immediately, and as it multiplies, they get really cranky. Some years, I can hardly wait for the summer to come, so that they can be done with school, sleep in, and finally, be happier. I think it also affects their learning ability if they don't get enough sleep at night, so the economic effects of Utah's children, not learning as well as they could, need to be considered, studied, and addressed. I know a lot of families who homeschool for this very reason of making sure their children, and they, get enough sleep. For those of us who don't homeschool, DST really is hard on our children. (Especially for the ones with early buses because they're often up even earlier.) I wonder about the medical effects as well, of children and adults not getting enough sleep. I know this may seem like an extreme point of view, but my oldest child is 25 years of age, and my youngest is 6. I've had the opportunity to watch the effects of this program on many children for many years, and I am astonished by what I've seen. I wouldn't have thought there would have been such an effect, but there is! If we were to go to daylight saving's time year-round, AND START SCHOOL AN HOUR LATER, that would take care of these problems. Thank you for studying this issue. I hope we can find the best solution!	6/22/2014 9:36 PM
9058	Daylight savings time disrupts and negatively affects those I work with. This results in a loss of productivity in the workplace and seems to last for several weeks. I see this specially in the spring. We have roughly 3 thousand plus people at our location. Arizona seems to prosper without daylight savings time. I believe they have a fair amount of agriculture there also, so I don't believe that argument tying e need for DST to farming.	6/22/2014 9:35 PM
9059	I have 5 young children at home under the age of 10 and have never found the transition overly difficult. I think that the unknown problems that arise from attempting the transition would cause more problems than just maintaining the status quo.	6/22/2014 9:34 PM
9060	The further South one travels, the less necessary it is for DST. It may be good for Arizona and Mexico, but I prefer to be able to work later in the evening than get up at 4:30 in the morning to use the daylight.	6/22/2014 9:34 PM
9061	It is disruptive to move back and forth between times. Hard to adjust to for everyone.	6/22/2014 9:33 PM
9062	Keep the light in the evening	6/22/2014 9:32 PM
9063	I think it doesnt help at all to have daylight savings time, it makes more sense to keep the same time all year round, because farmers and those who used to need it now have the technology to work day and night regardless of daylight savings time. it is now just cumbersome	6/22/2014 9:32 PM

9064	I love to get up early and get going. With Daylight Savings time the sun is already shining through my windows at 6:10 a m this time of year. It starts to get light 1 hour prior to sunrise. Without daylight savings time the sun would be up by 5:10 a m and it would be getting light before 4:30. I don't want to have to get up that early to enjoy the morning. Also I like it to be somewhat dark while I sleep and would prefer it to be dark at 4:30 a m. Please keep daylight savings time. I do think however it should end earlier in the fall then it does presently.	6/22/2014 9:32 PM
9065	The changing back and forth is what I dislike the very most each year. I would favor staying on Mt. Standard time the entire year.	6/22/2014 9:31 PM
9066	I think if the question was framed as "would you prefer to have had the sun come up an hour earlier today and for it to get dark an hour earlier tonight?" Then very few people would be in favor of doing away with daylight savings time. I think people immediately dislike DST because they associate it with losing sleep and changing clocks rather than gaining an hour of evening daylight.	6/22/2014 9:31 PM
9067	Go for it!	6/22/2014 9:31 PM
9068	Stop wasting time with DST and get to issues that need real involvement. Everyone is familiar with, and knows how DST works. Everyone accepts it, albeit sometimes disgruntled. Spend some more time on air quality or something.	6/22/2014 9:30 PM
9069	It is pointless to change the time.	6/22/2014 9:30 PM
9070	Please end DST. The benefits gained from embracing DST no longer carry the weight they once did in our current society.	6/22/2014 9:29 PM
9071	Health is negatively effected by the time lost. Extended daylight is a moot point with the invention of light bulbs and alarm clocks.	6/22/2014 9:29 PM
9072	Why follow other States. We are so unique in many other ways, why not be creative and do our own DST and keep to the same time year round.	6/22/2014 9:29 PM
9073	I love having it stay light after I get off work to enjoy the out doors.	6/22/2014 9:28 PM
9074	From a health and wellness standpoint, it just doesn't make sense to keep putting our bodies and the bodies of our children through jet-lag type recovery two times a year!! It compromises work production in adults, educational progress in children, and health detriments to both!!!	6/22/2014 9:28 PM
9075	Agricultural farmers have to get up way before the sun rises irregardless of when day light savings occurs. So to me, day light savings seems irrelevant.	6/22/2014 9:27 PM
9076	DST has never made sense to me, even growing up on a farm. The sun comes up and the sun goes down. It doesn't matter what the hour is - it doesn't change the amount of daylight, so why change the hours for half the year?. Since I've had kids, it's a nightmare to realign their schedules. It's outdated and a nuisance.	6/22/2014 9:27 PM
9077	Stay aligned with Arizona and Mountain Time...the change with the time change causes a disruption with our school children. It is no longer necessary with the reduction of agricultural society. Please stop the Daylight Savings!	6/22/2014 9:27 PM
9078	I would like daylight savings time to be all year round. Light later in the day makes me more productive and gives me more time for business and personal activity when I am awake.	6/22/2014 9:26 PM
9079	It's about time this became a possibility.	6/22/2014 9:26 PM
9080	I believe Ben Franklin did this so the farmers had more daylight hours. The question is, do we still need this. It is kind of a pain to go back and forth.	6/22/2014 9:26 PM
9081	I'm either for getting rid of it or the spring forward permanently option.	6/22/2014 9:25 PM
9082	My reasoning for a permanent change to a daylight savings time is based on the psychological impact that it has upon me and my family. During MST when the daylight hours are shortened, I would benefit greatly by having one more hour of light available in the evening. It is very depressing to me to leave work when it is already dark whereas having light in the early morning hours seems a waste of that light.	6/22/2014 9:25 PM
9083	I feel people are more productive in early morning light. I see that in the productivity of professionals and their employees in the Las Vegas area as they are on the eastern edge of the Pacific time zone. Many in Southern Utah also have clients and business relationships in the Las Vegas Area.	6/22/2014 9:24 PM
9084	I look forward the DST change every year. It wouldn't me summer without the long sun setting later.	6/22/2014 9:23 PM

9085	It takes weeks to recover from the spring forward or fall back.	6/22/2014 9:22 PM
9086	I strongly dislike daylight savings. It is difficult to adjust to the new schedule, especially for mothers and younger children, who thrive on consistent time structure.	6/22/2014 9:22 PM
9087	I have disagreed with daylight savings time from the time it was first forced on us. It puts the kids on the street at bus stops when it is still dark in the morning. It does not save energy and is a nuisance when the time changes in many areas, including adjusting to the change effect on sleep. At the very least it should be one or the other year around.	6/22/2014 9:21 PM
9088	It seems to work fine the way it is. If ain't broke don't fix it.	6/22/2014 9:20 PM
9089	Daylight time allows reasonable recreation and family outdoors time following work hours in the summer months. Also, being out of step with the rest of the nation would make Utah look clannish and foolish. Referring to Hawaii and Arizona is apple & oranges as both states are located geographically much further south and closer to the equator making for naturally longer days. If Utah were so situated killing DST would make more sense. Also, better check with the airlines, bus companies & Amtrak and see how much redoing their schedules to accommodate an out of step Utah would cost.	6/22/2014 9:19 PM
9090	It's easy enough to remember that twice a year I need to change my clock by an hour. Actually, most of my time displaying devices automatically change the time for me anyway. I think it would be a lot more difficult to remember that during one part of the year we're this many hours behind that other time zone, but during another time of the year, we're this many PLUS ONE hours behind them. I think it's more convenient to follow the national standard, rather than trying to feel special like Arizona. I have to wonder if the desire to change Utah's use of Daylight Savings is more a symbolic gesture, a way of giving the bird to the federal government, than it is a useful, needed change. And I like late sunsets in the summer.	6/22/2014 9:18 PM
9091	I wish we would get rid of daylight savings.	6/22/2014 9:17 PM
9092	I think we should be like AZ and not spring forward or jump back	6/22/2014 9:16 PM
9093	Leave things alone-it doesn't help anyone to have the time changed forward, then backward...quit messing with our body clocks twice each year.	6/22/2014 9:16 PM
9094	Please keep it daylight savings all year round. It is awful when it gets dark at 5:00 in the winter, and who need the daylight at 4:30 a.m. in the summer. I love it when it is light until 10. Please don't make us suffer in the dark.	6/22/2014 9:15 PM
9095	I enjoy the extra daylight at the end of days during the summer.	6/22/2014 9:14 PM
9096	I enjoy the extra daylight at the end of days during the summer.	6/22/2014 9:14 PM
9097	I believe that we can save so much on car accidents by stopping having Daylight Savings Time. It has caused so many accidents because of messing up people's sleep schedules.	6/22/2014 9:14 PM
9098	The original reason for daylight savings time seems no longer valid in todays society.	6/22/2014 9:13 PM
9099	DST is a farce. People can adjust their schedules to match the length of daylight without changing the clock back and forth.	6/22/2014 9:13 PM
9100	Every human has a biological clock that was set to align with Nature -- that is, the rising and setting of the sun. It disturbs that rhythm to have a man-made schedule that yanks a person from one time schedule to another. Healthwise, it makes it difficult for every age group to adapt to the change of daylight-savings time. Children lose valuable education time while trying to adjust. It is known by the medical field how important it is to have a good sleep pattern. That rhythm is definitely affected by the adjustment to a time change. It is ridiculous to say daylight savings time is better to attract tourists. Tourists are people who are free to adjust their visiting hours. Having a different time schedule in various States causes more confusion than if they could depend upon a standard Time Zone to be the same everywhere. Hawaii and Arizona attract as many tourists as any place, and tourism thrives without a back and forth time change. Farmers and Ranchers are attuned to a rhythm with Nature no matter what the clock says, and since they are so important to our livelihood, why not follow their example? Thank you for letting the citizenry speak!	6/22/2014 9:12 PM

9101	The choices in question #1 really need to be rewritten. The options are very unclear. It should be rewritten something closer to the AP news release that stated the options are "keeping the current system; aligning with Arizona to stay on Mountain Standard Time year round; or keeping daylight saving time all year." Part of the problem is that people are confused themselves already as to what "Daylight Savings" even means. Many say "I hate Daylight Savings" when in fact it is the CHANGE to DST and from DST twice a year that they dislike. Many people (such as me) would LOVE to STAY on DST year round. It would avoid the two weeks of grogginess each year, and, best of all, moves the "extra" hour of sleep into the evening which is when the majority of people can make most use of it - once they are home from school and work. Some argue that it will be more dangerous to have it be dark in the morning (e.g. kids getting hit by motorists), however, that danger pales in comparison to the danger of obesity that we all face due to having such a sedentary life indoors. Having an hour of daylight in the evening would not cure that problem, but would be a big step in the right direction. Please keep us on DST all year long!	6/22/2014 9:11 PM
9102	Staying on the same time year round would be convenient in some ways for Utah residents. I favor the option of staying on Mountain Daylight Time all year round for a few reasons. In mid-summer sunset would be between 8 and 9pm (as it currently is). In the middle of winter, however, sunset would be around 6pm instead of 5pm. Having the extra daylight in the evening allows for more recreational outdoor time after regular work hours. It would save energy during both seasons by providing more natural light during the majority of residents' waking hours. If Utah stayed on Mountain Standard Time year round then dawn on the summer solstice would be at approximately 4:24 am with sunrise occurring at 4:57 am, sunset would occur at 8:00 pm with dusk at 8:33 pm (based on sunrise/sunset times for Provo--times would vary throughout the state). The extra hour of daylight in the early morning is not as useful or productive for the majority of Utah residents. During the winter, Utah would be on the same time as Pacific Time (California, Oregon, Washington, and northern Idaho). During the summer, Utah would align with Montana, Idaho, Wyoming, Colorado, and New Mexico. Some might argue that if Utah were to choose to stay on one time zone that it would be easier to align with Arizona. While it would be easier for non-Utah residents to keep track of what time it is in both states, this plan would not serve the people of Utah. Utah's climate and geographical location is different than Arizona's, thus necessitating a time zone that would serve its own residents most. Finally, as someone who has lived on the eastern side of time zones for several years and having endured sunsets before 4pm in the winter (in northern Idaho and also Tennessee) and experienced sunrises before 5am in the summer, I am strongly against any proposed time changes that would cause either of those scenarios for anyone in the state of Utah. Early winter sunsets are a major contributor to seasonal depression while extremely early sunrises in the summer are a waste of daylight hours that would be more useful and enjoyable if pushed to the evening. Staying on Mountain Daylight Time year round would avoid both of those issues.	6/22/2014 9:10 PM
9103	It is so hard on my kids and myself. It happens during the school year. Fall and spring.	6/22/2014 9:10 PM
9104	Do away with it. We live in a day in age where we have electricity and dont need early light for farmers etc. I am a full time delivery driver and have noticed that the work day following a time change is one of the most dangerous days to drive due to drowsy, sleep deprived drivers. Leave the time alone. Never change from the current time.	6/22/2014 9:09 PM
9105	Why do we throw one more hurdle at students each school year when we change time in the fall and spring? Adjusting to the time change costs valuable learning time. Its really a shell game; the amount of daylight doesn't change.	6/22/2014 9:09 PM
9106	I have very serious, sleep problems and every time they change the time it makes it really rough. If they could just set it one way and leave it, it would help a lots of older Folks.	6/22/2014 9:09 PM
9107	Keep daylight savings!	6/22/2014 9:09 PM
9108	The time changes are difficult to align to. We don't really change our schedules so much as we just do without sleep because it's hard to get used to and about the time I do, it's time to change again.	6/22/2014 9:08 PM
9109	Messes up my internal clock, the kids' clock, makes me late for stuff if I forget to change my clock. Makes me tired.	6/22/2014 9:07 PM
9110	Let nature dictate the rhythms of our lives.	6/22/2014 9:06 PM
9111	I'm for no time change! Either have it year round, or don't have it at all! Finally, a change that might be a good change so that there is no change. I'm so absolutely sick of changing all of our physical clocks, and our physical bodies have to adjust. Get rid of this antiquated tradition.	6/22/2014 9:04 PM

9112	I feel it would be best to stay on daylight savings year round. I believe the extra hour that we would gain during winter months would help the ski season and help people with cabin fever during the winter months by allowing them more time after work to enjoy some sunshine.	6/22/2014 9:03 PM
9113	I would like more evening light during the winter (dark at 5:30pm instead of 4:30pm) and the current DST would provide that. Also it wouldn't cause it to be too light during the early (before 6am) hours during the summer. Thank you.	6/22/2014 9:01 PM
9114	Changing times twice a year seems like a huge inconvenience that doesn't even feel necessary to to my or anyone I know. I'd support either aligning with Arizona or sticking with daylight savings time all year.	6/22/2014 9:00 PM
9115	It's a practice no longer really needed.	6/22/2014 9:00 PM
9116	DST complicates software whenever there is a change. If you are going to change it, just eliminate it. We already have to deploy patches to embedded devices whenever the date we go forward and back. Just think about having to keep track of hours worked when someone works during the time change. Even if people avoid it we still have to make sure the software works and presents the correct times. I always have difficulty sleeping when the time change occurs, but we don't have to worry about AZ.	6/22/2014 9:00 PM
9117	Energy. DST might reduce the US electricity usage by 1% during March and April. The National Bureau of Standards, suggest it has zero effect. Safety. studies show that it makes no difference, others suggest a 0.7 per cent reduction in traffic fatalities during DST. Health Clock shifts disrupt our circadian rhythms. A 2012 study by University of Alabama at Birmingham's Martin Young found that the risk of heart attack surges by 10 percent on the Monday and Tuesday after moving the clocks ahead an hour each spring. also found that heart-attack risk decreases 10 percent when clocks fall back.	6/22/2014 8:59 PM
9118	As a student and healthcare worker its very hard to keep up with changing schedules. I often have to adjust to many different schedules and still keep up on school and my job. Daylight savings has always been a hard adjustment to make. I understand the reasons behind it, but I think our bodies would do much better if we were not messing with their natural clocks.	6/22/2014 8:58 PM
9119	Get rid of DST already... It is just a big pain in the butt--why do we need to change our clocks for half the year? DST doesn't even save power like they thought it would.	6/22/2014 8:57 PM
9120	Daylight savings time gives people more daylight to play after work in the summer (fishing, cook-outs, and other fun).	6/22/2014 8:56 PM
9121	DST does nothing, it does not magically make the day longer and the toll it takes far outweighs any potential benefits.	6/22/2014 8:55 PM
9122	If people want more daylight hours then they need to get up earlier not stay up later.	6/22/2014 8:55 PM
9123	Get rid of it. We don't need the time to change. Most of us are not Farmers who are run by sunlight. It's unnecessary to change the time twice a year. Let's simplify and just always keep it the same time.	6/22/2014 8:53 PM
9124	It is always a pain to get used to a new time and I have ornery children because of it. I also have family in Arizona and it would be nice to always be on the same schedule.	6/22/2014 8:53 PM
9125	Cost benefit analysis shows that DST has large benefits for the economy and should be continued. This is why the Bush administration expanded the policy.	6/22/2014 8:51 PM
9126	I prefer the summer nights to not be so long, I like a few hours of dark before going to sleep at night.	6/22/2014 8:50 PM
9127	What ever you do, just pick a time and leave it alone. I hate the time changes twice a year. My preference is for permanent DST.	6/22/2014 8:49 PM
9128	The time change affects health, safety, productivity and wastes money. It is no longer necessary in this 24 hour global work day. It is better to just stay the same.	6/22/2014 8:49 PM
9129	Health and safety reasons, body rhythms. Technology that is so available to do business anytime and anywhere.	6/22/2014 8:48 PM
9130	I prefer the "spring forward" option because I feel that switching from standard time to daylight savings time and back is annoying, I would like to have more light in the evenings in winter, and I don't think many people need light starting at 4:30 am in the summer.	6/22/2014 8:47 PM

9131	I would love it if it didn't get dark as early in the winter. Also, as a mother of small children, I do not like it to be so light in the morning as it encourages children to wake up earlier. Keeping Daylight Saving Time permanently would align with my family's schedule much better.	6/22/2014 8:45 PM
9132	Cutting off one end of the blanket and sewing it onto the other end does not make it longer. As for the day, it is only a rediculous nuisence twice a year. Get rid of this nonsense.	6/22/2014 8:45 PM
9133	It is very disruptive and takes a while to get adjusted to the change in the Spring and Fall. I would like to see it be permanent one way or the other	6/22/2014 8:44 PM
9134	I prefer sunlight later in the day. I hate the time change that we go back to for winter.	6/22/2014 8:44 PM
9135	I don't really care if we use Daylight Savings Time or Mountain Standard Time....but let's just pick one and stick with it. Changing back and forth twice a year is madness. I have never met a person that actually likes changing the clocks every six months. It's only one hour, but it's crazy how much it affects an individual.	6/22/2014 8:43 PM
9136	Day light savings ruins my kids sleeping schedules. Lets get rid of it!	6/22/2014 8:43 PM
9137	Last time I checked the sun doesn't care much. I think we should align because it is only one hour. Which does not affect anyone in particular. We can even fall back 30 mins. And just stay there	6/22/2014 8:43 PM
9138	Any thing we can do to simplify our already over encumbered life will be welcomed.	6/22/2014 8:43 PM
9139	I love DST for a couple of reasons; I have SAD and need all the light I can get. I also work all day and it is nice to have time after work to be outdoors. My kids were raised with DST and I don't feel their schooling suffered. They adjusted to the time changes twice a year with no problems	6/22/2014 8:42 PM
9140	I don't like the time change, so I'd like to keep daylight savings all year because I hate having the sun set at 5pm in the winter! I'd like more sunlight after work when my family can enjoy it. Mornings are just spent in getting ready to go to work and school. We don't need sunlight for that.	6/22/2014 8:41 PM
9141	I've never been convinced that there is an advantage to Daylight Savings.We are all productive a certain number of hours per day. If we get up earlier, we turn on the lights and get ready. There are too many negatives Kids killed walking to school in the dark,the inconvenience to twice a year scheduling changes. I have NEVER talked to one person who would vote to keep it. I am glad that the usefullness of this yearly ritual is being considered.	6/22/2014 8:40 PM
9142	I love having longer sunlight. After our dreary, dark winters, it fuels my soul to see the added minutes of sunlight.	6/22/2014 8:40 PM
9143	Many of us work until 5:00 and need the extra daylight in the evening for outdoor activities. We encourage people to get off the couch and be active. I believe that people are more active and healthy when they have more daylight in the evenings.	6/22/2014 8:37 PM
9144	There is no reason for it anymore.	6/22/2014 8:37 PM
9145	Need more time after work to get things done	6/22/2014 8:36 PM
9146	people constantly adjust their schedule to fit changing conditions even to spring and fall time changes leave it at one setting	6/22/2014 8:35 PM
9147	I do not like adjusting every spring and fall. Also, trying to fall asleep when it's still daylight in the summer isn't very desirable. It stays light way too long.	6/22/2014 8:34 PM
9148	I feel very strongly that we should retain the DST. I work long hours and I like to participate in many activities after work. I would miss that extra hour of enjoyment with the family if it goes away. To adjust one hour twice a year is no big deal. I travel several times a year and you almost can't go anywhere without changing time zones and it's no big deal. If you go east coast its a 2 hours change and that still isn't dealt. People who complain about losing an hour once a year just need to go to bed an hour earlier that day. I work with several businesses in Arizona and it's always difficult to figure out what time it is there. We would be out of sync with the rest of the country and that is not convenient for them or for us. Keep it in place please.	6/22/2014 8:34 PM
9149	It is difficult to adjust to the changes every time it happens. It is difficult on my kids since they both happen during the school year. It wasn't too bad when there was 6 months between the time but now that there is only 3 months between the changes, what is the point?	6/22/2014 8:34 PM
9150	I detest having my internal clock patterns messed up twice a year. Leave it alone.	6/22/2014 8:33 PM
9151	Staying light later in the evening will boost tourism with being able to ski later. It will also elimate my seasonal depression from it being pitch black when I get off work in the winter.	6/22/2014 8:31 PM

9152	I grew up in Arizona. Switching back and forth each year, to me, is a nuisance that I'd be happy to do without.	6/22/2014 8:30 PM
9153	I am all for getting rid of the time change, either way. My #1 choice would be keeping it lighter after work/school all year round, but my #2 choice is getting rid of daylight savings. It reeks havoc in my home with my children. By the time they adjust to the time change, it's about time to switch again. The fall is the worst when everyone wakes up at 5 a.m. instead of 6, 6 is bad enough...	6/22/2014 8:29 PM
9154	it is ridiculous to change this and have everyone's deep body clock disrupted two times per year.	6/22/2014 8:29 PM
9155	Changing time is not helpful or beneficial to Ag. Stop using us as an excuse. Consistent time is a better option when raising and caring for animals.	6/22/2014 8:28 PM
9156	The original need for daylight savings is understandable, however, farmers and consumers in general have evolved with technology advancements and the needs of the community around them to make the original daylight savings need irrelevant. Turning to the health and psychological benefits of aligning with Arizona make sense. It is time for Utah to evolve and use logic rather than tradition to make decisions such as these. Our position within the time zone leads to aligning with Arizona if a change is going to happen.	6/22/2014 8:28 PM
9157	Daylight later in the day seems to encourage people to be out, working, playing, shopping etc. Any inconvenience from the time change usually only lasts a couple days. It's worth the change.	6/22/2014 8:25 PM
9158	I don't care whether we live by DST or MST. I do not like having to go through a time adjustment twice a year and would prefer to stay on one or the other year around. My husband prefers DST, and I prefer MST, but neither of us likes the change. It's hard enough for us to adjust, but anyone with children knows it is even more difficult for them.	6/22/2014 8:24 PM
9159	Az has prospered w/o DST. The pro DST arguments are mostly specious w/o reliable data. The inconvenience and lost labor and increased injuries outweigh any perceived (but largely undocumented) advantage for tourism, etc. If any one person or entity wants to change their hours they can, but it makes no sense to burden all citizens for the needs of the few. Do away with DST	6/22/2014 8:24 PM
9160	More than wanting to align with Arizona or staying straight DST, I just want to do away with changing every 6 months. I have relatives in AZ that like it and I think I would like that option better.	6/22/2014 8:23 PM
9161	I think daylight savings is stupid in general no matter what state I'm in.	6/22/2014 8:22 PM
9162	I would love staying on MDT all year round. I like the sun staying up longer. Whatever is done, stop switching times twice a year.	6/22/2014 8:21 PM
9163	Daylight Savings Time is an outdated idea. We don't need it. It doesn't provide enough of a benefit to outweigh the negatives. Please end DST.	6/22/2014 8:20 PM
9164	I have talked this over with my family and we all like it lighter in the evening all year long. So I would like to see us stay on daylight savings time all year long. most people that I talked with do also like the lighter when we have time to do things after work. So I would like to see us stay on the daylight savings all year.	6/22/2014 8:20 PM
9165	I live in Arizona. Those of us who never deal with out of state businesses are quite oblivious to the rest of the nation switching their clocks back and forth. The rest of us -- those who deal frequently with out of state businesses -- have far more hassle to deal with, since for half of the year we're in sync with California and the other half Colorado, three hours behind the East coast, and then suddenly two hours behind. Changing our calendaring to keep track of who we are in sync with twice is vastly more disruptive than your simple task of setting a handful of clocks forward or backward twice a year. If you can't get the whole nation to do it, don't bother.	6/22/2014 8:20 PM
9166	Changing the time is archaic. Pick one and stick with it.	6/22/2014 8:19 PM
9167	I wish we would keep day saving time all year long. I love having more light at night even in the winter. I know that it is really dark in the morning during December and January but then it starts lighting back up. I think most people like the time during the summer the best.	6/22/2014 8:19 PM
9168	Nothing is worse than trying to readjust from this jet lag!	6/22/2014 8:16 PM
9169	Dst disturbs biological clock. School kids late for school arizona business has not been hurt summer evenings are long enough on std time we are not at war and do not need phoney energy savings	6/22/2014 8:16 PM
9170	I lived in AZ and I loved not having day light savings time.	6/22/2014 8:15 PM

9171	I get up at 3 am to milk cows anyway and springing ahead to 2 am is the hardest thing to over come there are 16 hrs of daylight in the summer to work why change the time.	6/22/2014 8:13 PM
9172	I prefer it to be light later. I don't like to drive at night.	6/22/2014 8:11 PM
9173	Pick a time and let's stay on that time all year around. When we change time it takes over a week to acclimate to the new time so children are tired and I'm tired.	6/22/2014 8:10 PM
9174	Because of my depression, I dont make the change easily. This isn't about farmers, this is about recreation activities. I think it should go back to mdt	6/22/2014 8:09 PM
9175	I hate the time changes and have wished for very many years that we would go off of them and just stick with a single consistent time year round. I prefer sticking with Arizona so that we are not entirely alone in our time preferences.	6/22/2014 8:09 PM
9176	Lived in Arizona and loved not having to change the clocks. Seriously wanting to move back to UT, and this would definitely increase my odds of doing so.	6/22/2014 8:09 PM
9177	I lived in AZ where we do not go along with it and life was perfectly fine	6/22/2014 8:09 PM
9178	I believe the majority of Utahans would prefer to stay on standard time. I form that opinion as a result of conversations the repeatedly arise during the change over. Daylight savings seems to be catering to the minority. Please just go back to standard time and leave it there.	6/22/2014 8:07 PM
9179	I thinks it is too harsh for everybody to have to adjust their bodies twice a year to a new schedule, specially the children, and those of us that go to work early in the morning.	6/22/2014 8:07 PM
9180	I live in St George, and daylight savings time allows me to get outside and be active (running, biking, hiking) after work during the winter and in the morning before work during the summer. If we went to pure standard time, the winters would be too dark to exercise in the winter, and I would have to get up around 4am to avoid the heat of the summer. Please either leave it unchanged or move to a pure "spring forward" schedule.	6/22/2014 8:07 PM
9181	END DAYLIGHT SAVINGS TIME It is ridiculous. If that cant be done leave it DST, changing back and forth is .hard on some people.	6/22/2014 8:05 PM
9182	DST does not add hours to a day. There are 24 - always have been/always will be. DST does not give more time for families, for work, or for play. We are a 24 hour state/nation/society, i.e., education/schools, gym/exercise, entertainment, travel, farming/ranching, shopping, sports etc. Our buildings are energy efficient, self-contained environments running day and night. Our autos have mandated energy requirements. Our environmental conscience is at work for energy efficiency in all matters, even our light bulbs have changed the energy they use. Because of this 24-hour lifestyle we have more drowsy driving, more sleep deprived children and adults everywhere. Look around your community: how late are city recreation leagues playing ball? how many workers extend hours for four days to have an extra day off? how many stores are open 24 hours? how many models of farm equipment do not have lights, AC, radio? what time does TRAX/UTA begin operating in the morning and what time is their last run? Utah population has exploded to 2.9 million in 2012 and daylight savings time does not offer the benefits (health/time/family time/energy savings/etc that were once hoped for. I am not aware of a single study that is backed by actual facts that DST saves anything. Thank you. Pat and Paul Garner, Collinston, Utah	6/22/2014 8:05 PM
9183	It is an antiquated practice that does nothing more than create a reduction in productivity in the workforce and schools. As a parent, please make it stop!!	6/22/2014 8:03 PM
9184	Changing time is disruptive. I feel it would be better to stick with one time.	6/22/2014 8:03 PM
9185	we should maintain a single time and not change twice a year. i prefer to be with Arizona and stick to mountain time..	6/22/2014 8:03 PM
9186	It is hard to adjust to the new schedules, it's very hard on kids! And just seems over pointless and hard on the body to adjust.	6/22/2014 8:02 PM
9187	It's just not necessary anymore.	6/22/2014 8:01 PM

9188	Having to live with this clock forward/backward for all my life. It has been extremely uncomfortable to implement it. I prefer to have one time the whole year. As I have worked in healthcare and emergency response for several years I have witnessed several problems with it. I have seen patients miss critical appointments times because of their unawareness of the time changes. Now that it has been extended to earlier in the spring and go back later in the fall it has become the same nuisance as before. As I understand the reason why it was extended a few years ago to the elongated days we are in now was all because of $. More $ would be spent on outdoor events, shopping, entertainment etc. It was not that it would save more energy or lives. It was pure $ reasons. I know that my workers & customers have to get their physical internal clocks reset which takes longer to do than one or two nights. As I have also seen children struggle at school and home I also have concerns for them. Lets leave it to one time ONLY and not this back and forth.	6/22/2014 8:01 PM
9189	with all the change going on with the world it's time to go back to standard time.	6/22/2014 8:00 PM
9190	I see no benefit to daylight savings time. It jet lags the entirely population for a few days.	6/22/2014 7:59 PM
9191	It makes no sense to keep switching the clocks back and forth, especially since the Times set to change the clocks have been moved so close together. It would be nice to have clocks displaying consistent time. It is difficult for children to adjust to new Times twice each year	6/22/2014 7:58 PM
9192	It is difficult to adjust to the time change. It would be much easier to keep it the same all year.	6/22/2014 7:57 PM
9193	The need for daylight savings went away when we stopped working in the fields and needed the extra daylight (not slamming any farmers).	6/22/2014 7:57 PM
9194	There is no purpose to having DST! Farmers get up with the sun and go to bed with the sun no matter what the clock says. (Perhaps it does allow the recreationer to stay out later but really) Why do we need it to be lighter longer in the summer when sunset is already around nine o clock. My inner clock stays the same and it makes it hard for me to get up an hour earlier. I think there has been plenty of research on the effects on our health already. So I vote to quite switching back and forth and follow the light (the sun) as it should be.	6/22/2014 7:55 PM
9195	I see no benefit to adjusting time twice a year for the different seasons. I believe that being in tune biologically with the changing seasons is how we've evolved to function best and artificially adjusting the clock every year has serious biological consequences, productivity losses and has been unable to show any significant scientifically established benefit to our populace. I'm in support for either DST or MST year round, pick one and get on with a change that will improve all of our lives. I lean more to MST because Arizona and Hawaii already have it year round and to diverge from that would only make it more difficult to reach a national agreement on a single time standard that eliminates twice yearly adjustments.	6/22/2014 7:53 PM
9196	i prefer to keep the same time year around. Changing even an hour causes confusion and fatigue, plus children just don't understand that change during the school year. Time change just throws everyone off schedule	6/22/2014 7:51 PM
9197	I think daylight savings is hard on moms and kids.. You get in a good routine and then daylight savings comes and then your kids are waking up earlier, then you finally get it down and it happens again! Also it would be so great to have it not get dark at 5 in the winter.	6/22/2014 7:50 PM
9198	Mountain standard time, prefer. I support any time that would keep the school children safe in the morning. Thankyou	6/22/2014 7:50 PM
9199	I don't get the big deal, its a one hour change. Its like flying to California or Chicago. If there is no daylight savings time it will be broad daylight at 4:30 a.m. In the summer. The long daylight helps with tourism, it's wonderful for doing things in the evening after work. We need to we change daylight savings time.	6/22/2014 7:50 PM
9200	I'm a native Utahan, though I now live out of state. In our modern world with climate controlled buildings, the electric light, and people awake all hours of the night, the idea that changing time twice a year will benefit society or save energy is laughable. What it does is confuse people and disrupt sleep patterns twice a year. The sleep disruption can take time to be negated and, in the meantime, people are less productive than they would have been if they'd have been left alone. Though I personally prefer Standard Time, I wouldn't be opposed to adopting the permanent use of DST. Just pick one and stick with it! After all, if DST is so amazing, why do we bother flopping back to Standard Time for a portion of the year (especially since we currently use DST for a majority of the calendar year). Logistically, it makes most sense to align with Arizona. No sense in creating wildly different time zones all over the place. Also, sticking with Standard time helps kids get to bed at a reasonable time since the sun isn't up until nearly 9pm. For the sake of civilization, DITCH THE SWITCH!! (As in stop switching time back and forth)	6/22/2014 7:49 PM

9201	I like having later daylight hours in the winter.	6/22/2014 7:49 PM
9202	I have small children and the time switches wreak havoc on their schedules. they are up too early, or too late, their naps get off, bedtime is off, etc. When the sun is still up it's hard to get them to sleep and when it comes up earlier it's hard to get them to stay asleep long enough.	6/22/2014 7:49 PM
9203	It seems counterproductive to make it dark in the most depressing time of the year.	6/22/2014 7:47 PM
9204	I am 100% in favor of abolishing DST. I hate it. I have always hated it. And every year, whether it's time to "spring forward" or "fall back," I draw attention to this article as my way to protest this ridiculous practice. It's a short read - I hope you take a few moments to look it over. Among the valuable points made in the article is the fact that changing the time is actually costly and dangerous (e.g., the increase in traffic deaths on "Black Monday" each year). Changing our clocks is unhealthy and pointless. Pick a time and keep it the same year-round. There is no valid, data-based rationale for continuing this policy.	6/22/2014 7:47 PM
9205	I hate the change. I feel it causes me to be less effective and is disruptive to my sleep patterns needlessly.	6/22/2014 7:46 PM
9206	Please align! So much less stress! I lived in AZ for ten years and LOVED no daylight saving.	6/22/2014 7:45 PM
9207	Daylight savings is pointless.	6/22/2014 7:43 PM
9208	I like having daylight later in the evenings in the summer time. I do not want it to get light at 4:30 in the morning during the summer. I believe most people who "think" they want to get rid of Daylight Savings Time will regret it if we change.	6/22/2014 7:42 PM
9209	I live in Arizona, but do my business and shopping, etc in Utah. Aligning with Arizona time would eliminate a lot of confusion.	6/22/2014 7:41 PM
9210	I manage several technicians. The transition to DST results in some techs being off their game. Keep the time set in spring as it is dark early during the winter when DST has ended.	6/22/2014 7:38 PM
9211	It is outdated and pointless to continue DST. One way or another we should commit to one of the times and be done with the switching.	6/22/2014 7:38 PM
9212	Daylight savings time is outmoded. While it was a good idea when it was originally proposed, It no longer serves a useful function. In this modern age, we do not even see any energy savings from it. Most people are getting up earlier and staying up later, and are therefore using electricity both before dawn and after dusk. The time change only makes life more difficult in the springtime fore people to get to work on time for the first few days.	6/22/2014 7:38 PM
9213	Daylight savings time provides no real benefits to anyone while costing industries big time in lost productivity and time-keeping complexity. You may want to run this video around to those requesting education on the topic: https://www.youtube.com/watch?v=84aWtseb2-4	6/22/2014 7:37 PM
9214	As a programmer, it throws off a development schedule by making the team members tired; ergo, we create lower-quality code needed to create infrastructure in the private/public environment.	6/22/2014 7:37 PM
9215	As an elementary school teacher I have seen the negative impact on education of children during both time changes each year.	6/22/2014 7:36 PM
9216	Quit messing with the clocks. Leave it on MST or move it ahead 1/2 hour as a compromise and then leave it there indefinitely! If you need to get more done in a day, get up earlier!!! (I'm NOT a morning person)	6/22/2014 7:36 PM
9217	Summer is tricky for kids bedroom with daylight savings as it is because it status bright so late.	6/22/2014 7:36 PM
9218	I really enjoy having extra time after work to recreate and work in my yard before it gets dark.	6/22/2014 7:35 PM
9219	I do not see any savings. If it saved energy I would happily deal with it. But I have not found anything that shows it saves is anything.	6/22/2014 7:35 PM
9220	Daylight savings is antiquated, and just doesn't make sense. Light outside at 9:30 pm is harder to get kids and self in bed. I already boycott as much as possible, I change my business hours during day light savings. I'm self employed and can do so, many other people don't have a choice.	6/22/2014 7:33 PM
9221	Moving forward one hour is incredibly tough on students. It only feels desirable in the summer months but not necessary.	6/22/2014 7:33 PM
9222	It seems to mess with everyone's schedules and is hard for everyone to adjust to. I can't think it's saving that much in energy usage.	6/22/2014 7:33 PM

9223	Don't change the time, leave it alone. It is really hard on my health. It takes a long time for my sick body to adjust when we change the hour. It's really hard on me.	6/22/2014 7:33 PM
9224	I dislike adjusting my internal clock twice a year, it takes my kids several weeks to adjust to the time change. I thin it's best to leave the time alone all year.	6/22/2014 7:33 PM
9225	I would like to stay on one time or the other. It is difficult for most to adjust to the change. Just keep one time or the other	6/22/2014 7:32 PM
9226	I want daylight hours after the typical work day. Setting my clock back in the fall so that those daylight hours are while everyone is inside anyway breaks my heart every time!	6/22/2014 7:31 PM
9227	I like DST, but it needs to remain the same one way or the other.	6/22/2014 7:30 PM
9228	This survey should be redone. Option #3 is extremely ambiguous. What does it mean? Both 1 and 2 are easy to understand yet have an explanation. Does #3 mean that DST will be "permanent" meaning we shift to Central time without DST? Any results you receive while it is this ambiguous make the entire survey invalid in my opinion. I definitely want "permanent DST"	6/22/2014 7:29 PM
9229	Day light savings all year sounds great	6/22/2014 7:28 PM
9230	I like the longer summer nights, so stay on current DST and stop the twice a year change from now on. We are in a 27/7/365 world now so utilities savings is no longer a valid argument to me. There is no compelling reason to mess with sleep patterns that ultimately cost us in terms of lost productivity. Time to use common sense.	6/22/2014 7:28 PM
9231	The reason daylight savings time was created is now pretty much obsolete. Plus it's really hard to switch when you have small children. It throws off their schedules.	6/22/2014 7:28 PM
9232	Changing the clock doesn't add more daylight. It simply shifts the workday. Since this is desirable, let's do it all year round. Also, this shouldn't have anything to do with farming and ranching. Crops and livestock don't keep time.	6/22/2014 7:27 PM
9233	I would like to stay on standard time all year. It plays havoc with my body clock.	6/22/2014 7:27 PM
9234	I don't see any reason to continue daylight saving time. For me, it just messes up my sleep schedule twice a year and takes a few weeks to adjust to each time. I don't see any benefit in changing the time twice a year.	6/22/2014 7:26 PM
9235	I suffer from depression and changing times twice a year has a really negative effect on my mental wellbeing, which affects nearly every aspect of my life. When I do finally fell like is adjusted, the time changes again and the whole cycle starts all over. Please, please stop the madness and help me preserve my sanity!	6/22/2014 7:25 PM
9236	I would prefer to stay on daylight savings time year round. no more back and forth. just stay the way it is in the summer. The change every spring and fall is very annoying and makes for a difficult few weeks twice each year, and for what? Nothing.	6/22/2014 7:25 PM
9237	It is so hard for kids to go to sleep for school when it changes to DST. The one time I like it was the change to have it on Halloween. So much safer for the kiddos	6/22/2014 7:24 PM
9238	We live 4 miles for AZ. Changing times just doesn't need to be done.	6/22/2014 7:22 PM
9239	It just doesn't seem like something that is needed any more.	6/22/2014 7:22 PM
9240	There are genuine negative effects associated with our self-imposed twice-annual jet lag. Let's be rid of it!	6/22/2014 7:21 PM
9241	It would make sense to not have the change twice a year	6/22/2014 7:19 PM
9242	Keep daylight savings time all year. The extra hour of daylight in the summer is great. The time difference in the winter does not matter. Don't like the time changes.	6/22/2014 7:18 PM
9243	AZ has never suffered the dire consequences forecast by outdoor recreation retailers and car dealers, so I cannot believe that UT would be disadvantaged. On the other hand, there are demonstrable benefits to software support/service to effectively being on Pacific Time part of the year	6/22/2014 7:18 PM
9244	It takes a few weeks to adjust every time we switch times. We see a downturn in sales, my employees feel the strain for a few weeks, my children feel it, and I personally see no benefit from it.	6/22/2014 7:17 PM

9245	With due respect, with everything else we need to do, I cannot believe we are wasting time and money even looking at this. Experiencing the confusion with dealing with firms in Arizona because they are not aligned with the rest of the country on almost a daily basis, including Utah in that confusion is unthinkable.	6/22/2014 7:17 PM
9246	Daylight savings time can be more of a hassle. It's something that we created years ago, that is really not needed anymore.	6/22/2014 7:15 PM
9247	I love having the extended daylight in the summer when the temperatures are warm to allow for many outdoor activities. I want it to remain that way for fall and winter so that we maintain the afternoon and evening daylight longer. I don't think it matters that it is dark in the morning. I know there are some that argue for light in the morning for the school children, but a majority of them leave for school when it is dark with the way DST is now. I prefer it to stay in the spring forward mode.	6/22/2014 7:15 PM
9248	I prefer the extra daylight either by keeping daylight savings or springing forward always.	6/22/2014 7:14 PM
9249	It causes too many deaths from car accidents because of lack of sleep.	6/22/2014 7:14 PM
9250	We just need to leave things the way they began. No need to keep changing every few months. Leave MST alone!	6/22/2014 7:13 PM
9251	Daylight savings is hard on students and parents of students. It is also light too late at night in the summer.	6/22/2014 7:12 PM
9252	I think most of the usefulness of daylight savings has worn off. There is no point for most people. We can do what we need to do with or without the sunlight for an extra hour in the morning or evening.	6/22/2014 7:12 PM
9253	The best option is one that has daight savings time year round. It decreases the amount of depression particularly in the winter because most go to work on the dark and return home in the dark, but if it stayed lighter an extra hour, then it would stay lighter for more in the evening.	6/22/2014 7:12 PM
9254	Just leave it all year around.	6/22/2014 7:11 PM
9255	As a Dentist, I find Daylight savings time to be very disruptive to my practice. I see an increase in cancelled appointments during the weeks following daylight savings time. I also believe it disrupts proper oral hygiene. I strongly support moving to the Arizona model for time. Thank you!	6/22/2014 7:10 PM
9256	Daylight savings is an old practice that is no longer needed. Get rid of it and please stop making us change our clocks for no good reason. Only reason people like it is because they get an extra hour of day during the summer and they don't have to drive in the dark in the winter. Keep at aligned with AZ and stop making us change.	6/22/2014 7:10 PM
9257	Kids don't get it, and it is a nightmare trying to adjust them to new times twice a year!	6/22/2014 7:09 PM
9258	Stop moving the clocks. Just stop.	6/22/2014 7:08 PM
9259	I think leaving the clock alone is the healthiest option for everyone.	6/22/2014 7:07 PM
9260	Studies have shown that daylight saving does NOT conserve energy (like it was originally created for). Now it is only a nuisance. If we were to do away with daylight saving time we would not lose any sunlight, it would just happen during a different part of the day.	6/22/2014 7:07 PM
9261	Keep it simple. Stick with Arizona.	6/22/2014 7:06 PM
9262	I'm one who likes to follow a set schedule and daily routine in the mornings. I do this so I can get more accomplished and use my time better. I would prefer to do away with daylight savings time because it makes it harder to follow a set sleep schedule. My wife would prefer to not have it also. Thanks!	6/22/2014 7:05 PM
9263	I detest the constant changing of the time. I just get used to one and then we change. My biological clock doesn't care for that.	6/22/2014 7:05 PM
9264	It is very hard on kids to realign their schedules when the time changes. All of a sudden it is dark when they get on the bus, etc. It would be best to stay with standard Mountain Time and hope other states do the same as well.	6/22/2014 7:04 PM
9265	The current practice of daylight saving time is archaic in our modern society. Changing the clocks twice per year is almost complete nonsense. I'd like to see it set to the current +1 hour time we currently are on, as winter time would be dark too soon. Just leave it at that time all year long.	6/22/2014 7:04 PM
9266	The change causes me sleeping problems for 2-3 weeks twice a year. It is the change I object to.	6/22/2014 7:03 PM

9267	Daylight savings might have served a legit purpose in the early days of electrical infrastructure, but with mature systems it really isn't needed. Not to mention people and businesses can retask their own schedules without the government getting in to the mix.	6/22/2014 7:03 PM
9268	I thnk daylkight savings time, on balance, is good for the country, and saves energy. Conserving energy is basically a doubling of the available energy, with a corresponding decrease in pollution, particularly CO2, a main contributor to climate change. That in itself is sufficient reason to retain it.	6/22/2014 7:03 PM
9269	First I would like to say that I am not opposed to the CREATE option of creating a new time zone and would support it, if it meant no longer changing times. However, I feel that that the ALIGN option has the best chance of acceptance and would serve the State of Utah and her people well. In my opinion, daylight saving time provides no benefits to society. It just creates anxiety and confusion twice a year and disrupts life. It's hard my children with school and their sleep. It's hard on me and my wife with having to adjust everyone's schedule. It's especially hard when traveling for several weeks after the timezone change. I honestly cannot think of a single benefit to keeping daylight savings time. In doing my research on the subject I have found no credible reason to keep up with the practice of changing time twice a year and every reason we should abandon it. I know I am not alone and I have no friends or relatives that have any interest in keeping Daylight savings and all would like to see it go away. In the past several years it has only gotten worse with the earlier switching of times and the later return to "normal" time. The days don't coincide with the time on the clock and honestly it's not something we should have to deal with on a bi-annual basis. I am hoping and praying that the findings of this study will show strong support for the removal of daylight savings time and I appreciate the opportunity to comment. Thank you!	6/22/2014 7:03 PM
9270	leave the clock at one time and stop switching back and forth,	6/22/2014 7:02 PM
9271	I feel DST is an antiquated system. In todays modern age we are not as dependent on daylight hours to get what we need done. It can't be good for the human body trying to adjust twice a year. In the career Im in it is a waste of time having to change 50 clocks twice a year. Also, Im up at 4 am year round and the time change does not help me to be able to drive in the light during certain times of year.	6/22/2014 7:02 PM
9272	1. In the summer the sun would go down earlier so kids will go down earlier. 2. On the July 4th we could light fireworks at 9 pm rather than 10 pm. 3. Most important of all...we would never have to adjust to the time change again!!!	6/22/2014 7:01 PM
9273	I prefer having daylight in the evening after work, and would especially love it in winter, where currently you go to work before the sun goes up and go home after the sun has gone down during the shortest days of the work. If it were up to me, I would like to see Utah permanently on Daylight Saving Time. This would allow at least a little bit of sunlight to be seen on those earliest evenings.	6/22/2014 7:00 PM
9274	We should spring ahead and stay there forever	6/22/2014 7:00 PM
9275	The vote options are a little confusing. I prefer when we get to fall...just dont fall back. Leave it alone.	6/22/2014 7:00 PM
9276	Daylight savings had its time. If it has been found to be more hazardous to have people try to adapt to the hour change. Farm machines now are equipped with lights if need be. Standardized time would benefit more people including children in school, than the few old timers that like tradition.	6/22/2014 7:00 PM
9277	There is no reason for it. It's hard on kids to adjust to the change.	6/22/2014 6:58 PM
9278	DSL is outdated and no longer makes sense! It's psychologically damaging, does nothing positive to impact the well-being of citizens, and it needs to go.	6/22/2014 6:57 PM
9279	Why not just leave it the same year round. It's too hard on the body to change.	6/22/2014 6:55 PM
9280	I would love to opt of out daylight savings time. I don't feel like there is a need for time change. I think kids suffer from the time change and are left exhausted in the winter time when they have to adjust to an earlier morning and later evenings.	6/22/2014 6:54 PM
9281	I believe we should stay in the day light savings time all year round.	6/22/2014 6:54 PM
9282	N/A	6/22/2014 6:53 PM
9283	Health setbacks associated with switching are unnecessary. Switching to daylight saving time in the Spring causes schools to open when it is darker in the morning, causing a safety hazard for children walking to school. The frequent updates to the time of year when the switches occur causes confusion. The decrease in productivity for several days after a switch has occurred is an absurd waste.	6/22/2014 6:52 PM

9284	I don't understand the options. I hope that I choose the one to abolish DST.	6/22/2014 6:52 PM
9285	Being medically retired, the time change causes me all kinds of grief. I would rather have it stay one way or the other without changing. The benefit that people claim for summer light gets wasted in the winter. Jobs are around the clock and folks work more hours than before so it doesn't matter that the sun is shining when we work. It is always dark somewhere in the world and with the global economy it is hard to justify changing times to save money. With computers in use around the clock we often hardly notice the sun light or lack there of. So leave the time alone and let us stay adjusted.	6/22/2014 6:51 PM
9286	I prefer to have the extra daylight in the evening during the summer months so I can get things done after work.	6/22/2014 6:51 PM
9287	I love daylight savings. I wanna keep it as is.	6/22/2014 6:50 PM
9288	I think it is a practice that is outdated and no longer needed.	6/22/2014 6:50 PM
9289	As a mother and a teacher, adjusting the clocks twice a year is an unnecessary and not beneficial practice. It takes several weeks for all of our children's body clocks to adjust, making these two times of year particularly difficult in terms of sleeping schedules and eating schedules. Why continue to over complicate our lives? We are too busy to willingly over complicate our lives this way twice each year. Let's remove obstacles where we can!	6/22/2014 6:48 PM
9290	While the intent of Daylight Saving Time is useful, for those of us with special needs children it creates confusion and sleep disorders. My Down's Syndrome child requires weeks of adjustment to align his schedule with time changes. His trauma is nothing compared to the experience of autistic children. As an adult, I also have a hard time adjusting to sleep changes.	6/22/2014 6:48 PM
9291	Keep daylight savings time. It really benefits those with SAD (seasonal depression)	6/22/2014 6:47 PM
9292	It doesn't make sense in this day and age to change the clocks. If your industry doesn't like the daylight then adjust your business accordingly.	6/22/2014 6:47 PM
9293	I don't care if we stay "spring forward" or if we "fall back" JUST CHOOSE ONE!! This back and forth sucks!! You just get use to one and it's time to switch again. It's stupid and pointless any more. Just pick one and stick with it!!	6/22/2014 6:47 PM
9294	It seems to disrupt our sleep schedule for many weeks which in turn disrupts our energy levels and ability to be productive in our jobs, classes and at home.	6/22/2014 6:47 PM
9295	DST does more harm than good. There are countless hours of lost productivity when people have to go to work an hour earlier in the spring and there bodies take a few days to get acclimated to the change.	6/22/2014 6:46 PM
9296	I have a problem with adjusting to a time change two times a year. I also do not like the change with eating, sleeping, etc. I really don't like to alter my life so often.	6/22/2014 6:46 PM
9297	Completely outdated custom. It does creates a huge headache in the workforce, with fatigue attendance and the month of getting your body used to the	6/22/2014 6:46 PM
9298	I would prefer to have the sun up for longer at night.. If we could keep the Spring Forward time all the time, it would be great. I would love to keep the same time zone all the time and eliminate daylight savings, but maintain later sunlight hours at night.	6/22/2014 6:44 PM
9299	I haven't had too much of a problem with this in the past but this year I feel completely different. Maybe because it's my age. I can't really say why.	6/22/2014 6:44 PM
9300	Simplicity	6/22/2014 6:43 PM
9301	It messes with the body too much. Kids and adults alike have a difficult time adjusting, and then just when they do, it happens again.	6/22/2014 6:43 PM
9302	It costs more in productivity and constant changing of systems than it is worth. In fact, it doesn't have any value. Get rid of it.	6/22/2014 6:42 PM
9303	Consistency!	6/22/2014 6:42 PM

9304	When 'Daylight Saving' was first forced upon us I had a houseful of children and the transition twice a year was extremely hard on them. When I joined the workforce later I still felt it to be counter productive for our health and well-being. If you want more daylight then get up earlier yourself. I believed then and still do, that the almighty dollar came before the children and the individual. Stop trying to kid yourself that you can create "more daylight." It was a joke then and still is. It's politically motivated.	6/22/2014 6:41 PM
9305	Daylight Savings has no real use. The lack of sleep caused by springing forward has been shown to correlate with more heart attacks and other health concerns. It also can be a hassle when people forget to change their clocks and accidentally arrive early for (or moss entirely) a planned meeting. Any benefit (such as "longer days") can easily be duplicated by simply choosing to wake up earlier on a personal basis.	6/22/2014 6:40 PM
9306	Just stop changing time! The clock doesn't regulate ranchers and farmers hours to work. The daylight is exactly the same amount regardless of what the clocks say. This is an antiquated, useless regulation!	6/22/2014 6:40 PM
9307	It is bad for school kids to finally get to see where they are going to school only to have the time change and it is dark again. It is also too much of a hazard because cars can't see the kids and kids can't see the cars due to darkness. In rural areas, you worry about hitting deer or other animals on the road.	6/22/2014 6:39 PM
9308	Just pick a time and NEVER change it. I chose to align with Arizona so that we are both on the same time schedule. That will make shipping and freight between the two states easier.	6/22/2014 6:39 PM
9309	The time change is hard on children and parents, causing children to go to school in the dark for a portion of the year. The original intent of daylight savings is no longer the economic need it once was.	6/22/2014 6:39 PM
9310	I just don't like the change to my schedule and having it suddenly be dark at a different time of day. I also love the meme a Native American friend of mine posts every time the occasion arises that says "when the concept of daylight savings time was explained to an old chief he said only the government would think you could cut a foot off of one end of a blanket and sew it on the other end and have a longer blanket."	6/22/2014 6:37 PM
9311	Note: question 1 - I do not have a preference. I would be happy with what the majority of Utah citizens prefer with standard or daylight savings. Daylight savings time is an antiquated practice that has consequences to the general population. Research suggests that springing ahead causes health concerns for many people. Research shows there are more heart attacks, drowsy driving traffic accidents, insomnia, because it is harder to fall asleep one hour earlier, and experts suggest that a majority of people never adjust to the loss of sleep, just to name a few. My greatest concern, however, is our children in high school and middle school. The loss of one hour sleep for them is critical. They usually don't go to sleep one hour earlier, therefore kids that are already sleep deprived, lose another hour of sleep. Having taught school for the last 20 years, many, many students can not focus during 1st and 2nd hour because they are so tired due to the change. Some even fall asleep. Also, end of level testing usually occurs after we have sprung forward so review for testing isn't as effective, and kids are testing in a sleep deprived condition, even in the afternoon, because the sleep deprivation catches up to the kids after lunch. Research shows that this can have a huge impact on testing scores. The weeks of daylight savings time seems to be getting shorter and shorter, so why do we do it in the first place? Money usually speaks volumes and it is estimated that the cost to the United States is 434 million dollars each year. I encourage the committee to research the effects of switching time for a few months each year and ask themselves if it is really worth it for the citizens of Utah.	6/22/2014 6:35 PM
9312	it throws off the day for a while with no benefit	6/22/2014 6:35 PM
9313	We have many clocks. It is a waste of time to reset them! I don't like the adjustment on my body. DST year round would make most people happy.	6/22/2014 6:35 PM
9314	The reasons for daylight savings are no longer valid. It's time to stop the loss in productivity from adjusting the clocks. If we follow the lead of Arizona, perhaps other states will through off this historical albatross.	6/22/2014 6:34 PM
9315	Please change to Mountian standared time	6/22/2014 6:33 PM
9316	The time should be left alone. The majority of the population are no longer farmers. It is too hard to adjust back and forth.	6/22/2014 6:32 PM
9317	It takes me months to adjust sleep-wise and then we change again. I	6/22/2014 6:32 PM

9318	I want to get rid of daylight savings!	6/22/2014 6:32 PM
9319	It is unnecessary now. And terribly annoy for those raising children.	6/22/2014 6:31 PM
9320	As a mom with many kids I would prefer if the time was consistent all the time... however as one who works with out of State clients via the phone, it could get confusing with the times when they switch and we don't.	6/22/2014 6:31 PM
9321	Changing time has a profound impact on our health. Just pick one and stick to it.	6/22/2014 6:30 PM
9322	A high number of the population is Vitamin D deficient. We work indoors and dont get enough light. With retaining DST at least we get spring summer entended light after business hours.	6/22/2014 6:30 PM
9323	Hate the back and forth. Pick one and stay there.	6/22/2014 6:30 PM
9324	It makes no sense, there are only so many hours in a day, moving the clock doesn't change that. You don't make a blanket longer by cutting a yard off the top and sewing it on the bottom.	6/22/2014 6:28 PM
9325	I'd prefer to always spring forward or to remain with the current system. I lived in Arizona for awhile and the sun would rise too early in the summer.	6/22/2014 6:28 PM
9326	I have always hated daylight savings time. God made day and night why mess with our circadium rhythms twice a year. It's stupid and I never feel rested. Hate hate hate it. Let it go!!!	6/22/2014 6:28 PM
9327	I hated changing when I had school age children and I still hate changing. In a society where so much is available 24 hours a day why mess with the clocks?	6/22/2014 6:26 PM
9328	There is no present need for DST on our economy and eliminating it could actually save the state money per the NYT article posted above.	6/22/2014 6:26 PM
9329	It's hard on people to switch, ESPECIALLY kids!!! It does put kids and adults in danger when going to work or school and people can't see them. It's just a pain do away with it.	6/22/2014 6:26 PM
9330	Difficult on sleep cycle/health. Keep it one thing all year around!	6/22/2014 6:26 PM
9331	I don't feel that we benefit from changing the time twice a year, and yet I do feel that it is annoying and difficult to adjust to.	6/22/2014 6:26 PM
9332	I prefer to leave it as it is. But if it must be changed I prefer to leave the time as it is now to save day light.	6/22/2014 6:24 PM
9333	DST is outdated	6/22/2014 6:24 PM
9334	Daylight savings is unnecessary.	6/22/2014 6:23 PM
9335	I'm not sure I understand the first option asked for above. I want to see us be on Daylight Savings Time year round. We're already on it 8 months, and I could only imagine the financial benefits if we didn't have to change it twice a year!	6/22/2014 6:23 PM
9336	By keeping DLS we would have more light in the winter which is ideal for those who suffer from SAD. A lot of people get up when it's dark in the winter and then come home when it's dark. Keep DLS so that there some "day" left when adults get off work etc...	6/22/2014 6:23 PM
9337	It makes no sense in our current society to continue to move back and forth.	6/22/2014 6:23 PM
9338	I like having the daylight longer into the evening hours. Turning clocks back prior to the winter months instills a sense of depression.	6/22/2014 6:23 PM
9339	I really enjoy outdoor activities in the summer after work that daylight savings time allows me to do. These activities (running, mountain biking, gardening, time with family) are not activities that I would likely do in the morning if DST were done away with. Please keep DST.	6/22/2014 6:23 PM
9340	I would like to stay on DST permanently.	6/22/2014 6:23 PM
9341	Getting rid of daylight savings is the best idea. The constant changing back and forth every six months is ridiculous, and all it does is make people tired and throw them off schedule twice a year. I think staying on a continuous daylight saving schedule would be the most beneficial. It would lead to days that stay light longer, so that even in the winter, people aren't driving home from work or school in the snowy darkness. That would help people stay safer. It might be a little confusing at first when other states change and we don't, but I think the benefits will far outweigh the confusion.	6/22/2014 6:22 PM

9342	A change to standard time would be detrimental to our business. Having an extra hour of light allows us to stay open an extra hour longer. Being that most of our business occurs after traditional work ours, a change like this could hurt our business by as much as 25%. In addition to the business impact our personal recreational impact would be adversely affected. The greatest advantage of living in Utah is the vast access to outdoor activities. Have the extra hour of light at the end of the day allows my family with 3 young children to enjoy this great state and all its beauty more thoroughly.	6/22/2014 6:21 PM
9343	Day light savings is very disruptive to my mine and my family's sleep schedule. Besides that issue, real time is constant even though we adjust our clocks I'm spring and fall. I'd prefer to align with Arizona and not DST.	6/22/2014 6:21 PM
9344	Use daylight savings time all of the time. .. not standard time all of the time.	6/22/2014 6:20 PM
9345	In all my working years I never like changing the time. Daylight saving or mountain standard time please just keep it one way or the other.	6/22/2014 6:19 PM
9346	It's a waste of time and confusion. Just keep it the same as Arizona	6/22/2014 6:19 PM
9347	I am an avid recreationist. After working 8-5, any extra sunlight is potential productivity. Keep DST as a summer change to coordinate with the axis tilt of our planet.	6/22/2014 6:18 PM
9348	I prefer as much light as possible. If there's a way to do that all year that would be my preference. I love having long summer nights and would love more sunlight in the winter.	6/22/2014 6:18 PM
9349	When the time changes it makes it difficult for children and adults to be productive while getting used to the new time.	6/22/2014 6:18 PM
9350	I think most people prefer not switching back and forth, but I don't want to give up that hour of evening light, and, in fact, would enjoy it year round.	6/22/2014 6:18 PM
9351	I think we should stay on daylight savings time for the entire year. It would just feel better to have a little more daylight at the end of the day in the winter time.	6/22/2014 6:17 PM
9352	Daylight Saving Time in Utah is unnecessary and frustrating. Please do away with it.	6/22/2014 6:16 PM
9353	It seems that the issue is about the change, not what time it is. I am a high school teacher and the spring change is hard for my students. But we need the longer daylight hours in the evening for recreation, farming, yard work, energy consumption, etc. Why not stay on DST year around? High schools start around the 7:30 A.M. time. We are in the dark in the winter no matter which way we go. Let's put the daylight when we can best use it.	6/22/2014 6:15 PM
9354	Messes with my kids school year, keeps them up late during summer.	6/22/2014 6:14 PM
9355	The time change every spring and fall is difficult and takes a month to adjust to.	6/22/2014 6:12 PM
9356	It is very hard on everyone (of every age) in the family to make the adjustment of the time schedule. It very clearly is an unhealthy change twice a year.	6/22/2014 6:12 PM
9357	I love having the sun still up in the evening.	6/22/2014 6:10 PM
9358	Altering light and time affects the body's chemistry. Consistency builds stability which reinforces strength in minds and bodies. Something all society needs.	6/22/2014 6:10 PM
9359	I'm getting tired of changing the clocks. All it does is make me tired!!!!	6/22/2014 6:10 PM
9360	Just leave it alone like AZ. Its hard for shift workers to adjust.	6/22/2014 6:09 PM
9361	As an average citizen there's absolutely no benefits to using daylight savings. It messes with my children's sleep schedule and creates stress where there does not need to be any. It does not save money on electric bills or provide any other benefit.	6/22/2014 6:08 PM
9362	Whether we keep it MST or Create a new standard time, we need to get away from changing the time. Our bodies circadian rhythm is not meant to be messed with. We have cycles for a reason. For health and safety we need ONE standard time.	6/22/2014 6:06 PM
9363	I mainly hate the change back and forth. It affects my sleep pattern for 2 weeks after each change. The people I know like the summer time hours so why not keep it that way all year round.	6/22/2014 6:06 PM
9364	I just think its always been a huge hassle to change the clocks and re-adjust to the difference in schedule. I hate it being dark at 6 in the winter!	6/22/2014 6:03 PM
9365	I don't see any benefit for using daylight savings time	6/22/2014 6:02 PM

9366	There doesn't seem to be any practical reason to effectively change timezones twice a year.	6/22/2014 6:02 PM
9367	As a teacher, I noticed it took a week for my students to adjust to the time change. A week of instruction was hampered by groggy, sleepy students adjusting to the new schedule twice a year. As a parent it was always difficult to get my children to change overnight and though I had no scientific proof, it seemed like there were more health concerns with my children. Personally, I find it incredibly hard to make the change twice a year. I try not to grumble, but it just doesn't make sense. Every spring and fall I groan inside, because I know how I feel for a week until I adjust. As far as the tourist industry is concerned, Hawaii and Arizona are certainly big tourist states. They haven't felt like they have lost out on any economic dollars. The farmer argument makes no sense at all. Those in agricultural have just as many daylight hours as any body else. For me this is a no-brainer. Let's be a leader in the United States and join Arizona, Hawaii, and Indiana and forget Daylight Savings Time.	6/22/2014 6:01 PM
9368	All the changing is very disruptive.	6/22/2014 6:00 PM
9369	As a parent of young children I find daylight saving time very difficult. It's hard enough to try and schedule my life and my children's schedule with school and activities, but it's almost impossible when the time changes twice a year. Particularly because of my children who still take naps. You fight to get them on schedule and then have to push everything up or move it back twice a year! Please stop daylight saving time!	6/22/2014 6:00 PM
9370	To me the value of daylight savings time is immense. To have that hour of daylight wasted early in the morning would be unfortunate on a social/activity level but I think eliminating it would have a negative economic impact for indivuals, business and the Utah economy. I would rather see us go to DST year round than eliminate it in the summer.	6/22/2014 5:59 PM
9371	Changing time twice a year its too hard on my body and was very hard on my children as they were growing up. It really wreaks havoc on our sleep/wake cycle. What a mess it has been trying to get my children to stay awake during school at some points during the year. It also causes my husband loss of productivity at work.	6/22/2014 5:58 PM
9372	I prefer to always just stay ahead one hour from Arizona and Mountain Standard Time, don't ever fall back.	6/22/2014 5:58 PM
9373	I have lived in Az for 18 years before coming to Utah and I liked not having to change time there, now in UT changing time disrupts my familys sleeping habits and I also have noticed a change in my kids schooling and getting up to go to school is alot harder.	6/22/2014 5:57 PM
9374	We need it lighter on winter evenings and darker on summer nights, it's obvious.	6/22/2014 5:55 PM
9375	As someone who has kids involved in Spring School Sports for years and as a T&F Referee, the extra hour of daylight is crucial to completing events and meets. Also, as a scouter the longer days allow you to accomplish more, although one less hour might mean the grubs can go to bed sooner, but that's just a selfish thought. It allows for more time for outdoor work and fun, and it also helps to make a summer day's adventures last longer, a real frame of mind thing. As for the view of the State- longer hours mean more recreation time...and I can promise you that the if it were physically possible to get an extra hour of daylight in the winter, the resorts would be pushing for it. I am involved in the media business and the loss of an extra hour of daylight would be very detrimental.	6/22/2014 5:54 PM
9376	Any option that will eliminate the need to adjust all the clock (including watch), in my household; I will actively support it. Think about it, how many Utah households required to change at least four timepieces in their, averaging two to four minutes each device. If median household income is 35,000 annually is factored in. We as a state, could effectively give back to our residents in lost time & wages; thousands twice a year in savings. The choice to suggest Daylight Saving Time may have been valid years ago, but not now. Technology that has placed us in a 24/7 (365) working/living environment, negates this process, and it should be slated for the proper museum setting it deserves.	6/22/2014 5:53 PM
9377	It was done for farming we still have a lot should keep for that reason	6/22/2014 5:53 PM
9378	I would like daylights year round because the sun would be up when it is most useful to me	6/22/2014 5:52 PM
9379	I understand that those in agriculture and in tourism are concerned that losing Daylight savings time will negatively impact their industries, but as an educator I see the negative impact that the change in time has on the school children each time the change is enacted. The children struggle for several weeks each time the time changes as their bodies try and adjust to the change in wake-up time and winding-down time to prepare for bed. It throws their learning into a slump until the adjustment is made.	6/22/2014 5:50 PM

9380	I disagree with dst! Let's change it!	6/22/2014 5:50 PM
9381	It's hard in my kids, to switch back and forth. I have a student in school and a toddler and both have negative effects each time it changes.	6/22/2014 5:50 PM
9382	DST is a waste of time and resources and should have been stopped a long time ago.	6/22/2014 5:48 PM
9383	Let's just keep time normal. It's all irrelevant anyway. Light is light dark is dark. Does it really matter? Changing back and forth is confusing, especially to our body system.	6/22/2014 5:46 PM
9384	I think we should stay on daylight savings time. Sure, it is dark in the morning more but it leaves more time in the evening for activities. It is depressing in the winter to go to the office in the dark (currently happens in the winter) and also come home in the dark. Staying on daylight savings would correct this in the winter.	6/22/2014 5:46 PM
9385	Changing clocks and realigning schedules twice a year is nonsense. If a business or school wants to alter it's schedule every fall and spring, so be it. It shouldn't be a legally defined practice though.	6/22/2014 5:45 PM
9386	I have felt for many many years that Daylight Savings time is not needed and presents more problems than it solves. Twice a year people in Utah need to adjust their sleep and wake up time due to Daylight Saving Time. This presents a problem for adults and parents with children. Calling from Utah to Arizona or Hawaii has to be adjusted twice a year as I have family in Hawaii. Please do away with this very outdated practice in Utah.	6/22/2014 5:44 PM
9387	I don't understand the need for it. It was explained to me once that it was for farmers to know what time it gets dark. Still don't understand the need for it.	6/22/2014 5:44 PM
9388	With so much diversity in Utah from industry to culture, we should be much more flexible and cater to the individual. By removing a mandatory adjustment in the hour, schools, businesses, and individuals would be more free to decide what is best for them in relation to daylight hours. Anyone that needs daylight, for whatever reason, can choose to start or end their day earlier or later for their convenience. Those without such requirements would not incur a forced disruption to their schedules and sleep. Furthermore, those that need daylight hours would also be able to set more gradual paces at which their schedules are adjusted, for example, adjusting their personal schedules 4 times a year instead of only with daylight savings - less of a shock and by their own choice for their own needs. Maybe a particular school has more after school activities that they would prefer take place in the daylight, so they start earlier with classes. At one time, daylight savings made sense to align the people of Utah who were very similar in professions and schedules, however, now that we are so diverse and also participate in world markets and social structures, we need flexibility. Individuals, school, and companies should adjust their own schedules according to their needs instead of everyone being compelled to make an adjustment to their clocks.	6/22/2014 5:44 PM
9389	I would prefer we stay on what we now call DST year around, however if that is not possible then I would still prefer we stay with Mountain Standard Time year around rather than changing every few months back and forth.	6/22/2014 5:42 PM
9390	Don't like it, never was for it. Align with Arizona	6/22/2014 5:42 PM
9391	I enjoy it because it makes the day seem longer in fall when it starts getting dark earlier. It makes it so you have more sunlight after you get done working so you can get things done and feel like you able to enjoy part of the day	6/22/2014 5:42 PM
9392	Having the time change twice a year is very difficult on families. I have two children and since they're on schedules/routines it's a difficult adjustment to their sleep. It takes a good week or so to get used to the time change twice a year. Please get rid of it - it's no longer important to our society.	6/22/2014 5:42 PM
9393	Daylight savings time has become antiquated and unnessecery.	6/22/2014 5:41 PM
9394	I prefer to stay sprung ahead so that when winter comes there is some daylight left when I drive home from work. I think it's safer and also less depressing to be able to go outside with my kids after work while there is still daylight.	6/22/2014 5:41 PM
9395	I have noticed that more kids are on the streets when the time is changed forward, meaning that their is more crime. Also I think that staying on one time is better for the body then changing back and forth on the time.	6/22/2014 5:40 PM

9396	The arbitrary and difficult move of time adjustment twice a year has been a nightmare since day one. It's incredibly tough on the humane body, confusing for many and costs businesses money due to missed hours and, for some with particular mental illness, real sickness. Our bodies aren't made for this foolish flipping of hours and regardless of which option (other than maintaining the current approach), please, for the love of God and our sanity and health, pick a time and stay with it forever. I am begging you to do this.	6/22/2014 5:39 PM
9397	Daylight savings is simply unnecessary and shouldn't waste any more of our time and discussion. Get rid of it and move on to more important things.	6/22/2014 5:38 PM
9398	Going through the time change myself was a small annoyance, but going through the time change with small children is awful and takes at least a week to adjust schedules. However, I like having more light at the end of the day rather than early in the morning, so being permanently on DST would be my ideal time.	6/22/2014 5:38 PM
9399	Our family prefers the extra light in the evenings	6/22/2014 5:36 PM
9400	DTS is stupid. There is no reason for or. We don't save any energy since we just use it at a different time of the day.	6/22/2014 5:35 PM
9401	I would prefer to stay on Daylight Savings Time all year and never return to Mountain time. I would rather have more light in the evening than in the mornings.	6/22/2014 5:35 PM
9402	I would prefer to stay at one time so that twice a year I'm not worried that I might forget to change my clocks, then end up late for work.	6/22/2014 5:34 PM
9403	Changing my clocks twice a year disrupts my life in a negative way. It's already hard enough for me to get a good amount of sleep. The fact I have to reset my internal clock twice per year is not necessary and not welcome. Thanks! :)	6/22/2014 5:32 PM
9404	I'd rather have light in the morning at 5:30 instead of 4:30; then have the sun go down at a reasonable 9:30 at night.	6/22/2014 5:32 PM
9405	There is no purpose for it anymore. DST was originally created for the farmer so to have more daylight in the field. There simply is no need of it anymore. Why throw off our body clocks and readjust our small children unless there was a good reason for it.	6/22/2014 5:30 PM
9406	I vote to get rid of daylight savings time. Some reasons are that I lived in Arizona for 9 years and loved not changing times. Another reason is that to get children used to a bed time then change it twice a year is extremely frustrating. During those times we are all exhausted.	6/22/2014 5:30 PM
9407	I think when the time changes it messes up everyone biological clock. Can't we just not change it please!	6/22/2014 5:30 PM
9408	I am a teacher. I spend long hours at school. When I get home it is nice to have some daylight hours to accomplish what a I need to. It's also hard on my students to change back and forth.	6/22/2014 5:29 PM
9409	I have Seasonal Affective Disorder and am VERY affected by light. I love DST and the extra hour of light it gives me in the evening. For me, it's certainly more beneficial to have the lighter time be in the later part of the day, particularly during the shorter days. I was so happy when DST was extended nation wide a few years ago. For those who aren't that affected by sunlight, I believe you can never really understand the impact that DST can have on the mental, emotional and physical health of those of us that are so affected by sunlight.	6/22/2014 5:29 PM
9410	Stay on day light time all year I like more light after work is done thanks	6/22/2014 5:29 PM
9411	It is really hard on my kids. In my opinion, the most pointless part is that there is a change only 4 months apart. I feel like in the winter, we get used to it then a few months later we switch back again. The spring change is the really difficult one.	6/22/2014 5:29 PM
9412	I thinkit needs to go. There are really no real benefits for most people including ranchers, most ranchers get up at first light regardless what time it is.	6/22/2014 5:28 PM
9413	I am so exited about this proposal. It has been need for a long time. I think politicians need to stop controlling everything in our lives. I have seen the effects of daylight savings on my children and my students, as well as my self. I do not believe that it is healthy, physically or emotionally. It disrupts our lives and hinders our thinking and daily functioning. The Lord made the sun to rise and set, why do we need to mess with it?	6/22/2014 5:28 PM

9414	I like Daylight savings because it allows me more time with my family to do activities late into the evenings. Being either a student or working full time allows my husband to do chores around the house later into the evening.	6/22/2014 5:28 PM
9415	I consider the time change a health, safety and productivity issue for at least a month at each time change. The switching time of daylight savings time as been unreliable over the years. Also the farmer & ranchers I know on sunrise/sunset and not the clock.	6/22/2014 5:27 PM
9416	I think this practice is no longer practical at ALL. It forces your body to take a couple of weeks to adjust to a new time zone. I think we'd be so much better off not having to deal with this twice a year.	6/22/2014 5:27 PM
9417	Day light saving time all the time is my vote. I hate standard time and falling back. Thanks for listening.	6/22/2014 5:26 PM
9418	The whole scheme has never made any sense to me at all.	6/22/2014 5:26 PM
9419	As a teacher, I have observed that Daylight Savings Time negatively affects my students' ability to learn for several days after each change.	6/22/2014 5:25 PM
9420	Daylight Savings is a disruption to our internal clocks and systems, and frankly it is an outdated and unnecessary disruption. You get the same amount of daylight either way, either at the beginning of the day or at the end.	6/22/2014 5:24 PM
9421	The need for DST is no longer relevant. It should be abolished and allow all time to remain constant with no disruption.	6/22/2014 5:24 PM
9422	I like the option of having DST all year long. Then there would be more light in the afternoon when needed most. My second choice would be to stay on MST all year long. What I dislike the most is having to change back and forth every few months. It disrupts all schedules including my body's clock.	6/22/2014 5:22 PM
9423	I think that daylight savings in the summer months makes sense. Right now the sun is rising a little before 6am, and settings a little after 9pm. If we went to mountain standard time, the sun would be rising a little before 5am and setting at 8pm. That seems a little early during the summer months when so many people are outside for it to get dark... And it's really early for the sun to be coming up. However, we've been springing forward in March and then it's dark at 5pm, so that doesn't make a lot of sense to me either. I think it needs to happen closer to the longer days of summer.	6/22/2014 5:20 PM
9424	DST is out-dated and unnecessary. Recently, there have been many studies that show that it can even be detrimental to our health. There are more car accidents and heart attacks after the change. From a practical point of view as a Mom, it wreaks havoc on family life. Bed times and nap times are harder, dinner time is a mess and for part of the year we are back to dark mornings. I just hate it!	6/22/2014 5:20 PM
9425	Please just pick a time and stick with it. So many problems arise from going back and forth.	6/22/2014 5:20 PM
9426	I don't care which one we have, just don't like the change.	6/22/2014 5:20 PM
9427	While I believe it is in the best interest of the people of this great state to stop changing the time each year, I believe it would be better to stay permanently on mountain daylight time, as opposed to mountain standard time.	6/22/2014 5:20 PM
9428	I think Daylight Savings Time has served it's purpose in the past, but for the population moving forward, in a metropolis-based Utah, Daylight Savings Time is no longer needed. I would love to see it disappear, and we can simply be on Mountain time that doesn't change, like Arizona.	6/22/2014 5:19 PM
9429	I prefere that we stay on daylight savings all year long. I am confused about what the 3rd option ment. Does it mean that we will chose a new spring ahead date for utah?	6/22/2014 5:19 PM
9430	It is just wrong to not be on a natural clock.	6/22/2014 5:18 PM
9431	I hate switching time but I like the daylight late into the night in the Summer. Let's stay on MDT.	6/22/2014 5:17 PM
9432	I feel strongly that we should not observe DST. I feel that it does indeed impair student learning, cause more accidents, and generally reduce overall health. You can't burn the wick at both ends and come out ahead. Please, let's got out of this silly non-sense.	6/22/2014 5:17 PM
9433	I would like to stay on permanent daylight savings (an hour forward). I like the extra hour of light at night to get things done.	6/22/2014 5:16 PM

9434	For me it's simple. There are no benefits for myself or my family to continue on with daylight savings, only negative effects.	6/22/2014 5:16 PM
9435	Our positioning on the western edge of the Mountain time zone confers on us a "natural" tendency toward daylight saving, so that the imposition of a "daylight saving time" adjustment accentuates the effect, stretching the daylight hours into the late evening during the summer. This effect would be far more beneficial during the winter, when, ironically, the effect is reversed, so we would be better served by leaving the time alone and not having a semi-annual time adjustment, and sticking with either Mountain Standard Time, or what, during our current Mountain Daylight Time is equivalent of Central Standard Time.	6/22/2014 5:16 PM
9436	I have a family of 6, twice a year we have to adjust our lives when it is very difficult for my children and myself. We don't care what time we are given but stop changing it!	6/22/2014 5:15 PM
9437	Time changes are really hard on my entire family! Please just choose a time and let's stick with it.	6/22/2014 5:15 PM
9438	I love DST :-)	6/22/2014 5:14 PM
9439	It no longer serves a purpose and simply makes functioning as an adult more difficult in today's day and age.	6/22/2014 5:13 PM
9440	I feel it is better to have more hours of daylight after work. it will save on my power bill, and use less power on residential end. It is more hassle then beneficial to switch back and forth. Set it back and leave it alone.	6/22/2014 5:12 PM
9441	long overdue that we in Utah change to one time, year around.	6/22/2014 5:12 PM
9442	As we live and function in a 24 hr society now, Daylight savings time serves no viable function and should be rescinded. We gain nothing by moving hands on a clock.	6/22/2014 5:11 PM
9443	Changing times twice each year affects me for a couple of days with disrupted circadian rhythms and fibromyalgia flares. And since I'm not fond of sunshine, I would prefer to have us stay on Mountain Standard Time all year.	6/22/2014 5:11 PM
9444	Please end DST. I am tired of dark mornings in the fall and July nights that get dark at 9:30pm. We are too far west in the time zone. Give us early risers a break! Wouldn't it be lovely to run or bike at 5am in July and August!! Thank you.	6/22/2014 5:10 PM
9445	The options are poorly defined and will only lead to skewed results. "Make a new Daylight Saving time for Utah." ??? I think I get it...daylight saving time all year around?	6/22/2014 5:10 PM
9446	I feel strongly that the current system should be retained. I have seen no argument that comes close to persuading me of the drawbacks of DST. There are pros and cons, but I believe the there are many more reasons to retain the current system.	6/22/2014 5:09 PM
9447	The change in time creates havoc I worth sleeping patterns. Hard to adjust to each time and I don't see a benifit making it worth the effort.	6/22/2014 5:09 PM
9448	I really like daylight savings time. I work 12 hour shifts both day and nights.	6/22/2014 5:08 PM
9449	The only thing I feel like I lose with daylight savings time is my sanity. The moving forward and backward is barely noticeable until the time comes to make the change. I absolutely hate it and will never understand why we do it. I'm all for putting a halt to the nonsense once and for all!	6/22/2014 5:08 PM
9450	Study after study has prove that changing the times/ messing with normal rhythms of sleep causes lost productivity, health problems and accidents- man is not designed to have his rhythms changed.	6/22/2014 5:07 PM
9451	Seems like to short of a time (months) to change time and deal with adjustments of sleeping especially for chlldren. Lets just leave it like it should be.	6/22/2014 5:06 PM
9452	I don't mind waking up with it being dark. And I prefer the daylight savings time months and wish we left it that way all year. It makes the days feel longer. It is better for the farmers and ranchers as well.	6/22/2014 5:06 PM
9453	My family prefers the spring forward option for a longer duration of daylight in the evening when we ard home with our family and out getting things done.	6/22/2014 5:06 PM
9454	I say leave the time at the current time zone. I do not like falling back as I like the light later in the day as it currently is. Thanks and hope this passes.	6/22/2014 5:06 PM
9455	I like the current system where the time changes sooner in the spring and later in the fall.	6/22/2014 5:06 PM

9456	Because of health reasons my body has a very hard time adjusting to the time change.	6/22/2014 5:05 PM
9457	I think each industry or company should have the option of changing their working hours without the state dictating that change.	6/22/2014 5:05 PM
9458	Makes it easier to keep on one time and not change.	6/22/2014 5:04 PM
9459	The days in the winter are very short while the summer days are long. Our current system allows us to use the days in each to our best advantage.	6/22/2014 5:04 PM
9460	I lived in AZ for 5 years, and I loved that they did not have daylight savings time. I did not miss it one bit! I prefer not changing my clock, as it poorly affects my sleep & health. If ditching daylight savings time was bad for AZ, they would've gone back to it years ago - but they have not. How has it worked out for AZ? Great, from my experience.	6/22/2014 5:04 PM
9461	Daylight Saving Time has long out lived its purpose. We need to remain @ the same time all year. Mountain Standard time...	6/22/2014 5:02 PM
9462	There is no point. Get rid of it. Stop changing the clock arbitrarily. It makes everything more complicated. So many people come one hour too early or too late for their first appointment after it changes, because they did not hear/remember. Data storage is a nightmare. It does not actually change anyone's habits and needs to just go away. Stop changing my clocks.	6/22/2014 5:02 PM
9463	Mountain Standard Time is more in line with the world's time system. Stick with it.	6/22/2014 5:02 PM
9464	I am a huge supporter of Daylight Saving Time, but would love to have it year round. The extra hour of daylight each day is so critical, especially to those who work, to be able to get things done at the end of the work day. It also allows students time to do things after school, whether it be outdoor extra curricular activities or things at home. I don't understand why anybody likes it getting dark at 5:00 in the evening in the winter or 8:30ish in the summer. I am more likely to go out shopping or out for dinner, etc. if it is still light. When it gets dark early, I just want to go home so I'm surely not adding to the economy. For those who suffer from Seasonal Affective Disorder, the extra hour of daylight is critical to their mental health--I know, because I am one of them. I honestly live for daylight saving time each year and was so grateful when we were granted a few extra weeks in the spring and an extra week in the fall a few years ago. Please, please, please, DO NOT take that precious hour of extra daylight in the evenings away from us. Just leave it that way all year round---you could be saving lives.	6/22/2014 5:01 PM
9465	I have a bad work schedule already when daylight savings time comes around it makes it that much worse for a month.	6/22/2014 5:01 PM
9466	So glad to hear Utah is having the conversation. It's about time. There are so many reasons to NOT have daylight savings time. I hope we get to vote on it.	6/22/2014 5:01 PM
9467	I believe we should choose one time and stick with it. It is too hard on everyone to change twice a year.	6/22/2014 5:00 PM
9468	Have you ever followed the scouting book on finding directions? It says to line a stick up with a watches hour hand, unless it is daylight savings time. Then it goes on to explain that the stick needs to be adjusted according to the actual time. This is just an example of how daylight savings time complicates things. There are many more examples, but let me just give one more. When I was taking the mini pill I had to take the pill at the exact time everyday. I had to adjust that exact time every time change or the mini pill was ineffective.	6/22/2014 4:59 PM
9469	What a great idea!. It is about time to get inline with the nature. Our kids in school very much appreciate that.	6/22/2014 4:59 PM
9470	I don't really have a preference. I just don't like the changing back and forth. Pick one and leave it.	6/22/2014 4:58 PM
9471	I suffer from a degenerative eye ondition called retinitus pigmentosa and vision in dim light is hard, if not impossible for me. Three ofmy four children suffer from this as well. By keeping more light in he evening hours makes it easier for me to safely move around and avoid falls and accidnts. Therfe are many other people will eye conditions that also require light to see, such as macular dengeration. The aging population makes these kinds of conditons more prevalent. This not just a matter of convenience for us--it is a matter of safety.	6/22/2014 4:57 PM
9472	Daylight Saving Time is outmoded, and really contributes nothing to our society except tradition that we no longer need. Without it we would still function as we generally do, and perhaps better.	6/22/2014 4:57 PM

9473	Continuing to do something because that is how it's been done for a long time is a poor reason to continue to do it. The original intentions for daylight savings are no longer valid. In my mind the benefits of no longer participating in daylight savings time far outweighs continuing to do so.	6/22/2014 4:57 PM
9474	I believe springing forward and falling back has a very negative impact on the health, sleep patterns, and work schedules of utah residents and believe we should align with arizona.	6/22/2014 4:55 PM
9475	We need to keep daylight savings because it gives us more light during the summer. It makes our days longer and therefore I can capture more photos during the summer months especially when winter is so long here and it is too cold to get out and get photos.	6/22/2014 4:55 PM
9476	I think our society and economy have advanced beyond the need for daylight savings. Some of the negatives of DST are the toll it takes on my young children. It usually takes two weeks for their sleeping habits to adjust to the change and during which their learning performance and schooling are impacted as they are overly tired.	6/22/2014 4:55 PM
9477	I would like to keep Daylight Saving Time year round. My views echo those of Steve Calandrillo a law professor at the University of Washington Law School who shared the following in the New York Times on March 6, 2014: "Extending daylight saving time year-round would save lives, reduce crime, save energy and stop Americans from losing sleep each time we switch our clocks. First, darkness kills. Delaying sunset by an hour would save over 350 American lives annually, by reducing traffic fatalities during the evening. The change from daylight to twilight causes a 300 percent increase in fatal vehicle-pedestrian crashes, and the evening rush hour produces twice as many accidents as morning (nearly everyone is awake and moving about in early evening; whereas many are still asleep at sunrise). Second, criminals love darkness. Numerous types of crime, including robbery, assault, motor vehicle theft and juvenile crime, peak during the early evening hours once the sun sets, while the corresponding rates are low during morning. Criminals are simply late to rise and late to bed, and we should take advantage of it by removing one hour from their workday. Third, energy is saved by daylight saving time. Why? There is greater use of fossil fuels and electricity during evenings than mornings (because more Americans are awake). Hence, shifting sunlight to the evening causes a reduction in evening peak load, which outweighs a small increase in the early morning load caused by daylight saving time. This was the primary reason that the U.S. moved to year-round daylight saving time during World War II and the 1970s oil crisis. Fourth, the switching of the clocks during fall and spring is concerning. Studies show a significant increase in traffic fatalities for the week following the spring time change (after we lose an hour of sleep), and shockingly the same result after we gain an hour in Fall. Why? Because altering sleep cycles negatively impacts health, coordination and alertness. This impact extends even to financial markets: on Mondays after the time changes, the NYSE, AMEX and Nasdaq exchanges average a one-day loss of $31 billion."	6/22/2014 4:55 PM
9478	The state residents would be much better off to join Arizona & keep MST year around.	6/22/2014 4:54 PM
9479	I think the time we are on currently(Spring Forward) is the best time to be on. As it seems like the days don't drag on forever!	6/22/2014 4:54 PM
9480	I personally don't care if we are on standard or daylight savings time, however I would like the powers that be to choose one and stick with it. The change twice a year is a difficult adjustment for my developmentally disabled autistic adult daughter. Either she is waking me up way too early or she has trouble waking up on time for her day program. This is also hard on me as her senior citizen care giver, especially when she is waking me up too early. This adjustment goes on for a few weeks twice a year. I would imagine parents of young children have similar problems. Please seriously consider picking a time and sticking with it. My health would be so much better. Thank you for your consideration.	6/22/2014 4:53 PM
9481	I don't see a point in switching back and forth. Arizona seems to be doing just fine without having to change their clocks every 6 months	6/22/2014 4:53 PM
9482	It costs more than it saves	6/22/2014 4:52 PM
9483	DLS with me messes up the internal clock. Get used to one time and then it is time to change again. One time would be wonderful.	6/22/2014 4:52 PM
9484	I feel like it this time change is exhausting especially since we spring forward a month earlier and fallback a month later than than we used too. Why are we dealing with increased accidents and putting our kids thru this. This is a chance for Utah to stand up and make a positive change. With our advancements in farming and other industries, 1 extra hour of daylight does not seem to be worth the risk after all studies have shown it just off sets the demand and does nothing to conserve energy.	6/22/2014 4:51 PM

9485	There really is no credible data that supports that Daylight Saving time saves money.	6/22/2014 4:51 PM
9486	Due to the mountains in Utah, and the way the sunlight is reflected for so long each day, the daylight lasts	6/22/2014 4:50 PM
9487	I feel that changing the times twice a year is just not needed at all. It really does not change much for us here in Utah except give us more heat of the day in the summer.	6/22/2014 4:50 PM
9488	Throughout my life I have witnessed nothing but confusion and problems associated with DST, and have yet to hear of anybody that believes that it has helped them. The only constant is that far too many people are late for meetings and school every time the DST date hits. I live in a smaller community with many farmers, none of which have ever expressed a desire to keep DST in place.	6/22/2014 4:50 PM
9489	Going the way of Arizona on any matter is probably a bad idea.	6/22/2014 4:50 PM
9490	Daylight Savings is an outdated construct which also has negative health effects on the human body. Let go of the time change so that our bodies are not constantly adjusting to an artificial construct.	6/22/2014 4:50 PM
9491	I think the advent and full-blown use of electricity nullified many of the reasons daylight savings was invented and enforced. As a parent it would be nice to have a steady sleeping schedule for our little ones, among other reasons to align.	6/22/2014 4:47 PM
9492	I vote to stay on daylight savings time year round. If we fall back, the sun will come up WAY too early in summer.	6/22/2014 4:46 PM
9493	The clock should be set to MST and remain there. The concept of daylight savings is a misnomer anyway. The amount of daylight remains the same regardless of where the clocks are set. Just like roofers, road construction workers and many others adjust their personal schedules to accommodate better light and or heat and weather conditions, those who want more daylight should adjust their personal schedules as well. The few who want/need day light savings should be willing to adjust their personal schedules instead of making the masses adjust theirs.	6/22/2014 4:45 PM
9494	My family needs the sleep! We live in a sleep deprived country - the best thing we could do is keep Mountain Standard time and let the dark come when it should. A lack of sleep is scientifically proven to affect adversely ones health, including weight gain, memory problems,impaired judgement and even heart problems! In the spring my kids suffer in school with the later setting of the sun. I also end up with kids going to school in the dark to adjust the night time light. Kids ride by my house on bikes in the dark which is unsafe with the traffic of parents also giving rides. In the summertime in Utah it is light until past 9:30 - which is late to get everyone slowing down and children to bed. Yes - I can send them to bed with the clock, but we all know the daylight hours make it difficult to sleep. I have family with the Arizona standard time - who used to live in Utah. They ALL say it is the best thing ever. They do not miss the change like we face each year. Plus, when the government changed the time of year (to change the clocks) to later in the fall and earlier in the spring, it only made it worse. No more changing - LETS KEEP THE STANDARD TIME!!!!!!!!!!!!!!!!!!!!!!!!!!!! (like Arizona)	6/22/2014 4:44 PM
9495	The arguments for daylight savings are invalid, citing that tourism would suffer. Tourists are most likely from a different time zone, so time zones are irrelevant to them. Ranchers and Farmers are up with their relevant work regardless of what "time" it is. Animals and crops don't keep time, and farmers go by what their animals and crops need, not by a clock.	6/22/2014 4:44 PM
9496	There is still the same amount of daylight no matter what, but changing times makes it really hard for kids (and parents/teachers who serve them), especially on the spring forward end. It's hard to get them to bed on time.	6/22/2014 4:44 PM
9497	You know what would be cool? If when my watch said it's noon, it was actually noon. Not noon some times and one pm other times. And the fact that the dates for DST keep changing should be a BIG factor in keeping one time all year long.	6/22/2014 4:42 PM
9498	We should not move the clocks ever. Keep it dst current time permanently do not do the fallback change. That way we get more light in winter and summer..all year.	6/22/2014 4:42 PM
9499	I think its slightly annoying but anything that gives me more day light during working hours I will willing accept.	6/22/2014 4:42 PM
9500	My second choice is CREATE, but whatever you do this twice a year change has to go.	6/22/2014 4:41 PM

9501	I feel removing daylight savings time and falling back with AZ would be very beneficial. It would be a lot easier for Utah residents to forget about it than to have to remember it and get used to it twice a year. Plus I believe it would raise the morale overall in Utah and make it a more attractive place to live. I lived in AZ for several years and really liked not having to worry about it.	6/22/2014 4:41 PM
9502	It gets dark so early in the winter when we are on standard time. I like having the extra hour of daylight at the end of the day, so I'd like to stay "sprung forward" all year long.	6/22/2014 4:41 PM
9503	Set it and forget it. As a small business owner the switching of time has a negative impact on my business	6/22/2014 4:41 PM
9504	I just want to pick a time and stick with it. I don't see a benefit in daylight savings time.	6/22/2014 4:41 PM
9505	Aside for the week or two it takes to adjust I like the longer evenings in the summer and early light in the winter.	6/22/2014 4:41 PM
9506	I think sleep is such an important habit of health! Daylight savings time negatively effects ours and our children's sleep cycles.	6/22/2014 4:40 PM
9507	Changing time by one hour twice each year is both annoying and unnecessary. Daylight savings time causes people to stay up later than they should. I feel that the best option is to leave the time as standard all the time and avoid the challenges that come from forcing ourselves into this outdated system.	6/22/2014 4:39 PM
9508	I would much prefer staying on single schedule the entire year. There is no such thing as adding or getting more daylight. Concerns about how late or early we should start should be determined by our preferences and mutual agreement. I see nothing wrong with school starting long before the sun comes up, or whatever. The schedule change for work and on my children are profound, however.	6/22/2014 4:39 PM
9509	In today's modern world there is zero need for a time change annually. Farmers from around the world have made do without the government telling them when to get up or when to go to bed. Children from both Arizona and Hawaii cope just fine (probably better in minor ways) without having a time change	6/22/2014 4:39 PM
9510	I like having the change in the fall and spring, but if we keep one, I would prefer MDT, because I like having more light at night...	6/22/2014 4:39 PM
9511	I taught school and strongly believe that changing time negatively affects children ability to learn twice a year. If we keep changing tie twice a school year, we might as well not have school for a week or two after the time change.	6/22/2014 4:38 PM
9512	I am employed person. Daylight Savings Time preferred all year 'round because it gives people time to do thing whether it be personal, business, or volunteering to help community/neighbors/family, including (the elderly), that otherwise would not get done.	6/22/2014 4:38 PM
9513	There is no point to it. Nothing changes, except our clocks.	6/22/2014 4:38 PM
9514	I hate the time change. With Modern lights, we are a 24 hr society anyway. We don't have to rely on the sun for what we do or don't do. Many of our tourist attractions would still have tourists, just at different times. We don't rely on the sun like they used to.	6/22/2014 4:38 PM
9515	Just stay with the spring ahead time. It would given some day light time in the winter evenings to do family actives	6/22/2014 4:38 PM
9516	We adjust our schedule to fit the daylight hours DST is irrelevant.	6/22/2014 4:37 PM
9517	The amount of daylight doesn't change no matter what the clock says.	6/22/2014 4:37 PM
9518	I like it when it is doesn't get dark until 9 pm during the summer. It leaves more time to enjoy the day.	6/22/2014 4:35 PM
9519	I am a Scout Master and an out door enthusiast, my family and I enjoy the time out doors. Since most of our work hours will stay the same such as 7:00 - 5:00 to take the day light saving time away would mean one less hour out doors. Also for those who have a life that involves out of doors rather than those who think life is to be spent in front of a TV set or surfing the internet will be missing out on an hour of light also. We have had day light savings time for a very long time and it seems to work... Leave it alone.	6/22/2014 4:34 PM
9520	no need farmers get plenty of daylight, 9-10 is to late for it to be light	6/22/2014 4:32 PM

9521	Health benefits for allowing our bodies to stay on the same schedule year-round. Less hassle for children if they don't have to adjust to new schedule twice a year.	6/22/2014 4:32 PM
9522	I agree with educators that it has a negative impact on learning and increases accidents. A case in point, two cyclists who were killed about two dyas after the change. Plus, the changes have occurred earlier and earlier in the year, so the school children are going to school in the dark. this is particularly bad in march, as the temperatures are still very cold. Add darkness to this, and you have sleepy, cold and unhappy children. We should do away with it completely	6/22/2014 4:32 PM
9523	I feel daylight savings is hard on health, family harmony, and especially on kids. We are adjusting our internal clocks unnaturally. And just as we get used to the new time it's time to change back. What may have been useful for previous generations is no longer necessary. Just because the clock says it is one time doesn't mean your body agrees. And tying to shift it so often isn't good for anyone.	6/22/2014 4:32 PM
9524	Now that it seems more and more of our society aren't farming, there really doesn't seem to be any true benefit of changing our clocks again and again.	6/22/2014 4:32 PM
9525	As a parent with young children, I would love to have a schedule that doesn't change. It is so hard to adjust children to time changes, and it feels like every time we are finally getting into a groove, it's time to switch again.	6/22/2014 4:31 PM
9526	It's pointless.	6/22/2014 4:30 PM
9527	It is very hard for me and my children to adjust to the time change two times a year. It throws off school work, sleeping, and just over all how we feel. It can take a week or longer to get used to the new time. I don't see the benefit from changing it any more.	6/22/2014 4:29 PM
9528	Taking an hour of sleep away from every driver can be dangerous. DO doesn't provide any benefits.	6/22/2014 4:29 PM
9529	The farmers can get up an hour earlier for their extra daylight	6/22/2014 4:28 PM
9530	When doing business with states on other time zones, failing to retain the alignment with other states would cause confusion.	6/22/2014 4:28 PM
9531	Convenient to "match" time of other states (except AZ) when in need of information etc. from other areas for my farming business. Daylight & weather are imperative to my success and having businesses open one hour of daylight earlier is an incredible help. Let's KEEP Daylight Savings Time! Thanks!	6/22/2014 4:28 PM
9532	The change affects people with depression. Maybe we can help the suicide rate by not changing the times around.	6/22/2014 4:28 PM
9533	Please just let us stay on the one time--Mountain time. It is a waste to continue to change each spring and fall. I don't like the effect it has on my or my children's sleep.	6/22/2014 4:27 PM
9534	There is to many issues that come up with changing times. Lets just stick with the day light savings time and this fall NOT fall back.	6/22/2014 4:26 PM
9535	I really don't think there are any compunctions strong enough to justify forcing society to change their clocks twice a year. I find the current changes disruptive to my sleep and the sleep of my young children.	6/22/2014 4:25 PM
9536	Daylight Saving Time is too confusing and allows for a regulated schedule, probably improving health. If we are to nix DST, we must stay aligned with Arizona, as it makes no sense to create an independent Utahn timezone. It is better to be with one state than with none.	6/22/2014 4:25 PM
9537	I think it's just natural for our bodies to go with the seasons and not have to change the time twice a year. It's also very hard with small kids to adjust.	6/22/2014 4:25 PM
9538	Anything is better than having to change our clocks twice a year, but I would prefer it if we fell back, because too often during daylight savings it is too dark in the mornings (when I like to run) or too light after 9:00 (when we put our children to bed).	6/22/2014 4:22 PM
9539	Having more daylight during waking hours makes many people much more productive since they are not likely to get up earlier with the sun to get more done in the day.	6/22/2014 4:22 PM
9540	Leave it alone. Pick Spring Forward or Fall Back, and then leave it alone. Don't keep changing the time twice a year.	6/22/2014 4:21 PM

9541	Being a mother of four children, Daylight Savings Time is difficult for them to switch to. They get up too early or want to stay up too late. I don't have a preference on which time to switch to (either falling back or springing forward) as long as we stay that way.	6/22/2014 4:21 PM
9542	I'm from Utah, now a resident of AZ. I am much happier without daylight savings, and I never knew better before moving here.	6/22/2014 4:20 PM
9543	As a parent and an educator I see children struggle with the time transition every year, adults struggle as well. We need the consistency of a standard time that lasts year round.	6/22/2014 4:19 PM
9544	I would prefer to stay on daylight savings time all year long. I enjoy the long summer days as the sun is still up quite early, and is up until nearly 10. In the winter however, I seems we are spending a lot of our time awake in the dark. The evenings are dark and cold. I think that we would use less energy on lights etc. if the sun were up later in the day during the winter. More than anything, I hate the change. It takes weeks to recover. I really prefer daylight savings time and would love if it stayed on all year long so as to avoid the difficult of change for me and my children.	6/22/2014 4:17 PM
9545	I love daylight savings. It is one of the things I love about utah a really missed when I lived in AZ for 10 years. It makes the spring/summer/fall evenings so enjoyable and makes the days longer and more productive! KEEP daylight savings!!	6/22/2014 4:17 PM
9546	I like having it lighter in the evenings during the summer.	6/22/2014 4:17 PM
9547	This is an obsolete institution that provides no benefit. Studies show that the benefits we thought we were getting i.e. energy savings... are simply not true.	6/22/2014 4:16 PM
9548	Drop the ridiculous practice of changing the clock twice a year! UTC would be even better. The number on the clock is arbitrary.	6/22/2014 4:15 PM
9549	I feel strongly that we should NOT observe DST. Arizona has it right.	6/22/2014 4:15 PM
9550	I prefer DST over standard time. Our family does many activities outside during the summer and having it light is much better for regular activities in the summer. I'd rather not see daylight wasted early in the morning.	6/22/2014 4:14 PM
9551	I Feel that changing your body's internal clock so often is difficult and could be potentially harmful. I know I'm always exhausted, but as a parent I see that my children struggle for weeks to adjust. I've noticed that their school work suffers. I don't see that it adds any bennifits to our family, but I do see many negative impacts.	6/22/2014 4:13 PM
9552	I've never liked daylight savings time but now that I'm a mother I hate it! Weeks of our lives are thrown out of sync because if the time change twice a year and I literally get no benefit from it.	6/22/2014 4:13 PM
9553	I like it how it is right now. When it gets dark later in he day. I think we save more electricity like that.	6/22/2014 4:12 PM
9554	Its original purpose for farming no longer applies.	6/22/2014 4:12 PM
9555	Even though it's just an hour each time, it takes so long to get used to the time change and seems unhealthy and stressful.	6/22/2014 4:12 PM
9556	DST gives us much more freedom to work, pursue activities of all type and to enjoy more daylight. I prefer DST year round.	6/22/2014 4:12 PM
9557	The day has 24 hours no matter what is done with the clock. To say there is more daylight for farmers is nonsense, just start an hour earlier. One other area of consideration is having to adjust medication times in the hospitals twice a year.	6/22/2014 4:11 PM
9558	I like having the later sundown in the summer. The rest of the year it doesn't matter too much, but I would like it to stay the same. I hate losing an hour in the spring.	6/22/2014 4:11 PM
9559	The safety of children matters more to me than any supposed increase of daylight. Each year after the clocks are set forward several kids are run over by drivers who are stressed out and driving, again, in the dark.	6/22/2014 4:11 PM
9560	It's an unnecessary disruption to our sleep rhythms.	6/22/2014 4:10 PM
9561	Yes, yes, yes! Please get rid of daylight savings time!	6/22/2014 4:10 PM
9562	Daylight savings kills me every November	6/22/2014 4:10 PM

9563	It is hard especially as a parent of young children to keep switching back and forth. I feel like just when I get my kids used to the new time change and on a new schedule, we have to switch and get used to a new one. I don't think the need to change is relevant any longer.	6/22/2014 4:08 PM
9564	I have spent decades in both Arizona and Utah. Arizona has it right. Not ever having to deal with time changes in wonderful. Having grown up on a dairy in Cache Valley and then farming in Arizona I know the correlation between daylight savings and farming and that the argument holds little water anymore with new high tech machinery. I rarely spent evenings in fields harvesting crops because I had a spare hour to burn. In Arizona you learned to wake up earlier if you needed more time. Why have an entire state suffer time changes for farmers when there are so few small operations remaining. As a parent I would also love to see my children stop suffering each time we make a time change and they struggle to get their bodies and minds back on track with the new time schedules. Please vote to get rid of daylight savings time, let Utah lead the nation in removing this outdated and impractical tradition. I strongly feel other states will follow suit.	6/22/2014 4:08 PM
9565	Why do we even still have it? It seems unnecessary to me	6/22/2014 4:07 PM
9566	During the dark winter afternoons sometimes I want to die.	6/22/2014 4:07 PM
9567	too confusing to switch back and forth; an archaic solution to a problem that never existed. We live in an age where if you want something done you do not need to wait for daylight to get it done.	6/22/2014 4:07 PM
9568	My husband and I enjoy longer hours of daylight in the evening to get things done. In the winter when we're off DST, it is pitch black at 5:30 p.m. and all you want to do is go to bed. We would like to see DST year around.	6/22/2014 4:06 PM
9569	I grew up in AZ and lived in UT a few college months. It felt natural in AZ to see change in sunshine over seasons. Now I live in CA and I still don't like DST.	6/22/2014 4:06 PM
9570	Daylight savings time had its use at the time of creation, but now it's simply obsolete.	6/22/2014 4:05 PM
9571	For many years I have disliked the shifting of our clocks around twice yearly. I personally did not see a major change in how much electricity was used, or how I lived my life. Rather, I feel like it simply throws off my own body and sleep habits in a negative way. As a parent, I find it is absolutely terrible on children. Their body clocks are all that matter. When we shift our societal clock around it makes life just that much harder. Please end this silly system now!	6/22/2014 4:04 PM
9572	There are benefits to both staying on daylight savings time (energy savings from shifting the extra daylight to evening hours, safer commutes home from work, etc) and for doing away with DST and falling back and staying there with Arizona (most notably, somewhat safer travels for school age teens). My personal preference would be spring forward and stay there because it's more convenient for me- but I don't really care which we choose, so long as we just pick one and stick with it- get rid of the time changes! It is hard for people to adjust, and the sleepiness caused by the time changes means more accidents.	6/22/2014 4:03 PM
9573	I have always disliked the time changes. My personal preference is to have it lighter later into the day. Daylight time frame during active hours in the winter months is too short. I go to work in the dark and come home in the dark. I would prefer to have some light left at the end of the work day.	6/22/2014 4:03 PM
9574	Being in the education system you can see how difficult the change is on children and their learning. This makes it hard for teachers to keep the attention in the classroom and the focus of their students.	6/22/2014 4:03 PM
9575	there is no such thing as more daylight, changing the time does not create more daylight. it is confusing to our bodies and there is no need for it. i would prefer to stay on mt standard time but the next best option would be to stay on daylight saving all year.	6/22/2014 4:02 PM
9576	I am a stay at home mom. Daylight savings time is hard on me and my family. I think I would be great if there was no spring forward or fall back.	6/22/2014 4:02 PM
9577	Changing times messes with people's circadian rhythms.	6/22/2014 4:01 PM
9578	DLST with no change during the year helps tourism, farming, and avoids the drastic change so difficult on school children. I think it is a WIN-WIN>	6/22/2014 4:01 PM

9579	I lived in Arizona for 7 years and now live in Utah, so I speak from having lived in both systems. Making the clock adjustment is a bit of a hassle twice a year for a day or two, but the benefits last throughout the year. It is a small price to pay. The Fall adjustment isn't even hard because we get an extra hour of sleep. And yes, I have kids so I know how it affects them. It's far better to make the DST adjustment than to have it get light at 4:00 in the morning. And summer evenings feel cut short when it gets dark at 8:00 (without DST). Further, the inconvenience and hassle of not switching with the rest of the country is hard to understand until you live it. It's like you jump time zones twice a year, in the winter you're on mountain time and the summer you're on pacific time. That's a pain. I believe this is a case of "The grass is always greener..." People think it sounds great not to adjust the clocks, but having lived it, I tell you it's not great. Our current system, despite a small inconvenience, is preferable.	6/22/2014 4:01 PM
9580	I think it's a pain, we can just stay up later if we want to be out in the daylight more we don't need to change the time on our clocks.	6/22/2014 4:00 PM
9581	After work, I enjoy going outside to play. I work indoors all day and I need to get outside and enjoy the sunshine. It's good for my health as during the winter months I don't engage in much exercise or social activity.	6/22/2014 4:00 PM
9582	Inconvenience with no gain	6/22/2014 3:59 PM
9583	View point is driven by Safety and human factors. On the current system (daylight savings), normal working people lose an hour of sleep each night. Normaly you want to stay awake and be with your family in/for activitys etc., and it is time to wrap it up for the day and get some sleep (8 hours would be nice), so you can hit it in the morning. There is no recovery time. If you get an 6 hours of sleep you are lucky. This factor is only magnified when you add to it the comute time to work, which may be as much as 3 hours a day (which is getting worse each year). This puts individuals at risk at home, on the roads at work and play. Look at the statistics on drousy drivers which is similar to driving intoxicated and it unnerves you. The only time many have to recover/recharge is the weekend. However you lose quality time when you sleep in or take naps to make up for hours lost due to the current system that is robbing your time. We are designd to wake up and conduct life when it is light, however the current system drives our society to keep playing, working and functioning and squeezing another hour out of the day at an extra mental and physical cost. It's great that we have electricy to keep us up later which also gets us to extend our hours and exposure.	6/22/2014 3:59 PM
9584	I don't really care about forward or back just stop changing twice a year.	6/22/2014 3:59 PM
9585	I enjoy having more sun in the evening hours and dread how early it gets daters in the winter.	6/22/2014 3:59 PM
9586	It is the changing twice a year that creates the problems. I would support either ending it or staying on it all year. Just don't change the time in the middle of the year.	6/22/2014 3:59 PM
9587	I would like to see data on the economic impact of Daylight Savings Time. It can't be energy savings. It can't be the number of daylight hours in the day (farming). What could it possibly be? I'd like to be convinced there is an economic reason. I'm highly in favor or keeping Standard all year around.	6/22/2014 3:59 PM
9588	I think daylight savings time is out dated and a nuisance! My husband is a farmer and he doesn't care about what time it is. He works from sun up until sun down. My children have a horrible time with it and it throws their schedules off completely.	6/22/2014 3:59 PM
9589	Accounting for daylight savings is a difficult problem in software development. It's different everywhere, inconsistently applied, and the cause of many errors. Eliminating it in Utah would be a step in the right direction, and other states would be influenced to consider removing it as well.	6/22/2014 3:58 PM
9590	Day light after the work day allows more time for projects and activities.	6/22/2014 3:57 PM

9591	First, let's restate Question #1. Alignment isn't really a 'fall-back', it is simply NOT a 'spring-forward'. Second, the clock is derived from the motion of the earth on its axis, and Noon, by definition, is when the sun reaches zenith, or its highest point in the sky. Daylight savings time corrupts this historical expression and understanding of time. I do accept the idea of time zones, but to simply shift the clock one hour forward during the 'daylight savings period' is frankly silly, and disturbs the rhythms of daily life, especially for our children. For those that desire an 'extra hour' of daylight in the summer months, consider getting up an hour earlier, say at 6AM rather than 7PM, starting their day at 7AM and working an 8-hour day until 4PM. Those that wish to do so can still work a full day and have that 'extra hour' of daylight for recreation or whatever it is that interests them. This then returns us to the question of shifting the clock for DST at all. I've yet to encounter a law the prevents a business from setting its hours as desired. There's no reason a business could not set their 'summer' hours to 9AM-4PM instead of 10AM-5PM, for example. With DST, I must ask: why do we FORCE the entire citizenry to adopt a completely artificial time perspective, suffering two uncomfortable shifts in our daily rhythm in the spring and the fall at all, when those that wish to adopt an earlier workday can do so as suits them? I very much oppose the continued recognition of DST and strongly urge our legislature to repeal recognition of DST in the State of Utah.	6/22/2014 3:57 PM
9592	I want daylight when I get home from work. In the winter it is just getting dark as I leave the office.	6/22/2014 3:57 PM
9593	If I were given a choice I would like to leave our time set on the daylight saving schedule. However I would like one time to be set and then left at that and change the time no more in spring and fall. Thank you! Very sincerely, K. B.	6/22/2014 3:57 PM
9594	Daylight hours are most productive in the evening. either keep the switch in place or move to permanent Spring Forward Time	6/22/2014 3:57 PM
9595	It takes a toll on our family's health everytime we make the switch. We often end up with someone getting sick. It no longer serves any purpose, it has just become a huge inconvenience.	6/22/2014 3:55 PM
9596	I've seen what a difficult time young students have making the adjustment. It definitely affects their ability to learn for a week at least. I have a hard time adjusting.	6/22/2014 3:55 PM
9597	I prefer to either keep Daylight Savings time or to create a new time just as it is during the summer now. Reason being is the ability to work in my yard and recreate later into the evening. In having a job and family there are many times that I am only able to work outside in my yard in the evening; so the extra daylight into the evening is very beneficial. There is a huge benefit to having the extra daylight in the evening versus the morning. Currently the sun is coming up before 6 am. It would do no good to have the sun rise before 5am when most people are still sleeping and not taking advantage of the daylight.	6/22/2014 3:55 PM
9598	I don't like the change because my body-clock stays the same, so it is confusing at first. And, if you put in a long day in the winter time, you go to work in the dark and you return home in darkness. That is depressing.	6/22/2014 3:55 PM
9599	It is very hard on a working woman's body to keep switching back and forth, although i prefer having it light longer i would take either as long it stops switching back and forth.	6/22/2014 3:54 PM
9600	I no longer work, but for those who do work this daylight saving makes it pretty hard to get use to this time change. Meaning a person losses 1 hour sleep and makes it hard when at work...and also driving to work. In actuality I truly do not believe we even save on electricity..	6/22/2014 3:54 PM
9601	For us the key is that the time stay the same throughout the year and not change. The change each year is a disruption and does not support any valid purpose.	6/22/2014 3:54 PM
9602	The amount of daylight we have doesn't change because we move a clock. We have a lot of wok that goes on 24/7. The need for later daylight has come to an end.	6/22/2014 3:54 PM
9603	Pick one and stay with it, quit changing twice a year.	6/22/2014 3:53 PM
9604	Daylight savings has no beneficial affect. All it does it mess up people's internal clocks and causes more safety concerns. Farmers and the like will have the light regardless of what people say the time is. It just means that they will have to get up "earlier" which people on both sides will do anyways.	6/22/2014 3:53 PM
9605	One of the key principles of quality improvement practices such as Six Sigma is reducing variability. The greater variability there is in a process or environment, the greater possibility of errors. The more errors there are, the greater the cost. Daylight Saving Time (DST) increases the variability in business processes, as well as individuals' lives, which can be costly. It makes living more complex and less efficient. Eliminating DST would make life simpler and help reduce costly inefficiencies.	6/22/2014 3:53 PM

9606	Get rid of daylight savings	6/22/2014 3:52 PM
9607	Our current system of turning clocks forward and backward is not helpful for anyone, but it has adverse effects on all of us. The worst effects are noticable in school-age children and the elderly. It upsets their body-clock and takes weeks to adjust each year! We should be protecting the young and the very old. It makes sense to align ourselves with Arizona to keep MST year round. Other states will likely follow our lead so eventually we won't have business-time issues. It just makes sense to align. Thank you!	6/22/2014 3:51 PM
9608	I have always disliked changing to and from daylight savings time. I find it a biannual, artificial, useless exercise. There are and always have been 24 hours in the day. shifting the times twice a year is pointless. People will do the business they are planning to do regardless of what time it is. Either way, darkness comes and we have to cope with it. Quite putting everyone through useless adjustment periods for no reason at all. Let's go 'natural'.	6/22/2014 3:51 PM
9609	The adjustments associated with Daylight Savings Time (DST) semi-annual time fluctuations can wreak havic in this age of forwardness. Granted, technology has assisted with the ease of "changing the clocks," but humans' "internal clocks" are not so easily adjusted. Every so many months, it takes several days (not minutes or hours) to adjust to the changes in time, light, schedules, etc. Not everyone benefits from the supposed intentions of DST. After all, livestock, plants, pets, babies, etc. can't tell time. We now live in a 24/7 world. Many retailers, grocers, industries and other companies are now open 24/7, meaning that their employees are required to live schedules that are even further aggrivated by time changes to their already complicated time shifts. Children have been adversely effected by the time changes for generations. We have never really seen the point of DST on the average individual. It is merely a tactic used by industry to supposedly save energy? Not in the world we live now. Everyone could argue either way as to what is best, can't please everyone. Arizona has gone without DST for years and they are doing fine. We would suggest joining Arizona in a regular Mountain Standard Time (MST) system. Furthermore, please eliminate the option of moving entirely to a summer DST version. Moving entirely to a summer DST version would be catastrophic on so many levels. It would create an anomaly. Computers are easily adaptable to the current DST schedules or MST, but moving to the suggested summer DST alternative would further insult the process. Not a good idea. Therefore, our preference would be to join Arizona in year-round MST.	6/22/2014 3:51 PM
9610	It is nice not having to adjust your schedules twice a year for a practice that is updated. Arizona has had it right for a long time.'s moving the clock forward will give more daylight in the winter hours when it is darker earlier and colder.	6/22/2014 3:51 PM
9611	I have been waiting for this for a long, long time!	6/22/2014 3:51 PM
9612	I would prefer it to get darker earlier at night to keep a more balanced sleep. I have health concerns and it is hard on my body to switch times twice a year. It is easier to get up early with the sun than go to bed early when it is still light out after 830-9.	6/22/2014 3:49 PM
9613	It is so hard to deal with the darkness in the morning and coming home from work. I think we need to utilize all the light we can.	6/22/2014 3:48 PM
9614	No need for daylight savings time.	6/22/2014 3:47 PM
9615	I prefer it to be lighter later in the day. Let's stay on Daylight Saving Time year-round.	6/22/2014 3:46 PM
9616	Please align with Arizona. DST is a relic of another age and only a source for confusion.	6/22/2014 3:46 PM
9617	Changing times twice per year has been proven to be unhealthy for our natural sleep cycles. Let's stick on one time - whether it be standard or DST - but let's just stay on ONE of them all year.	6/22/2014 3:46 PM
9618	I own a photography business and need the extra time to capture families. It's hard once we fall back to get everyone off their jobs and ready to go and their still be light. On a personal note it really helps with the depression to have it lighter in the evenings	6/22/2014 3:46 PM
9619	wish Idaho would take this seriously	6/22/2014 3:46 PM
9620	Even the "fall back" is hard to get used to. It doesn't save energy, just moves the use to early morning instead of evening. It creates unsafe commuting circumstances for students and pedestrians in the morning.	6/22/2014 3:46 PM
9621	Difficult on families with young children. Also, takes about 3-4 days to adjust to the time change as far as sleeping and getting up.	6/22/2014 3:46 PM
9622	It's annoying, and difficult for children. The benefits don't outweigh the negatives.	6/22/2014 3:45 PM

9623	I don't quite know what you mean by "Create." If you mean that we would not be changing times, but just sticking with daylight savings time all year long, I would be in agreement with that or the "align" option. I think that there is no need to be switching times. It is difficult for those with families. It causes difficulties with sleep and schedules for those with and without children. I suspect that it is costly to have the entire state have to readjust to a new time twice a year.	6/22/2014 3:44 PM
9624	I	6/22/2014 3:44 PM
9625	Abolish Daylight Savings Time	6/22/2014 3:44 PM
9626	night shifts loose an hour of pay! You work an extra hour for nothing. Also, have to start getting up in the dark again, just when it was getting light outside, we turn the clock ahead! This was meant for farming not the working public no farm jobs	6/22/2014 3:44 PM
9627	Daylight savings time decreases my productivity for large portions of the year. Let's do away with it!	6/22/2014 3:43 PM
9628	Daylight saving time does not increase the number of sunlight hours in a day. There are only so many daylight hours regardless of what hour they are called. Another example of man trying to control the elements.	6/22/2014 3:43 PM
9629	Daylight saving time is a pain in the neck. I'm all for sticking with one or the other, but it's best-I believe-to stick with Arizona.	6/22/2014 3:43 PM
9630	I want the summer nights to be longer.	6/22/2014 3:43 PM
9631	moving back and forward twice a year make our family grumpy and tired my kids have a hard time getting up for school and gets bad grades around this time.	6/22/2014 3:42 PM
9632	The time change messes with my internal clock. Once my body has finally adjusted, it's time to change it again. It stays too light out at night in the summer, and gets dark too early at night. I have severe night blindness and when it's dark at 4:00 it is very hard to drive home.	6/22/2014 3:42 PM
9633	Children traveling to school and catching busses in the dark is dangerous!	6/22/2014 3:42 PM
9634	I would love to have extra daylight in the evening year round. If that's not possible then leave it the way it is.	6/22/2014 3:41 PM
9635	I prefer the longer days with daylight lasting longer. We need the longer days to spend more quality time with our families.	6/22/2014 3:40 PM
9636	Daylight savings time is very hard on kids. Besides the confusion of knowing whether to go ahead or fall behind, bodies take time in adjusting every six months. Sleepiness, lack of concentration, restlessness, etc interfere with productivity in young people as well as all others. There are only 24 hours in a day. We are NOT "saving" anything by messing with our minds and bodies twice a year.	6/22/2014 3:40 PM
9637	It would be nice if we would not have to change time	6/22/2014 3:40 PM
9638	It has been reported that the elderly experience health difficulties particularly with their hearts during the period of daylight savings time change particularly when we have to adjust to getting up earlier. We have tried to start a week or two earlier to change our get up time five minutes at a time so the change of time isn't really real hard for us, but the abrupt change is completely miserable if we fail to do that.	6/22/2014 3:40 PM
9639	Why can't those who favor daylight savings time merely go to work an hour early and get off work an hour early? Go to work at 7:00AM and get off at 4:00PM? That way clocks don;t have to be reset twice a year!	6/22/2014 3:40 PM
9640	Great for gardening. Also wouldn't like earlier morning light.	6/22/2014 3:40 PM
9641	Going through this change twice a year is stressful on the body. It takes me a few weeks to adjust and I'm tired at work while I adapt.	6/22/2014 3:39 PM
9642	I love daylight savings time! If there was an option during winter to change the time to get light in the morning (like standard time) and stay light in the evening (like daylight savings) I would choose this! I feel happier and more productive during daylight savings hours.	6/22/2014 3:39 PM
9643	The change in sleeping habits every six months hurts my sleep and productivity. The lost daylight does NOT negatively impact my life.	6/22/2014 3:39 PM
9644	This is an outdated practice.	6/22/2014 3:39 PM
9645	Keep DST the whole year instead of messing with the clock. I love light in the summer evenings but not in the morning. The time changes make everyone grumpy.	6/22/2014 3:38 PM

9646	Keep it on summer time hours	6/22/2014 3:38 PM
9647	Please end daylight savings.	6/22/2014 3:36 PM
9648	I feel aligning with Arizona would be a great benefit for everyone in Utah. The time change makes it very hard to adjust to and it has been proven that there is a lot of depression when the time keep changes. I feel everyone would benefit from staying with the same time as Arizona. It is also very hard for children in school with the changes, they seem to do so much better when we stay on the same time as Arizona.	6/22/2014 3:35 PM
9649	I like it being light later at night.	6/22/2014 3:35 PM
9650	All DST makes for is grumpy children two times a year.	6/22/2014 3:34 PM
9651	This is probably a lame reason but I hate daylight savings because I finally get my kids on a fairly consistent schedule and then daylights savings messes it all up!	6/22/2014 3:33 PM
9652	No more flip floppin the time. I prefer spring forward being permanent but, I'd take fall back too, either one is better than what we do now!	6/22/2014 3:33 PM
9653	Daylight saving time hardly effects anything we do, and is only noticed when we are surprised with an extra hour of sleep or deprived of an hour. Personally, I would prefer later hours to remain light for longer. However, heavy traffic on semi-frozen roads would benefit from earlier hours being kept lighter in the winter, because the sun might have more time to melt ice before everyone drives on it. So we should keep things the way they are if that is the case. But if that last point isn't really meaningful, I would like later hours to remain lighter all year long.	6/22/2014 3:31 PM
9654	Adjusting to DST causes difficulties for my children as well as for the young students I teach. The disruption in their schedules and their sleep sets them back considerably for several weeks. I sincerely hope we end the practice!	6/22/2014 3:29 PM
9655	It's against nature to be artificially adjusting the clock for no perceived gain. I think it's more dangerous for our kids walking on the roads around the time switches because the drivers aren't at top function due to altered sleep patterns. As I get older the time switches are harder, leading to some days of lowered productivity, On a personal note, my daughter lives in Phoenix, and I want our time to coordinate with Arizona's all year long.	6/22/2014 3:28 PM
9656	Why have Daylight Saving Time? Annoys me twice a year changing time and then a week for my body to adjust! All the extra daylight being saved for additional outdoor activity may be another cause of global warming!	6/22/2014 3:27 PM
9657	It works. It is beneficial to have longer light in the evenings during the summer months. Both for work and recreation purposes.	6/22/2014 3:26 PM
9658	It works. It is beneficial to have longer light in the evenings during the summer months. Both for work and recreation purposes.	6/22/2014 3:26 PM
9659	Daylight savings time was implemented to conserve energy. If any changes are going to be made, we should keep it year round.	6/22/2014 3:24 PM
9660	I prefer that we didn't change time twice a year. If we go to a single time year round it only makes sense to leave it at the original time before daylight savings time ever began.	6/22/2014 3:24 PM
9661	I grew up in Utah, and then lived in Az for 10 years before moving back to Utah. DST has been the hardest part of adjusting to being back in the great state of Utah. While in AZ. I appreciated not having to change the clocks, every spring and fall. I also believe that not dealing with winter depression in AZ, for me had more to do with not having a drastic change in what time it gets dark at night, than the weather. (I notice that in Utah, my winter depression seems to hit when the clocks change, not the weather.) I also have always thought it is absolutely ridiculous for it to still be light outside past 9:30 pm in the summer. While living in AZ, we loved being able to enjoy community firework displays at 8:30 or 9 instead of 10. I have frequently joked since moving back to Utah, that if I could change one thing about this state, this would be it. I am grateful for this opportunity to have that opinion and voice be heard.	6/22/2014 3:24 PM
9662	Took much of a hassle going back and forth twice a year Affects my job People making noise into the summer night hours affects my sleep	6/22/2014 3:24 PM
9663	The trouble or concern with DST seems to be confined to the change itself. The solution is simple, keep Utah on DST year around. When I get home from work, I want to play with my children outside in the light!	6/22/2014 3:24 PM

9664	I think that it should always be daylight savings time. I love having it be light later.	6/22/2014 3:23 PM
9665	The value of Daylight Savings Time is delusional. Children need to be in bed consistently at reasonable nighttime hours, not out in the stores, etc. The old adage still holds - Early to bed, and early to rise, makes a person healthy, wealthy and wise. (Anomalies to the rule remain anomalies)	6/22/2014 3:23 PM
9666	Pick one....but I see no benefit moving from one to the other for four months a year. I'd prefer Mountain Standard Time	6/22/2014 3:22 PM
9667	stop this joke! No more fall back spring someplace garbage!	6/22/2014 3:22 PM
9668	Please get rid of daylight savings time. Just as we get us and our kids' circadian rhythm going well again, we get to mess it up again. I also don't buy the farmers/ranchers line we've been fed for generations - they work when the sun's up. It doesn't matter if it's early or late to them. I feel we'd be more productive and our kids would do better without messing with the clock twice a year. Please make this change. Thanks!	6/22/2014 3:22 PM
9669	My opinion is that we should stay 1 hour forward of the current Mountain time (-0600). We have special needs kids and the time change really throws them for a loop. If we were to instead stay at -0700 the sun will be rising at 4:30 am during the summer which would be too early for our kids and most adults. Since most people seem to function between 6:00am an 10:00pm or 7:00am to 11:pm, being one hour ahead will maximize sunlight. The only drawback will be the winter months where the sun won't rise until almost 9:00am on the shortest of days. However, some 30 days of late mornings will be better than 90 days of early mornings. As to the technology side, it won't matter. Linux and modern Windows systems deal well with the changes. They actually store dates in UTC and then convert as necessary to the given time zone. So it won't really cost anything to make the change. The update to the timezone tables will be part of the regular stream of patches that come every month.	6/22/2014 3:22 PM
9670	I prefer to fall back with Arizona. Its easier and you'd not have to worry about changing everything twice a year. No one used Day Light Savings time in the far past, we don't need it now.	6/22/2014 3:22 PM
9671	There isn't a point to doing the daylight savings any more that's a thing of the past . With the times now we have the technology and resources no reason for it any more .	6/22/2014 3:21 PM
9672	Please. I beg you, for all that is holy and important, please get rid of it.	6/22/2014 3:20 PM
9673	I love having more light and time at night.	6/22/2014 3:20 PM
9674	I feel its motivation is archaic, and I blame the headaches I get in the spring and fall partly on an upset sleep pattern. While normally I would support its continuation so as to not add to the mess, following Arizona shouldn't add much complexity. If we do love unnecessary complications and create our own way that we measure time, a wise political move would be to change the spring forward such that it always occurs in the afternoon on a weekday, instead of at night. This way, people get to leave work an hour early in the spring, and get an extra hour sleep in the fall.	6/22/2014 3:19 PM
9675	I grew up in Utah. I currently reside in Arizona where we don't have daylight savings time. And I LOVE not dealing with it. Makes no sense to have it now in my opinion.	6/22/2014 3:19 PM
9676	Question 1's options are a little confusing. I would prefer making what is the current daylight savings time/hours become the standard time.	6/22/2014 3:19 PM
9677	It was supposed to be a temporary measure for WWI. Let businesses open an hour earlier if they want a longer day.	6/22/2014 3:18 PM
9678	I really like daylight savings as it is. I can do much more in the evenings outside	6/22/2014 3:18 PM
9679	Daylight Savings is bad for kids, bad for parents, bad for employees, just bad. The hours gained or lost are not worth the human cost.	6/22/2014 3:18 PM
9680	As a nanny of four, and a student, I am more alert during my early classes because it is not so darn dark outside. It is also comforting because I know my kids won't be walking to school when it is dark. There will be plenty of light for drivers to see them.	6/22/2014 3:17 PM
9681	Stay on daylight savings time and don't switch back. We need the daylight in the afternoon and evening time.	6/22/2014 3:17 PM
9682	It won't be hard for me to a just to the daylight savings time when I am in school and don't have to worry about losing an hour or gaining and hour. Keep the time the same and make it e z for all people to go about there business. thanks	6/22/2014 3:17 PM

9683	When I lived in AZ I HATED being three hours off from the east coast colleagues. Either keep DST or STAY ON DST. Just QUIT CHANGING! :-)	6/22/2014 3:16 PM
9684	I lived in Arizona for many years. After living here in Utah I do not see any benefits to DST only the problems that come the week or two after the time change twice a year.	6/22/2014 3:16 PM
9685	I love the hours of daylight later in the evening and don't really like the changing back and forth. Thus my vote would be to go to a system where the Daylight Savings Time is all year long.	6/22/2014 3:15 PM
9686	Although I don't really feel strongly one way or another about the question on hand, I also don't think there is any real benefit to day light savings time. The number of hours that the sun is up is in affected by the arbatrary numbers we assign to the measurement of our days.	6/22/2014 3:15 PM
9687	I lived in Arizona for awhile and enjoyed not having to deal with the resetting of clocks and getting by body adjusted to new sleep schedule.	6/22/2014 3:13 PM
9688	Our health would be better if it was dark when we went to sleep in the summer. And it is a no brainer that kids are staying up too late.	6/22/2014 3:13 PM
9689	Count my wife in on eliminating the DST schedule .. Thanks	6/22/2014 3:13 PM
9690	My husband works late in the day and it is much better to remain with the summer time zone to keep it lighter longer even in the winter! Plus it frustrates my kids while they adjust!	6/22/2014 3:12 PM
9691	Please just choose an option then stick with it year round. May as well be the same as Arizona as they are next door. The change of time every 6 months is ridiculous and hard to adjust to.	6/22/2014 3:12 PM
9692	We don't need daylight until 10 pm in the summer and we don't need it in the early morning in the winter. It would be better to have the daylight in the evenings in the winter time. DLS also takes a few weeks to adjust to as it messes up sleep cycles. Adjusting to it twice a year is ridiculous.	6/22/2014 3:12 PM
9693	Daylight savings is good for business	6/22/2014 3:12 PM
9694	Pick one or the other. but switching forward and back twice a year is unnecessary, and disruptive to family, work and children's schedule.	6/22/2014 3:11 PM
9695	It has been proven it is not a healthy practice to keep changing sleep & wake patterns. It is hard on adults & school students. I see no reason to continue this annoying schedule!	6/22/2014 3:11 PM
9696	It should stay the same, yes its difficult for the first couple of days, but you get used to it. Like when you come back from vacation and have to get up early to get to work. Your only affected for a couple of days it does not last for months. I think people should realize what time the it will be getting light in the morning, its starts to get light now at around 5:30 in the morning, so that's 4:30 in the morning during the summer. Parents think they have it bad now, wait till the sun wakes up the your kids at 4:30 in the morning and they don't go to school till 8:00. Maybe parents need to get their kids to bed at a decent hour. I am tired of Utah trying to go back in time and roll back the clock to progress, like example getting rid of the 4 day work week for government offices. I think it will negatively impact future companies looking at Utah for a possible move. Our dirty air already gives us a bad reputation , lets not look like we are going back to the pioneer days. Its called Daylight Savings for a reason, it saves us on energy costs, the amount of time we spend outside in the summer. That's all we need is another reason to sit in front of the tv or computer instead of being outside. Keep it the way it is or make it a longer period of time but do not do away with it.	6/22/2014 3:11 PM
9697	We get longer days in the summer anyway, so we don't need to change our time, which just confuses our body clocks and makes it darker and more dangerous in the mornings for children going to school (in the spring).	6/22/2014 3:11 PM
9698	Studies show there are an uptick in accidents (drowsy driving) during the spring when changing to daylight savings time: (http://www.wjla.com/articles/2012/03/daylight-savings-leads-to-more-accidents-heart-attacks-studies-show--73661.html), and http://wamu.org/news/12/03/10/daylight_saving_time_may_affect_monday_morning_commute). Lets be smart about this change and make it part of the zero fatalities campaign in terms of general public health and safety. Staying with the previous system essentially is the State of Utah failing to acknowledge an easy way to save lives.	6/22/2014 3:11 PM
9699	Please pick one time I don't care which, but it would make sense to stay with MST.	6/22/2014 3:10 PM
9700	I LOVE DST.....I CAN GET SO MUCH MORE DONE AND ENJOY THE EVENINGS LONGER!	6/22/2014 3:10 PM
9701	Pick one or the other. but switching forward and back twice a year is unnecessary, and disruptive to family, work and children's schedule.	6/22/2014 3:10 PM

9702	It has always been very strange to me, that in this day and age when most of us are feeling more stress in our everyday lives than ever before, WHY on earth then, do we speed up our clocks so we can go faster?!? Daylight savings has never made any sense! The sun goes down for a reason, so we can rest and relax and find more of that down time that we are all looking for?	6/22/2014 3:10 PM
9703	First choice would be going back to standard time year round. Second choice would be daylight savings time year round. The constant changing back and forth and having to adapt your life cycles is stressful and unhealthy.	6/22/2014 3:09 PM
9704	No more back and forth please, let's stay on one time and leave it there!	6/22/2014 3:09 PM
9705	It is a waste. It's an anachronism and it needs to go away. It messes with sleep patterns and health. It's a pain dealing with kids on a schedule. They used to say it saved energy, but in reality it doesn't it costs more. The time change really only seems to exists for people who want to go do late sports & not feel guilty for "being up". Can we please just pick one and be that. Thank you.	6/22/2014 3:09 PM
9706	It needs to go. It throws off your body's clock twice a year, and messes up kids twice a year, and for what? Please end this.	6/22/2014 3:09 PM
9707	Keep it. Energy and psychological effects are proven. Let's not move to something unproven because of a very vocal minority.	6/22/2014 3:09 PM
9708	This would become another great attractant for people to the state of Utah. This would be one of the greatest things, along with taking more serious measures against air pollution, that the state legislature and officials could do for us at this time. We would be so appreciative!	6/22/2014 3:08 PM
9709	It was a great cure for all the farmers but farming has practically died out. It's especially harder on our senior citizens like my mother who have a hard time with the time changes. They're bodies just don't adjust as well to the changes in their sleep schedules.	6/22/2014 3:08 PM
9710	Only the government could think that you could cut one end of a blanket off and sew it on the other end and end up with more blanket.	6/22/2014 3:08 PM
9711	If you read any study about having routine in children's lives, you will know without a doubt how truly important it is. Having it stay light so late has a great impact on children's lives and routines. They would be better off without having Spring Forward and better able to maintain bedtime routine which in turn will affect the rest of their daily routine.	6/22/2014 3:07 PM
9712	I would much prefer to spring forward permanently. Being lighter later results in more productivity for myself and my family, and is much more friendly for those who suffer from seasonal cycles of depression, or other mood disorders. It is also safer to have more light in the evenings, when there are more cars on the road, particularly when winter weather is considered.	6/22/2014 3:07 PM
9713	I feel that changing our clocks twice a year is a needless disruption of our biorhythms and habits. As a mother I have to help all my children function on a different schedule twice a year. There is no point in it. It is obsolete. I gain nothing for the current system of changing our clocks twice a year and I would love to see it gone.	6/22/2014 3:06 PM
9714	We are not farmers and we have electricity. My biggest concern is the safety of children and others. I personally had a good friend' son killed by a car on the way to school in November just before daylight savings changed and it was still dark when he was going to school. The same thing happened a year later in my neighborhood. Also this spring two bikers were killed on the way to work just before the daylight savings change and it was dark on the way to work and the driver didn't see them. I believe for the safety of all of us we should get rid of daylight savings.	6/22/2014 3:06 PM
9715	Stop the time changes. It is silly. Pick one and stick with it.	6/22/2014 3:05 PM
9716	I used to live in Arizona and it was so nice to not have to worry about changing times twice a year. I don't see the necessity of Daylight Savings at all!	6/22/2014 3:05 PM
9717	Daylight savings time isn't helpful to me in anyway, and it makes it hard on families who have to readjust schedules for their kids.	6/22/2014 3:05 PM
9718	The extra hour doesn't add that much--even for those who do sports. DST makes it still dark when some kids are going to school--safety issue. Change in time "confusing" to the body,	6/22/2014 3:05 PM
9719	Please, please, please...get ride of Daylight Savings Time. Go to Arizona's time or create your own. Just please keep the time the same without changing it every 6 months. Our whole family would be thrilled at the increased stability! Thank you! SS	6/22/2014 3:04 PM
9720	DST is no longer relevant and is disruptive.	6/22/2014 3:04 PM

9721	It is disruptive to regular body functions..digestion & rest. Think its not important feed a baby regularly at 6 AM then make him wait an hour. Animals are the same. You golfers, politicians & government want more time after work? Adjust your own schedule. Stop making everyone adjust to yours!! You're wasting our time resetting clocks, adjust feeding times, dragging a seven year old out an hour early...for what... so an adult can play!!?	6/22/2014 3:04 PM
9722	I live in Indiana, where until recent years we did not have DST. I LOVED it. It was so much easier to put kids to bed on time. No disruption to schedules. I hope that everywhere in America DST is done away with.	6/22/2014 3:04 PM
9723	So that anyone can come from Nevada will not have to adjust the time for eight months out of year.	6/22/2014 3:03 PM
9724	It takes everyone at least 3-4 weeks to adapt to the time change and in the process we loose a lot of sleep. There are NOT any health benefits by RETAINING. We are currently on CREATE and adapted to it, so stick with it. Plus people tend to have more Healthy energy during the Spring time of year.	6/22/2014 3:02 PM
9725	Changing time twice a year has substantial impact on students and children in the classroom. Maintaining a time system that does not change will help students.	6/22/2014 3:02 PM
9726	As an educator, I am against daylight savings time because of the effect it has on students. It takes about two weeks to get them back on schedule of where the time change takes place. If education is important to Utah consider the students, do away with daylight savings time!	6/22/2014 3:01 PM
9727	I think we should stick with daylight savings all year. In winter time we would have more light which may help with less accidents on the commutes.	6/22/2014 3:00 PM
9728	Outdated and no longer useful. Noon in the summer should be when the sun is at zenith. Instead the zenith in at 1300 hours	6/22/2014 3:00 PM
9729	I have never enjoyed daylight savings time. It made schooling more difficult when I attended and now as a parent of 1 (2nd on the way) it makes their schedules much more difficult as well. When you have small kids you function by their schedule. Daylight savings time completely MESSES up their schedule. By so doing everyone (including them) gets much less sleep. We would be doing ourselves a huge favor by getting rid of it.	6/22/2014 2:59 PM
9730	Daylight saving time is stupid. There are still 24 hours in a day. Just LEAVE the time on one setting. I really don't care which way it goes, but just pick one and leave it alone. Alignment with other states that choose not to play this silly game seems most appropriate.	6/22/2014 2:58 PM
9731	I like Daylight Savings Time. I enjoy the light it gives late at night. If we get rid of DST we won't have these wonderful nights to sit on the porch and enjoy the sounds of summer. Yes, it is a pain in the Spring when we move our clocks forward, but it only lasts for a short time, just as if we got hurt, the pain doesn't last forever.	6/22/2014 2:58 PM
9732	I just don't see the benefit. If Arizona has been doing it for years, why can't Utah? It's ridiculous. There's no need for it.	6/22/2014 2:57 PM
9733	Makes it easy for my son and myself to get up.So we don't have to tell our kids they have to go to bed and hour earlier and get use to time change every 6 months or so. Thank you	6/22/2014 2:57 PM
9734	I see no benefit to daylight savings time.	6/22/2014 2:57 PM
9735	I would love to have the time always stay the same. It's a bit of a hassle to get the kids on a good schedule, and by the time they have it down good, we have to start all over. It would just be a nice thing to not have to worry about it.	6/22/2014 2:57 PM
9736	Really I don't care which we stay on as long as we have the same time year round. It's the changing that is disruptive and dangerous. There are studies that show kids do better in school when it doesn't start so early, so if we stayed on daylight saving and started school later the kids would pick up that hour of sunlight in the afternoon.	6/22/2014 2:56 PM
9737	It is an unnecessary complication in life. All good reasons for it in the first place are now gone. I like brightness in the early morning.	6/22/2014 2:56 PM
9738	It is no longer necessary and only serves to add one more complication to life.	6/22/2014 2:56 PM
9739	heaven forbid that people from any state vote to help the farmer out. you have allowed your federal government to play havoc with the corn industry and because of it your food prices have exploded. what do you do but blame the farmer.	6/22/2014 2:55 PM

9740	When we lived in AZ it was wonderful not to have to deal with DST. Our kids' sleeping schedules weren't messed up (nor were ours) and it all just felt more natural. Ever since we returned to UT I've noticed how much I dread it twice a year and what a pain it is, when it doesn't actually end up saving electricity or anything else. It's been an outdated practice for a long time.	6/22/2014 2:54 PM
9741	Professionally, doing away with DST will reduce confusion among my team members who reside all over the world. Personally, doing away with DST will promote healthy sleep patterns and reduced stress. I also support the elimination of time zones altogether and observe daylight according to daylight, not an arbitrary time system.	6/22/2014 2:54 PM
9742	I think our society has advanced past the necessity of daylight savings. It is far more obnoxious than it is beneficial, and I'd say it's high time to bid it farewell.	6/22/2014 2:54 PM
9743	I find Daylight Savings unnecessary and disruptive. I think the argument that it gives farmers and ranchers more time to work is invalid. They, like the rest of us, can just start our day earlier. Imposing two rounds of "jet lag" twice a year is bad for our health and provides no tangible benefit. Other countries don't use this practice. Let's be smart and just get rid of it like Arizona did.	6/22/2014 2:53 PM
9744	"Playing" with the clock is a silly thing to do. It's hard on a person's body, regardless of the age.	6/22/2014 2:52 PM
9745	Changing the time creates too many problems	6/22/2014 2:52 PM
9746	I would like to maintain uniformity. Like the saying goes, you can't cut one foot off the end of a blanket and sew it to the other end to make it longer.	6/22/2014 2:52 PM
9747	Children and schools are the biggest victims, due to the sleep adjustments that wreak havoc on learning, schedules, behavior and fatigue. We should simplify, and modernize (we don't need this anymore, we're not an agrarian state) by aligning with Arizona.	6/22/2014 2:52 PM
9748	The time schedule we are on would be awesome for the whole year. Bodies adjust just fine to a different schedule when the time changes. The annoying part is having to change all the clocks everywhere. But I love the summertime hours and would love the winter to provide more light into the evening.	6/22/2014 2:52 PM
9749	Whether we keep with Arizona, or move to stay with daylight saving time year round, doesn't matter to me. I love the darkness coming later, but getting rid of changing times twice a year is what I care about. I think health benefits of not changing far out weight any possible benefit of keeping time the way it is now.	6/22/2014 2:51 PM
9750	I represent the vast majority of all of my friends, family, and associates when I say that we resent and dislike daylight savings time. Please, I don't care if we go to Arizona's time or create our own time, just don't change the time on people twice a year. While there is research indicating daylight savings time affects school performance, there is also some research that indicates poor health effects. Here is an excerpt from a recent article on Reuters: "Switching over to daylight saving time, and losing one hour of sleep, raised the risk of having a heart attack the following Monday by 25 percent, compared to other Mondays during the year." This article may have some weaknesses, but there is ample research and dislike towards DST that we would all celebrate with the change. Thank you for your consideration. Very Sincerely, A Utah M.D.	6/22/2014 2:51 PM
9751	I would prefer it not be dark so early in winter, and the back and forth really is a difficult adjustment for families with young children to make	6/22/2014 2:50 PM
9752	It causes confusion. The disadvantages now outweigh any advantages.	6/22/2014 2:50 PM
9753	I feel times have changed and while DST may benefit some or at least they believe it does, for me and people I'm around, DST is more of a nuisance than a benefit because it causes us to modify our sleep cycle when jumping ahead or falling behind. Pulled from Wikipedia: Although an early goal of DST was to reduce evening use of incandescent lighting (formerly a primary use of electricity[6]), modern heating and cooling usage patterns differ greatly, and research about how DST currently affects energy use is limited or contradictory.[7].	6/22/2014 2:50 PM
9754	Daylight Saving Time is a program that causes needless confusion and complication. I work starting early in the morning to mid-afternoon. Under DST about the time it begins to be light for my commute, suddenly the time changes and I have to drive in the dark again. This makes it both harder for me to be alert and harder for me to see potential driving hazards.	6/22/2014 2:49 PM

9755	I'm a Registered Nurse. My background is in medical/surgical and critical care (ICU). In healthcare specifically, DST creates a mess beyond the unnecessary annoyances it causes in society (which alone are enough to warrant its discontinuation.) Much of inpatient hospital-type healthcare is very time sensitive, particularly in critical care. Imagine you're supposed to give an antibiotic or other med every 4 hours, or every 6 hours -- what happens when you give one at 1 am and the computer re-schedules the next one wrong because you lost or gained an hour in there? Staff may or may not remember to re-schedule such medications, and it may or may not be given on time (Antibiotics are a rather simple example too -- there are other more time-sensitive meds that people are less familiar with -- argatroban/TPA/heparin/insulin drips are much more time sensitive). Furthermore, if they *do* adjust the times, they will now be audited because they were doing their job right. Yes, ultimately the audit will be fine given the circumstances, but it's a pain (at best) and a serious danger to patients (at worst). What if you're closely monitoring/correcting a patient's unbalanced sodium levels -- and a phlebotomist draws a sodium level at 2 am. You need to do adjustments to infusions based on the level of the lab results and the time it was drawn. Well, which 2 am was it? Was it drawn 30 minutes ago or 1 hour and 30 minutes ago? It makes a difference. It's certainly not clear from the time stamp on the computer… How many of you want the healthcare decisions for grandma or sister or nephew being done based on one person's flip of a coin? It also creates payroll problems: For the night shift, every fall, they gain an extra hour on the time clock, which has been debated whether or not the hour should be paid (Yes -- it should be paid -- the night staff is working for 13.5 hours instead of 12 hours. They really did work an extra hour -- they really should be paid for it). It messes up budgets. And likewise, every spring, when the staff loses an hour, suddenly they're short an hour on their time-clocks and have to come up with creative ways to make it up (either with paid time off if available, or finding a reason to be working an extra hour when they're not needed at the hospital and their managers don't want them there), or they may risk losing their employee benefits/insurance if they're not working their budgeted hours. If people want more light later in their day, for goodness sake, wake up earlier. There is no law preventing people from waking up when the clock says 6 am instead of 7 am if they're wanting an extra hour of daylight. Changing the clocks will never affect the amount of light that happens in a day, nor will it mandate the time of day a person has to wake up. All DST amounts to is an annoyance for most of the population in re-setting their clocks, a computer programming disaster to solve, and a point of confusion and error in healthcare. It's unnecessary. It's obnoxious. It's a computer programming disaster. Most importantly, it's dangerous, particularly in healthcare. Daylight Savings Time must go.	6/22/2014 2:48 PM
9756	I cannot see any advantages that outweigh the considerable inconvenience	6/22/2014 2:47 PM
9757	I've lived in Utah and Arizona. Loved living on MST all year long! Not changing times was the best.	6/22/2014 2:46 PM
9758	Look forward to it every year as I prefer light for working and get a lot more accomplished.	6/22/2014 2:46 PM
9759	The body rythum is thrown off each Spring and Fall when the clock is changed and the individual has to adapt to a new time for each of the daily responsibilities. Remain on the same clock throughout the year provides for natural rythums to ensure greater health in all occupations. Difficulties arise when health care individuals have been asked to changed their clock and have less sleep between shifts.	6/22/2014 2:46 PM
9760	As a parent, daylight savings is horrible! It' saw flu trying to convince your child it isn't the time their internal clock says it is. I've got to adjust our schedules to make everything work again. And forget going to bed on time in the summer when it' still light outside. Daylight savings isn't needed anymore!	6/22/2014 2:46 PM
9761	Personally I don't see that there are any great benefits to daylight savings anymore. It's more of an inconvenience than anything at this point.	6/22/2014 2:44 PM
9762	I think we should just keep time the same all year long. It is very difficult for children especially school age children to change time. It takes about a month for children to adjust to the time change; that is two months of struggling to learn why they are so tired. Your body had a routine and when that routine is changed. It take time to adjust and can bring on stress and sickness.	6/22/2014 2:44 PM
9763	The reality is we aren't saving any more daylight hours, we just shift them. For me personally it messes up my schedule and takes me weeks to adjust. For my elementary-aged kids where routine is EVERYTHING, it's a nightmare. Not to mention, has anyone ever considered the cost of time to reset clocks, and missed meetings and apts. when you forget to change as well as lost productivity from fatigue caused by messing up sleep routine??? PLEASE, PLEASE, PLEASE do away with it!!!!	6/22/2014 2:43 PM
9764	It is too dark, too early in the winter time and makes for a very long, dark season. My kids take a good month to adjust to the time change, which is a hassle.	6/22/2014 2:43 PM

9765	Time change is difficult on the bed schedule my children follow.	6/22/2014 2:43 PM
9766	I lived in Arizona. Having a fixed MST was great. I don't need daylight at 9:30pm.	6/22/2014 2:42 PM
9767	There have been several studies done that show DST negatively affects people - more heart attacks, more motor-vehicle accidents, etc. during the transition periods. Additionally, think about the time/money involved in the workplace with resetting clocks, resetting computing processes (former IT programmer), and general readjustments made that lead to lower efficiency at the workplace. Not to mention, DST is an inconvenience placed on all people twice a year with no discernible benefit.	6/22/2014 2:42 PM
9768	DST made some sense a generation or so ago when most of our electricity went to lighting our homes and places of work. Today, not so much! I don't use my computer, TV or washer/dryer any less in the summer just because the sun sets an hour later. We don't need DST anymore.	6/22/2014 2:41 PM
9769	Daylight savings time gives us the opportunity to get more recreation hours. I also believe that more daylight is beneficial to safety on the roads. I believe that the disruption to education and family life is minimal.	6/22/2014 2:41 PM
9770	Because, changing the time forward and backward twice a year messes with ones circadian rhythm, there have been numerous studies concerning this and the conclusion is always the same...it is not healthy! Please do away with DST, it disrupts lives!	6/22/2014 2:41 PM
9771	DST has no benefit but cost us money in IT as we waste tons of time preparing for and recovering from changing the clocks on countless servers.	6/22/2014 2:40 PM
9772	I don't really care whether it is fall or spring, just would like not changing times	6/22/2014 2:40 PM
9773	It was good for when it was needed, but now it is unnessary...so get rid of it!	6/22/2014 2:39 PM
9774	Keeping things the way they are is beneficial for two reasons. 1) Personal preference. I like having the shake up twice per year. I also work late and really enjoy the extra daylight in the evening in the summer when I get home from work. It enables me more time to get out and enjoy the natural beauty of Utah with my family. 2) The second is for economic reasons. In my work I do a lot of business with people from out of state. The convenience of being on the same time schedule as the rest of the country (and much of the world for that matter) is very beneficial. The east coast always knows that we are 2 hours behind. They don't have to try and remember what time of year it is and what schedule we're on compared to them. One argument I've heard for ending DST is that we don't want the Federal Government dictating to Utah how to set our clocks. This in my opinion is a pretty weak argument. In this case, there are some definite benefits to going along and doing what the rest of the country (except AZ, and HI) and much of the world.	6/22/2014 2:38 PM
9775	Frankly, the jumping forward and back adds confusion and chaos to something that doesn't need it.	6/22/2014 2:38 PM
9776	There's no point in changing the time anymore. All it does is confuse people.	6/22/2014 2:38 PM
9777	In summary, I believe the current system is both disruptive (changes in schedules hard to adjust to, twice per year) with financial and personal consequences, and creating dangerous situations for school-age children and others due to morning darkness in spring and fall. I believe that any financial benefit for a few is greatly offset by greater financial and personal cost and inconvenience for many.	6/22/2014 2:37 PM
9778	Daylight savings time is very hard on our natural sleep cycle. It takes me several weeks to adjust to the change and I never feel right until we fall back. It is a practice that is no longer valid in my opinion.	6/22/2014 2:35 PM
9779	Changing the clock does not "make time", there are still 24 hrs in a day. In today's world of everybody working crazy hours at all times of day, why adjust the clock so "farmers" get "more time" which is an obvious falsehood.	6/22/2014 2:34 PM
9780	I honestly no longer see the point of keeping daylight savings time in Utah. It is an outdated idea that is no longer relevant to today's society. The argument that farmers and ranchers have more light to work is a fallacy, as they lose an hour on the other end. It makes absolutely no sense. I implore the Utah State Legislature to do away with daylight savings time and align our Great State with Arizona, constantly on standard time.	6/22/2014 2:33 PM
9781	changing time affects my health every time we change my migraines act up for 2 to 3 weeks and I have to take additional medication to get them regulated again.	6/22/2014 2:33 PM
9782	I like having it spring forward. I think we should just leave it like this. More time after work to do things in the daylight	6/22/2014 2:33 PM

9783	Dst is an outdated practice.	6/22/2014 2:32 PM
9784	Daylight savings time has outlived it's usefulness. We are no longer an agrarian society. Most crops are grown by large corporate farms. Smaller farms will work their own schedule no matter what time the clock says. Do away with daylight savings time	6/22/2014 2:31 PM
9785	Thank you for conducting an online survey. I just want to keep it the same all year. I think the are good and bad benefits on both sides but as a whole the same would time year round would be best.	6/22/2014 2:31 PM
9786	It was needed at one time, but now it's time to stick with a 'spring ahead or fall behind' time. People will still go out and shop so the economy will still be just fine!	6/22/2014 2:28 PM
9787	The time changes made with daylight savings are definitely more of a disruption to the schedules of the majority. The amount of time, and money, lost in trying to come back to full productivity while adjusting to the time change, especially in the springtime, can now be averted if we no longer follow daylight savings practice.	6/22/2014 2:28 PM
9788	I think we should keep Daylight savings time! I work all day and the only time I can get stuff done is after work and when it is daylight. Who wants it to get light at 4 a.m.!? I would rather have it at night. we get enough dark in the winter.!	6/22/2014 2:28 PM
9789	Fall back is great, but Spring forward is the worst. Let's just stop it.	6/22/2014 2:27 PM
9790	Please either leave it alone or leave us on daylight savings. It gives us more light in the evening to spend with family.	6/22/2014 2:27 PM
9791	I have just always found DST to be nonsense! Please get rid of it!	6/22/2014 2:27 PM
9792	I would prefere to fall back/align with AZ in our time. In my opinion it is hard/unhealthy on our bodies to change to an unnatural time. It is hard to adjust our children during the school year to a time change and they are constantly tired. I would rather have the sun going down and the temperature dropping earlier so the kids can enjoy playing outside in the evening and then still get to bed at a reasonable hour instead of struggling to get them inside and asleep because it is still light out until 9:30. I do not believe the traditional reason for DST in that they say it conserves energy. If we are inside, the lights are on regardless of what time it is.	6/22/2014 2:27 PM
9793	I have yet to see any benefit from changing time twice a year. It takes my family at least a week to adjust every time.	6/22/2014 2:26 PM
9794	the amount of time in a day is the same on either schedule... if you want more daylight....then change your sleeping habits...	6/22/2014 2:26 PM
9795	Not having DST would solve that 1-2 weeks of workers Not being able to function	6/22/2014 2:23 PM
9796	I prefer not changing - personally I have a difficult time sleeping, so the bi-annual change is quite taxing.	6/22/2014 2:23 PM
9797	I prefer to have a standard time with no adjustments throughout the year. My preference is MST in daylight savings mode but would also be happy with MST mode year round. My reasoning is for all of the obvious reasons that are discussed so often with this topic. Number one on my list is the effect that it has on our children's bodies and minds for what seems to be weeks	6/22/2014 2:22 PM
9798	Daylight Saving is an outdated, frustrating, and down right annoying practice. I have a 60+ min commute and during the winter months it is especially depressing leaving before the sun goes up, and getting home after its gone down	6/22/2014 2:21 PM
9799	AS I get older I find that swtiching time takes a longer time for my body to adjust. This would also save alot of money	6/22/2014 2:21 PM
9800	From an educator's point of view, it takes a week for the school children to adjust to the time change after spring daylight savings time. Personally, I don't like having to adjust life around an arbitrary time change.	6/22/2014 2:21 PM
9801	I prefer having light at the end of the day than in the morning. I feel like it encourages me to get out more and is overall more beneficial to my physical and mental health.	6/22/2014 2:21 PM
9802	It would be better for all of us. My kids especially. We fool ourselves playing with the clock. The amount of sunlight doesn't change. We just mess up our sleep for a few weeks every year. Really shows up in my kids. Me too.	6/22/2014 2:20 PM
9803	There is no need for the daylight saving time in this day in age.One hour really dosen't make a difference. It just makes it a Inconvenience for everyone trying to adjust to the time.	6/22/2014 2:19 PM

9804	It screws with your body clock and waste at least one week a year while getting used to it.	6/22/2014 2:18 PM
9805	I do a lot of evening work. I don't mind if the sun stays up latter all year round.	6/22/2014 2:18 PM
9806	I don't understand the benefits of daylight savings time. It seems unnecessary.	6/22/2014 2:17 PM
9807	It was a viable option when created, but now is unnecessary.	6/22/2014 2:17 PM
9808	Daylight savings time throws my internal clock off two times a year. There is no logical reason to keep daylight savings time. All it does is confuse people twice a year. It should be eliminated, and we should be on the same time as Arizona year round.	6/22/2014 2:17 PM
9809	I think we need to stay on UTC-6 because the Sun setting at 4pm in wintertime is miserable.	6/22/2014 2:13 PM
9810	DST is really hard on kids. I always dread when we switch times. I grew up and still live in Utah, but there was one summer I lived in Arizona. The standard time was heaven.	6/22/2014 2:12 PM
9811	I just don't see any need for daylight savings time. It no longer serves the purpose for which it was intended.	6/22/2014 2:11 PM
9812	Daylight savings time is a nonsensical practice that only serves to cause technical, safety, and societal issues from arbitrarily changing the clocks. The arguments of giving farmers extra time to do their work are silly, since daylight savings time does not actually change the amount of time the sun is up in the day. Encouraging retail businesses to adopt summer and winter hours, as many of them already do, is a much more sensible option than redefining time tracking every six months.	6/22/2014 2:10 PM
9813	I really don't care if we align with our neighboring state or if we select daylight savings time (I'd prefer the former) but it's archaic and counter-productive to be switching times 4 months apart.	6/22/2014 2:09 PM
9814	The only people I know who like it are the golfers. The time changes twice a year are a pain in the butt. I don't mind the change in the fall, but the one in the spring messes with my internal clock.	6/22/2014 2:08 PM
9815	Changing the time twice a year is detrimental to all Utahans. I vote to realign with Arizona.	6/22/2014 2:08 PM
9816	I once lived where there was no DST and loved it. With the sun down earlier by the clock we were able to cool our house better before bed time. My kids didn't fight me about going to bed because it was dark earlier. I did like not changing time better than the way it is in Utah now. I do hope we stop changing to DST and stay on MST. Thank you.	6/22/2014 2:07 PM
9817	I hate it when the time changes. It takes me weeks to get straightened out again. My sleep pattern gets messed up, I am sleepy during the day, and my productivity goes down. This is no longer a farm society. Arizona has it right. Please fix it!	6/22/2014 2:07 PM
9818	I have small children and elementary aged children. Daylight savings has always been very hard on my kids and it takes them a long time to readjust. I would love if we got rid of daylight savings and stayed on one time. Thankgs!	6/22/2014 2:07 PM
9819	Go to Daylight saving only.	6/22/2014 2:07 PM
9820	More daylight when you come home from work all year long when on permanent daylight savings time.	6/22/2014 2:07 PM
9821	Do away with dst. It's silly. Nobody likes it but the tourist industry and that is no reason to keep it.	6/22/2014 2:07 PM
9822	Come on people, if you want to get up early, go ahead! Just don't force it on the rest of us.Think of the kids going to school in the dark.	6/22/2014 2:05 PM
9823	I have always hated daylight savings time. I am a rancher and all it has done has created more work. There is only so much daylight. It doesn't matter what the clock says, but with daylight savings time you start by the clock and quit by the sun. Just because it says 8:00 on the clock, mother nature has dew on the hay and you can't bail hay at 8:00 in the morning, so you end up starting around 10:00 and then you go til dark to try to get done and that's 10:00 or 11:00 at night. Also during calving the time change is a real pain, because it is dark when you start in the morning and dark when you quit at night. If people want extra time for recreation then let them get up earlier in the morning to get to work earlier. There is a reason why standard time was the normal time, but tourism and recreation has tried to change it.	6/22/2014 2:04 PM

9824	In addition to the increased health problems reported by the media, there's the simple fact that changing the clock causes massive amounts of wasted time and money for anyone who employs programmers or uses software which deals with time. I'm a programmer working at a company where we must accurately track start date/time, end date/time, and ensure the duration was within accepted parameters (e.g. incubation). This is much harder with DST than it would be without it - especially when the rules change and we have to recode the logic. I'm sure there are lots of other reasons for and against DST, but I doubt this one gets considered very often.	6/22/2014 2:04 PM
9825	I feel a little bit uninformed as I was not able to find any information about the "spring forward" option, only asked to vote about whether or not I want it, but I'm in favor of 1) the same time all year, and 2) sunlight being available as much as possible between 6 am and 6 pm. In the winter, it gets dark too soon. I'd like to define our standard by whatever will allow for the most light in the evening in winter, and stick with that all year.	6/22/2014 2:03 PM
9826	Adjustments to new times for students at school has adverse effects	6/22/2014 2:02 PM
9827	in the winter, living in complete darkness at 5pm is completely depressing. On the other hand, having light to play in the summer until 9 is invigorating. Please make a new daylight saving time for Utah and keep it that way all year round	6/22/2014 2:02 PM
9828	I would prefer if we were to stay on the same time year round. I would prefer longer daylight into the evening rather than the morning just so I can do more things after work. (I get up around 4:45am, so that isn't just coming from someone who wouldn't miss having more light earlier.)	6/22/2014 2:02 PM
9829	Not healthy!	6/22/2014 2:01 PM
9830	Love the long summer nights	6/22/2014 2:01 PM
9831	i enjoy having more daylight in the evening in the summer and wish for more daylight in the evening in the winter	6/22/2014 2:01 PM
9832	I enjoy how it maximizes the daylight for which ever season we are in.	6/22/2014 2:01 PM
9833	We don't need an extra hour of sunlight in Utah. It keeps children up later because it doesn't get dark until so late (and since DST goes into effect the last couple months of school (during end of the year test time) it effects education. The transition from DST to non-DST is a hard transition for the first couple of weeks. I can't see any benefit from having DST - it's just not needed.	6/22/2014 2:01 PM
9834	I once lived in Arizona. The lack of time change was sweet. We had nice evenings to enjoy. The kids went to bed easier and it was just more comfortable living without the change each fall and spring. When my job took me there I thought it strange. Especially when construction people were working on houses before 6am. That to beat the heat. They were done by noon though and they loved that. Having lived with it I would vote to stay on standard time all year. And I did work in an office at the time.	6/22/2014 2:00 PM
9835	I like the idea of having more daylight time at the end of the day - instead of the beginning	6/22/2014 2:00 PM
9836	Daylight savings time is the "addition" so it makes little sense to permanently implement in a manner that pulls us further from Hawaii and AZ - both who do not use daylight savings time and therefore are in the "Fall Back" position. I find that the change is disruptive to my business, to my child's educational adaptation, and to the fact that I have international conversations 5 days per week and when daylight savings kicks in or leaves scheduling is a confusing and silly discussion that I need to muddle through 2x per year. Just toss it. 1 hour of "daylight" doesn't change anything for anyone- if people love nature and therefore want it to stay light longer, they should love nature as it IS and nature doesn't suddenly switch by an hour twice per year. Thanks for the forum to voice opinions.	6/22/2014 2:00 PM
9837	In reality I would prefer to not have the time change at all. Thanks	6/22/2014 1:59 PM
9838	Keep the government out of our lives.	6/22/2014 1:58 PM
9839	I really don't see anything helpful about daylight savings time other than just to mess up our sleeping schedule and throw our kids napping times for a loop. GET RID OF IT!!!!!!!!	6/22/2014 1:58 PM
9840	I don't care which time you choose, but please consider picking 1 or the other as it's very difficult for me to re-adjust my 3 kids twice a year	6/22/2014 1:58 PM
9841	I believe the disruption presented outweighs any benefits gained. I believe at this point, that change would benefit the State as well as its residents. AZ and others have had this right for a while now.	6/22/2014 1:57 PM

9842	The presumed list of benefits is ultimately unsustainable. What we produce is a product of our faith & vision, our creative energy & capacity for work. DST has not fostered those elements, but feels like excuse-making or politicians wasting their time. Tell them to go to farming, learn that DST does NOT add daylight, and only return to capital hill when they're needed. Save the tax dollars by not doing this study and just go off DST. We can all adjust to what nature provided us in the first place.	6/22/2014 1:57 PM
9843	I would support anything that does not require changing twice a year. Pick a time and leave it year round.	6/22/2014 1:56 PM
9844	I don't like daylight savings because it messes up my kids' sleeping schedule every time it changes, they have a hard time falling asleep in the summer because it's still light outside, we have to wait until way after their bedtime to do things in the dark (night games, watch a movie under the stars, fireworks, etc.) I know these things might seem trivial, but as a parent, they are annoying and I don't see why it's necessary. I believe we're not only NOT saving daylight, we're also wasting money on the changes each year.	6/22/2014 1:55 PM
9845	I've lived in Arizona and Puerto Rico who do not do daylight savings time. I love not having time change. Once you get used to it, you never miss it. In fact, it becomes a little annoying to move back to states who do it. We survived in Arizona not moving our clocks. Life still went on. When you study the history of daylight savings time, it makes you wonder if it really is necessary today. I think now it's more an issue of habit today	6/22/2014 1:54 PM
9846	I strongly believe most people would select option #3 create, because from talking with people over the years they all say this is what they want. However when the are filling out this survey, I would not be suprised if the majority select option #2, to Align, because it sounds/appears like what they want, but they are mislead. I would add more details and give scenarios of each so they are really making an informed vote. More people complain about coming home from work in Ocotober/November at 5 PM and it's dark. It makes them depressed. If they knew option #3 involved never changing the clocks again they would vote for it. But reading it, makese it seem like Option #2 is the best because you "are not messing with the clocks again" when in reality option #3 is the same thing, and the way more people like it. So please add more details before they vote. Otherwise please take the voting on here with a grain of salt and know that option #3 would have the highest votes. If someone were to sit down with all Utahn's and explain to them the pros and cons, the majority would vote for Option #3.	6/22/2014 1:54 PM
9847	I really like it! I love the changes of the seasons and the time changes. I love that the kids can to trick or treating in the daylight. I love having the extra hour of daylight in the evening during the summer and fall. I love enjoying evening picnics and hikes with my family. We have such glorious falls in Utah, it's nice to enjoy the daylight in the evening.	6/22/2014 1:53 PM
9848	Working in IT, there are an almost innumerable number of software and hardware changes necessary to keep up with DST. My vote would be to leave the clocks ahead the entire year and abandon the move back. I also enjoy having the extra hours of daylight after work and see no reason to move back.	6/22/2014 1:52 PM
9849	We need the daylight in the evenings. We need to STAY ON Daylight Saving Time. Standard time brings the sun to the mornings, and for all those who work until 5 p.m. or after, we never see daylight in the winter. PLEASE PLEASE I need the sunlight in the evenings! I always DREAD going back to standard time. I appreciated Obama lengthening DST a few years ago. We need to just STAY on Daylight Saving Time.	6/22/2014 1:52 PM
9850	switching back and forth between daylight savings is very hard on my children - it takes them (And me!) a few weeks to adjust. I am not particular as to if we stay with DST or MST - just pick one and stay there please!	6/22/2014 1:51 PM
9851	all the reasons behind daylight savings are outdated and irrelevant for today. all it does is aggravate people's sleep schedule needlessly	6/22/2014 1:51 PM
9852	Seasonal depression, productivity during daylight	6/22/2014 1:51 PM
9853	2 days out of the year my service industry always has the most problems and it all relates to time change. We have many automated devices that always seem to have hiccups in relation to behavior when the time clock they rely on gets changed	6/22/2014 1:50 PM
9854	It's not the daylight savings time I don't like, it's changing twice a year. Let's pick a time and stay with it, not change twice a year.	6/22/2014 1:49 PM
9855	Daylight savings is no longer useful or needed. In addition it adds to the many difficulties of keeping children on a schedule.	6/22/2014 1:49 PM

9856	As a parent with a baby, a 2 year old and a 4 year old it throws me off everyone and it messes the kids up too. I honestly couldn't care less which option is selected, but let's pick 1 or the other and stay put all year round please.	6/22/2014 1:49 PM
9857	Daylight savings time has no benefit and should be dropped. It is not saving anyone anytime or is it any safer than staying on standard time.	6/22/2014 1:48 PM
9858	I am in favor of keeping Day Light Savings time year round. I prefer having light later in the day after my children have come home from school when we have homework and extra curricular activities. Our natural body clocks seem more tuned to the DST than standard time. It's the changes back and forth that can cause sleep deprivation or adjustment issues.	6/22/2014 1:48 PM
9859	In Utah, we are only on MST for 4 months of the year (November - March). Moving to MDT for 12 months would cause the least adjustment. The current time shifts are like subjecting our State to the Y2K bug twice a year. These time changes are a silly tradition we will someday tell our grandchildren about (similar to when we used to get school off for the Deer Hunt).	6/22/2014 1:48 PM
9860	I personally don't see the need to "spring" ahead and then "fall" back. Just stay on the same time year around and everyone will adjust and be fine. Changes are hard on keeping children on a schedule for sleep and school.	6/22/2014 1:48 PM
9861	It takes my family WEEKS at least, to adjust every time the time changes. I have a young child, who ends up late to school. I have a chronic illness, and the time changes impact my ability to maintain basic functions.	6/22/2014 1:48 PM
9862	It does not help me at all. It just makes me and my kids more tired.	6/22/2014 1:47 PM
9863	Fall back or spring forward, I'm neutral to either one. Would just like to end daylight savings altogether. Staying on one time I feel would be more beneficial as wh	6/22/2014 1:47 PM
9864	Having extra daylight at the end of the day makes it so much easier to get work done after the day's work is done. It also helps in scheduling games, family get togethers, neighborhood partys. It takes just a few days to acclimate in the Spring and Fall. Personally I would love to see daylight savings year around. Having that extra hour at the end of the day is wonderful.	6/22/2014 1:46 PM
9865	Just easier for everyone to keep schedules and not have to spring forward then fall back.	6/22/2014 1:45 PM
9866	I would rather we keep the hour ahead all the time, the extra hour of day light in the evening works much better for me.	6/22/2014 1:44 PM
9867	in my line of work I see a lot of accidents caused by lack of sleep-more at the time changes due to change in sleeping habits .people will get used to one time of not changing and adjust shopping habits to go shopping earlier so any economic impact will be tempory, but saving lives is more important.	6/22/2014 1:43 PM
9868	While I would love if we created our own time and were always on Spring Forward, I don't think it would be something the rest of the population would actually consider. Dropping the time change all together? That works for me. I dislike time change. Why should we worry and fret "don't forget daylight savings tomorrow! Don't be an hour late!"	6/22/2014 1:43 PM
9869	Having the longer evening daylight is more valuable to me than morning daylight.	6/22/2014 1:43 PM
9870	Changing time is detrimental to the human body and serves no real purpose at this point. It takes at least a week for the body to adjust to the hour difference. Why go through that twice each year when there is minimal (if any) benefit? I have heard the argument that it was created to shift daylight to the evening hours, enabling farmers to get more done. This makes no sense. There are 24 hours in the day (besides the actual forward/backward day), so what's the difference if they work 7-5 or 6-4? Also, we have electricity these days, and I suppose agriculture and other industries use lightbulbs to lengthen their daylight anyway.	6/22/2014 1:42 PM
9871	Changing the time is so hard on mine & my husbands bodies. It takes a couple of weeks to get used to it. It feels like a huge imposition twice a year. We are zombies while we adjust. It's not worth it.	6/22/2014 1:42 PM
9872	just leave it the same time ALL the time. We do not need 2 days a year where we are trying to adjust times. It is archaic and ridiculous.	6/22/2014 1:41 PM
9873	I think DST is an out-dated practice that doesn't give us any more light that if we weren't to do it. Instead it just messes with our brains and our bodies.	6/22/2014 1:41 PM
9874	With 2 little kids, it's such a hassle to get them used to the change. Where nap time was 2:00pm, suddenly it's 3:00pm. It takes weeks to readjust.	6/22/2014 1:41 PM

9875	My family enjoys a busy schedule. We need more hours of daylight after work and school for activities. Daylight hours before or during work and school don't seem to matter as much as trying to play ball or grocery shopping in the dark.	6/22/2014 1:41 PM
9876	I feel consistency would be best!	6/22/2014 1:41 PM
9877	I like the longer days and staying lighter later!!!! either leave it or change it to daylight all the time so much more beneficial to the worker to get things done and have more day light!!!!!!	6/22/2014 1:41 PM
9878	Can you please change the explanations for the responses for votes above to make them more clear? I'm afraid most people like option #3, but won't select it because it doesn't read properly to them for them to know what to select. This is how they would make sense for more voters: 1- Keep the current system like it is currently (Adjusting clocks twice per year) 2- Align with Arizona to stay on Mountain Standard time year around (Involves never moving clocks again) 3- Keep daylight savings time all year (involves never moving clocks again) I am a huge advocate of option #3 to keep it on daylight savings and maintain that throughout the year. There are several reasons why I feel strongly about it. Main reason is that it allows more time for it to be daylight in the evening time. I work 8:30 to 5:30 PM, and when it get home from work, I don't want it to already be dark outside. I would like some time to do a little yard work and play with the kids outside. I look forward every year when we spring forward, because that means we get more quality family time outside. I would like it to spring forward and then stay put. Never have to change it again. I am a counselor on the side and know several people I work with that get depressed with the dark and have noticed their depression going up shortly after we "fall back" Not only are the days getting shorter, we compound the evening darkness with "falling back." one guy I talked to has suicidal thoughts during the days of darkness and have noticed the trend shortly after the fall back time. If we didn't adjust our clocks in the fall and kept the time the same (keeping it on daylight savings time all year) I believe depression would go down, more people would be happy, spend more quality time with their families outside, be more generous and kind with their time, and treat others with greater respect. I believe we would be a better people and society. I have yet to be invited to one get together or neighborhood social like a BBQ at 8 AM. Social times, a time for bonding as a community doesn't happy at 7-8 AM. Fairs, carnivals, parades, little league games, BBQ's, Soccer games and other community and neighborhood events happen in the evenings, 6-8 PM, NOT 6-8 AM. The way we as a people schedule events after 5 PM because most people work 8-5, warrants the need to prioritize the daylight in the evenings and less in the early mornings.	6/22/2014 1:40 PM
9879	Having daylight savings time all the time would solve all these problems!	6/22/2014 1:40 PM
9880	Why do we even still do the time change? Does it have a purpose any more?	6/22/2014 1:39 PM
9881	When you are older, you look forward to daylight savings time. You are able to go places and do things because it is light. I hate it getting dark before 5 o'clock because it basically keeps you in the dark. I remember when I was a kid during ww2 and they moved the clock ahead 2 hours. Yes we walked to school in the dark but it seems we had enough brains to not do anything stupid. Kids were not driven to school, we walked. we went to bed early so we would not be tired at school. We had train tracks in front of our school which the Bangerter ran on these tracks. There were no lights or signals that indicated the train was coming. In other words we had a few brains about any danger. I've talked to quite a few Senior citizens and they feel the way I do. In other words. please keep daylight savings even if it is all year daylight savings time.	6/22/2014 1:38 PM
9882	status quo is working just fine. I love day-light savings in the spring/summer time!	6/22/2014 1:38 PM
9883	Without DST I wouldn't be able to enjoy much of the evening. I work hard and love to be able to enjoy the outdoors in the evening. My quality of life would be affected A LOT without DST.	6/22/2014 1:37 PM
9884	The change has always been hard to adjust to. I would prefer a new one created but really as long as it stops changing I think I would be happy!	6/22/2014 1:36 PM
9885	Daylight Savings Time is fundamentally flawed, and causes never ending, unnecessary headaches in technology, education, government, and industry. It will ultimately fall by the wayside, so let's show that Utah citizens are thought leaders and move past this outdated practice.	6/22/2014 1:36 PM
9886	Just choose one and don't have us go back and forth. It's too hard on parents and kids. It's just one more thing to have to deal with. It would be nice if we didn't have to change ever.	6/22/2014 1:35 PM
9887	Winter depression is an ever growing problem and I feel that it being dark by 5 pm for those months makes the effects of depression worse.	6/22/2014 1:35 PM
9888	Lets simplify things, and I think it's silly to create a new time.	6/22/2014 1:35 PM
9889	Don't mess with the sun. Or the earth. They have had quite a long relationship.	6/22/2014 1:35 PM

9890	By the time our bodies adjust to the time change we are half way through the shift, thus only giving us a few months before having to adjust to yet another time change. It is annoying	6/22/2014 1:35 PM
9891	It is unnecessary and effects children's sleep schedules.	6/22/2014 1:34 PM
9892	I love DST and wish we never had to go back to regular time. I am a night owl and appreciate the later light.	6/22/2014 1:34 PM
9893	I have lived in Utah my whole life. Daylight Savings Time is just a way of life here. Doing away with it would change so many things and none for the better I believe. Although farming may not be as large an industry here as it once was, it is still prevalent. The farmers face enough struggle as it is, and then to take away time in every day for productivity would just add to it. As a business owner and home owner, I need that extra hour in the evening to take care of a large parcel of land myself. It would definitely challenge my schedule to not have that time. How in the world could daylight savings time increase accidents? I would think more accidents would occur with less daylight than with more. Daylight Savings Time is a way of life, and a welcomed one at that. I think a great injustice would be done to the people here in Utah if we do away with it. I am definitely voting to keep it alive!!! It is nice to have more time for darkness in the Winter for the holiday season...ie...Christmas lights etc. and then to have more daylight in the summer for family activities and work. No way should we change that!!!	6/22/2014 1:34 PM
9894	I hate having to reset my internal time clock twice a year to accommodate DST. It takes the better part of a month each time to adjust. I don't buy the idea that there is a significant financial impact. In the end I would bet it is a wash monetarily. Leave it be and everyone will adjust accordingly.	6/22/2014 1:33 PM
9895	I see it year after year when the times change, it messes up the kids, it messes up the adults. It takes weeks before anyone even begins to get back to their normal energy levels and personality. Why do we have to put an entire population of intelligent human beings through something that is not good for us physically or mentally. Twice a year we do this. I have worked in Arizona and it's so nice to always have the stability of one time. Better yet would be to get the entire US to convert to a one time standard. I could really care less if its Day Light Savings or Standard. Just pick one and stay with it.	6/22/2014 1:33 PM
9896	Please align with AZ, the changing of time, makes no sense at all.	6/22/2014 1:32 PM
9897	I like daylight savings time i prefer the extra hour of light in the evening in the summer no need for the sun to come up at 4:50 am in the morning	6/22/2014 1:31 PM
9898	While, as a professional photographer, I enjoy DST in the summer time and the ability to shoot sunsets later at night, it is difficult for my two small children to adjust to the time change. Daylight Savings serves no purpose, the supposed benefits are anecdotal at best. Please get rid of it.	6/22/2014 1:31 PM
9899	I do not like the changing back and forth. It upsets my metabolism and sleep patterns. It's been this way all my life. Just stick to one time and enjoy the natural changes	6/22/2014 1:31 PM
9900	There are 24 hours in every day. What difference does it make when they start and end?	6/22/2014 1:30 PM
9901	As a parent day light savings time a total pain. Not only are my kids onery and tired that whole week. But I am onery and tired all week. It is difficult for me too. It would be different if I noticed a difference in my electric bill, during savings time. But there isn't a difference.	6/22/2014 1:30 PM
9902	Switching back and forth is such a hassle and all the reasons that people give for Daylight savings can be disputed with just as many studies in the affirmative. What it comes down to for me is early to bed, early to rise makes a man healthy, wealthy, and wise. In the summer it wouldn't be so hard to get smaller kids to bed on time because it's still daylight outside. Firework and other outdoor shows could start an hour earlier which means we could get home and to bed earlier because many have to work the next day. For most people getting up to get to school or work on time is a bigger issue and that is so much easier to do when the daylight is in the morning. I would prefer to go back to standard time and stay there, but a close second is to go to daylight savings and stay there. The switching is a waste of time and just creates headaches for no reason.	6/22/2014 1:28 PM
9903	DST is an antequated, ill-conceived notion. It does nothing but exhaust and frustrate all who participate. Get rid of it.	6/22/2014 1:28 PM
9904	With several diabetics in my family, myself included it is a two week process to readjust our insulin for DST twice a year. Those in AZ don't have to deal with this problem. The argument that farmers like is false because they continue getting up with the sun. And the tourist argument is pointless, because if the come to Utah they will come to Utah regardless of time.	6/22/2014 1:27 PM

9905	I actually don't care if we stick with Arizona or stay on permanent "spring forward", just choose one and quit messing with our clocks.	6/22/2014 1:26 PM
9906	The adverse changes in worker productivity caused by a week, twice a year, getting used to time changes would be eliminated by the move away from the artificial manipulation of time.	6/22/2014 1:26 PM
9907	Daylight savings is hard on kiddos! It throws their schedule off completely, and I would love to do away with it!	6/22/2014 1:25 PM
9908	I've got a child with medical needs (serzers) and its been hard for him when I change the clocks in the spring it would help me if they stayed the same all year round	6/22/2014 1:24 PM
9909	I personally love, LOVE, that we have longer daylight during the summer months!! I have never had an issue with the time changes - NEVER! Leaving it alone.	6/22/2014 1:24 PM
9910	At this point in time, where we've had Daylight Savings for years and years, it doesn't make sense to change it. It can cause confusion for those that do business with companies in Utah. Any sort of disruption would have only negative impact on local businesses. Also, there is still a large percentage of Utah's population that are farmers and ranchers, which is the main reason Daylight savings was created in the first place.	6/22/2014 1:24 PM
9911	I hate adjusting to the different times, and I believe that most of the frustration comes from switching back and forth. I do love the extra time in the evening though, for recreational activities, working on the yard, spending time with family. I couldn't care less if I have an extra hour of daylight in the morning, as I'm stuck in an office, or on my way to the office and unable to really capitalize. Please stay on Daylight Savings year-round.	6/22/2014 1:23 PM
9912	Stay lighter during the time when most people are active outside.	6/22/2014 1:22 PM
9913	I feel it would be so much less hassle to worry about changing times twice a year. As a mother of young kids it was a nightmare to realign their schedules!! I just don't think the benefits outweigh the negatives.	6/22/2014 1:22 PM
9914	daylight savings times should never have been initiated in the first place. our society has this thing called alarm clocks & Technology that make daylight savings time obsolete for any supporter of daylight savings time so therefore we do not need it.	6/22/2014 1:21 PM
9915	I believe Day Light Savings Time serves no good purpose. It is simply a thorn in your side, one more thing to worry about. Utah should align with Arizona on Mountain Time.	6/22/2014 1:21 PM
9916	Switching between daylight savings and regular time is not a big deal. Those who complain about it are grasping at straws when they claim that productivtiy is affected or that it somhow increases accidents to have to change the time on your clock(s) twice each year. Utah needs to stay with the vast majority of the nation and keep "springing forward" to daylight savings time and and "falling back" to regular time. It's just not a big deal.	6/22/2014 1:19 PM
9917	Summer is great - in winter it gets dark too early - would prefer dark morning hours to allow more evening light. In taking this survey - it is clear Utah wants change. However, which change means when exactly daylight will occur is confusing & perhaps a new survey should be presented soon illustrating clearly when daylight hours would occur in extreme conditions (near the solstices).	6/22/2014 1:19 PM
9918	I think we should do away with it all together!	6/22/2014 1:18 PM
9919	I do not like making the adjustment twice a year. I prefer not having daylight saving time.	6/22/2014 1:18 PM
9920	It is difficult for smaller and younger children to adjust to an ever changing clock. In older people, it also cause insomnia which lowers their resistance to disease and illness.	6/22/2014 1:18 PM
9921	I support creating a new time for Utah because that way we still have a lot of daylight time in the summer to enjoy the outdoors. Also, we will have plenty of night time hours during the winter months without having to get out of work when it is completely dark.	6/22/2014 1:17 PM
9922	changing the time twice a year makes it harder for people to adjust to the time change. Our biologlical clocks keep getting messed up.	6/22/2014 1:16 PM
9923	I actually like the idea of keeping DST permanently, because I like having more daylight longer in the evenings, but I'd settle for simply having MST all the time with no changes. This REALLY should be happening at the national level though, so we're all on the same page.	6/22/2014 1:15 PM
9924	I would love to get rid of daylight savings time. Its no longer necessary and it causes all kind of problems with my kids sleep schedule	6/22/2014 1:15 PM

9925	I have been against changing times twice a year for many years. I like the way it stays the same in Arizona. It is stupid to keep changing the times.	6/22/2014 1:15 PM
9926	Not only should we retain Daylight savings time but we should maintain it throughout the year and not go to Standard time in the fall. There are numerous reasons for this approach and all would be advantageous over standard time.	6/22/2014 1:13 PM
9927	I think spring forward is the best option because when it gets darker later the day, people will more likely to go out to shop, dine or engage in other activities outside of home. It will definitely boost the economy.	6/22/2014 1:10 PM
9928	Align with the other states around us	6/22/2014 1:10 PM
9929	Daylight savings time starts too early. Starting it so early puts the kids going to school in the dark again. It need to start later and not end until Nov.	6/22/2014 1:10 PM
9930	Please stop all this nonsense and keep on the same time all year. It does not help productivity, for those of us who are not ag employed. It's better for everyone health and better for our students.	6/22/2014 1:09 PM
9931	I think the time changing every 6 months is really unnessessary. Changing your clocks and getting used to a new time is quite frustrating. It just makes sense to align with Arizona.	6/22/2014 1:09 PM
9932	Keep the time the same all year round. There is no benefit to changing it and is a pain to get used to twice a year.	6/22/2014 1:09 PM
9933	I would prefer to stay on the spring forward option all year.	6/22/2014 1:08 PM
9934	I love the sunlight so either leave it or change it to spring forward full time.	6/22/2014 1:08 PM
9935	Daylight savings time creates needless frustration and serves no real purpose.	6/22/2014 1:08 PM
9936	Too hard to change and either loose or gain an hour each year. Just getting used to changes once time to move back! Farmers don't need an official time zone to go about their work, it's really only hurtful to everyone. It's old fashioned and out dated.	6/22/2014 1:08 PM
9937	It's a personal thought, however my family and I rather enjoy the extra hour of sunlight.	6/22/2014 1:07 PM
9938	I hate Daylight Saving Time. Just pick a time and stick to it.	6/22/2014 1:07 PM
9939	I see no benefit to daylight savings. Maybe if electricity weren't invented.	6/22/2014 1:07 PM
9940	I lived in arizona for 10 years, and I found NOT having daylight savings more beneficial to my health, as more regular sleeping patterns could be applied. Also, experiencing the natural change of daylight changes (I feel) givea us a better appreciation of the world and its beauty and variety. It also encourages family time and indoor wholesomeness when it gets darker early, whereas otherwise people stay out later.	6/22/2014 1:07 PM
9941	It costs businesses and taxpayers money. For businesses the money is an time lost and people being late or being sick from that time adjustments also loss of productivity due to exhaustion.	6/22/2014 1:07 PM
9942	I HATE dst. Please return to standard time year round.	6/22/2014 1:07 PM
9943	It's hard for my body to adjust a time change and my kids have a tough time with it as well. What's the point? I don't see the need to change our clocks every year. Let's just leave them alone, it would make my life much easier.	6/22/2014 1:06 PM
9944	The current system is just fine - I see no change in my children from the changes in the spring and fall. I agree that it helps most everyone to have an extra hour of daylight during the summer and fall season. Please leave things alone. This has been working for years and then some politician decides what is in his or her best interests only and not their constituency nor the state. Unfortunately, we have a lot of politicians like that in this state. Again, leave things as they are!	6/22/2014 1:06 PM
9945	I have seen the negative effects daylight savings have on my children's health as they try to adjust during the fall to time change. I have also felt the effects.	6/22/2014 1:06 PM
9946	I would like more daylight to save on my home energy bill.	6/22/2014 1:04 PM

9947	I love the current system..in fact, I live for that day in the Spring when we move forward and I finally get to see the light of day after work. I know this is very beneficial for those suffering from SADD to have more exposure to sunlight in the evening and would hate to see the extra time in the evening that the sun is up go away. That being said, I recognize that changing back and forth can be very difficult on some people. That is why I think the option of creating our own time zone where we just stay on Daylight savings time all year round sounds like a wonderful option that would eliminate the need to change back and forth while still providing us with the most daylight hours in the evening.	6/22/2014 1:04 PM
9948	I need the time in the evening daylight to use for my own work, fitness, and entertainment. . If anything get rid of standard time.	6/22/2014 1:04 PM
9949	I really don't see a need for daylight savings anymore and it just complicates things twice a year.	6/22/2014 1:01 PM
9950	I realize it's a pain to not be on the same schedule as the rest of the country, but some one has to show the way and Utah should be the one to do it. There are the same amount of daylight hours in a day no matter what, but daylight savings messes with the bodies internal sleep clocks. Get rid of what no longer makes sense.	6/22/2014 12:59 PM
9951	While it is nice to have the extra hour of sleep in the fall, my body is a creature of habit and changing time has a negative impact. After the first day, I am even more tired because I either can't get to sleep (fall) or have to wake up earlier in the morning (spring). My feeling with one "reason" for daylight savings is not true. Farmers tend to their crops when there is light, not what time of day it is. I encourage us to be on the same time as Arizona, all year round.	6/22/2014 12:59 PM
9952	Its the switching that's the problem. Pick one and stick with it. My first choice would be to stay on Daylight Time all year round. Second choice is to align with Arizona.	6/22/2014 12:58 PM
9953	Either keep the time change just like it is or have daylight savings time year-round.	6/22/2014 12:58 PM
9954	My wife and I have ten children. Going back and forth between time changes with children--twice every year-- is murder. Sleep habits, disposition, meal times, and every other routine is thrown out of whack. I stay pick and time and stick with it. I do like, however, having longer evening hours in the summer.	6/22/2014 12:58 PM
9955	DST is an expensive and outdated concept that we do not need. Dump it!	6/22/2014 12:56 PM
9956	The last time I checked the sun does not go by any time zone. It will always rise and lower at the same "time" every day. With that out of the way let me say that salt Lake and Denver are on the same time zone, Denver is on the leading edge and Salt lake on the trailing. Salt Lake gets the sun rise ,because of geographical differences, 40 miniutes later in the day than does Denver. Also I worked a summer at a dairy farm and the cows did not use the same clock that we or any farmer for that mater did. When my kids were in school they would wait for the bus in total darkness, I can't say they cared so much but as a parent it was cause for concern. One hour after the bus had come and gone it was light out side.	6/22/2014 12:56 PM
9957	I just hate having to get used to the switch back and forth	6/22/2014 12:56 PM
9958	I love the day light savings time. I would prefer to not have to go forward and backward. I would support a change so we were always on DST. I would rather stay on DST than stay on MST like Arizona. I would prefer to have the light until 9:30 in the evening than to have the sun come up at 4:30. With little kids that are early risers it would be harder for me to keep them in bed in the morning with the sun coming up so early.	6/22/2014 12:54 PM
9959	I don't believe the benefit out weigh the costs and effort to maintain the time change system.	6/22/2014 12:54 PM
9960	Want more time in your day, get up earlier. I favor MST all the time.	6/22/2014 12:53 PM
9961	Daylight Saving Time is a pointless shell game, and its detrimental effects on human health and safety have been well documented.	6/22/2014 12:53 PM
9962	Mostly because it's so hard on the babies and little kids to adjust their sleep schedules or patterns.	6/22/2014 12:51 PM
9963	It shouldn't exist	6/22/2014 12:50 PM
9964	I would prefer to stay on MDT (mountain daylight time) year round, effectively moving to CST. Or just stay on MST year round. Either way I'd be happy with. Let people adjust there schedules if need be, but stop changing the clocks!	6/22/2014 12:50 PM

9965	I absolutely love daylight savings. I love the longer days that make it so you can stay out later enjoying the nice weather. We want the light when we can enjoy it, not early in the morning when we are all asleep. It's not a big deal to change your clocks twice a year. The benefits far outweigh any hassles.	6/22/2014 12:50 PM
9966	While I understand the reasoning behind daylight savings I don't feel the benifits out weigh the negatives. The loss of productivity caused by the time change is reason enough to discontinue it	6/22/2014 12:49 PM
9967	I don't like it at all.	6/22/2014 12:48 PM
9968	I like having daylight where I can do outdoor activities after work.	6/22/2014 12:48 PM
9969	I have never been a fan of Daylight Saving Time. We do not gain anything from it other than the complications it brings. I cannot count the times it has completely messed with the schedules of people around me, including my own at times. It complicates things for our children, especially in the summer time, because "why is it bed time when the sun is still up" at 9:00pm MDT (that is MDT since we are currently in "spring forward" mode)? I think it is an over-complication of time, which is something that should be constant. It should be simplified to just be Mountain Standard Time (MST), aligned with Arizona in MST. I think all of the states should make this same change to eliminate DST across the board as an over-complicated, time-confusing practice altogether.	6/22/2014 12:48 PM
9970	While like many it takes a couple of weeks to adjust to the time change in the fall and spring - for business it is important to be in sync with the rest of the US. Having to explain which time zone you are now in is a pain and some clients just don't want to deal - you are in Mountain Time so why aren't you open? While the extra hour of daylight is great - especially in the summer - I do believe that conformance on this issue has the best economic outcome for Utah.	6/22/2014 12:47 PM
9971	I would prefer Daylight Savings Time be year round, it would be beneficial to have extra afternoon daylight in the winter months as well as the summer months.	6/22/2014 12:46 PM
9972	I just think it would be nice to have a set time and leave it. The changing back or a head is not necessary anymore.	6/22/2014 12:45 PM
9973	I would prefer keeping DST year round, i.e., one hour ahead of standard time. Next choice is to maintain DST changes as currently instituted. Businessmen from out of state count on Utah as being a mountain state and having DST to plan their trips and other affairs. To make us an exception is going to cause confusion. Arizona may claim they make it, but they are further south where it makes less of a difference to state residents, but it still causes confusion for out of state travelers and businessmen. Having the sun rise in the summer at 4:15AM is not good for my business. A lot my patients suffer from insomnia and will awaken with sunrise no matter what time the clock says. 5:15 is a more productive time for them to arise than 4:15 for a variety of reasons.	6/22/2014 12:45 PM
9974	It benefits no one and only causes confusion, let's get rid of it!	6/22/2014 12:44 PM
9975	The body has a hard time adjusting to the time change. When I lived in AZ I was more productive, so where mt coworkers. I love in NM I hope changing UT would help more states realize we all should. As a Manager time change messes with my customers ability to work after work. Also messes with my employees ability to function well for the first 2 hours during the months of the time change.	6/22/2014 12:44 PM
9976	I think it adds unnecessary economic burden.	6/22/2014 12:44 PM
9977	Keep it light in the evenings. Getting dark at 5 o'clock sucks	6/22/2014 12:44 PM
9978	It is common sense! We need to have more daylight hours in the evening. When was the last time any of you got up before the sun during the summer? When was the last time any of you went to bed before the sun set - during the summer? End of conversation.	6/22/2014 12:44 PM
9979	I think DST has grown to be ineffective with year round schooling and the population growth.It needs to be standardized or changed back to Arizona time.	6/22/2014 12:44 PM
9980	With more daylight in the evening for recreational activities I get to enjoy our great state more often and thus spend more money on those activities.	6/22/2014 12:43 PM
9981	I LOVE Daylight Savings Time! I do not like Standard Time. I wish we could be on DST all year. I hate it when I come home from work in the dark. I hate that as the days get shorter, there is less time to do photography in the evenings, especially when the time changes back to Standard time.	6/22/2014 12:42 PM
9982	Daylight savings is the worst with kids. It's hard to change your schedule twice a year.	6/22/2014 12:42 PM

9983	Daylight Savings time is archaic and should be done away with. It wreaks havoc on many individuals with mental illnesses such as depression and anxiety disorders and sleep disorders - particularly circadian rhythm sleep disorders. Children's sleeping schedules are disrupted unnecessarily. Utah families all across the state suffer unnecessarily twice a year from this horrifically stupid tradition. Please, please do away with daylight savings.	6/22/2014 12:41 PM
9984	I've seen the negative impact on my family when moving times back and forth. It has negatively impacted productivity both at work and school for all of us. I lived in Arizona for a period of time and it was so nice not to have to worry about changing the clocks. I didn't see any benefit by changing the clocks while living in Arizona. In the summer time, there seems to be as much light later in the evening as there is in Utah when we change our clocks. The earth is naturally pointed more at the sun during this time of year anyway which already gives us more light later in the day. Why do we have to mess with the natural daylight savings?	6/22/2014 12:41 PM
9985	It would make the 4th of July fireworks not so late. It would also cause less of a headache on the 2nd Sunday of March and the 1st Sunday in November.	6/22/2014 12:40 PM
9986	I am a Heavy Haul truck driver and I do alot better on the fall back time.	6/22/2014 12:40 PM
9987	I feel daylight savings is a waste of time at this point in society we are not all out farming or anything like that so why keep it	6/22/2014 12:39 PM
9988	The yearly daylight saving time shifts seem antiquated and detrimental to me. I can't imagine very many industries that would still be so desperately connected to sunlight in order to get the work done. Most of the business I'm aware of is either capable of or already running 24 hour operations, including agriculture. In this reality, the time changes are simply an annoyance for a vast majority of workers. I believe the switches also have a negative effect on sleep biorythms and general public health. In addition, I believe the changes do affect public safety on the road, particularly when drivers suddenly find themselves commuting home in the dark. This is evident in the yearly uptick in crashes, particularly auto-pedestrian crashes, which are often serious. I can't imagine a scenario where the benefits of daylight savings outweigh these costs.	6/22/2014 12:39 PM
9989	I don't see the need to change time anymore. A study should be done to see which (Daylight or Mountain) time change works best for our state and stick with that one. The older I get the harder it is for me to adjust. I won't have to worry about being late/early for something. I think the need for the time change is over.	6/22/2014 12:38 PM
9990	I love having more daylight in the evenings during the summer, and I always dread the dark winters. If the majority are really against changing their clocks twice a year, then I am definitely all for remaining on "daylight saving time" ALL year, rather than losing daylight and staying on standard time all year.	6/22/2014 12:38 PM
9991	it keeps our school age children safer in the winter and there is more day light in the evenings for family activities which BRINGS MORE tourisium to Utah , MONEY for OUR STATE	6/22/2014 12:37 PM
9992	I dread the change back to standard time each fall. It significantly affects my tendency toward depression when it gets dark so early in the evening. I know that there are also natural reasons it gets dark so early in the winter, but going back to standard time just makes a bad thing worse. My kids can't play outside as late and it just contributes to the general dark and cold associated with winter. I think it will also make kids have more trouble with inactivity and obesity in the winter if it's dark during the time they might otherwise be able to play outside.	6/22/2014 12:37 PM
9993	My body doesn't adjust well to daylight savings and neither does any of my 5 children.	6/22/2014 12:37 PM
9994	I enjoy the extra light. I am a teacher and have noticed that the kids are tired a day or two is all and then they adjust very well. We live in a farming community and I feel the time change is beneficial to our way of life. I also have family members that have depression and Daylight Savings Time help their depression.	6/22/2014 12:35 PM
9995	Would like to leave what ever is decided to stay with the same time all year,with no time change fall&spring.	6/22/2014 12:35 PM
9996	Basically I prefer the option I picked because DST does nothing for me, all it does is mess with my schedule two times a year.	6/22/2014 12:34 PM
9997	Stay on daylight savings time, it's nice to have the extra light after I get off of work to spend time in the outdoors	6/22/2014 12:34 PM
9998	I would rather have the same time all year long. Just leave it in the Spring forward mode.	6/22/2014 12:33 PM
9999	I look forward to the changes. It makes each season that much better. It should stay the same.	6/22/2014 12:33 PM

10000	Daylight savings time has no real benefit and only causes confusion, tiredness, and other negative reactions as we adjust to the time change. It would be better to just not have it.	6/22/2014 12:32 PM
10001	Lived in Utah all my life and have never been able to understand why we have to spring forward and fall back. As a parent it is very difficult to readjust little peoples schedules, even though it is just an hour. It just seems to be one of those things that seems completely unnecessary.	6/22/2014 12:32 PM
10002	My productivity decreases significantly for at least a week when we leap forward	6/22/2014 12:31 PM
10003	This gives me more time and more sleep :)	6/22/2014 12:31 PM
10004	I like it lighter in the evenings	6/22/2014 12:31 PM
10005	Changing affects our body and biorythms. I lived in Arizona, an agricultural state, and the crops did not suffer. Besides, doesn't winter sports provide more revenue than summer sports?	6/22/2014 12:30 PM
10006	Simpler is better. There will still be the exact same amount of actual daylight. Eliminating a time change will eliminate unnecessary confusion.	6/22/2014 12:28 PM
10007	I like it lighter during the summer but I think we should just keep it daylight saving time and not go back and forth	6/22/2014 12:28 PM
10008	Unnecessary	6/22/2014 12:26 PM
10009	As I understand it, daylight saving time was xreated to support the needs of an economy that was centered around agriculture. Since our economy is no longer an agricultural one the need is no longer there.	6/22/2014 12:26 PM
10010	Leave us alone.	6/22/2014 12:25 PM
10011	I don't care what the clock says, just stop changing it. I vote for Greenwich Mean time.	6/22/2014 12:25 PM
10012	I would love more daylight at night so when I get home from work it's not dark already.	6/22/2014 12:25 PM
10013	People are more likely to be productive and active in the later hours of the evening than in the early hours of the morning. Enacting a permanent state of Daylight Saving time would allow for more to get done and encourage people to be out and about during later hours, thus pumping more money into the economy. Also, it cannot be denied that Utah has a serious depression problem, the additional hours of evening sunlight rather than morning sunlight would provide more opportunity for sunlight exposure in the evenings (being particularly effective in winter, which is a source of many cases of seasonal depression around here), whereas the majority of people are indoors for times in the morning when the sun is up during Standard Time.	6/22/2014 12:24 PM
10014	I'm now 80 yeas old and don't especially appreciate the longer evening light and the darker mornings that DST brings. However, I remember the days when I greatly enjoyed those longer evening hours of daylight for outdoor activities. Since there are more younger people than old geezers like me, I vote to keep DST.	6/22/2014 12:23 PM
10015	I am so excited about the idea of getting rid of time change! I have always hated changing the clock twice a year- it has been very disruptive to the sleeping pattern and schedule of my family. I would love to permanently turn the clocks an hour forward (daylight savings time), giving us more light in the evenings, especially winter. I have always found it depressing in Utah during the winter when it gets dark by 5pm. I would love to have an extra hour of daylight during this season! If people aren't for the idea of changing our clocks an hour ahead permanently, then I would like to go to mountain standard time permanently- either way, lets just get rid of the time change!!	6/22/2014 12:23 PM
10016	I wish we would stay permanently stay on daylight savings time.	6/22/2014 12:20 PM
10017	I love the longer Summer days which allow more opportunities to spend time outside and being active. The Winter months is really does not matter.	6/22/2014 12:20 PM
10018	How many hours of productivity do we lose each year due to changing the time whether to forgetting to change the clock or to adjusting your internal clock to changing your sleep schedule? Perhaps someone should explain that changing the clock actually doesn't change the amount of hours that the sun shines on the earth.	6/22/2014 12:19 PM
10019	It doesn't save anything. It's not helpful for work or families. It's so hard to adjust my children back and forth.	6/22/2014 12:18 PM
10020	Prolong the day fro outdoor activities!	6/22/2014 12:16 PM

10021	DST throws off the schedule of medications that have to be taken at a certain time. You either have to stay up later or get up earlier. Springing forward keeps it light until 10pm which makes it harder to go to bed and to get kids in off the street. We need to align with Arizona and keep it that way. It really doesn't serve any real purpose to change it twice a year no matter what some people say.	6/22/2014 12:16 PM
10022	The argument from the farming/ranching industry is ill phrased. Daylight savings does not give them more daylight than Standard time, it provides the same amount of hours with a different reference point. There are many businesses that have seasonal fluctuation and adjust their hours of operation to accomodate those needs. If cows need to be milked at sunrise then start work at sunrise. If harvesting needs to go until sunset, then hire people willing to work later shifts or adjust current shifts to meet the needs of the business. 10 and 12 hours shifts are common place in some industries but those longer hours are offset by additional days off. Even the "9 to 5" banker's hours are antiquated with most banks. The distruption of circadian rythms, particularly in the young causes a great deal of harm. I work in a 24 hours industry and there is plenty of chaos caused by trying to slip in a 23 hour day here, and a 25 hour day there. The only arguement I have for following Arizona's time is continuity. It is better to adopt a standard that already exists than to further complicate inter-state business with additional caveats.	6/22/2014 12:16 PM
10023	I think the point is to have activities conducted during lighted hours. Also it allows me to have some daylight after work hours. I like that.	6/22/2014 12:15 PM
10024	I am strongly in favor of daylight savings time because of the extra hour of daylight I have after work to spend time outside enjoying my family and the many activities that brought me to Utah in the first place. Unfortunately I work long hours and by the time I get home at 6:30 pm there can be very limited daylight to do the things that I like to do. Doing away with daylight savings time will only shorten that time period. I would even be in favor of staying on daylight savings time throughout the entire year since in the winter it is common for me to not see my house in the light of day throughout the entire work week.	6/22/2014 12:15 PM
10025	Align with Arizona! They have tons of farming and somehow are able to get up in time for their work! DST only throws our sleep out of wack and makes the daylight too long or too short!	6/22/2014 12:14 PM
10026	As I am a morning person, I wouldn't mind more light in the morning. But I would be ok with daylight savings going back to the dates before the recent change.	6/22/2014 12:14 PM
10027	I think it no longer serves a legitimate purpose.	6/22/2014 12:13 PM
10028	Spring ahead all the time!	6/22/2014 12:13 PM
10029	Early to bed, early to rise, makes a man . . .	6/22/2014 12:13 PM
10030	I think daylight savings time may have been beneficial in the past. But nowadays with fewer people working in agriculture, I feel it is much less useful.	6/22/2014 12:12 PM
10031	there is no worth while value that I can see to changing the time forward and back it is disruptive and counter-productive to my personal life and the lives of all my family members both local and distant. (get rid of the practice).	6/22/2014 12:11 PM
10032	I don't think that changing time is a good thing for our bodies to adjust to, and this is now being proven. There should be a decision made as to the best time, and then leave it there. Switching back and forth just messes up the body clock and has no benefits that I can see. LEAVE IT WHERE IT IS!!!	6/22/2014 12:11 PM
10033	I look forward to spring/summer all winter long. During the winter I go to work in the dark and go home from work in the dark. I love daylight savings time. Having that hour of light at the end of my workday makes it possible to get out and be active after work. Hiking, biking, etc during the week is difficult to do in the dark. All these people saying "you don't actually create light", or those quoting the native American saying "cutting a foot off of one end of a blanket and adding it to another doesn't make the blanket longer" are trying to make others look dumb, but are actually making fools of themselves. Nobody actually thinks we create light with daylight savings. We"save" an hour from the morning, and use it in the evening. Other people will say "it's the same amount of light, get up early and use it". Sorry, but I'm usually already at work for that morning light, so moving it to the evening when I can use it works better for me. I see a huge boom of outdoor activities here in St. George after daylight savings time. Obviously the great weather has a lot to do with this, but the locals that work normal business hours are out more because of the daylight. Let's just leave it like it is. People saying it is so hard for kids to adjust to, give it a break. I have kids and they don't even notice the lost hour of sleep. Put them to bed on time, problem solved.	6/22/2014 12:10 PM

10034	Working in healthcare and working graveyards it's really difficult dealing with any change in internal time clocks.	6/22/2014 12:09 PM
10035	The Earth orbits around the Sun and the days will start and end like they have for millions of years.	6/22/2014 12:08 PM
10036	I think creating a new daylight time based on the "spring forward" time will best suit education, tourism, and the general population of Utah. Students will benefit from the standard time, and tourists will appreciate having the extra hour of daylight in the evening. Aligning to Arizona time would mean that the sun would rise at 5:00 am for part of May, all of June, and most of July. Having an extra hour of daylight in the evenings is the best option.	6/22/2014 12:08 PM
10037	Please leave the current system in place.	6/22/2014 12:07 PM
10038	The sun already does daylight saving for us. In the winter it is at an angle so less sun; in the summer directly overhead and so more sun. The need for daylight saving is obsolete and a really difficult to adjust to, especially the kids who have to get up in the dark to go to school. Get rid of it!!	6/22/2014 12:07 PM
10039	Daylight Savings Time is a pointless pain in the butt.	6/22/2014 12:06 PM
10040	I PREFER TO STAY ON ONE TIME ALL YEAR LONG . I PREFER Mountain standard time or daylight savings time but not both.	6/22/2014 12:05 PM
10041	First - Utah really doesn't need to take another step toward being perceived as " weird " and out of touch with the global world we are a part of. Second - I don't wand my elementary students to have to get up and come to school in the dark as they would have to if we didn't get that extra hour in the fall, if that' is the direction we head. Third - it's just a useless and unnecessary change. People just need to quit whining.	6/22/2014 12:05 PM
10042	Just as my children begin to have daylight to walk to school in the spring, we spring forward and all of a sudden find ourselves walking to school in the dark again. Both spring and fall time changes throw a monkey wrench in our smooth routine of sleep. My children take 2-3 weeks to get used to the new time and in the meantime we are all grumpy and short tempered. That's 4-6 weeks a year of agony that is not necessary. I strongly encourage the legislature to align our timezone with Arizona and allow us to be free of the burden of daylight savings time. For those who worry about making things complicated with neighboring states that stay on daylight savings time, we can simply lump ourselves in with AZ as we do share our southern border with them. The world functions just fine with AZ doing their own thing; aligning with them would negate any negative impact of changing. Maybe I'm selfish, but each year I live in dread of the time changes. It is time for the craziness to stop! Thank you for your consideration.	6/22/2014 12:04 PM
10043	I am an accountant. I dislike loosing an hour during the time period I need it the most "March" and get it back the time period I need it the least "November".	6/22/2014 12:04 PM
10044	would like to keep it the same all year, it's hard to readjust meds, and sleep habits.	6/22/2014 12:03 PM
10045	It takes a lot of time to change clocks and timers twice a year--along with the risk of breaking wall-hung clocks. Also, it is hard on human bodies to make the adjustment.	6/22/2014 12:02 PM
10046	I prefer more daylight in the evening all year round.	6/22/2014 12:02 PM
10047	As an educator, parent and grandparent, switching times back and forth is difficult and detrimental to a child's health and education. They have trouble adjusting to the time change in their sleeping habits and eating habits. It is plain not healthy. We all have internal time clocks that are set and when they are disrupted, it takes precious time to readjust. It seems we just get back in rhythm and it's time to change again. Another thing about it, if we are changing to allow more time for daylight in the summer, have you ever been down town or anywhere else where it shuts down at dark? The city is still alive well after dark. If we are doing it to save money on electricity, we either have lights on early in the morning or late at night depending on which time we are in. The length of the time the sun is up doesn't change because we change our clocks one hour either way. Please, keep it one time all year and make our lives much more simple.	6/22/2014 12:02 PM
10048	I really don't care what time they pick - as long as they pick ONE! Enough already with the changing back and forth. It so hard on the body. Plus people are worthless for a couple of weeks after the change. No productivity what so ever.	6/22/2014 12:01 PM
10049	The time change doesn't make sense in our society today. It is difficult for students as well as adults to adjust to the change every six months and the benefits only help a very small minority. We need to adjust to benefit the majority and get rid of this tradition that no longer makes sense in our day and age.	6/22/2014 12:01 PM

10050	Daylight Savings made sense when it was first implemented, but the practice is outdated. If someone wants to have more time to work in their fields or things that benefit from having more light, people can just wake up earlier. There are far more advantages to keeping the time consistent throughout the year than to change it.	6/22/2014 12:01 PM
10051	During the summer it makes it so I can get things done at home after work during the week.	6/22/2014 11:59 AM
10052	I do not care if we spring forward or fall back lets just not do it twice a year. pick one.	6/22/2014 11:58 AM
10053	I wish we would stay on Daylight Savings time. In the fall it is frustrating that it is already getting darker sooner, then we go back to Standard Time and it feels like bed time by the time work and school is done.	6/22/2014 11:57 AM
10054	As a teacher and parent, time changes disrupt the flow of the school year by disrupting sleep. Students and my children, will do better educationally, in my opinion, by aligning with mountain standard time.	6/22/2014 11:57 AM
10055	Don't do it! I like daylight savings. Don't mess with a good thing. Instead of wasting your energy on changing a good thing, why don't you focus your time and energy on giving everyone equal rights?	6/22/2014 11:57 AM
10056	daylight savings time does not change the number of hours in a day, but does upset the balance of normal circadian rhythm's. This changing of time increases the opportunity for accidents because we are creatures of habit guided by our biological clocks.	6/22/2014 11:55 AM
10057	HALLULUJAH ! The public finally gets a say on this. I disagree that farmers would have more time with daylight savings time. The sun comes up and goes down the same everyday no matter what time we attach to it. I go to work at 5 AM and its already getting light. You cant make any noise in my neighborhood that early in the morning. My father in law was a farmer. It didn't matter what time it was, when the sun came up he was out working in his orchard and worked till the sun went down. I HATE it when the time changes. I am either tired getting up because I lost an hour, or I cant go to sleep when I need to because of the clock change. I feel we should align ourselves with Arizona and stay on Mountain standard time. thanks	6/22/2014 11:55 AM
10058	I am in favor of Leaving Daylight time as it is presently performed each year. Many Studies have been performed by Multiple Organizations, especially in the Physiological feed of the effects of time adjustments. By an overwhelming majority when the daylight during winter months is so short There are 79% of the people surveyed said the shorter daylight brought on more depression, anxiety, and all around feelings of unhappiness, The survey also showed the the Human body's internal clock on average only takes 48 hours to adjust to the one hour time difference. so by changing the time one hours, does not effect the learning capability of children, and the study did not show any change in the toatal amount of crime. In fact when people are feeling better with more sunlight exposure, Less crime is committed. Please leave Daylight Savings time as it is. when it gets dark by 5 pm in the winter, is very depressing. Or change it to stay on DST all year. but please do not stop using the practice, far fewer cases of depression, and anxiety are a direct result of more sunlight not less. Thank you. Randal Christensen Roy, Utah	6/22/2014 11:55 AM
10059	Having to change the clock twice a year is inconvenient and disrupts schedules and body rhythms. Having children and grandchildren, it takes several weeks for them to adjust to a different clock, causing distress and confusion. They walk to the bus stop in the early morning and it is safer when they have more light in the morning. My work schedule isn't affected by how much light is at the end of the day, as I work many different schedules. Keeping the clocks on the same time zone is better than changing twice a year, and keeping our Mountain Time Zone makes more sense than switching to Central. We are on the edge closer to the Pacific Time Zone with many states East of us that would still be on Mountain Time. We are a modern world with many ways to utilize and enjoy the daylight as it comes in a normal fashion. We don't have to keep manipulating our world when it isn't really necessary.	6/22/2014 11:54 AM
10060	Neither our economy or our agricultural industry are reliant upon this practice.	6/22/2014 11:54 AM
10061	I don't really care if we stay with mountain daylight time or if we stay with mountain standard time but I just want to STOP changing the times!	6/22/2014 11:53 AM
10062	Switching times is so hard on the body, especially jumping forward and missing a whole hour. It takes a long time for kids and parents alike to adjust. Most of my 7 children have special needs, including the autism spectrum, and a solid schedule is very important for them. From what I've seen, we all do better on the "Fall Back" Mountain Standard time.	6/22/2014 11:53 AM
10063	get rid of it	6/22/2014 11:53 AM

10064	I love the added sunlight with daylight savings and would love to be on daylight savings time all year. Time changes are hard on kids but giving up the extra daylight would be a shame. Staying in daylight savings year round seems like a win win!	6/22/2014 11:53 AM
10065	It is so nice to have extra hours after work to get things done in daylight. I HATE winter hours wherein it is dark when I get home from work. I prefer to have more light in the evening rather than more light in the morning. I would suspect that most people are more active in the evening and would therefore benefit from more light at that time.	6/22/2014 11:52 AM
10066	I feel that it is more productive to have the extra daylight in the evenings than early in the morning.	6/22/2014 11:52 AM
10067	The Idea of daylight savings time is inane. The argument that it provides more daylight is ridiculous. We have the same number of daylight hours regardless of how we refer to them. If farmers need to get up earlier in the morning to keep their schedule, that is their decision, but draging our children through it with them is dumb, even stupid since it hinders childrens capacity to learn and workers capacities to function for two weeks a year. Thank you for hosting this topic, it gives me faith in humanity	6/22/2014 11:52 AM
10068	Seasons change; our clocks shouldn't.	6/22/2014 11:51 AM
10069	In the construction trades, starting early helps avoid the heat of late afternoons in the summer. I think changing the current system is a stupid idea.	6/22/2014 11:51 AM
10070	I have no preference regarding whether we spring forward or fall back, but the time change itself needs to stop. It's rough on the entire population and not actually necessary to the betterment of our society.	6/22/2014 11:48 AM
10071	For the everyday Utah person I think daylight savings time does not matter. I have been saying for years I wish Utah would join Arizona and stay on Mountain time. I have not seen any benifit to my family by changing time twice a year.	6/22/2014 11:47 AM
10072	We should stay on daylight savings time all year.	6/22/2014 11:47 AM
10073	Daylight savings time is a huge disturbance to school age children! I hate it!! Please be do away with it!!	6/22/2014 11:47 AM
10074	I would prefer to not lose daylight at the end of the day. This helps me stay more active and feel more productive if there is more daylight to do things later in the day.	6/22/2014 11:47 AM
10075	There is no reason anymore for DSL. I would like to be the same as AZ as we live on the border and it would be nice to be the same.	6/22/2014 11:46 AM
10076	First, it isn't the lights that are expensive it is the AC, so if there is less "hot" time after work, the less power will be used. Also, changing the time means that for months of the year my body is "off" because it doesn't do the back and forth thing very well.	6/22/2014 11:45 AM
10077	I love the long evenings when the weather is good. It gives us more time to work in the yard and garden. Also more time for outside play with family and friends after work!	6/22/2014 11:44 AM
10078	Daylight savings creates sleep deprivation resulting in a less productive society. We are not predominately farmers needing the extra daylight anymore. Get RID OF IT. PLEASE!!	6/22/2014 11:44 AM
10079	I have lived in Indiana prior to the change and it was a problem when all the surrounding states would change and we did not. Also I have family living in AZ and it is a constant problem remembering what time they are on for calls, etc. Keep Daylight Savings Time.	6/22/2014 11:44 AM
10080	Does it really save time? Nope just confuses people, as a teacher i see how the abrupt change of schedule messes alot of things up.. lets stick with one time and know that the seasons and day time changes.	6/22/2014 11:44 AM
10081	Love spring hours! Less depressing to have daylight last longer!	6/22/2014 11:43 AM
10082	The changes in time between spring forward and fall back creates problems through out the State. It is silly to relate this to farmers. The balance of the State would enjoy a set time.	6/22/2014 11:42 AM
10083	There is no need to change the hour during the year, but standard time would cause mornings to start too early.	6/22/2014 11:42 AM
10084	For simplicity's sake, please align with Arizona and then encourage other western states in our TZ to join the effort!	6/22/2014 11:42 AM
10085	Just choose one and stick to it! No more switching back and forth	6/22/2014 11:42 AM

10086	With the globalization of industry, communication, and social media, daylight savings time is an outdated concept that is no longer applicable I today's world.	6/22/2014 11:41 AM
10087	I love it...I start looking forward to it coming in March almost as soon as we lose it in November...I would hate to see DST go away...	6/22/2014 11:41 AM
10088	Daylight Saving Time has been a frustration for many years to many people. Productivity in the workplace and at school is negatively affected whenever the time changes. Utah's politicians seem out-of-touch as they have generally ignored citizens concerns about this matter. I believe that it is past time for Utah to withdraw from Daylight Saving Time. Aligning with Arizona would be a wise choice as we do a lot of business with them and both states attract the same tourists. There are many other advantages in aligning with Arizona's time but I believe tourism is an obvious benefit.	6/22/2014 11:41 AM
10089	It makes the life of a parent of young children a bit easier to not have to change bedtime schedules twice a year.	6/22/2014 11:41 AM
10090	There seems to be good science about the detrimental effects of artificially adjusting the clock twice a year.	6/22/2014 11:40 AM
10091	I lived in Arizona for a few years and one of the things I miss the most is the fact that they don't change the time twice a year. End this archaic practice please!	6/22/2014 11:40 AM
10092	I've grown up in utah my whole life. Its more of a hassle than anything. I have family from arizona, who really enjoy never changing the time. I say join AZ and never change the time. Thanks.	6/22/2014 11:39 AM
10093	I've never understood why we've had daylight savings. It's never made sense to me.	6/22/2014 11:39 AM
10094	Daylight savings time was instituted when I was still in grade school. I left in the dark and got home in the dark. Depression was a major problem in winter for me and so many people. Sleep disruption plays a role in depression as well. I never adjusted to the time change. I have always HATED daylight savings time. What possible positive benefits to force everyone to work on the early bird schedule. They can just get up, open up, start up earlier, and end up at the right time at night! I might be retired now, but I have had to deal with DLST during all the time I was in school, while my kids were in school, while I worked, etc. and HATED DLST the whole time. Please, please, just leave the clocks alone!	6/22/2014 11:38 AM
10095	A changing schedule in any persons life will result in the body having to adjust to that new schedule which can cause a number of side effects such as weariness and stress. Personally, when daylight savings occurs, I find that my body takes up to seven days to adjust fully to the new schedule.	6/22/2014 11:38 AM
10096	Year-round time standardization would not throw off the circadian rhythms of school children and professionals acclimated to dense schedules. I think eridicating daylight savings altogether is more important than which standardization We use (always spring forward or always fall back). Because the days are particularly short in winter, it would stand to reason that always 'spring forward' would allow even later risers the benefit of being awake for every hour of sunrise. This idea of capturing every hour of sunrise in winter should be a boon for the ski and snowboard industry in Utah. More time per day to ski and we wouldn't have to get up 1 'o'clock hour' earlier.	6/22/2014 11:37 AM
10097	I love to visit Utah and have the evening light for bbqs, late swims, etc. In would love to see the adjusted time, or retain daylight savings.	6/22/2014 11:36 AM
10098	A big fan of going off Daylight Savings.	6/22/2014 11:36 AM
10099	What tiny benefits there may be from daylight savings are not worth the headaches and inconvenience it causes the millions of people in the state. It costs more than just frustration; any programmer knows the development problems that complicated timekeeping causes. Time is money in the business world	6/22/2014 11:33 AM
10100	We are two far west in Utah and Idaho to be in Mountain. It is too dark in mornings and it is dangerous for our kids.	6/22/2014 11:33 AM
10101	Arizona has the right idea and the entire nation should follow their lead on this. DST is ridiculously out dated and should be abolished nationwide.	6/22/2014 11:33 AM
10102	The changes are difficult for school children especially in the spring and really hard for teachers. We lose about a week of valuable time while students adjust. I have read studies showing more heart attacks and other health problems after a change. Especially in the spring. Please just put it one way or the other and leave it. No more daylight savings time.	6/22/2014 11:32 AM

10103	Changing time is dangerous and causes issues with our circadian rhythms. It also is proven that more accidents happen around the change in time. The original reasons for daylight savings time are not relevant today. Agriculture will not be affected either way. Regardless of what the clock says, they will be milking cows and awake at the same time each day.	6/22/2014 11:30 AM
10104	Our family in Utah, we like being on the same time as them	6/22/2014 11:30 AM
10105	Don't fall back and align with Arizona.	6/22/2014 11:29 AM
10106	Please Please Please let's stop day-light savings. It really messes up our emotions, our psychology, our family, and our work. Every time it changes, it just makes things worse. Please, our life is not rural or agrarian. We have a global interaction now. So many things are sensitive to time, and then we shift it twice a year and it messes up our business associates in other states and countries. I plead with you. Please stop day-light savings.	6/22/2014 11:27 AM
10107	Let's kill this! It serves no purpose in modern times	6/22/2014 11:27 AM
10108	too many people suffer from seasonal depression. anyhting we can do to make more light at night. when it is getting dark before 5:00 it is so sad.	6/22/2014 11:27 AM
10109	It's a good thing, it lets people have time to get things done before nightfall.	6/22/2014 11:26 AM
10110	I don't understand the "CREATE" option. My vote would be to stay on Daylight Saving Time all year. Although I wake up early, having the extra daylight in the evening is very beneficial to my health and happiness. Leaving work or school at 5 o'clock in the dark is very depressing and can be dangerous as a woman walking home or to my car.	6/22/2014 11:26 AM
10111	It's annoying and useless, there are the same 24 hours in a day, changing the time around doesn't make the sun come up any sooner, it only changes what "time" the sun comes up. Let's simplify life a little.	6/22/2014 11:26 AM
10112	I think we should not participate with daylight savings like Arizonans who never have to change their clocks. It would be night if the entire world would decide to get rid of this antiquated notion! We don't need to save candle wax anymore.	6/22/2014 11:25 AM
10113	I am a Utah native hoping to return someday. Right now I am studying in Arizona and I must say I find the lack of daylight saving here quite refreshing. There is no need to remember to set my clocks back, and my body does not have to adjust to the time. It is sad that in the summer it becomes dark earlier, but honestly I prefer always just having the same time.	6/22/2014 11:25 AM
10114	I do not like changing time twice per year. It's too hard to adjust to.	6/22/2014 11:24 AM
10115	As a parent, it is difficult for me and my child to adjust to time changes every 6 months. I would prefer to just be on Mountain Standard Time all year long.	6/22/2014 11:24 AM
10116	The time change every 6 months is an unnecessary disruption in schedule. I don't feel strongly about whether we should align with Arizona or create our own time zone, but I don't think we should retain the current practice.	6/22/2014 11:24 AM
10117	I do not like changing time twice per year. It's too hard to adjust to.	6/22/2014 11:23 AM
10118	I support the current day light savings time. I love having daylight late in the summers. I like being able to get things done in the evenings when it cools down. I prefer not going back to the non-daylight savings option. The time changes in the spring and fall are no big deal to me. Please do not mess with the way things currently are. It would be a travesty. Thank you.	6/22/2014 11:23 AM
10119	I'm an early riser. Very sad to lose the morning light for all but about 3 weeks in the summertime. Other reasons to end daylight savings: (2) harder for parents of young children to get them to go to sleep when it's still full sun outside. (3) reduced traffic fatalities is way overstated, because there is a documented offsetting INCREASE in traffic fatalities due to sleep deprivation. (4) you also see a spike in heart attacks each Spring at daylight savings time. (5) generally disrupts sleep patterns -- we have enough insomnia in the country as it is. Let us sleep! If we don't eliminate DST, could we please at least shorten the time to maybe 4 months rather than 8??? ORRRR, MAKE DST ALL 12 MONTHS! :-)	6/22/2014 11:22 AM
10120	Daylight savings served a purpose one day but now is just inconvenient	6/22/2014 11:22 AM
10121	Changing time twice a year is terrible for folks with insomnia. It messes up our body clocks badly. Changing time does NOT give us more hours of daylight. The hours of daylight remain the same as they are now. How people choose to use those hours is up to them. Either of the options that doesn't involve changing the time twice a year is fine with me.	6/22/2014 11:22 AM

10122	I don't like the time change.	6/22/2014 11:22 AM
10123	In my opinion there is no need to change the time every 6 months. I have children, and its hard for both them and myself to adjust to the change. Please, please, please change it.	6/22/2014 11:21 AM
10124	I love having more daylight.	6/22/2014 11:21 AM
10125	Let's align with Arizona and let common sense and science prevail: DST has an impact on individuals' sleeping habits---including those of drivers, students, machine operators, and others. As for farmers, their cows and chickens don't switch times and the hours of daylight remain same. Tourists also have the same number of daylight hours to pursue their choice of activities. Do fewer tourists visit the Grand Canyon because of the time factor?	6/22/2014 11:20 AM
10126	Daylight savings has a tremendous negative effect on my business and my kids school work.	6/22/2014 11:20 AM
10127	Daylight savings time is no longer necessary. It's more of a burden than a benefit.	6/22/2014 11:19 AM
10128	Please take it away!!!! It is a terrible thing for our children.	6/22/2014 11:17 AM
10129	There is no reason to change the clocks twice a year. If business's and schools desire to operate during daylight hours they should adjust the hours they are open seasonally. Example: open at 6 or 7 am in the summer and open at 8 am or 9 am in the winter	6/22/2014 11:17 AM
10130	Love daylight savings I enjoy having the extra light in the evening rather than in the morning when I'm in bed	6/22/2014 11:16 AM
10131	I do not like switching my clock twice a year. Daylight savings time is a fictional adjustment that does not alter nature, but it does have a big impact on our internal clocks, especially children. I would rather not deal with the impact on my internal clock.	6/22/2014 11:16 AM
10132	I understand the reason behind it all. I wake up and it just is awful to wake up in the morning and come in the later afternoon and still be pitch dark outside. It would be nice to just get rid of the daylight savings so it can still be daylight the whole year through.	6/22/2014 11:16 AM
10133	I'm sure it had it's purpose at one time. I do feel like maybe dst has outlived it's usefulness.	6/22/2014 11:15 AM
10134	Switching back and forth is no longer necessary in our modern times. I propose that we spring forward and stsy that way. The Fall/Winter months are dreary enough, Fallinback worse.	6/22/2014 11:15 AM
10135	I love the extra daylight on summer evenings. I can't imagine why one hour makes a difference in a person's schedule. Right now it is getting light at 5:00am. Do they want it getting light at 4:am?	6/22/2014 11:14 AM
10136	DST does not affect the the amount of daylight received each day. But it does affect productivity and the economy while everyone is adjusting to the new time. Our circadian rhythms should not be affected by a government mandated time change.	6/22/2014 11:13 AM
10137	Please end Utah's use of daylight savings time. I'm fine with keeping the time change an hour earlier or later, I really don't care either way, I just don't like the change and I feel that it does more harm than good.	6/22/2014 11:13 AM
10138	Having more daylight at night is beneficial for young families. Having more time after work to spend as a family is priceless. I have three children who struggle with the time change during school but it doesn't hurt them grade wise. It's just something that we deal with. I work until 7:00pm three nights a week and it's nice to be able to have some daylight left after the long day to spend with my family outdoors. Living in a small rural farming community I do believe our farmers need the extra daylight as well. I fully support keeping daylight savings.	6/22/2014 11:13 AM
10139	More day light hours in the summer, I believe helps with depression, and can combat it if people take advantage of it. Your body does and can adjust to daylight savings.	6/22/2014 11:11 AM
10140	Please keep daylight savings I enjoy the long summer evenings when I can do things with my family	6/22/2014 11:11 AM
10141	Daylight savings no longer serves a purpose	6/22/2014 11:10 AM
10142	The problem isn't necessarily Daylight Savings. The problem is constantly switching between MDT and MST. My preference would be to always stay on MDT. I prefer having sunlight in the evening. Part of what makes the winter months depressing is that I hardly get to see the sun. In December (during MST) the sun is just barely visible over the mountains when I start work at 8:00 AM. When I leave work at 5:00 PM, the sun has already set.	6/22/2014 11:10 AM

10143	this is an antiquated system that serves little use today. As for the adding an hour per day really, you still have the same amount of day light weather from 7 to 7 or 6 to 6.	6/22/2014 11:10 AM
10144	I don't really care which time we pick or if we split the difference. I just want to stop changing.	6/22/2014 11:08 AM
10145	I've always been confused by the argument that having DST gives people more hours of light. There are the same number of hours of light in the day, no matter what the clock says! It is disruptive for families trying to get kids up to school, it makes adults feel like zombies for about a month every year as they try to adjust, and it is not necessary. Get rid of it!	6/22/2014 11:08 AM
10146	I don't have an intelligent answer, although I don't think it is necessary.	6/22/2014 11:08 AM
10147	I do not like daylight saving time do not save energy. I would think companies could move there starting time by one hour ahead instead of the whole state. It is hard to make this hour change twice a year. I have a harder time getting up on daylight save time to get to work before 5:00 AM in the morning. I think that the ones that could go to work earlier instead of all people. I want Mountain Standard time all the time and not change the time with daylight saving time.	6/22/2014 11:06 AM
10148	Keep the same time year round. Central Standard Time. NOT Mountain time. This would be like staying on DST year round.	6/22/2014 11:05 AM
10149	I don't like it. It throws your body clock off.	6/22/2014 11:04 AM
10150	It's an outdated practice and not worth all the trouble in this day and age. Hate having to adjust children's schedules every 6 months.	6/22/2014 11:04 AM
10151	It helps to have another hour of daylight after work.	6/22/2014 11:03 AM
10152	The time change does have a negative impact on kids. It also affects adults after the time change as well. Keep daylight savings (spring forward) and never change it. This way the farmers get the daylight they need in the summer and we never have to worry about time change again. This will also help in the winter months to have a bit more light in the winter months during rush hour. This will also help safety concerns on the roadways, especially to be able to see ice or snow on the road.	6/22/2014 11:02 AM
10153	The federal dates chosen to end and start DST are completely arbitrary in that they do not evenly apply to the winter solstice. It is physiolically unhealthy to require our populace to shift to DST every March and studies have proven that it leads to heart attacks and car crashes in the week following the change. Since Utah cannot have its own date for DST later in the Spring, the healthiest thing would be to eliminate our participation in DST altogether. Since it is important for the sun to be up as children are walking to school, the best option is to stay on Standard Time all year.	6/22/2014 11:02 AM
10154	It's an archaic mentality for a bygone Era. Just messes with people's sleep schedule and is not a money saver or beneficial to the economy	6/22/2014 11:02 AM
10155	Every time there is a time change during the school year the students need to adjust, as well as the parents. It takes almost a full week to ge the attendance back up and to get the minds focused again.	6/22/2014 11:02 AM
10156	Daylight savings has become antiquated as the economy moves away from an agricultural model	6/22/2014 11:01 AM
10157	Please align with Arizona and stop changing. This most recent change to November to March is ridiculous. It is no longer needed, does not save power, messes up sleep patterns. Please stop the madness and stick to one time with no changes.	6/22/2014 11:01 AM
10158	It works leave it alone. The initial adjustment is always hard but it works	6/22/2014 11:01 AM
10159	As I understand it, the original reason for instituting DST was to save energy during the energy crisis of the 1970's. However, the move saved only a minuscule amount of energy (less than 1%), but caused an increase in children being hit by cars while waiting in the dark at their school bus-stops. The reason the time change became popular is because people liked having more daylight at the end of the day. However, the natural change of seasons caused by the shift in earth's position in relation to the sun naturally allows for this phenomenon anyway. Globally speaking, most of the world doesn't participate in this practice; we are the oddballs who do. I say it is time (perhaps past time!) to do away with the time change. I would love to see it go away.	6/22/2014 11:00 AM

10160	evening hours would allow more shopping and less 'honey do's" Outside sports, such as golf could be played in the early cool morning when sportsman are "fresh" Also our bodies are set on standard time. Farm animals and children are especially vulnerable time shifts. [Also fireworks could take place an hour earlier. Our State should have the right and control over our treatment of the time zone. And many other reasons to stay on MST Gale L, Logan Ut.	6/22/2014 10:59 AM
10161	Moving clocks forward an hour in the Spring causes an adverse affect on sleep patterns and reduces the ability to get enough sleep. The preference for and benefits of exercise in the morning far outweighs the benefits of working out later in the day, metabolism is better utilized when you exercise in the morning; this also contributes to increased positive mental health. As far as energy efficiency, it doesn't appear that there is any benefit to DST. Business is negatively impacted due to workers being more tired and less efficient in most industries. The changes made a few years ago to increase the length of DST was unnecessary and simply contributes longer to the negative impact it causes. More drivers seem to be impacted during morning and evening driving periods when traveling to work and from work as it increases the number of accidents involving other drivers and pedestrians due to the level of the sun causing difficulty with vision. I believe that we need to abolish DST and get on board with Arizona and Hawaii and keep our clocks on the fall/winter time schedule. DST was great when it was first implemented but it is outdated, causes negative issues and is completely unnecessary now.	6/22/2014 10:59 AM
10162	Changing the clocks twice a year is institutionalized child abuse. People can't simply throw a switch and shift their sleep cycles. It causes havoc in the schools for at least a week while the kids adjust. It's also tough to explain why the kids suddenly have to go to bed when the sun is up.	6/22/2014 10:58 AM
10163	More light into the evenings makes for a nicer day. Having to change twice a year is really a jolt to my system and I would rather not have to change at all	6/22/2014 10:58 AM
10164	Please Please FALL BACK AND STAY	6/22/2014 10:58 AM
10165	It served a purpose during the war to save electricity, something that due to advances no longer has bearing.	6/22/2014 10:57 AM
10166	It does cause tired kids for school and parents, but the light in the evening in the summer and spring enable all sorts of possibilities. With soccer and activities, the light in the morning doesn't help that. Keep the light in the evening.	6/22/2014 10:57 AM
10167	Multiple studies have been conducted about the detriment of Daylight Savings. As an educator I see the problems caused by daylight savings in my students. With the advent of electricity the need for daylight savings has ended.	6/22/2014 10:57 AM
10168	I prefer to not have to adjust sleep cycles twice a year. There is no useful benefit to changing clocks. Farmers get up according to when it is light. Every farmer can figure out when it will be light, no matter what the clock says. Changing what the clock says will not change how long the sun shines each day. I think it is important that it be made clear that falling back to match Arizona time is not the same as the one year that we left the clocks forward all year causing school children to travel to school in the dark. Most people that I have heard object to falling back to match Arizona time are confused on this point. They cite that unfortunate year as their reason for wanting to keep things as they are. Keeping the clocks on standard time all year as is proposed is not what happened that year! The people who want to get up earlier to enjoy more daylight should set their own alarm clock earlier, not make me set my clock ahead.	6/22/2014 10:57 AM
10169	I do not see the benefit of changing the time for four months during the year when daylight savings is off. I think we should just stay on daylight savings all year. That way we can retain the long hours of light during the summer.	6/22/2014 10:56 AM
10170	It is incredibly disruptive to natural sleep rhythms for children and adults alike. Kids really suffer at school every time we switch back and forth, special needs children particularly.	6/22/2014 10:56 AM
10171	I think DST is beneficial. I don't think people are realizing that without changing the times, we will either have	6/22/2014 10:55 AM
10172	I prefer to just keep things how they are, but if there's a change I'd rather have "spring forward".	6/22/2014 10:55 AM
10173	Made sense 60 years ago but now the change is just a hassle for kids & adults alike.	6/22/2014 10:55 AM
10174	The changes in time twice a year severely disrupt childrens sleep schedules for school. Children thrive with a routine. It takes about 2 to 3 weeks for my child to fully adjust and perform at normal levels after a time change. Although the case is made that it gives Ranchers and Farmers more daylight in which to complete work I would like to remind everyone that we live in modern times and have technology that can assist them with that pesky darkness the complain about.	6/22/2014 10:54 AM

10175	Why change something that already works? The earlier the sun comes up, the earlier you get up. The later and you want to sleep more.	6/22/2014 10:53 AM
10176	DST just lasts too long. May to August would be okay, but March to November is ridiculous. I'd rather do without it entirely, though, if shortening is not an option.	6/22/2014 10:52 AM
10177	I do not believe that daylight savings is an advantage. It is hard on little kids and big kids alike. It also is difficult for the human body to change the biological clock. employers would be benefited if their employees didn't have to adjust their bodies to match a time set by the government. In addition, it is healthier to get up early, and the sun rises an hour later during daylight saving. Let's do away with DST, and leave the earths natural clock alone!!	6/22/2014 10:51 AM
10178	I am so tired of my life being changed twice a year. I like what it does when you spring forward. I would be good to leave it that way permanently. thanks Leon	6/22/2014 10:50 AM
10179	My opinion is to keep Utah on a permanent time leaving 1 hour more in the evening. It is better to have longer hours of light in the evening for safety & for business. No longer should we have to switch back and forth an hour every few months or so.	6/22/2014 10:50 AM
10180	I was very happy when I saw this was up for discussion. Daylight savings had its place but its time to move on.	6/22/2014 10:50 AM
10181	Switching back and forth for a few months of year is ridiculous. I lived in AZ for 8 years and loved having one time zone. I've lived in Utah for 7 years now, and do not see any real benefit for the time zone. I have 5 little kids and it is very hard on them to switch. It is hard on their bodies and a minds each time. It is harder to put them to bed as well. Its harder on me when I work 60 hours a week. I start my day at 2:30 am every day, and it really takes its toll on my body for a few weeks during the switches. Other than rich legislators with boats, RV's etc. I see no logical reason. Ranchers, Farmers and general merchants must follow the flow of the sun. So should we. I've really missed AZ, and want Utah to align with them. Being unified with them would be easier on all those snow birds who travel to and from AZ to UT. No more daylight savings! Thank you for this opportunity to make my voice heard.	6/22/2014 10:50 AM
10182	It is not a big deal to get used to a 1 hour time change twice a year. MST makes sense in the winter when days are short but in the summer it does not. In the summer when the days are long there are many more activities and work that happens I the evening, from sporting activities to work especially in rural Utah where farming is prevalent. Even in the urban areas with yard work and gardens there is time to get this done after work. How many people are going to get up at 4am when it would get daylight to do the activities they now do in the evening? I say very few if any. There is not enough time to do this and then go to work. It it much better to have the daylight at the end of the day.	6/22/2014 10:50 AM
10183	I prefer the sunlights appearance when I wake up	6/22/2014 10:49 AM
10184	It doesn't make sense to change to standard time from November to March which is only 4-5 months and the rest of the year a different time. Let's join Arizona in the time zone which is best for tourism.	6/22/2014 10:48 AM
10185	I prefer sunlight into the evening hours.	6/22/2014 10:48 AM
10186	Arizona Mountain Time please. Twice a year every year this change creates chaos with my sleep patterns. My wife has severe back pain and has a hard time getting to sleep everyday. This only exasperates her efforts to sleep. Please stop messing with the clock.	6/22/2014 10:48 AM
10187	I love having the longer hous of daylight during summer evenings. It gives more daytime hour for enjoying oudoor activities, especially for those who work during the day. Please keep daylight savings time!	6/22/2014 10:48 AM
10188	I like the daylight savings time. I think it should stay like it is and not fall back EVER!! I hate changing the time and I like to feel like there is more day time. So I vote keep daylight and never fall back again :)	6/22/2014 10:47 AM
10189	Summer evenings in Utah are glorious. Why would you want to make them shorter. Less time for evening hikes? No thank you. We aren't Arizona. We don't have the temperature highs they do.	6/22/2014 10:47 AM
10190	Get rid of Daylight Savings Time as it seems to only save money for the power company and makes people sleep-deprived and more likely to be mean.	6/22/2014 10:46 AM
10191	We are talking about ONE hour time difference. I feel daylight savings as it is or full time would be good because it give all more time to do things. School children and drivers will get used to things on a different schedule and all will end up being like it is now.	6/22/2014 10:45 AM

10192	I disagree that daylight savings is benficial, it doesn't save electricity, and an idividual can regulate their dailightt by changing their own personal schedule. I do not feel that changimg my own personal schedule in order to save energy lighting my home would be worth it. Maybe if this was the 1800's and we still used candles the costs of energy would still be meaningful to the debate. HOWEVER Utah staying standardized with Mountain time prevents the creation of a new time zone requiring computer/phone coders worldwide to program another option for how to display time. No change to Utah's observance of time should be made without multilateral observance of the rest of our US Mountain time zone.	6/22/2014 10:45 AM
10193	Keep DST in force. No changes.	6/22/2014 10:45 AM
10194	I need to arrive in my office most days throughout the year at about 7:00 or 7:30. Classes at my university (Weber State) begin at 7:30. Moving to DST in the Spring and just as importantly, moving back in the Fall, minimizes the number of morning is which faculty and students need to travel in the dark. Yesterday was the Summer Solstice and the sun came up before 6:00 AM. If not for DST that would have been 5:00. Few people need sunlight at 5:00 in the morning. Those who complain about the difficulty of adjusting to the change twice a year need to think of it as the same "jet lag" we experience if we travel to Las Vegas or Omaha. Just not really a big deal for me.	6/22/2014 10:44 AM
10195	Working in a school, I observe how hard it is not only for myself and other adults, but for young children to adjust every time daylight savings occurs. It doesn't matter which way the clock shifts, it disrupts sleep schedules every six months. The kids seem to have a harder time concentrating in class, and we see more behavioral issues until they adjust to the new schedule. I would love to see daylight savings leave us forever.	6/22/2014 10:44 AM
10196	I see no reason for it. For me it is just an annoying disruption.	6/22/2014 10:43 AM
10197	I love that the sun comes up earlier in the summer and lasts longer. I think the idea of coming up with our own system so we don't lose that, would be nice. I think we should either do our own thing or drop it entirely.	6/22/2014 10:43 AM
10198	I feel daylight savings is outdated and not useful anymore. I don't like how the changing clocks messes with my personal and family's internal schedules.	6/22/2014 10:43 AM
10199	I am very opposed to DLS. I experience many adverse effects due to DLS, whereas I see very few, if any, benefits. My high school age kids are having to awake for school at 5am real time (6am DLS) who then have to drive to school in the dark because sunrise is now at 7:30am DSL time instead of 6:30am standard tine. Their drowsy condition is worsened due to a shorter nights sleep because attempting to sleep before the 9:45pm DLS sunset is difficult, where as an 8:45pm standard time sunset allows for a 9:30pm bedtime. In the spring, I am forced to drive to work drowsy and in the dark at 6:30am real time (7:30am DLS) again, after a shorter nights sleep because of the later DLS sunset hour. In the fall, , because my body is now accustomed to awakening at 5am standard time (6am DLS), I must endure an hours less sleep every morning for a month while I re-adjust to standard time. Twice a year, DLS has very real adverse affects on the health and safety of me and my family. So what justifies this threat to my family? Claims are made that utility money is saved. It may be saved for certain business's and certainly for 9-5 government agencies. The only effective way to save utility costs overall, would be to occupy the most utility efficient spaces during the DLS hour in question. The effect of DSL is to send the populace home an hour earlier, by changing the clock from 4pm standard to 5pm DLS. This allows govt. and business to stop cooling/heating buildings at 4pm instead of 5pm. For the individual however, it ADDS and hour of heating/cooling cost everyday to our utility bills. I have to believe that the heating/cooling of govt/business buildings is more efficient than making the populace condition their individual homes for an additional hour. The only ones cutting their costs are business and government by transferring those cost to the individual. As for the Rancher/Outdoor Activities arguments, I believe those are the two groups of people who have the luxury of not having to live by the clock.	6/22/2014 10:42 AM
10200	Dark evenings cause depression of mood and economy! I wish it were later longer in the day year round.	6/22/2014 10:42 AM
10201	It is as simple as nature. Your BIO-CLOCK gets messed up every time you have to change to daylight savings or go off of it. Either GO on daylight savings or STAY on mountain standard time...JUST DON'T CHANGE FROM ONE TO ANOTHER.	6/22/2014 10:42 AM
10202	I believe it is hard on the body to make the time adjustments twice a year. It is dangerous for children going to school in the dark. y ake	6/22/2014 10:42 AM

10203	I say keep it or create a new time period and leave us always on daylight savings. That extra light in the evening is what makes summer awesome. The dread of winter is coming and going from work in the dark and never seeing the sun. Any extra light in the evening is great. Actually, I would really like us to have double daylight savings. Spring forward an extra hour between Memorial Day and Labor Day. That would make summer awesome.	6/22/2014 10:41 AM
10204	We should stay on DST all year long. There is no point to adjust the clock for 4 months through winter.	6/22/2014 10:41 AM
10205	I would love to see no more Daylight Saving Time in Utah. It causes nothing but problems for my children in getting up for school and wanting to be at school. I feel as soon as the time changes in March, there is a distinct difference in the enthusiasm and effort put in for school. It almost feels like the kids check out at that point. It is also harder on my husband and myself and we tend to feel more tired and less productive for several weeks following. I do not understand how with modern updates, this benefits anyone, even farmers. Please stop Daylight Savings Time	6/22/2014 10:40 AM
10206	Changing time is very difficult on not only students but teachers as well. As a parent, I see the negative aspects twice a year. People are extremely moodly and very mal-adjusted.	6/22/2014 10:40 AM
10207	The cost of implementing Daylight Savings Time is quite extensive. Eliminating it would save on what companies have to spend in resetting time clocks, church clocks, computer clocks - any and all clocks; employes making changes in getting to work; administrators sending out notices to change clocks; children getting used to new time schedules - i.e getting ready for school and catching buses, bedtime, etc; having lived on a farm - the cattle don't really care whether it is 5 or 6 am when they are milked and fed - and plowing a field doesn't matter one iota, you just get going when the sun comes up and quit when the sun goes down - the hour is immaterial. And as an older person, falling back an hour in the fall and jumping ahead an hour in the spring is very disruptive to one's physical system - never quite adjusts. All in all, I think switching times is nothing but a waste of time, money, and upsetting to our physical system whether we be young or old. Just keep life on a regular time.	6/22/2014 10:39 AM
10208	I prefer it to be lighter at night. When I have been couped up in an office working all day, it is imparitive to me to be able to leave work while be able to focus and see my surrounding as well as have some time to get home, do yard work, shovel, garden, etc. while there is still light. If I have none of that after spending all day in the office, I cannot get much needed things done, and I feel I am not being efficient or making good use of much needed time. Why do I need it to be light in the morning time if I am just getting ready and going to work? It frustrates me and is scary to me in the winter time to leave work in the pitch black. I really feel it is dangerous.	6/22/2014 10:37 AM
10209	The time changes are very interuptive to mental health, business, schools and every activity people do. It is also a problem with drowsey drivers and attentivness.	6/22/2014 10:37 AM
10210	I think that staying year round on the Daylight Savings Time is the best option.	6/22/2014 10:37 AM
10211	Please please please get rid of daylight savings time!	6/22/2014 10:37 AM
10212	Please, let's do away with the time change twice a year.	6/22/2014 10:36 AM
10213	It's wasteful and doesn't accomplish anything useful. We'll be better off with a more consistent measure of time and businesses won't need summer hours to compensate for the change. Kids are especially negatively affected by the arbitrary change as they have no way to understand why their sleep is being moved or why they need to go to bed when the sun is still up and it's still hot outside. To justify keeping the change should require more than showing a benefit to a particular type of business or relying on it always having been that way. Arizona has it right and we should get it right.	6/22/2014 10:36 AM
10214	The human body adjusts naturally to daylight. We needn't legislate how the sun should rise and run our hours that way.	6/22/2014 10:36 AM
10215	DST pretty much only results in people feeling jet-lagged for a month. The waste of productivity we subject ourselves to is astounding.	6/22/2014 10:35 AM
10216	Don't really see a benefit of changing our clocks every fall and spring. Don't like it.	6/22/2014 10:35 AM
10217	DST just makes sense. I don't know a single person who like to switch back in the fal!	6/22/2014 10:35 AM

10218	Twice a year when I have to adjust my clocks, I am out of sorts for a couple of weeks, not only from 'springing forward', but also from 'falling back'. The days are already shortening and lengthening on their own; there is no reason for confusing our natural body clocks with the additional sudden change. It is harder to get kids up for school, and it seems strange to have it suddenly be darker or lighter than usual when taking them to evening activities (sports, dance class, scouting, etc). I find myself waking up earlier than I should, or having a difficult time going to bed at my accustomed time and waking up when I need to be up. This is completely unnecessary and disruptive, in my opinion.	6/22/2014 10:34 AM
10219	Keep it the way it is! I like light late into summer nights, and I think children benefit from "falling back"	6/22/2014 10:34 AM
10220	It's the better option for consistency and health.	6/22/2014 10:33 AM
10221	I see no benefit at all. Leave it alone on std. time. Just confusing.	6/22/2014 10:33 AM
10222	I am getting old enough that the transition is getting harder. We spend more months on daylight savings than off--which seems weird. If we want "more daylight hours" then let's open for business at 7 instead of 8 and do it that way.	6/22/2014 10:33 AM
10223	I really don't like switching and think it would better to just pick a time and stick with it.	6/22/2014 10:32 AM
10224	It really messes up your body clock. About the time one adapts it changes again. Align with Arizona and leave it alone please!	6/22/2014 10:31 AM
10225	Going to one time a year either forward or back provides a consistent time year round as our global economy does not work how it used to. Many countries in the world do not change time part way through the year and end up with better economics because of it as there is no confusion on when things should happen. I suggest staying with MST as it provides the best daytime hours year round. Business does not care about time zones anymore in our digital world and the day light savings system costs more then it is worth to the economy.	6/22/2014 10:31 AM
10226	Would greatly prefer keeping DST either as it is or all year long to getting rid of it. Prefer having some daylight in the evening.	6/22/2014 10:31 AM
10227	It's no longer necessary to change the clocks thus disrupting our inner clock twice a year.	6/22/2014 10:31 AM
10228	Keep DST in force. No changes.	6/22/2014 10:31 AM
10229	Keep DST in force. Don't make any changes...	6/22/2014 10:30 AM
10230	Daylight Saving Time is just a complication to our lives that we don't need. I would be for creating a new time, but it would be less confusing to keep on the same time as Arizona. The simpler we can keep things will be better in the long run, especially for our youth who are almost disabled after each transition.	6/22/2014 10:30 AM
10231	I am sick of daylight savings. As a mother it is not fun adjusting my family twice a year to the changes in time.	6/22/2014 10:30 AM
10232	Keep DST in force. Don't make any changes...	6/22/2014 10:30 AM
10233	Never have liked day-light savings time and the recent changed made it even worse. Having a regular schedule to my life instead of having to change it 2 times a year would please me greatly.	6/22/2014 10:30 AM
10234	I lived in Arizona for two years and it was wonderful not ho have to be "jet lagged" for a few days. I get up at 4 a.m. to commute to work so it really is a hardship to adjust and get up at what your body feels should be 3 a.m. What benefit do we gain from daylight savings?	6/22/2014 10:29 AM
10235	I like the consistency of keeping the same time year round. I also enjoy the daylight lasting longer in the summer time.	6/22/2014 10:29 AM
10236	Utah needs to lead the way not be followers. In 2014 we can connect to other countries, control items tens of thousands of miles away from our own office. Keeping archaic systems needed when we did not have the technology and science. If Hawaii can conduct business in today's world and be continually 3 or 4 hours off of the mainlands time, why can't Utah manage being only an hour off from 47 other states.	6/22/2014 10:28 AM
10237	I like it to stay light later in the summers months.	6/22/2014 10:28 AM
10238	My husband and I would like to stop the time changes, and vote to keep just one time zone. Thank you.	6/22/2014 10:28 AM

10239	Please keep us aligned with Arizona on Mountain Standard time. It will help our education system.	6/22/2014 10:27 AM
10240	It is hard on me to reset my internal clock. It is also too light for going to sleep at an appropriate time.	6/22/2014 10:26 AM
10241	To change a clock does not change the day. We still work the same number of hours in that day and play the same number of hours. To think that we are doing anything significant by changing the time on a clock by an hour twice a year is essentially the same as believing that the sandman helps you sleep at night.	6/22/2014 10:26 AM
10242	I just don't like going back and forth. I prefer the mornings to be light.	6/22/2014 10:25 AM
10243	The safety of pedestrians/school children on dark mornings should weigh heavily in this discussion. Daylight savings time had a role decades ago during WWII, but we no longer need the artificial time change.	6/22/2014 10:25 AM
10244	Please keep us aligned with Arizona on Mountain Standard Time. It will help our education system.	6/22/2014 10:25 AM
10245	I would like to see daylight savings time ended because it has a negative impact on my children's education, especially in the spring.	6/22/2014 10:24 AM
10246	It is at the core, a healthier option for the human body...or in my case the human "bodies" in my life. Regular sleep and wake patterns make for optimal function of the brain and central nervous system. Thank you for your consideration!	6/22/2014 10:24 AM
10247	I didn't think your options in question one were clear, so let me make it clear right here. I want to keep Daylight Savings Time all year! I hate when it gets dark at 4:00 in the afternoon in the winter. I can't even wait for Daylight Savings Time to begin again each Spring, and hate when it ends each Fall.	6/22/2014 10:23 AM
10248	I just think it no longer provides for its intended purpose.	6/22/2014 10:23 AM
10249	There's no reason to change our clocks twice a year. Also, aligning with Arizona makes the most sense with our geographic proximity rather than always being an hour head of them.	6/22/2014 10:23 AM
10250	Please keep us aligned with Arizona on Mountain Standard time. It hurts our education system and causes more accidents.	6/22/2014 10:23 AM
10251	We have the same amount of daylight time either way. The statement "gives ranchers and farmers more daylight to complete work" doesn't make sense. Haven't farmers and ranchers always regulated their time based on daylight hours. It is hard to get our grandchildren to bed at night when the neighborhood children are playing outside in the sun. I dread the two times a year when we are forced to endure a few days of jet lag because of the time change. I vote to keep the time MST all year long.	6/22/2014 10:23 AM
10252	I want the light in the useable day not while I'm getting up or while I'm at work.	6/22/2014 10:22 AM
10253	I LOVE daylight savings time and I wish it stayed that way all year. I don't see we'll in the dark and having it stay light later means I am able to go out and do things. Plus the neighbors rooster doesn't get up quite as early! ??	6/22/2014 10:21 AM
10254	1. Your survey options are confusing. I'm not sure most of the populous understands when we are on DST and when we are not...we just know that we switch our clocks. The options above should be KEEP IT LIKE IT IS, KEEP MOUNTAIN TIME (like AZ), and KEEP DST PERMANENTLY (AKA CENTRAL TIME) 2. My first preference is to go to central time. Second is to keep mountain time year round. All this switching is disruptive.	6/22/2014 10:21 AM
10255	I really have no preference on the time selection, if I had to choose I would stay with Mountain Standard time but staying with daylight savings time year round would be okay also. I believe there are no advantages to anyone having time changes twice a year. As for the farmers needing more time to do their work, this is silly as the cows do not care what time it is, as the cows get up when it gets light. As for the tourists, they will do whatever they planned anyway. This time change is dangerous as numerous studies have shown there are more accidents and medical issues related directly to the time changes. The studies have also shown the children have a harder time learning and in general the time changes have a negative impact on the entire population. I do not believe there are any economic advantages or other types of advantages that outweigh all the negative aspects of time changes.	6/22/2014 10:21 AM
10256	There are so many reasons we should not have daylight "saving" time. My top reason is because it is another way the government is interfering with our lives.	6/22/2014 10:20 AM

10257	There is a huge loss of productivity when the time changes, due to people having to adjust.	6/22/2014 10:20 AM
10258	Leave it as it is, aligning with Arizona will cause sun up at 4AM and dark before 9PM	6/22/2014 10:20 AM
10259	There is NO justification for switching the clock back and forth spring and fall. Since DST was adopted in 1918 sun rise and sunset continues to occur in its consistent predictable pattern. The number of seconds of daylight each day continues consistent. Over the years my sleep patterns have been consistently interrupted as government required DST time changes occur. My autistic grandson suffers at these changes,and so do we, as it takes several days even weeks to adjust to each time change. Lets preserve sanity and return MST as our standard time in Utah.	6/22/2014 10:20 AM
10260	Changing time creates biorhythm confusion especially for our students with both changes coming during the school year.	6/22/2014 10:18 AM
10261	I believe that there are arguments for both sides. As quoted in the standardtime.com, "Over the years, supporters have advanced new reasons in support of DST, even though they were not the original reasons behind enacting DST. One is safety. Some people believe that if we have more daylight at the end of the day, we will have fewer accidents. In fact, this "benefit" comes only at the cost of less daylight in the morning. When year-round daylight time was tried in 1973, one reason it was repealed was because of an increased number of school bus accidents in the morning. Further, a study of traffic accidents throughout Canada in 1991 and 1992 by Stanley Coren of the University of British Columbia before, during, and immediately after the so-called "spring forward" when DST begins in April. Alarmingly, he found an eight percent jump in traffic accidents on the Monday after clocks are moved ahead. He attributes the jump to the lost hour of sleep. In a letter to the New England Journal of Medicine, Coren explained, "These data show that small changes in the amount of sleep that people get can have major consequences in everyday activities." He undertook the study as a follow up to research showing that even an hour's change can disrupt sleep patterns and "persist for up to five days after each time shift." Other observers attribute the huge spike in accidents on the first Monday of DST to the sudden change in the amount of light during driving times. Regardless of the reason, there is no denying that changing our clocks has a significant cost in human lives. While some people claim that they would miss the late evening light, a presumably similar number of people love the morning light. And projects, postponed during the sun filled summer, will be tackled with new vigor when the sun sets an hour earlier each day. Congress appears to have felt we were not having enough of a difficult time so in 2007 they passed a law starting Daylight Savings time 3 weeks earlier and ending it one week later. This cost US companies billions to reset automated equipment, put us further out of sync with Asia and Africa time-wise, inconvenienced most of the country, all in the name of unproven studies that claim we save energy. STANDARDTIME.COM SAYS: If we are saving energy let's go year round with Daylight Saving Time. If we are not saving energy let's drop Daylight Saving Time!" I agree whole heartedly with their argument to stay with Standard Time. Also, in our education system it hinders the learning process for our children. I am asking that we align with Arizona on Mountain Standard Time.	6/22/2014 10:18 AM
10262	It would be better and safer to be able to play in evening with more light.	6/22/2014 10:17 AM
10263	Moving the clock does not create a longer day. Please think before making that statement.	6/22/2014 10:16 AM
10264	I think the current dates for day light savings do nothing to help global warming as it was sold.	6/22/2014 10:16 AM
10265	I would like more day light later in the day in the winter. Thank you :)	6/22/2014 10:15 AM
10266	I work in holistic health care and with every change of the time, my clients are over tired, spacey and lethargic. Most of them express their desire to me that they would like the clock to be left alone. Whether we chooses daylight savings time or regular, just make up your mind, set it and leave it alone. I agree with them. Joyce South	6/22/2014 10:15 AM
10267	I honestly wish that our country had 2 times zones. GMT -7:00 and GMT -6:00. Any state could pick which of the 2 they prefer.	6/22/2014 10:15 AM
10268	I love the long summer nights!	6/22/2014 10:14 AM
10269	Ending the crazy daylight savings time changes is one of the most sensible ideas I have seen from our Legislature in quite some time. I'd be proud to have our State demonstrate that we have the sense to end that silly obnoxious scheme.	6/22/2014 10:13 AM
10270	1 in 57 kids in Utah has Autism. These kiddos don't do well with change, let alone dealing with internal body clock changes. As a school counselor I see the negative affects Daylight Savings has on education. The children and teachers are not as productive, depression rates skyrocket.	6/22/2014 10:13 AM
10271	It disrupts my sleep; I have difficulty emotionally and physically with switching back and forth.	6/22/2014 10:13 AM

10272	Students and teachers struggle with the time change. Class time is definitely impacted.	6/22/2014 10:12 AM
10273	I already have a rough time with winter, especially the approaching winter. The first few weeks of October before the time changes back are the hardest for me for the sake of my mental health. I'm a school teacher and going to school during those weeks while it is so dark in the morning is really hard on me and my students. During those weeks, I often see no natural light on my drive to work. I have learned to cope by walking outside just before the bell rings so that I can have that light exposure. After the time change in the fall, I have a much better experience. I will also negate my own ideas by saying that the time change in the spring means that I can participate in more outdoor recreation (like cycling after work outdoors) after work which contributes to my physical and mental health in the spring. After typing this out, I think that I could support the return to an earlier fall time change (the beginning of October like it had been previously) while retaining the current spring time change as it occurs just as the Salt Lake valley is beginning to warm and the inversion is clearing so outdoor recreation in the evening post-work is a wonderful positive.	6/22/2014 10:12 AM
10274	Please just pick one time and stay on it. No more switching every 6 months. It takes a week to recover.	6/22/2014 10:10 AM
10275	I feel there is no reason to change any longer. I'm tired of losing sleep and wondering do I move the clock forward or back if I'm calling Arizona am I on the same time or different? To confusing there is a need to simplify .	6/22/2014 10:10 AM
10276	The argument of it helps farmers: Really I thought the rotation of the planets stayed the same regardless of springing forward or falling back. Find a time and keep it there. This is a CRAZY money wasting effort.	6/22/2014 10:10 AM
10277	From the time I was young I have wished the time would stay one way or the other. You have to get up at the same time every day regardless of the amount of light coming in the window. Light much later in the evening makes it more difficult to get to bed at an earlier time.	6/22/2014 10:10 AM
10278	Pick one or the other. Even keep standard time ALL the time, or daylight savings time ALL the time. No Switching!	6/22/2014 10:09 AM
10279	I have not hard data and would like to see information collected before a decision is made, but I am glad that we are looking into this. I personally feel like my productivity in the workplace goes down for about a week after the time changes because it takes a few days for me to become acclimated to the new times.	6/22/2014 10:09 AM
10280	I am employed with a semiconductor manufacturing company here in Utah. Please note that I do not have the authority to speak on the behalf of my employer. I only am giving my personal opinion and observations. Because of the nature of the industry and how our product is manufactured, the manufacturing operations run 24 hours a day, 7 days a week, and year after year. Shutting down and starting up operations again, to change the time on system clocks twice a year, is very expensive and it can introduce some safety issues for employees. Therefore we choose to run without stopping whenever possible. Complex tool systems are used in the manufacturing process and they are run by computers. Changing the system times on these tool systems is not as easy and simple as it may seem to be. I once witnessed the result of a co-worker who changed the time on one of our manufacturing tools improperly. The cost to the company was in the thousands of dollars. So where possible, we do not adjust these system times. Sometimes this is unavoidable and we have had to make system time adjustments on some of our manufacturing tools. It cost the company extra money to bring in a technician to do so and it had an impact on our productivity. At home and away from work, I think that changing the time on the clocks twice a year is dumb. It messes with my sleep schedule and I do not like this. Finally, please note that I am okay with Utah going to the ALIGN option or the CREATE option. However if given a choice between the two, I'd choose the ALIGN option because we would match our neighboring state of Arizona and because Mountain Standard Time would become standard again for Utah.	6/22/2014 10:09 AM
10281	It seems to just mess up everything with my kids and myself sleeping schedules are horrible for the first while after each time it changes. I don't agree with it I think it's pointless should just stay the same time all year.	6/22/2014 10:09 AM
10282	I do not like switching Time every 6 months because it messes with my internal clock and makes it hard for my children to get to school on time.	6/22/2014 10:09 AM
10283	Day Light Savings is just a waste of Time and far more hassle than it's Worth!	6/22/2014 10:08 AM

10284	Daylight Saving Time is difficult for most people, but is especially hard on children and their families. As a teacher, I have observed my students struggle in school as they work to adjust physically and mentally to their new schedule. Productivity goes down, and irritablility goes way up!	6/22/2014 10:08 AM
10285	Daylight savings is an antiquated idea and gone on well past it when it should have ended. For the sake of education please vote to eliminate.	6/22/2014 10:08 AM
10286	I work in the outdoors. I service abandoned homes for mortgage companies. Having more light in the summer months greatly increases my productivity because I can work longer hours and get more houses done. That extra hour of day light really makes a difference.	6/22/2014 10:08 AM
10287	Twice a year we all have to adapt our circadian rhythms to this nonsense. Unhealthy, and unwise. Nobody is stopping any individual or business (or schools or other government institutions) from declaring business hours based on the seasons, but why should we all have to play this foolish game? If you want to get up an hour later, or earlier, do so. But don't declare that a day is longer (or shorter) because the clock says a different time! A "day" is still ruled by the sun - the time between rising and setting. No clock changes that!!	6/22/2014 10:07 AM
10288	Daylight savings is something that messes up the body's internal clock twice a year, as if we all have jet lag without the fun of actually going anywhere. I don't think it has a purpose other than to follow the rest of the nation and throw off our circadian rhythm.	6/22/2014 10:07 AM
10289	DST is a horrible thing we need to just stick to one timing there is no reason we need to spring forward or back just keep our time zone the same time every year	6/22/2014 10:07 AM
10290	I would like to see more light in the evenings. I would like to see daylight savings on all year. In the winter months I would even like daylight savings on for an additional hour so it would get dark two hours later.	6/22/2014 10:07 AM
10291	The only reason that I have heard for keeping Daylight Savings is so that children do not have to walk to school in the dark. I am the mother of eight children and my children still end up walking to school in the dark depending on the time change. Also more and more parents are driving their children to school so I do not see that as a real issue. The other part is every time their is a time change it reeks havoc with schedules. When we spring forward everyone is rushing because they are late and they feel tired and it takes weeks to adjust. Also children stay out later at night when we are on Day Light Savings. I prefer to stay on regular Mountain Standard Time so they go home earlier at night just because it is getting dark earlier and most parents do not want their younger children out after dark.	6/22/2014 10:06 AM
10292	I am very grateful the option to discontinue DST is open. For years my family and circle of acquaintances have cursed it. We wonder why there is no general revolt against what we all consider useless, unnecessary, and unpleasant. There has never been a satisfactory reason given to continue the change of time.	6/22/2014 10:05 AM
10293	I love the idea that we would be aligned with the West Coast during the summer months, and Denver during the Winter. I love watching Major League Baseball during the summers, primarily the West Coast teams, and now all their games start at 8:10 pm and get over at 11:30....late if you have to feet up for work in the morning. And the sun comes up so early on the current plan 5:30 am is already light, it would be nice to have it dark for another hour in the.morning.	6/22/2014 10:05 AM
10294	I like dst because I'm a truck driver and it helps with getting outside chores done. During the winter I go to work in the dark and come home in the dark.	6/22/2014 10:04 AM
10295	There are few farmers left that benefit from DST. We need to stop!	6/22/2014 10:04 AM
10296	Having more evening daylight will be more beneficial for more people. The most effective argument for going to standard time is the safety of children walking to school. However, I believe that the percentage of children actually walking to school is decreasing. More parents/guardians seem to drive their kids to school. Also, as the school system tries to figure out their capacity - the concept of a very early and afternoon/evening school time has been proposed. Such a change would make the question of 1 hour of morning daylight quite unimportant.	6/22/2014 10:04 AM
10297	Daylight savings time encourages and allows longer days and time to spend with family and outdoor recreational activities during the summer months that otherwise would not be possible.	6/22/2014 10:03 AM
10298	I am a Church Service Missionary for the LDS church and have to leave home at 6:00 a.m. and walk to TRAX. It makes me nervous to be walking in total darkness!!! I think that children will also be safer walking to school when there is more daylight.	6/22/2014 10:03 AM

10299	By keeping Daylight Saving Time in the summer time and winter time, there will be more time for activities, more sunlight all year, etc.	6/22/2014 10:03 AM
10300	Please stop daylight savings!	6/22/2014 10:02 AM
10301	I have the hardest time adjusting and feel fatigued for weeks. It throws me off and I don't think it is helpful. We stay out after dark anyway and we turn on our TVs, computers and smart phones at night so we are using the electricity.	6/22/2014 10:02 AM
10302	I am unsure of how much datlight we would have if we stayed on this time. But I love having the extra sunlight.	6/22/2014 10:01 AM
10303	I love the time change. It changes things up a bit. Yes, it takes a week to adjust, but it's not going to kill you. I also benefit greatly from the longer summer evenings to get things done, It also allows for more family activitys. Please Keep daylight savings!	6/22/2014 10:01 AM
10304	It causes more hassles than it is worth. Get rid of it and for convenience just align with Arizona	6/22/2014 10:01 AM
10305	I would like to retain DST. All year if that's what is decided. I defentley want to retain it. Winter is very gloomy. More dayiight would help. Love the light in the summer.	6/22/2014 10:00 AM
10306	This is a horrible idea. Utah is high tech hub which means it does a lot of business with California, NY, IL, CO, TX. To be an outlier with time zone coordination will hurt business. I cant tell you how many times in a month conference calls with AZ get screwed up in online calendars because of their non-alignment. With all the other things going on in UT that give outsiders a bad opinion of this state, lets not add an additional reason to avoid UT.	6/22/2014 10:00 AM
10307	I lived in Arizona for a year and enjoyed the same time throughout the year. Until then, I hadn't realized how disruptive the time-changes twice a year truly are. It takes at least a week to adjust to the new time, and while adjusting, everyone suffers from lack of sleep.	6/22/2014 10:00 AM
10308	PLEASE PLEASE PLEASE stop changing the clocks. I don't care what time zone we end up in, please just don't make me change my clock again... I spent 12 years in Hawaii where there was no daylight savings time and it was the most logical thing. I have been in Utah for 14 years now and changing the clocks twice a year still makes no sense- there is no extension in the amount of daylight we experience. Technological and societal changes have also completely changed the way that we experience our days negating the need for adjusting the clocks. I have been hoping for years that a bill would be passed opting Utah out of Daylight savings- please make it happen!	6/22/2014 9:59 AM
10309	I grew up in az and ca. I never understood the concept of daylight savings. I've heard it's for farmers or saving power. Personally neither one makes sense and changing clocks seems like something of the past.	6/22/2014 9:59 AM
10310	Get rid of daylight savings time. It's counterproductive and dangerous and if the policy makers need to play their golf in the daylight they can leave work early!!	6/22/2014 9:59 AM
10311	Changing our schedules is not good for our health and most studies show that it does not save much, if any energy.	6/22/2014 9:58 AM
10312	More daylight for many reasons: 1. I own a construction company and during the winter hours we are limited on how much work can get done during the day because it gets dark so early. The way it is now in the morning hours when we get guys to job sites it is usually below freezing so it makes for slow working miserable conditions, we would much rather have the time at the end of the day when the sun has had a chance to warm things up. 2.The more light we have the better it is for mural and attitude with employees. 3. When it gets dark by 5 in the winter it shuts down everything, everyone goes in the house and I believe it takes away from the community businesses. My business relies on walk in business at our model homes and no one shows up during the week after 5 during the winter so sales are slower and people just waste time waiting around because you have to stay open at least until 6 pm. 4. The argument that farmers and ranchers need the extra hour of morning light makes no sense either, they get up when they need to get up based on sun light not the clock so it makes no difference to them what time it is. The amount of daylight is still the same regardless of what time program we are on. 5. I think the young people would also benefit because it would allow for more extra curricular activities after school instead of just being home playing video games because it is dark outside not long after they get home..	6/22/2014 9:58 AM
10313	There is no need to have it. If the farmers and Ranchers need more time in the day they should wake up earlier. They don't need the entire state to do it with them.	6/22/2014 9:57 AM

10314	DST is a non-winner from day one. It costs more on energy costs. Children are forced to depart for school in dark predawn hours creating safety issues as well. Nothing would make me happier than to see it disappear forever.	6/22/2014 9:57 AM
10315	I simply don't see the need to change times an hour each year. This seems to be relic from the past that has outlived its usefulness.	6/22/2014 9:57 AM
10316	I wold like to see Daylight savings time completely done away with!	6/22/2014 9:57 AM
10317	I don't care if we stay on daylight savings time year round or do away with daylight savings time, we just need to stay on one time the year round. The changing is doing more harm than good. Just pick one and stay with it all the time. Not going to daylight saving time seems to be the most logical but just stay on something year round.	6/22/2014 9:56 AM
10318	There is absolutely no reason to change the clocks in Utah. Arizona has not had daylight savings and there are no issues. Utah is directly north so there should be no issues in Utah either.	6/22/2014 9:56 AM
10319	Let those who need to get up earlier in the summer do so, and not make everyone else change clocks. Two weeks a year causing extra sleep deprivation to the whole community, increasing risks of accidents and illness, doesn't save anything. A business that serves tourists can simply adjust their hours to accommodate their customers.	6/22/2014 9:56 AM
10320	It gives more hours in the day for families to spend together after work/school doing outside activities and chores and less time inside sitting on iPods, iPads, TV's and other electronic devices. I also feel it helps allows familes to have more time for healthier lifestyles.	6/22/2014 9:54 AM
10321	Changing time twice a year, costs money. The springing forward an hour and falling back one hour has been proven to be not so good for our bodies.	6/22/2014 9:54 AM
10322	I thought daylight savings time was only created for farmers years ago. We don't have that many farmers anymore. This constant time changing messes with your health because it takes time to catch up after the change. It also makes it hard on children when you try to get them on schedules and it is changed because of time change. I makes it harder for them to go to bed at night when it stays light so long. Lets just leave it so we stay with the same time as our neighbor state Arizona, so we can still do trade with them.	6/22/2014 9:52 AM
10323	I'm currently an Idaho resident, but have lived in Utah for many years too. I think the United States should abolish DST entirely. While it would be inconvenient to have some states on DST and others not, that may be the only way to break the logjam we're currently in where nobody wants to ditch it despite its stupidity, susceptibility to (federal) Congressional caprice on timing, and inconvenience.	6/22/2014 9:52 AM
10324	I think we should stay on daylight savings all year long. It would be nice to have it stay light later in the winter. I hate when it gets dark at 5 pm.	6/22/2014 9:52 AM
10325	Daylight savings is bunk. It does not add daylight to the day. Stupid at the onset. Get rd of it. Messes with the brain and boy.	6/22/2014 9:51 AM
10326	Why not align with Arizona? I like the idea of not being on daylight savings.	6/22/2014 9:51 AM
10327	I prefer the summertime hours because it gives more hours in the day for chores after working my regular job. This is also beneficial for having more time in the evening for family activities after work and school. Winter time hours do not allow for this extra needed time.	6/22/2014 9:50 AM
10328	We lived in AZ four years and never experienced difficulty. This is an idea that is no longer relevant in our modern, high tech world.	6/22/2014 9:50 AM
10329	Changing the time is hard on kids going to school and farmers. The idea that it helps farmers is incorrect. It is difficult to make the change. The real benefit is only to those that want the extra hours at night for recreation. It is extremely hard on people to make the fall adjustment. In the summer, the sun comes up earlier anyway. Please repeal daylight savings time.	6/22/2014 9:50 AM
10330	I would prefer to retain the current DST schedule as the rest of the country also changes time in the spring and fall and coordinating meetings for business is helpful if the time difference remains the same all year.	6/22/2014 9:48 AM
10331	People have an internal clock that becomes accustomed to the time they tell themselves to get up, go to bed, eat a meal. With DST, our internal clocks are disturbed twice each year. We suffer to regain balance. Children suffer as their bedtimes change with the time changes.	6/22/2014 9:48 AM

10332	Discard the daylight savings program. Keep the time as it is now in June and do not spring forward or fall back.	6/22/2014 9:48 AM
10333	Switching back and forth is a hassle and creates very tired students in the spring. The argument that it benefits farmers is silly, since it doesn't add any additional sunlight to the day. I would prefer sunnier evenings to mornings, which is why I chose the third option.	6/22/2014 9:48 AM
10334	There is really no need for the time change and it is disruptive to productivity and health, particularly when you "lose" the hour in the spring. In the simple logic of things, it makes no sense.	6/22/2014 9:48 AM
10335	There is no reason for day light saving time! It is something I always dread. Knowing it's just going to stay the same te will help with my insomnia. I just don't see the point.	6/22/2014 9:47 AM
10336	I find that is an outdated practice that causes unwanted confusion. I believe we should do the same as Arizona.	6/22/2014 9:46 AM
10337	I love the extra light.	6/22/2014 9:45 AM
10338	It would make more economical sense to stay on the spring forward calendar as with more daylight, we are more apt to shop. Additionally if we had more light later int eh day for winter months it would allow those leaving work at 5 an hour left of daylight. That would be wonderful! If we stay on MST we would have our sunsets in the summer at 7-8 from May to August instead of 8-9. The later light is wonderful, let's keep that!	6/22/2014 9:45 AM
10339	I seems that DST is an old practice that is no longer applicable to todays society. DST just causes confusion for lots of people without any real benefit added. Do we get more hours of daylight because of DST? No, because the sun could care less about DST. We just need to end the outdated practice and follow Arizona's example.	6/22/2014 9:45 AM
10340	I wish we would stay on one time and never adjust. I don't feel their is any benefit to constantly change.	6/22/2014 9:44 AM
10341	Daylight savings has served its purpose and should be discontinued.	6/22/2014 9:43 AM
10342	Daylight savings time is no longer necessary. It was put in place for farmers and ranchers and it no longer applies. We can move our start hours easier than our clocks.	6/22/2014 9:43 AM
10343	It doesn't matter what the clock says, we will all get daylight hours until the sun goes down.	6/22/2014 9:43 AM
10344	I work 12-14 hours a day and cannot afford to lose another hour of sleep	6/22/2014 9:42 AM
10345	I would very much prefer to stay on daylight saving time all year round. I love the extra daylight in the evening, and it would be very nice to have an extra hour in the winter months as well. If we moved to permanent MST many outdoor businesses would lose revenue during the summer months because they wouldn't have patrons as late into the evening. We would also have a VERY early sunrise during the summer months, which would throw sleep schedules out of whack for thousands of people.	6/22/2014 9:42 AM
10346	We spend most of the year on DST (GMT -6) which best utilizes the daylight available. I join with those opposed to changing the clocks back and forth in observance of an antiquated, and no longer needed, practice. I am very happy that Utah is taking an objective approach to this issue.	6/22/2014 9:42 AM
10347	There just doesn't seem to be a point other than messing with our sleep schedules	6/22/2014 9:41 AM
10348	I hate changing time twice a year.....it doesn't save that much daylight anyway and it's a pain to get used to the new time....Please let's do away with it.	6/22/2014 9:41 AM
10349	The cows don't know what time it is!? Farmers will do their work in their usual cycle. Daylight savings time doesn't change anything. Our bodies do better if we stay on the same sleep cycle. Even just an hour can be detrimental to our jobs. It takes over a month for our bodies to adjust. I don't see the point. Why should the government control our sleep patterns?	6/22/2014 9:41 AM
10350	I lived in Arizona for 3 years and loved their plan. There was no fuss about clock changes, our kids went to bed on time, we saved money on our air conditioning, and we slept much better.	6/22/2014 9:40 AM
10351	Day light savings serves no purpose. School kids will go to school no matter what amount of light is outside. Even farms get up at the same time no matter how much light is available. All day light savings does is cause everyone to be tired and complain about it!	6/22/2014 9:38 AM
10352	I have hated DST since I was old enough to care. I'm now 96 and I still hate it. Now it messes with my system and my med times more than ever. The good Lord never intended for us to mess with time.	6/22/2014 9:38 AM

10353	I think we should stay on DST permanently. It will make sure the sun doesn't stay up too long in the summer and give us an extra hour of light in the winter. It will also help people who have a hard time adjusting to the change.	6/22/2014 9:38 AM
10354	Although it can't be argued that moving the time can help us economically, the price that the greater population pays far outweighs the benefits. We can devise all sorts of avenues to benefit us economically...but life is NOT all about money. It is about joy. From first hand experience I will tell you that daylight savings time is a day in and day out burden on the majority of the people. We all all paying a high physical, emotional and relationship price for what some say is an economic boost and assists the farmers. From what I know of farmers, they get up and go to bed with the sun, not with the clock.	6/22/2014 9:38 AM
10355	Thank you for the opportunity to cast a 'vote' on DST. I did not vote for DST originally. I have learned to live with it, but much prefer to align with Arizona and Hawaii. It is the natural way of life. I have raised children, helped raised grandchildren and cared for the elderly. Each age group experienced difficulties with DST. Progress is a sound and beneficial addition to our 'days'. I do not feel that DST has been a plus for physical well being or restful, natural sleep. Again, thank you for taking the time to allow feedback!	6/22/2014 9:37 AM
10356	The options you listed are potentially and at first confusing. I want to have no spring forward or fall back. I want the time to never change again ever unless we need to do it one more time to sync with Arizona.	6/22/2014 9:37 AM
10357	Do away with it like AZ. It's unnecessary. Farmers and ranchers have the same amount of daylight regardless of what the clock says. Not necessary. Please!	6/22/2014 9:36 AM
10358	I like having daylight last into the night hours of the summer time. I would prefer if we stayed on summer daylight savings time all year round. It would allow for more activities for children because we have an extra hour of sunlight in the evenings even into the winter months. I would also articulate that it would more beneficial to have light into the evening for energy conservation practices.	6/22/2014 9:36 AM
10359	Daylight savings gives us an extra hour of afternoon light so that my kids spend more time outdoors after school instead of in the house watching tv or playing video games because it is dark outside.	6/22/2014 9:36 AM
10360	Daylight Savings is a yearly hassle that to my point of view has little tangible benefits. Daylight savings time does not actually give anybody more daylight; there is always the same amount of daylight, so if you want to take advantage of it, wake up at the hour that you feel is appropriate for you, rather than changing the clock! This is a needless and invented complication of life and I am mystifyed about why we have kept it for so long. I am glad that the removal of DST is finally being seriously considered by the government of Utah, and I hope that we can finally put this silly tradition in the past where it belongs.	6/22/2014 9:36 AM
10361	End the resetting of everything twice a year!	6/22/2014 9:35 AM
10362	I got a great idea, let us cut one foot off the bottom of a quilt and sew it on the top! That will make it a longer quilt right?	6/22/2014 9:35 AM
10363	Keep it spring forward all of the time	6/22/2014 9:35 AM
10364	Thank you for the opportunity to speak out. I like the time moved ahead. But here's an idea, how about moving the time ahead a 1/2 hour and split the difference?	6/22/2014 9:34 AM
10365	The daylight hours in the day change according to the seasons. Our puny efforts to mold time according to our wants and needs is pathetic, expensive and counter productive.	6/22/2014 9:34 AM
10366	I don't see the point in having it.	6/22/2014 9:34 AM
10367	Or split it in half take a half hour and leave it there for the year	6/22/2014 9:34 AM
10368	Keep it the same whether it is standard or daylight savings time. It is hard on children to switch back and forth when they have to get up to go to school.	6/22/2014 9:33 AM
10369	day light savings was intended for the farmer. to enjoy the light of the day to work long hours to get the work done. the farmers, have great equipment to get the job done faster and will even work late into the night, to finish the job. electricity is used to replace the light of the sun. we have technology to solve the problem of running out of day light. as humans we can learn to accept change and keep the time spring ahead, all the time.i vote for keeping the time the same,	6/22/2014 9:33 AM
10370	Early to bed and early to rise makes a man healthy, wealthy and wise. Keeping it light, later in the day during DST, makes it harder to get to bed on-time.	6/22/2014 9:32 AM

10371	I feel that people are up later at night and we need to have it lighter later as much as possible.	6/22/2014 9:31 AM
10372	I prefer the standard time option so I don't have to change the clock.	6/22/2014 9:31 AM
10373	Having lived in both Arizona and Utah, I found no time change to be more efficient and less tiring.	6/22/2014 9:30 AM
10374	It gives people more time to enjoy the summer months. Also great for people who vist the state.	6/22/2014 9:29 AM
10375	While I prefer MST, most folks I know prefer MDT. But we all agree...pick one and stay with it! Businesses of every kind will adjust if they feel the need.	6/22/2014 9:29 AM
10376	I think life in Utah will continue without daylight savings time just as fine as Arizonia does. GET RID OF IT!!	6/22/2014 9:28 AM
10377	For one thing last night at the Manti pageant it could have started at 8 instead of 9. 10,000+ people had to drive on dangerous highways last night really late around 1AM.	6/22/2014 9:28 AM
10378	Main reason - Had a good friend who was a farmer. He always maintained that his cows had to be milked at the same time regardless of the time change. Daylight Savings Time accomplishes nothing.	6/22/2014 9:27 AM
10379	I would like to remain on Daylight Savings year round. The benefit would remain for those that need it, and during the winter months there would be more sunlight in the evenings so I can get my work done at home after work.	6/22/2014 9:27 AM
10380	I love daylight savings. It helps me in outdoor work, saves me money on my electrical bill and gives my family more waking time to spend together. Please don't change our remove it!	6/22/2014 9:27 AM
10381	I lived in Arizona for 5 years. The absolute best part of living in Arizona was NO daylight savings! Every time we have to change are clocks it completely messes up my daughters sleeping schedule. It is such a pain!	6/22/2014 9:27 AM
10382	Its a waste of time and has impacts on peoples health.	6/22/2014 9:26 AM
10383	An extra hour of evening Daylight is beneficial for after work/school activities and allows more time after work to get yard work done, excercise outdoors, etc.	6/22/2014 9:26 AM
10384	Leave it alone as is. It benefits the majority of Utahns by far. The vocal minority needs to realize is and has been working for decades.	6/22/2014 9:26 AM
10385	I really enjoy having daylight later except in the winter months. Going back to standard time in the winter is good so that school kids can avoid going to school in the dark. Opponents of daylight savings time argue that those who choose can get up an hour earlier on their own and effectively have their own daylight saving schedule; however the world I live in is not likely to adjust so my work schedule, shopping hours, recreation hours etc. would not match my desired schedule.	6/22/2014 9:26 AM
10386	It is just a pain to adjust the biological clocks of so many people and really, there is no justifiable reason no benefits to changing the clock. Nobody I know likes it.	6/22/2014 9:25 AM
10387	The time change each season has a negative impact on overall health and sleep patterns. In general it is a disruption that we do not need in today's busy lifestyles.	6/22/2014 9:25 AM
10388	Its just too hard to have it switch back and forth. Its harder on the kids that go to school. Just leave it one way and keep it that way.	6/22/2014 9:25 AM
10389	Changing the time twice a year is very hard on most people; it takes probably a month to adjust your body clock, twice a year. Each time, there is a loss of productivity and health.	6/22/2014 9:25 AM
10390	There used to be a need to have the "extra hour" of daylight but times have changed and it is no longer necessary.	6/22/2014 9:24 AM
10391	It is disruptive to change the time in the fall making schedules and sleeping routines off balanced and I don't see any benefit. With Modern technology farmers can farm 24/7. Most children are driven or carpooled to school.	6/22/2014 9:24 AM
10392	No reason to switch times twice a year. Just keep it steady and consistent. Lose DST, please!	6/22/2014 9:24 AM
10393	Let nature, and our natural body clocks, rule.	6/22/2014 9:23 AM
10394	Stay on Daylight Savings time all year around.	6/22/2014 9:23 AM
10395	The unnecessary disruption in sleep patterns is unhealthy, inconvenient and unnatural. Many companies allow flex time which will allow for commuters to modestly adjust for seasonality	6/22/2014 9:23 AM

10396	would love to rid ourselves of daylight savings time, just split the defference and move ahead or back 30 minutes and stay put.	6/22/2014 9:23 AM
10397	I think it is time to stay on one time all year round with Arizona,	6/22/2014 9:22 AM
10398	Please do not change the clocks (springing forward or falling back)	6/22/2014 9:22 AM
10399	I have hated daylight saving time ever since it started.I prefer to have it the same all year.	6/22/2014 9:22 AM
10400	to hard on kids and elderly. the farmers have same amount of time . sun is up same time. leave one way do not change. I taught it is hard on students.	6/22/2014 9:21 AM
10401	Keep daylight savings need more light in the winter!	6/22/2014 9:21 AM
10402	I lived in Indiana for 4 years where they do not have DST. I found this to be much more convenient and found no downsides. Please consider not having Utah follow DST.	6/22/2014 9:20 AM
10403	I don't care what we align the time with, but wherever we put it keep it there. It's not necessary at all to change the clocks.	6/22/2014 9:19 AM
10404	It is time to do away with twice a year day light savings time changes. I prefer Utah moving to a year round Daylight Savings time (Central Standard Time zone) that effectively gives us year-round Day Lights Savings. A second option would be staying on Mountain standard time, either way get rid of the twice a year time changes. Year round Daylight Savings time will give office workers an extra hour of sunlight in the winter in the evening that is critical for metal health and may benefit the ski industry. What about school aged children walking to school in the dark? Study after study shows that school starts to early for teenaged students natural body rhythms. So a later start time is beneficial, safety issues could be addressed with tweaking start times, even 20-30 mins would make a difference to both daylight and sleep times. With car usage and safety concerns I would assume that the number of students walking to school in winter is decreasing. Additionally studies have shown that accidents increase after the DLS changes due to driver sleep deprivation, which calls into question arguments that we are on DLS for school travel safety reasons.	6/22/2014 9:19 AM
10405	It is a silly practice to alter the time twice yearly. The inconvenience of changing time has negative effects on schools, students and others by disrupting activities that need to be left alone. It messes with sleep patterns, and I do not see a need to change the time.	6/22/2014 9:18 AM
10406	I'm not a big fan of Daylight Savings, I'm originally from Arizona, So I jus like the time to stay the same.	6/22/2014 9:18 AM
10407	I enjoy having the daylight at the end of the day to do things with my family, yard work or exercise. I believe that retaining the DST shift through would also allow mo family tile for me. I hate coming home from work and having it be dark or nearly dark	6/22/2014 9:18 AM
10408	Cutting a foot off the bottom of a blanket and sewing it to the top of the blanket does not create a longer blanket.	6/22/2014 9:17 AM
10409	Having small children this practice is so difficult on parents and small children who don't understand. The practice is old and outdated.	6/22/2014 9:17 AM
10410	Why play games with the clock? More people have to adjust their sleeping habits and other routines based on a time change that only helps a small portion of the population.	6/22/2014 9:17 AM
10411	Utah and the Governor say they promote physical activity and better health. DST promotes physical activity in our family, as we are outdoors until dark. Take DST away and you get more unhealthy couch time. Don't promote one thing and do another. We love DST!!!!!	6/22/2014 9:17 AM
10412	During daylight savings time itisnice to have the extra hourof lightat night to get things done in the yard	6/22/2014 9:16 AM
10413	It is my understanding that daylight savings time was instituted to help farmers and there doesn't seem to be the need to adjust our clocks twice a year anymore.	6/22/2014 9:16 AM
10414	I prefer the spring forward rather then falling back .	6/22/2014 9:16 AM
10415	There is only so much daylight during the day why does it matter what the clock says. Lets end daylight savings.	6/22/2014 9:16 AM

10416	Clocks do not regulate the Sun and Moon. "Time Zones" are a relatively recent concept to accommodate communication and business interaction. Time used to be something done city by city. The base point was defined as Noon and set at when the Sun was directly overhead. Thus each city had it's own "Time Zone". We can neither create or remove daylight. We only can adjust our relationship to it. To say that children must go to school in the dark only says that we wish school to start when it is dark. To address farmers "need" is inaccurate, milk cows do not adjust when they give milk by the clock. I think that we have a case of the tail wagging the dog.	6/22/2014 9:16 AM
10417	our bodies synchronize with the sleep pattern which will take time to adjust. Daylight saving time make it difficult to do it. Plus we turn on our light indoors when we need it, no matter what time the clock says it is. So saving energy is no issue here.	6/22/2014 9:15 AM
10418	love the light nights.	6/22/2014 9:15 AM
10419	The rationale for having DST is no longer applicable. There is no justification for having students begin their school day in the darkness, we no longer have children that need to work on the farms until late in the day. The inconvenience and annoyance of having to arbitrarily move clocks back and forth doesn't add any hours to the day it just shifts the working hours -- and for no real reason. I have been opposed to daylight savings time for many decades. Please, eliminate this costly and annoying nuisance.	6/22/2014 9:15 AM
10420	I hate it. It is so hard on kids and messes with my natural schedule. I loved living in Arizona with no daylight savings.	6/22/2014 9:15 AM
10421	The time change seems unnecessary. If you can point to specific economic or other data that supports keeping it in place, I'm willing to consider that. Otherwise, I see no reason to keep in place an antiquated 19th century policy.	6/22/2014 9:14 AM
10422	Keep Daylight savings time all year long we need the extra light in the winter months more than in the summer months keeping the saving time all year long gives us that option of more light in the winter months at evening hours	6/22/2014 9:14 AM
10423	We are not creating more daylight. If you want more light in the evening start work an hour earlier. It could be called Summer work schedule. Why mess with "High Noon" , High One O:clock is absurd.	6/22/2014 9:13 AM
10424	I have a hard time with mornings. I've found that morning people may complain but they always make it to things later, where as non-morning people are always late. Let's be kind to the non-morning people for once, and go back to "real" time! Thanks! :)	6/22/2014 9:13 AM
10425	I would be happy with any option that eliminated turning the clocks forward and backward twice a year.	6/22/2014 9:13 AM
10426	I enjoy the outdoors after work and this gives me the opportunity to do so with my friends who also work day jobs.	6/22/2014 9:13 AM
10427	levee it like the sun comes up standard time that is the way I was raze	6/22/2014 9:12 AM
10428	It is superfluous in these times to kid ourselves into thinking any net gains are realized by switching times. My experience is that it takes days to adjust to the changes and accomplishes nothing but mind-binding.	6/22/2014 9:12 AM
10429	Daylight Savings Time is just wrong! I came here from AZ in 1998, and I still cannot adjust to the time change thing! For weeks afterwards, my whole body is still confused. I lived in AZ for 39 years of my life. As far as I could tell, every business and person functioned well on Mountain Standard Time. Please take Utah to Mountain Standard Time!	6/22/2014 9:12 AM
10430	I think going back to Mountain Standard time is simpler as the times stay the same year around and adjustment to seasons comes on gradually. We accept the natural way time works.	6/22/2014 9:11 AM
10431	It's antiquated. I understand the issue for farmers and ranchers, but guess what, there is still the same number of hours that are light. I am one, and all I have to do to take advantage of the time is get up earlier. People who support us will start earlier to if needed. Leave the time alone, the more important issue is the effect it is having on the kids when adjusting for school etc. Set the time to one time whether it be standard or daylight savings and leave it alone. Glad you are doing this!	6/22/2014 9:11 AM
10432	I struggle to adjust each time it changes. It takes younger children longer to fall to sleep.	6/22/2014 9:11 AM
10433	Just pick one system and stay on it all year round--I don't care which. The yearly readjustment of waking and sleeping schedule is just not worth it. Thanks for doing this study and asking for our input!	6/22/2014 9:11 AM

10434	Please get rid of DST. Aliging seems to be the best option to do so, so that we do not create yet another time difference in the country but align with Arizona.	6/22/2014 9:10 AM
10435	I think daylight savings should remain in effect. My children aren't affected by the time change. This should be a topic being discussed. We should be wasting our time on issues that aren't even an issue. We should really be discussing how to better education in school.	6/22/2014 9:10 AM
10436	So either just stay in mountain standard or just stay in daylight savings continually. As a retired healthcare provider, the time changes mess up people's sleep cycles and trigger depression in some people.....no time changes please	6/22/2014 9:10 AM
10437	Daylight savings is great, thats all I need to say.	6/22/2014 9:10 AM
10438	IT HARD TO ADJUST TO TIME CHANGE	6/22/2014 9:09 AM
10439	I for one am tired of switching back an forth. It is very hard on our bodies to do so, especially children. I work at a school and it takes the children a good month before they have adjusted back to normal. Also I voted to have daylight savings, because I think we would be more productive if we have more light at the end of the day. The argument that children would be walking to school in the dark is old. Most kids have their parents drive them to school now days.	6/22/2014 9:08 AM
10440	It's an unnecessary practice that causes problems.	6/22/2014 9:08 AM
10441	Now that people no longer have to rely on the sun to get our work done, Daylight Saving Time is a waste of time. Twice a year, we have to adjust our bodies to a new schedule, and try to remember to get to work on time. And kids's bodies just don't make that adjustment well. So we're all losing sleep for about a week after the time change. And for what purpose? We're not farmers. It won't hurt us to wake up in the dark or have it get dark sooner.	6/22/2014 9:08 AM
10442	Changing the clocks twice a year does nothing more than disrupt sleep patterns and place unnecessary stress on family's with children and the eldery. Growing up in a rural community work has to be accomplished each day regardless of the clock. Switching back and forth does not "add" time to each day it just forces everyone to change their sleep patterns so that those without commitments can play longer after work. Many schools have gone to year round and from my experience it is very difficult to get children to sleep while the sun is still up. This alone has caused my children to go to school without the sleep they need. Is this the best way to educate our children? What is the real benefit of changing the clock. Is it just for the rich, because the working class is suffering every time the clocks change.	6/22/2014 9:07 AM
10443	I think we should leave the time alone. It definitely has an impact on my children. As a law enforcement officer I also think that it has an impact on the way people drive.	6/22/2014 9:07 AM
10444	Please stop it. I have wished this since I was a child. We no longer live in a world where this is necessary. We live where electric lights run 24 hours a day if necessary, where office hours and school hours don't change with the sun, where children are no longer required (in the majority of situations) to wake at dawn to do chores and even for those who do, daylight savings doesn't change that. This is hard on families with children and I have heard teachers and parents both complain about the adjustment period for children. It is difficult for adults. Let's just move to something consistent.	6/22/2014 9:06 AM
10445	Daylight savings time is good. It is really nice to have extra light time during the summer evenings. So much better than having light at 4:30 in the morning. I do not believe there are more accidents. It is dark in the winter in the morning so being dark for a few more days should not be a problem. We just love to be able to work in the garden in the evening. Please do not take it away.	6/22/2014 9:06 AM
10446	Preferences (most desired to least desired) 1 Keep the current time system 2 Always stay on DST 3 Always stay on ST	6/22/2014 9:05 AM
10447	I think it's an outdated practice that isn't needed anymore. It disrupts sleep patterns for everyone, it's difficult to adjust to and everyone complains when it's time to change the clock. It would be nice to get rid of that and not have to worry about adjustibg to a time change every few months.	6/22/2014 9:05 AM
10448	I hate the time changes every year. It is hard on my children and hard on me. We spend two weeks trying to adjust. No matter what hour the clock says it is there is the same amount of daylight each day to get work done, etc. So why don't we stop making life difficult for people and just leave it at one time or the other.	6/22/2014 9:05 AM
10449	We do not need daylight savings anymore. It just complicates life. Farmers can wake up whenever they like as they do not have a boss.	6/22/2014 9:05 AM

10450	For years opponents of DST make this attempt and it is always defeated. If there is a change, make DST year round. Arizona did it because of the heat. We dont have that problem. Keep it the same or make DST YEAR ROUND!!!	6/22/2014 9:04 AM
10451	There may have been a time when this was beneficial but that has long since passed. Now every time we change times everyone at work is tired for a whole week. That's 2 weeks every year for no good reason. Please just get rid of it!	6/22/2014 9:04 AM
10452	I don't think it is beneficial any longer. Sure makes payroll more difficult.	6/22/2014 9:03 AM
10453	DST is a dinosaur based on needs from a different time. It is unnecessary and creates confusion. We should align with Arizona and become part of a groundswell toward aligning the whole country.	6/22/2014 9:03 AM
10454	We have little ones and the changing the clocks really messes with their sleep patterns. It is annoying to change every clock in the house, read your automobiles owner manual because you forgot how to change the time in your car, and wonder if the clocks at work are all correct for the first week. I'm definitely a supporter of syncing up with AZ.	6/22/2014 9:03 AM
10455	i,m tired of resetting my clocks. i picked the arizona time ,because utah doe's not always have to be different.	6/22/2014 9:03 AM
10456	DST doesn't "create" or "save" more daylight. The twice yearly switch to/from DST seems to be disruptive to sleep patterns and more. Thank you.	6/22/2014 9:03 AM
10457	I go to work very early in the morning. Doesn't matter weather my internal clock has been disheveled by another change in the time, and it is still dark. I get sick every time we have a change, it is not good for a body! My kids suffer in school because they are tired. It serves no purpose any longer, and if the farmers want the benefit of 'another hour', then they should just change THEIR internal clock during the growing season to accommodate themselves.	6/22/2014 9:03 AM
10458	DST is a thing of the past. Time to move on.	6/22/2014 9:02 AM
10459	Switching hours is not saving energy, but it does cause people to be less productive as they adjust to a new schedule. Let's simplify and get rid of time changes!	6/22/2014 9:02 AM
10460	The switch to adjust the time in the spring and fall is difficult for many people, and especially leads to more traffic/pedestrian accidents.	6/22/2014 9:02 AM
10461	Having an extra hour of daylight in the evening bolsters productivity; it makes the days feel longer, therefore creating an atmosphere to encourage work. A longer day also improves morale and even an hour would help in the darker months of the winter.	6/22/2014 9:01 AM
10462	Daylight savings time outlived it's purpose long ago. With the ever expanding of it by the federal government, it has become little more than a political football.	6/22/2014 9:01 AM
10463	I love Daylight Savings. I would hate to lose it. I look forward to spring forward. I love more daylight throughout the day. I love not having to turn on my lights until later. I love saving electricity. My whole family loves Daylight Savings. My children love the added daylight at the end of the day. They love the longer summer days. We never have a problem adjusting to the time change. I love that it is in March now rather than April. I don't want to lose	6/22/2014 9:01 AM
10464	Every time we either go on or off Daylight Saving, I lose a week of sleep. I assume I'm not the only one.	6/22/2014 9:00 AM
10465	Loosing that hour of sleep affects my performance for at least few weeks.	6/22/2014 9:00 AM
10466	Daylight savings is a wonderful practice that saves energy and allows for more time to enjoy the beauty that Utah has to offer.	6/22/2014 8:59 AM
10467	I am a Utah businessman and work long hours. DST gives me and my family the opportunity and time after work to enjoy activities we love such as water skiing, tennis, hikes as well as time in our yard. It is the greatest thing since peanut butter!	6/22/2014 8:59 AM
10468	Making the shift twice a year is a waste of time resetting all of our clocks. It's stupid. Cutting off a blanket at one end and sewing it on the other, DOES NOT give you more blanket. Let's join Arizona and stop the madness.	6/22/2014 8:59 AM
10469	I like more daylight hours after work	6/22/2014 8:59 AM

10470	I hate Daylight Savings Time. As an early riser, I find it obnoxious that just as the days are getting longer, the early morning is plunged back into darkness. As a former teacher, I see switching back and forth with time as detrimental to both student and teacher sleep patterns. As for allowing farmers or agricultural workers in general to have extra time for work, these are people who rise earlier than most of those in our society. Why not give them light early in the day?	6/22/2014 8:58 AM
10471	Daylight savings made sense when it was created, but it is just inconvenient now, especially to me as a mother of young children. It throws off everyone's schedules and routines.	6/22/2014 8:57 AM
10472	While "springing forward" may seem like a great idea to some, it wreaks havoc on our family every year. My children who seem to sleep just fine all winter suddenly have difficulty falling asleep (because bedtime now falls during complete daylight) and then as a result, they do not sleep well all night leading them to awaken ridiculously early (typically between 5:30-6:00am) all summer. The tilt of the earth during the summer months already provides for longer days and additional daylight without artificially changing our clocks. Mechanized farming has also provided that farmers are not in their fields as long and the need for extra daylight that would allow them to complete their work may be overstated. At our house the sun does not completely set until after 9:0pm and I highly doubt that farmers are still in the fields at nearly 10:00pm working. changing the clocks back to standard Mountain time would only reduce their daylight hours by one and I highly suspect they could accomplish all they need by 9:00pm. It would also allow them extra daylight in the morning when it is cooler. We strongly support keeping the clocks consistent on Mountain time year round.	6/22/2014 8:57 AM
10473	We have little ones and the changing the clocks really messes with their sleep patterns. It is annoying to change every clock in the house, read your automobiles owner manual because you forgot how to change the time in your car, and wonder if the clocks at work are all correct for the first week. I'm definitely a supporter of syncing up with AZ.	6/22/2014 8:57 AM
10474	It is a pain for a day or 2 to get used to but DST is great for me. I'm dealing with customers all over Northern Utah and my work days are longer than daylight for half the year. With DST I get enough daylight after work to take care of the yard, socialize, spend time outdoors with the grandkids, ride my motorcycle to various restaurants and other attractions. The benefit out ways the inconvenience for me and even helps improve the economy because everyone is out doing more stuff and not just sitting in front of the TV.	6/22/2014 8:56 AM
10475	We are better off having a consistence time through out the year as it has a negative effect on kids learning, and public safety as it leads to more accidents.	6/22/2014 8:55 AM
10476	We have little ones and the changing the clocks really messes with their sleep patterns. It is annoying to change every clock in the house, read your automobiles owner manual because you forgot how to change the time in your car, and wonder if the clocks at work are all correct for the first week. I'm definitely a supporter of syncing up with AZ.	6/22/2014 8:55 AM
10477	Disrupts circadian rhythym. Confuses travellers in Southern Utah.	6/22/2014 8:54 AM
10478	Daylight Saving Time was developed as an economic measure during a time when the world was largely agrarian. We are no longer an agrarian society. To maintain the badges and incidents of agrarian society simply for tradition's sake is unwarranted. Daylight Saving Time has the adverse affect of throwing off circadian rhythms of all who it subjects. I lived in AZ for five years, and they have it right.	6/22/2014 8:54 AM
10479	It's difficult on really busy people. Some people work 10+ hours a day then have work to do right up until they go to bed. And the switch throws a lot of people off myself included. And it seems it takes a week or two to get back on track. And for parents with children. I think it would be nice. Children's sleep patterns seem to be so much harder to get back on track then adults.	6/22/2014 8:54 AM
10480	Daylight saving time is worthless it's just a golfer time card	6/22/2014 8:53 AM
10481	DST serves no significant purpose while inflicting costly disruption.	6/22/2014 8:53 AM
10482	DST serves no purpose whatsoever. The need to change clocks twice each year is a useless inconvenience. And anyone who forgets is in danger of missing appointments. Under DST, darkness makes morning commuting more dangerous.	6/22/2014 8:52 AM
10483	Create a daylight saving time for Utah. In hopes that it will be light longer in the winter months. Not getting so dark in the afternoon/evening hours when are children are trying to get around for after school activities.	6/22/2014 8:52 AM

10484	Daylight savings makes it difficult for children and adults to have early bedtimes. It stays light extremely late and the switching disrupts sleep patterns. As the saying goes, "Early to bed, early to rise, makes a man healthy, wealthy, and wise!"	6/22/2014 8:51 AM
10485	The bi-annual time shift is a ridiculous exercise in our modern era. It is a clear demonstration of how much power one group of people can wield over the lives of every single resident of our state. It doesn't matter much to me whether we align with Arizona, stay on MDT all year round, or pick a time halfway between the two extremes (effectively offsetting Utah half an hour from most other jurisdictions). Just get rid of the bi-annual time shift. Quit jerking every single resident of this state back and forth every year.	6/22/2014 8:51 AM
10486	Having a portion of the year with more daylight is good for personal well being as well as business. More sunlight means more vitamin d and better mood. People are more inclined to be out and about and putting money into the economy if there are more hours of daylight. Please don't change daylight savings!!	6/22/2014 8:50 AM
10487	H	6/22/2014 8:49 AM
10488	The optuons you list are confusing at best. Daylight savings time does no good other than to annoy the general population. In the many many discussions I have had, nobody has ever been able to provide fact-based evidence of a single benefit of adjusting clocks twice a year. Utah needs to get rid of this nonsense.	6/22/2014 8:48 AM
10489	The benefits of DST are outweighed by the drawbacks. It's just one more thing to have to bother with (like the penny) that no longer serves a meaningful but that is kept around ... because it is.	6/22/2014 8:48 AM
10490	Daylight savings time is extremely beneficial to partake in our outstanding outdoor Utah recreation opportunities.	6/22/2014 8:47 AM
10491	I am never happy with it getting dark, before I leave work in the winter. It makes winter driving more dangerous.	6/22/2014 8:47 AM
10492	I love it when we spring forward each year and hate it when we fall back. I enjoy having a little daylight when I get home. It helps me stay active and I am more likely to get in a workout. My wife and kids love having extra daylight when they are done with their daily activities as well.	6/22/2014 8:47 AM
10493	I personally don't see any gain for daylight savings and would prefer to have a consistent time year round. I chose to allign our time with Arizona so that we are consistent with our neighboring state.	6/22/2014 8:47 AM
10494	Daylight Savings Time is nothing more than a hassle and distraction two times out of the year. I have to adjust my sleep patterns and more because of this ridiculous law. The few who need to make more out of their day can change their own sleep patterns to adjust to seasonal daylight changes.	6/22/2014 8:46 AM
10495	The time change twice a year affects my sleep and therefore my health. I spend most of my summer exhausted because my body clock does not change to daylight saving time. When my children were young and now with my grandchildren, there is a noticable drop in their educational alertness and it is difficult to get their bodies to adjust to a change in their bedtime since their body clocks do not adjust when the clocks are changed. Please stay on standard time all year long. There are 24 hrs in a day. Changing the clocks does not alter that fact. It only messes with people and their biological clocks which in turn decreases mental, emotional and physical health.	6/22/2014 8:46 AM
10496	Switching our clocks twice a year is unnecessary. It is a goofy system.	6/22/2014 8:46 AM
10497	I think it would benefit everyone to have the sun come up earlier in the winter months. It seems that it would save energy to have the sun to help warm cars and homes during winter mornings.	6/22/2014 8:44 AM
10498	I grew up in Arizona and find Day Light Savings confusing and useless. I don't believe it actually saves anyone time. Since they keep changing the dates every year when it will occur people are often late/early for work or church or whatever. We have to reset our biological clocks. It was a dumb idea in the first place. I'm proud of Arizona for not being a lemming and getting in on this stupid band wagon and proud of Utah for considering changing a law that was dumb in the first place.	6/22/2014 8:44 AM
10499	The useful non-work hours of the day, for most people, are after 5pm. Better to have more daylight at the end of the day so it can be enjoyed.	6/22/2014 8:44 AM
10500	Don't like it. Should stay the same!	6/22/2014 8:42 AM
10501	There is no reason to adjust time. It just throws people off.	6/22/2014 8:41 AM

10502	Please get rid of daylight savings time. We hate it. It makes no sense. I hate the argument that it gives farmers more daylight to do work. It just shifts the daylight, it doesn't give them more.	6/22/2014 8:41 AM
10503	It takes me weeks to recoup from the time changes.	6/22/2014 8:41 AM
10504	I grew up in Arizona. We did fine without DST. It's rough to switch kids back and forth on sleeping schedules . It's hard to get a child to bed when it is light outside. Not everyone wants to keep small children up till 10 in the summer.	6/22/2014 8:40 AM
10505	I have never met someone that liked the change of time each year. It is always an issue both in human error and having to purchase hardware that takes it into effect. A single consistent time helps with accuracy logging network event data since you don't have to worry if one device failed to make the change to DST.	6/22/2014 8:40 AM
10506	I have always thought that daylight savings was useless and only an annoyance	6/22/2014 8:39 AM
10507	I Select this option because of the studies I have read about the increase of suicides surround the two weeks after a time change. I know personally it is hard on my body and mind as well. Children are even more sensitive to this. I selected creating out own time zone because if we stayed on fall back it would remain light in the summertime until 11 pm. It is much easier to sleeping during daylight than to fall asleep during daylight, especially for children.	6/22/2014 8:39 AM
10508	Just get rid of it. Perhaps other states will follow your lead. I'm an Arizona native, and I have never understood why the nation persists on using DST. It is disruptive and makes no sense in the modern age. And now that Congress has extended it, it's even worse.	6/22/2014 8:37 AM
10509	Such a primitive practice.	6/22/2014 8:35 AM
10510	There is no real reasoning behind falling back an hour or springing forward an hour anymore. As a parent it just causes more trouble and stress because kids don't understand that there was a time change.	6/22/2014 8:35 AM
10511	Daylight Savings is known to disrupt sleep paterns. Accidents happen as a result. Pick a time and stick to it all year. I don't car if it is standard time or daylight as long as it never changes. There is no need for it anymore.	6/22/2014 8:35 AM
10512	I believe we should stay on daylight savings time year round. Changing the clocks several times a year is disruptive but I would really miss the extra light at night so let's just make daylight saving time permanent.	6/22/2014 8:34 AM
10513	Going on Mountain Time seems to be the best option.	6/22/2014 8:33 AM
10514	I really don't care which way it gets sets, I would just like it to stay the same year round. Living in a rural community I feel like farmers will farm when the sun comes up until it goes down. I don't think they need to look at a clock. My animals wake up with the sun and want to be fed whether my clock says 5:00 or 6:00 am. Personally I like the longer days of summer and hate when the time changes in the winter.	6/22/2014 8:33 AM
10515	I have two major issues with DST. One, having worked in the medical field, traffic accidents increase dramatically for the few days after a time change. Two, being a mother of small children, trying to get their sleep schedules back on track after a time change is a Herculean labor. Thank you.	6/22/2014 8:32 AM
10516	I've always disliked how the time change effects my own body. Now as a teacher, I hate how it hurts my students. Because they are tired and adjusting, they don't learn effectively until their bodies are accustomed to the new time, which varies in duration from child to child.	6/22/2014 8:32 AM
10517	As a mom I hate daylight savings time. It takes weeks and weeks for my kids to get used to it and as a working mom it is extra difficult.	6/22/2014 8:31 AM
10518	Daylight savings is an antiquated practice that use to make sense before modern times. Now, the only purpose it holds is to mess up people's natural sleep cycle AND makes it very difficult to get young children on a sleep schedule.	6/22/2014 8:31 AM
10519	Just keep the "spring forward time year round. It's depressing in the winter when it's so dark at 5 pm	6/22/2014 8:30 AM
10520	I just wish that we could stay with Mountain Standard time and just stick with it. It is so hard to adjust your body to that time difference even if it is just a hour. Pick one time and just stay with it all of the time.	6/22/2014 8:30 AM
10521	We should have two time zones in the US, East and West.	6/22/2014 8:30 AM

10522	As a teacher, I would love to see Daylight Savings Time repealed. It throws my students' sleep schedules off twice a year and negatively affects their performance in class.	6/22/2014 8:30 AM
10523	I guess to customize to Utah, I would say keep daylight savings time year round, making us more in the Pacific timezone, rather than the mountain timezone. I don't like going back during the winter months. Keep it the same all year round.	6/22/2014 8:30 AM
10524	Daylight savings is an antiquated practice that use to make sense before modern times. Now, the only purpose it holds is to mess up people's natural sleep cycle AND makes it very difficult to get young children on a sleep schedule.	6/22/2014 8:30 AM
10525	I utterly hate the "fall Back" and Spring forward. Let's keep time consistent.	6/22/2014 8:29 AM
10526	I work early (7am) so I can interact with people on the East coast and in Europe. I actually use MORE electricity and heat on DST because it's darker/colder when I get up. DST also raises havoc with my kids/grandkids sleeping schedules. Arizona and Hawaii are doing just fine by NOT messing with mother nature. It's time we did away with this artificial time shift and stick to the sun's time. If people want to get up earlier or businesses want to open earlier, they certainly don't need an artificial time shift to do that. Leave time as nature intended and have businesses open at 7 or 8 am if that's what they prefer. Restaurants can start serving dinner an hour earlier. Please get rid of DST.	6/22/2014 8:28 AM
10527	Daylight savings time reduces productivity in employees, as it destroys vital sleep schedules. There should be no daylight savings time, and we should stay on Mountain time all year long.	6/22/2014 8:27 AM
10528	Adjusting time is disruptive to lives and physically challenging. It does not save energy. If you want additional sunlight, then wake up earlier	6/22/2014 8:27 AM
10529	Just stay with Mountain time. Arizona has it right.	6/22/2014 8:23 AM
10530	time change is hard on families and on older folks let business change there work hours if one wants more light at night government should leave the clock alone ,	6/22/2014 8:23 AM
10531	Get rid.of it	6/22/2014 8:23 AM
10532	I have thought this would be great since I was a youngster. I am 63, and still think it would be best	6/22/2014 8:22 AM
10533	Lived in AZ for years and as a safety professional in the mining industry was very relieved that AZ did not change clocks. The change results in the body having to adjust circadian clock which can contribute to disorientation and the body trying fight through the change. Safety is compromised with the change and I believe safety is affected. Please stop changing the clock. It no longer makes sense (and actually never did to me)	6/22/2014 8:22 AM
10534	Leave it Luke it us today.	6/22/2014 8:18 AM
10535	I think the 3rd option is poorly worded and I don't think that people understand what it means. If it means to stay on DST year round, I would vote for that. If it means doing something else like double daylight savings time, I am not for that. Poorly worded and I believe the reason why it is getting so few responses.	6/22/2014 8:17 AM
10536	I prefer to eliminate Daylight Saving Time. I believe the purpose for having it no longer requires it.	6/22/2014 8:17 AM
10537	I think it is healthier to stay on the same time because it messes up the body when you lose an hour of sleep. During daylight savings time, you have a tendency to stay up later because of the extra daylight, therefore losing sleep as well.	6/22/2014 8:17 AM
10538	It is so dangerous for our kids to walk to school in the morning when it is so very dark.	6/22/2014 8:17 AM
10539	Only a fool will cut 12 inches off the end of a blanket, sew it on the other end, and say he has a longer blanket.	6/22/2014 8:16 AM
10540	Using daylight savings time ,made sense when we were a farming community and needed daylight to operate. We don't anymore and switching back and forth is hard, especially for kids.	6/22/2014 8:15 AM
10541	I would like to stay on one time because it is really hard on children. Me too, but not like it is on children. They get into good sleep patterns and then have it thrown off by a time change and it takes weeks to get them back into good sleep habits again.	6/22/2014 8:15 AM
10542	I don't see any benefit from daylight savings and the whole notion of "changing time" is ridiculous in this day and age. Messing with schedules (and clocks) is just a nuisance. Besides in St George we're too close to other borders with differing practices.	6/22/2014 8:15 AM

10543	Changing time every 6 months is very confusing & unproductive.	6/22/2014 8:14 AM
10544	I like the longer summer evening daylight but I dislike changing twice a year! The days are do short in the winter that it doesn't matter.	6/22/2014 8:14 AM
10545	Changing time every 6 months is very confusing & unproductive.	6/22/2014 8:13 AM
10546	It's unnecessary in the modern world. And it creates stress on our biological clocks.	6/22/2014 8:13 AM
10547	I see no benefit to daylight saving time. Please do away with it!	6/22/2014 8:12 AM
10548	Daylight savings time changes disrupts family routines, particularly in the spring. It is completely unnecessary and seems to be a 'drone rule' we follow needlessly.	6/22/2014 8:12 AM
10549	I strongly prefer to keep the same time on the clock year round. I do not care if it is daylight savings time or Mountain Standard Time. Just keep it all the same so we do not have to switch our clocks.	6/22/2014 8:10 AM
10550	Because there wouldn't be no more depressed people. When its lighter outside you can do a lot more things cause the sun light is more joyful. Winter darkness brings on the depression more withp people. People keep busy and spend more time doing things like spending , shopping and having fun in the sun.	6/22/2014 8:09 AM
10551	Just don't mess with it, no reason	6/22/2014 8:09 AM
10552	Not changing the time is easier. The day still gets lighter in the summertime no matter what time it is.	6/22/2014 8:07 AM
10553	We live in a 24 hour society. It is pointless to mess with the clock.	6/22/2014 8:07 AM
10554	Hate it!	6/22/2014 8:04 AM
10555	We do not need daylight savings anymore. It's hard on our bodies to change times twice a year.	6/22/2014 8:03 AM
10556	I like the time we are on now. I like it light late during the summer.	6/22/2014 8:02 AM
10557	No more daylight savings please!	6/22/2014 8:02 AM
10558	It is very difficult for children to adjust to a time change. They have a much more difficult time focusing in school after the time changes, and they get sick more frequently following the change in time.	6/22/2014 8:00 AM
10559	Too stressful to change times twice in four months.	6/22/2014 7:59 AM
10560	The change in time has a negative affect on my sleep patterns and productivity.	6/22/2014 7:57 AM
10561	It has taken a toll on our bodies. Time changes, even an hour take weeks to adjust and production, energy levels & overall attitude are affected. Just pick one & leave it alone.	6/22/2014 7:56 AM
10562	Daylight savings was invented during a time when we lived differently. It's outdated and doesn't make sense any more. I seriously doubt it saves any money. More likely it costs us energy and productivity.	6/22/2014 7:55 AM
10563	I don't prefer the adjustments necessary with DST, but I prefer to stay on MDT. I don't see the value in having dawn at 5am, where having sunset later is more conducive to recreational and economic pursuits. Let's stay on "spring forward" and not flip back.	6/22/2014 7:55 AM
10564	It had its place, but not any more. We are not farmers for the most part anymore.	6/22/2014 7:54 AM
10565	It would appear no one is complaining about the extra hour daylight savings time gives us. In fact it is said ti greatly benifit the agriculture industry. What people complain about is the disruption in sleep paterns after the change. This is true for all, but especially school children. As such, the best option for all is to remain in daylight savings time year round.	6/22/2014 7:54 AM
10566	Please...it just isn't necessary. Leave the time the same year round. The longer days in the summer are hard on children and old people especially. The Lord gave us 24 hours in the day and man doesn't need to try and change what is done in those 24 hours!	6/22/2014 7:53 AM
10567	I like it the way it is. If we do change it I would rather be on DST all year long. Love the long summer evenings!	6/22/2014 7:53 AM
10568	I would like to just do daylight savings year round and forget the fall back.	6/22/2014 7:51 AM
10569	I prefer light in the morning to get up for the day. The change is challenging for not only kids but everyone's schedule.	6/22/2014 7:50 AM

10570	Don't see how it benefits. Mostly just feel like we lose time.	6/22/2014 7:50 AM
10571	To hard to get used to and really doesn't need changing. We have the same amount of time no matter which way it is so why change!	6/22/2014 7:48 AM
10572	It's better to just leave the clocks alone instead of changing times back and forth.	6/22/2014 7:47 AM
10573	I believe it has been conclusively proven that DST does not save energy. I can see no other reason for it. DST is certainly hard on school children.	6/22/2014 7:47 AM
10574	I like having it light later in the evenings.	6/22/2014 7:46 AM
10575	It is counter productive, you spend time getting acumated to the change and then later again in the year. If it is done away with these changes won't have to be dealt with. If a certain body of people want to get up earlier they can unipacting the majority.	6/22/2014 7:45 AM
10576	I really hate it! Seems silly!	6/22/2014 7:43 AM
10577	Leave it alone there is 24 hrs in a day you want to get up early do it just leave it on standard time	6/22/2014 7:40 AM
10578	I have disliked (mostly hated) the change in time in the Spring. It causes headaches in me and for children in the school, they are tired and it takes about 2 weeks to adjust. I do like having longer summer hours, but the DST starts so early in the Spring now. I wouldn't mind having it go back to the April date of implementation if we do keep DST. I just know that dealing with children in the schools, it causes discipline problems and concentration problems.	6/22/2014 7:40 AM
10579	To reduce confusion	6/22/2014 7:39 AM
10580	I think it is disruptive to health. Daylight savings time is becoming the norm. We spend more time on it than we do in standard time.	6/22/2014 7:39 AM
10581	The farmers- especially those that have day jobs as well, need that extra daylight in the evenings to get there second job done. I would like to keep it all year.	6/22/2014 7:38 AM
10582	Love having so much more time to enjoy life after work. If it affects students so much they could always start school an hour later.	6/22/2014 7:37 AM
10583	I like more hours of daylight!	6/22/2014 7:36 AM
10584	DST has outlived its usefulness. Changing back and forth is a significant drain on productivity. It takes weeks for the body to adjust.	6/22/2014 7:36 AM
10585	The concept is outmoded and seems like a vestige of a bygone age.	6/22/2014 7:36 AM
10586	It stays light way to long in the evening.	6/22/2014 7:36 AM
10587	I value daylight hours after work.	6/22/2014 7:36 AM
10588	Arizona has been without daylight savings time for years and they are getting along just fine.	6/22/2014 7:36 AM
10589	The change definitely messes with our circadian rhythms and negatively impacts almost everyone. I lived in AZ for 19 years. Loved staying the same time. Hate the month it takes me twice a year to adjust my eating and sleeping patterns.	6/22/2014 7:36 AM
10590	Time changes affect my sleep patterns and mental clarity much like jet lag and lasts 2 or 3 weeks. I prefer not to change and have a more natural environment	6/22/2014 7:35 AM
10591	It is so hard on your body to keep making these changes! When I was a young mother, I hated it because my children would never go to sleep at night, and would be tired for school the next day.	6/22/2014 7:34 AM
10592	In this day and age people are up regardless of the amount of daylight. Changing times has an observable effect on people. If certain industries need to get up earlier or later they should but the rest of the people should not need to change their schedules for them. Some claim there is less energy used with the time changes. Where are the studies confirming this?	6/22/2014 7:31 AM
10593	Please retain the original MST the same as Arizona. Daylight savings time is outdated nowadays because society runs 24/7. There are people working, traveling, and recreating at all hours. All the daylight savings does is disrupt our schedules and sleep cycles, which in turn creates fatigued drivers, workers, etc. I prefer the standard MST like Arizona. Leave the clocks alone and let people make their own shedules accordingly.	6/22/2014 7:30 AM
10594	I love the extra time in the evening to enjoy the outdoors.	6/22/2014 7:27 AM

10595	Daylight Saving Time is a pain. The purposes it was created for are no longer valid, and therefore it should be discontinued. It no just serves as a way for us all to feel extreme jet lag without leaving our time zone; it's an even harder adjustment on children. Let's just remove the unnecessary hassle.	6/22/2014 7:27 AM
10596	Standard time would avoid the jolt twice a year and would better align our work day with our customers in OR and WA.	6/22/2014 7:26 AM
10597	Dst is a waste. It hurts people's health and should be done away with.	6/22/2014 7:24 AM
10598	With Daylight Saving Time, we never truly gain an hour, we only lose one in the Spring, then get it back in the Fall. Then everyone has to adjust their sleep schedule, so everyone's a little off for a week or so in order to get back on track. I don't see a benefit, and think we should align with Arizona.	6/22/2014 7:23 AM
10599	From a business perspective, to make utah further from the heart of business on the east coast is not smart. Also, did it to get dark an hour later in the evening would make it difficult to get rest. That would be fine during the weekend, but overall, less effective.	6/22/2014 7:23 AM
10600	It always takes me a couple weeks to adjust to the time change and in that process I lose sleep. The older I get, the harder it is to adjust.	6/22/2014 7:22 AM
10601	I have young children. Changing the time twice a year during the school year is very disruptive. Also, given the change in modern electricity use I doubt that it is saving us any money.	6/22/2014 7:22 AM
10602	As a mother of small children, I feel we spend at least a month trying to adjust to a new schedule each time we change our clocks, and the change seems unecessary. Just stay on DST!!	6/22/2014 7:22 AM
10603	The time change really affects your body and takes a while to adjust, all the different time zones it is hard to keep up with.. Personally, get rid of daylight savings time..	6/22/2014 7:22 AM
10604	I lived in Arizona for a number of years and not changing times was wonderful.	6/22/2014 7:20 AM
10605	Daylight saving time is an archaic left over that is no longer needed. It takes two weeks or longer to get used to the new time and I believe it causes safety issues in commuting	6/22/2014 7:18 AM
10606	Down with daylight savings time	6/22/2014 7:16 AM
10607	Do not think it is necessary, do away with it.	6/22/2014 7:15 AM
10608	It is hard to adjust to the change in time every few months.	6/22/2014 7:15 AM
10609	There is no benefit to throwing off everyone's biological clocks semiannually.	6/22/2014 7:14 AM
10610	I LOVE light evenings and being able to be outside longer as a family!!! Keep daylight savings! In fact, lets stay on it all year!	6/22/2014 7:14 AM
10611	I prefer late summer evenings. gives more time to work and play outdoors while still being light	6/22/2014 7:12 AM
10612	the present twice yearly change is disruptive to my health and especially my sleep patterns.	6/22/2014 7:10 AM
10613	I don't want it to be dark at 4 in the afternoon and look forward to it in the spring and fall.	6/22/2014 7:05 AM
10614	If I want to get up earlier I can manage without changing the clock.	6/22/2014 7:03 AM
10615	I do not believe DST has any value and causes more issues than it is worth. Employees are not productive after the changes for a couple of weeks which costs $$ for companies. I work in healthcare technology and the software has issues with DST changes. We must shut down our electronic medical records during the changes which can put patients lives at risk. I absolutely vote to return to constant MST!	6/22/2014 7:02 AM
10616	I suggest we do as China and get rid of time zones for the United States, at least the continental portion. We would be better off using clocks as a measurement of time and not a dictator of when we do things.	6/22/2014 7:00 AM
10617	Daylight Savings time is no longer necessary. I would love to see it changed due to the health risks. This moving back and forth 2x a year is hard on not only adults, but especially hard on children. Pick a time and keep it there.	6/22/2014 6:59 AM

10618	DST is a bi-yearly annoyance. It unnecessarily disrupts schedules, particularly for children. And while Arizona is in the minority, and not falling in line with other states may be confusing for others, Utah going off DST may get the attention of other states and others may follow. It seems less practical, but we're on DST for the majority of the time now, so I wouldn't have a problem with always being on DST. It's the changing of the time I find disruptive and unnecessary—I don't care which time we stay on so much as that we stay on one time continuously.	6/22/2014 6:59 AM
10619	It's no longer necessary and just causes confusion/problems.	6/22/2014 6:57 AM
10620	This no longer serve a purpose any longer. It is nothing more than a thorn in every actual working persons side. Get rid of it.	6/22/2014 6:56 AM
10621	Since we are no longer an agriculturally based society, I think the benefits of DST are limited. Although there are advantages for visibility of school children in the mornings, I think the benefits are outweighed by the sleep cycle disruption that occurs twice a year.	6/22/2014 6:52 AM
10622	The change can be pretty rough. Why is sunrise at 7? Pick atime a stick to it. Even if it is UTC.	6/22/2014 6:50 AM
10623	I understand that DST can bring difficulties adjusting to the new time schedule for many people including young children and adults. However, based on my observations on all my friends Facebook posts complaining about their kids and DST, this adjustment period seems to be about a week which to me doesn't seem too bad. I work for a business that works with people around the country and getting rid of DST would have detrimental effects on our business as it would be more difficult to calculate time differences between time zones. Working with people in AZ is already a hassle because we must account for there being a time difference sometimes and other times being on the same time.	6/22/2014 6:49 AM
10624	I really don't care for it. Although for me it is not a large hassle, I do still find it more of a hassle than beneficial.	6/22/2014 6:47 AM
10625	I would love to see DST go away. It is pointless and simply cause for confusion at this point.	6/22/2014 6:45 AM
10626	Does not change amount of energy used. Would like to see it unfollowed.	6/22/2014 6:45 AM
10627	It seems to me that there is no use to change our clocks to adjust for our daylight hours, instead, we should adjust work schedules accordingly. Work schedules get adjusted to go to 4 ten hour days so we can have 3 day weekends so why can't other schedules be adjusted for normal daylight hours.	6/22/2014 6:43 AM
10628	I hate the time changes. It is difficult to adjust to physically, and I am finding the changes harder as I get older. I think we should fall back to standard time. Daylight Savings means dark mornings, and in the winter those dark mornings are late enough that we have elementary school children arriving at school in full darkness. That's a safety issue.	6/22/2014 6:39 AM
10629	Those schools, businesses, etc, that want to can change their hours.	6/22/2014 6:36 AM
10630	Alined to rest of country in time to allow better flow of business.	6/22/2014 6:36 AM
10631	I see no purpose in it.	6/22/2014 6:33 AM
10632	I can understand why it was used in the past but it's more nuisance than necessary now.	6/22/2014 6:33 AM
10633	I prefer going back to the old DST before Bush extended it. The extensions make it unsafe for children going to school and do not "save" energy. The change dates are more inconvenient than the old ones.	6/22/2014 6:33 AM
10634	One purpose of DST was to reduce energy costs and crime. Are we sure that these types of issues won't surge if we drop DST?	6/22/2014 6:27 AM
10635	It would be inefficient to change back to regular time unless all the other 48 states did also. Presently, only Az. excludes daylight savings time.	6/22/2014 6:26 AM
10636	DST is an outdated form of thinking and is unnecessary.	6/22/2014 6:25 AM
10637	In today's society daylight savings time has become more of a liability that asset. I beleive it causes more disruption and problems than he helps.	6/22/2014 6:25 AM
10638	It is silly and we should get rid of it.	6/22/2014 6:24 AM
10639	I like the fact that it stays lighter longer during the summer to accomplish tasks and hobbies.	6/22/2014 6:12 AM
10640	I would rather have the kids walking to school when there is more day light	6/22/2014 6:11 AM

10641	Daylight Saving Time serves NO purpose. Twice a year we have to change the clocks and readjust our sleep/wake times. I'd like to see it eliminated for good	6/22/2014 6:10 AM
10642	I hate daylight savings. I hate that my body has to get used to a new time change twice a year. I even hate it in the fall when we get an extra hour. I hate that it's lighter later in the summer, I'd much rather it be lighter earlier in the morning. I've considered moving to Arizona or Hawaii where they don't have daylight savings time. Please get rid of it. It doesn't make sense anymore.	6/22/2014 6:07 AM
10643	I feel dst has out grown it's usefulness.	6/22/2014 5:56 AM
10644	It's hard for our bodies to readjust to the new times. It puts them in a state of jet lag	6/22/2014 5:53 AM
10645	There is no longer a need to manipulate time. It serves no purpose thus no value.	6/22/2014 5:27 AM
10646	Let's focus on excessive speeding and the dirty air before we waste taxpayer money on this low priority non-issue.	6/22/2014 5:24 AM
10647	The semi-annual time change requires at least one week for my body to adjust to, at the cost of lack of productivity during this time. I don't have a strong opinion which time zone we choose, but I do strongly prefer that the time change itself is discontinued. Put simply: Pick one and stick with it year round.	6/22/2014 4:59 AM
10648	The need to switch back and forth has long since been overcome by advances in technology, mainly - Lights!!	6/22/2014 4:51 AM
10649	It serves no purpose, It impacts sleep schedules when you work shift work.	6/22/2014 4:46 AM
10650	I prefer to have DST year long for the evening light. More afternoon activities can be accomplished for those who work if the daylight hours are later. I feel that it would be beneficial for the working parents and school children to be able to have longer lighted evenings for family outdoor activities.	6/22/2014 4:37 AM
10651	Working in education, I've seen the effects it has on students with the changes. It also has an effect on the adults. We don't need to have Daylight Savings Time anymore as it doesn't accomplish the reason it was first implemented. Start your day when we're supposed to and wind down when we're supposed to! We don't need the added stress of time changes, in our lives, every few months.	6/22/2014 4:18 AM
10652	It would be nice to have it stay daylight longer at night instead of earlier in the morning. More sunshine gives you happier people and winter here is so long it would help to have those extra hours of happy rays to ease the winter blues. It could slightly help with our air ... maybe? Extra hours of sun at night is my vote!	6/22/2014 4:11 AM
10653	Changing the clocks back and forth twice a year is an inconvenient hassle. Changing the clocks also messes with natural sleep cycles. It's an outdated idea that does no good unless you live farther north than Utah.	6/22/2014 4:11 AM
10654	I believe that Daylight Savings in practice contributes to Seasonal Depression, and we should drop the practice all together.	6/22/2014 4:03 AM
10655	Daylight Saving Time is obsolete and, in 2014, quite ridiculous. We no longer get up when a rooster crows, very few of us plow the fields or wander to and fro by candlelight. And even those that do farm work have this amazing thing known as electricity which provides light and powers things such as alarm clocks. If anything, it causes more harm than good, confusing the body's natural clock and breaking daily patterns, taking a week or more to acclimate in some cases. If you really want to see the horrendous lunacy of DST in action, visit a nursing home. Many of the residents literally use the restroom on a schedule. Suddenly breakfast is an hour earlier or later than it has been. It can be a near riot. And the people that have to work at 4 or 5 am... or even normal schedules at 9 am, let's mess with their sleep schedules, once per year turning what their body says is 3am into what the clock says is 4am. How could that possibly cause traffic accidents? If one can't figure that out, then one has some serious issues. I could easily go on about how idiotic DST is, but I'm certain others will take care of that for me.	6/22/2014 3:50 AM
10656	More light in the summer and winter. I hate that it's dark by 4 pm in the winter and always wish we stayed on summer time. The change is also hard especially for children, the elderly, and animals.	6/22/2014 3:48 AM
10657	In the winter: It's too dark too early to do anything useful. If the commute home had more light there would likely be less accidents. People suffering from SAD would have more light when they leave work instead of wondering when they would see the "day star" again. In the summer: fireworks could start earlier with the option of falling in line with AZ, but for so many other activities, it's nice having light until 9:30 instead of 8:30. Golf, Frisbee golf, Ultimate (frisbee), hiking, search and rescue... did I mention search and rescue?	6/22/2014 3:10 AM

10658	Changing costs real money twice a year for little benefit. Let the 1% who gain from DST change their work or school time rather than costing the rest of the state.	6/22/2014 3:07 AM
10659	THere isn't anything better than being able to continue to work outside on our gardens and fields in the warmth without the need of artificial light. Retaining allows us to continue to put in longer hours during the growing season without having to resort to using more man made energy which is costly and not environmentally friendly. So what if we loose an hour of sleep in the Spring. Your body can quickly cope if you allow it and then you get it right back in the fall when all the crops are in and we are getting ready for the dark and cold of winter. Please think of the farmers and others who survive off of the land and continue with the DST practice.	6/22/2014 2:39 AM
10660	I like that there are longer days during the summer. It is important to get out and enjoy the weather and having more daylight makes it possible.	6/22/2014 2:33 AM
10661	I dislike the switching back and forth, I think it's too much of a hassle. I like the idea of permanently remaining at a "sprung forward" time. I like it to be lighter in the morning so that children walking to School are more visible.	6/22/2014 2:14 AM
10662	Having lived in places that follow DST and in Arizona where they do not, I have preferred not having it. It is harmful to one's health and is just plain annoying.	6/22/2014 2:12 AM
10663	It makes no sense to keep it.	6/22/2014 2:06 AM
10664	Daylight savings time serves no useful function. Also, to many un informed individuals think you are talking about changing the wintertime schedule You should be more specific on this page as to what you are doing.	6/22/2014 2:03 AM
10665	I enjoy it when we "spring forward" I vote that we keep the time as it is from here on out. No falling back.	6/22/2014 2:03 AM
10666	It needs to be stopped. It doesn't make sense and screws everyone during one time frame or another.	6/22/2014 1:51 AM
10667	It gets dark so early in the winter! That's the time we need daylight savings the most. I think we should "spring forward" and stay there.	6/22/2014 1:48 AM
10668	I've NEVER understood why we had Daylight Savings. I know all the arguments, but I think I have just as many come backs. My daughter is an Arizona resident and life seems to go on just fine for them withOUT messing with the clock every 6 months. Lets ALIGN and "be fine". PLEASE!	6/22/2014 1:47 AM
10669	Changing back and forth upsets our biological clocks and it takes a couple of weeks to readjust. Babies, children and small animals also suffer. This change every six months contributes to an increase in in various types of accidents to people the first few weeks of every time change.	6/22/2014 1:46 AM
10670	Kids loose a week when they have to adjust to a time change. We shouldn't be jumping back and forth. Arizona has the right idea, but it's good to retain as much light as possible, so making Daylight Savings time our official standard time would be the best option.	6/22/2014 1:42 AM
10671	I think daylight savings time does more harm than good at this pointe, lived are already hectic enough with everyone always rushing around. Getting the hour back is OK but taking it away in the first place is horrible, especially for those with disabilities or those like me that have chronic insomnia. For me it is the worst day of the year.	6/22/2014 1:38 AM
10672	Daylight savings makes it too hard to wake up in the morning because it's so dark. And it makes you go to bed later because it's light outside. It's unnatural	6/22/2014 1:29 AM
10673	It is hard to adjust to the time change.	6/22/2014 1:21 AM
10674	Children have a difficult time with the time change. They are more tired at school and it take a good week to get back on track. Also I see no real reason to keep switching the time. It does not really benefit anyone.	6/22/2014 1:21 AM
10675	It's easier on the body. Falling back an hour is always nice but when we spring forward it's really hard to adjust mentally sometimes plus the loss of sleep isn't fun either.	6/22/2014 1:17 AM
10676	It does not seem to be of any real benefit.	6/22/2014 1:15 AM
10677	I really do not like daylight savings time. It always messes up my sleep patterns, but if I had to choose I prefer fall back, because you get an extra hour of sleep; which is always beneficial to me. Less sleep always messes me up really badly, because of my condition.	6/22/2014 1:07 AM
10678	I see no point to Daylight Savings.	6/22/2014 1:07 AM

10679	Daylight savings wastes money. It's also worthless. Come on. This isn't that hard. Drop daylight savings.	6/22/2014 1:05 AM
10680	Doesn't seem to be wanted or needed	6/22/2014 1:04 AM
10681	This is entirely useless. Of all the problems facing Utahns, this is the one we decide to spend money and time on. What a joke.	6/22/2014 1:03 AM
10682	Daylight savings time is dumb in my opinion. If you just allow Mother Nature to take care of things it will get light earlier in the morning/stay light later at night as the seasons change. Changing the clocks only causes an already sleep deprived country to become more sleep deprived. It messes with people's circadian rhythm which can cause or contribute to many health problems. Stop changing the clocks and let Mother Nature do her job without interference.	6/22/2014 1:02 AM
10683	DST is way more trouble than it's worth. Old Indian say, It is a foolish man who think he can have longer blanket by cutting a foot off of top of and sewing it onto bottom.	6/22/2014 12:56 AM
10684	Why complicate things? Stop.	6/22/2014 12:56 AM
10685	I don't believe changing time is necessary. The extra hour in the evening is not that helpful for the months that we have it. However I do not think we should be on day light savings all year long. The winter sunrise would be extremely late in the day. If the sun is not out in the morning, it just makes the day drag on ... and on.	6/22/2014 12:55 AM
10686	Thank you for considering this change. DST really is not necessary any longer so there is no benefit of keeping it.	6/22/2014 12:54 AM
10687	Rather than make something entirely new that either won't work or will be implemented improperly, let's take what AZ has succeeded at and copy it. Software clocks can then just be set to AZ time and left there; no updates, no problems.	6/22/2014 12:52 AM
10688	I see no need for daylight saving time. It is hard to adjust at any age, but especially for the young ones.	6/22/2014 12:52 AM
10689	I live in Idaho Falls as of a year ago, but before moving here I lived in Utah my entire life. My feelings on Daylight Saving Time apply to it wherever it is practiced, Idaho included. I understand why Daylight Saving Time was put into practice, and it made sense for that time (if I'm not mistaken as to the reasons behind it being first implemented). However, I feel that the benefits gained from Daylight Saving Time now are negligible in comparison to the inconvenience and confusion it causes now. In my opinion, it would be easier for everybody if we were to do away with it.	6/22/2014 12:50 AM
10690	I am not a fan of daylight savings. There used to be a practical use, and now there no longer is one. I always feel groggy, fatigued, and miserable after the time is changed. Studies have come out that daylight savings isn't good for health. I really would like to be on the same time schedule as Arizona, and I know that almost everyone I know would agree.	6/22/2014 12:50 AM
10691	It's too hard to adjust to the new time each change. My kids have a hard time adjusting.	6/22/2014 12:48 AM
10692	Prefer the longer daytime hours, especially for family time, and it makes it easier if it were year round.	6/22/2014 12:42 AM
10693	I think it's outdated. It's become archaic	6/22/2014 12:40 AM
10694	I am in favor of daylight savings time because it seems more like the right time of day to me. I fund it to be a problem when it gets light too early in the morning and typicaly work from 8 am to 7pm or 8pm and really enjoy having some daylight in the evening!!!	6/22/2014 12:40 AM
10695	Daylight savings should be used year round. Stop the fall back and just stay ahead. The extra hour at evening allows time for snow removal before things ice up. I see no advantage in going to work in the dark and coming home in the dark. DST would make a safer evening commute.	6/22/2014 12:39 AM
10696	The average person doesn't benefit from Daylight Savings Time. You actually get less morning sunlight and this just puts school children and commuters out on dark streets in the mornings. Accident rates are proven to be higher around Daylight Savings Time changes. The only ones who benefit from this are retailers who bank on the idea that consumers will spend more time away from home (spending money) during the day than they would at night.	6/22/2014 12:36 AM
10697	I see no purpose to it. It takes time to adjust every time and for what? By that time of night kids are in the house for dinner anyway. What the point really.	6/22/2014 12:34 AM
10698	To allow citizens to have the additional daylight hours available at the end of the work day.	6/22/2014 12:34 AM

10699	Daylight savings may have been of value 100 years ago, but today we just need to change our schedule and not hit small children standing out in the dark streets. Daylight Savings causes massive issues when a lot of systems run on UTC time. Maybe we should all just get used to UTC and ditch timezines altogether.	6/22/2014 12:33 AM
10700	There is no sense to have daylight so far into the night. All it does is make for a longer active period to deal with the heat. I'm a Utah 5 year Utah resident, transplanted from Arizona. Never have I seen a need for DST in this part of the country. I hate to sound lazy, because moving the clocks isn't a hard task. However, it's one more thing to worry about, and one less hour of sleep I get in spring. It is completely pointless, still have will have sun until 8 pm without DST. GET RID OF IT UTAH, I PLEAD! Rid your residents of the confusion and hassle.	6/22/2014 12:32 AM
10701	There's no need for it. It creates more trouble than it's worth. Changing time doesn't change the way the earth rotates. It's ridiculous.	6/22/2014 12:31 AM
10702	I don't think it really achieves energy savings, so it is a hassle for no real reason.	6/22/2014 12:30 AM
10703	Every spring and fall, the time change adversely affects sleep patterns - most notably in children. As a mother and a teacher, I don't feel that the added daylight hour is worth the inconvenience.	6/22/2014 12:28 AM
10704	I would like to get off the daylight saving roller coaster because it is simply too hard on my body!	6/22/2014 12:28 AM
10705	Eliminating daylight savings will allow for a more regular schedule throughout the year. Also, having an extra hour of sunlight in the evening is always appreciated!	6/22/2014 12:27 AM
10706	Pick one or the other and stick to it.	6/22/2014 12:24 AM
10707	It just makes sense. Retaining the time is a waste of time and money. Aligning with Arizona is the best option. Otherwise there would be a time change going from one state to the other when we are in the same time zone?	6/22/2014 12:24 AM
10708	Day light savings plan is obsoete in these days in utah. We are mo longer a majority farming community.	6/22/2014 12:24 AM
10709	I hate changing and love the sun.	6/22/2014 12:23 AM
10710	DST is a waste of time and resources. Numerous studies have proven that it at actually loses money for a state and it's citizens, rather than providing anything beneficial. AZ has it right.	6/22/2014 12:23 AM
10711	We are right above Arizona, are we not? Geographically, wouldn't it make sense to stick with Arizona on the Daylight savings issue? Maybe it's not the same weather here as it is in Arizona, but honestly, how is it that they do not have DST but we do?	6/22/2014 12:21 AM
10712	There is no reason not to align with AZ on this amd leave the time alone	6/22/2014 12:20 AM
10713	I think daylight savings time is useless! The "fall back" time isn't bad, but "springing ahead" is so difficult on the internal clock & body! I don't know anyone who likes it. Let's just let time be what it is!	6/22/2014 12:20 AM
10714	Studies have shown that changing to DST has caused heart attacks. Our bodies are not meant to do this switch twice a year. We've noted no saving in energy or time.	6/22/2014 12:19 AM
10715	I hate falling back. It makes it get dark so early.	6/22/2014 12:19 AM
10716	Not enough family farm anymore that need that extra daylight time.	6/22/2014 12:18 AM
10717	I like having more daylight time later in the day. I'm a night person. I hate it when it's so dark in the mornings.	6/22/2014 12:17 AM
10718	I love getting off work and having more hours of daylight to enjoy more outdoor activities! I keeps me motivated and I accomplish more. I'm not nearly as productive after the switch in the fall.	6/22/2014 12:17 AM
10719	Our business is seasonal & relies on the summer months to stay open later.	6/22/2014 12:11 AM
10720	Changing the time every year is now just a tradition. It offers no benefits, and actually results in lost productivity as everyone has to adjust echo time it changes.	6/22/2014 12:10 AM
10721	There is no need for daylight savings anymore. It is very difficult for my children to get to sleep when it doesn't get dark until 9 PM. As soon as it starts getting light in the morning and easier to get up, we change our clocks in the spring and it's dark	6/22/2014 12:09 AM
10722	It doesn't save energy and is hard for many to adjust too.	6/22/2014 12:09 AM

10723	It is a totally unnecessary irritation in our lives, meaningless, and simply stated, stupid idea who's time has come to discontinue the bi-annual clock-or-sun-worshipping ritual.	6/22/2014 12:09 AM
10724	Keep the summer hours. The days in the winter are already short enough - adding DST to them just makes them worse. If we can keep it light longer in the winter, I think it would do wonders for seasonal depression.	6/22/2014 12:08 AM
10725	As a teacher in high school, I lose at least a week of good instruction time after the time change in the fall and then again, but worse, in the spring. More students come to school late. Students are sleepy and unmotivated and struggle to understand the math concepts we cover, even more than usual. I've also seen a lot of near misses with students crossing the street in the dark right after the time change. I am a parent of five (ages 4 to 18) and my children really struggle at home with the change, with going to bed and getting up and getting homework done. In general, during the week following the change, drivers are more careless. People are moody and more difficult to work with. I could go on and on about the difficulties I observe for myself and others. I cannot think of any reason why I would prefer to keep the schedule.	6/22/2014 12:07 AM
10726	It doesn't apply anymore, it was created to save energy, we are now using more because of it, makes no spence at all	6/22/2014 12:06 AM
10727	I don't think we the people gain anything Only the retail and golf	6/22/2014 12:06 AM
10728	The need for Daylight Savings Time hasn't changed. It would seem we are already doing things to drive our needed agricultural providers out of business. No one in our family has EVER struggled with adjusting. I believe that argument is just people being whinny.	6/22/2014 12:05 AM
10729	Curse you, Daylight Saving Time!! Daylight Saving Time has always been a nightmare for our kids' sleep schedule, and it takes weeks for them to adjust back to normal. Plus, when summer comes, getting them to bed is even harder than usual because they look outside and object, "But it's still daytime!!" Considering that it's such an unnecessary evil, why would we even hesitate to get rid of it? I, for one, would rejoice if we did away with this bane to society. Please, please, please!! p.s. thank you for offering a public forum in which to bash DST.	6/22/2014 12:04 AM
10730	The reason for changing times twice per year is no longer added value. It creates loss of production and safety issues.	6/22/2014 12:03 AM
10731	I would prefer DST year-round.	6/22/2014 12:02 AM
10732	I prefer keeping DST year round.	6/22/2014 12:01 AM
10733	I think the need for this has long passed.	6/22/2014 12:01 AM
10734	My husband likes it the way it is, however I know that some states don't observe daylight savings, and I personal would like to not change my clocks twice a year. And I hate loosing an hour of sleep in the spring, it takes me weeks to get used to the time change.	6/21/2014 11:58 PM
10735	Makes no sense to continue on with a program that was originally designed to help farmers?	6/21/2014 11:56 PM
10736	There is still 24 hours in a day. If this is about tourism why don't we just stay open an hour later instead of messing our bodies up.	6/21/2014 11:56 PM
10737	I am a nurse and work graveyards whenever we switch back and forth it messes with the time that I give my patient their medicine. It is not easy to get the machines to understand that it isn't too early to give a medication, even though there was an hour taken away. Plus it is hard to adjust myself to the time change.	6/21/2014 11:56 PM
10738	I don't think it is necessary. I choose the fall back, because I enjoy the longer days	6/21/2014 11:55 PM
10739	Love daylight savings. We should keep it year round. I prefer the hour of sunlight in the evening. I hAte going to work in the winter in the dark and going home after work in the dark.	6/21/2014 11:54 PM
10740	Time changes are especially difficult for those who rely on their own circadian rhythms and not the clock. I have a special needs foster son who is always adversely impacted by the time changes. I take care of pre-school grandchildren every day, and they always have a hard time adjusting. I also help with care- giving for my mom, ho is part of the senior citizen populace. These groups, the very young, the aged, and handicapped people are the most vulnerable segments of society, and they bear the most negative impact. Those of us who are care-givers for any of those groups feel the impact very keenly as well. With so many businesses operating 24/7 now, it seems kind of pointless as an energy saving idea. Just when we start to be able to send the kids to school in the day light, the time changes, and we are going in the dark again.	6/21/2014 11:53 PM

10741	I really dislike daylight saving and wish we would join Arizona and stick with mountain standard time. It affect my my children a great deal when they are in school when they make the time change. It takes a couple weeks to get back on a good routine and during that time their homework really suffers. I also work in education and see the affect it had on the the students and the classrooms when the time changes. It really affect the classroom and what gets accomplished while the kids try to adjust. I really hope we do away with daylight savings time.	6/21/2014 11:53 PM
10742	I like the fact that there is an hour more daylight to do things outside after work during the warmer months. When it is winter, I am usually inside anyways, but when it is spring and summer I like to be out. I ma not a morning person so it works well for me.	6/21/2014 11:53 PM
10743	No longer needed in this day and age	6/21/2014 11:51 PM
10744	Many people need longer days and more sunlight to help with seasonal depression.	6/21/2014 11:51 PM
10745	Leave it as it is right now. I don't believe there are any real benefits to the practice. It just creates problems adjusting to the change twice a year.	6/21/2014 11:50 PM
10746	The whole switching times just confuses people.	6/21/2014 11:50 PM
10747	while an interesting idea at the time, we don't need this. Farmers are going to get up when they always do/have and will not care whether or not the clock says they're supposed to ;-D	6/21/2014 11:50 PM
10748	Daylight Savings was created to extend the amount of light in the day for Farmers. While the majority of those concerned are not farmers it is still nice to have extra light in the day late at night. I would rather keep Daylight Savings. There is no good reason not to keep it.	6/21/2014 11:50 PM
10749	I hope that we can stop daylight savings time. We are no longer farming here so we really don't need it anymore please change stop changing times.	6/21/2014 11:49 PM
10750	I just want to stay at the same time. It is hard adjusting back and forth	6/21/2014 11:48 PM
10751	I enjoy it being light longer at night. It gets depressing when it gets dark at 5pm in the winter.	6/21/2014 11:47 PM
10752	I would rather have more daylight time with my kids after work. Daylight savings has no practical value and merely creates confusion.	6/21/2014 11:45 PM
10753	There are some who feel the change in time create lost productivity, but no one addresses the gain with an extra hour of sun light in the evening. Recreation, retail sales benefit from evening daylight.	6/21/2014 11:44 PM
10754	It is a dated practice, that the drawbacks outweigh the benefits. It is a difficult adjustment each spring and fall for adults and children alike. I am an educator and see first hand the challenge this time adjustment poses on our children. It simply is no longer necessary and should be dine away with. Thank you for gathering our feedback!	6/21/2014 11:40 PM
10755	For us working people, it is really nice to be able to have an extra hour in the spring and summer after we get home from work to do things outside.	6/21/2014 11:39 PM
10756	It had a purpose with farming etc. Because of modern technology I feel it no longer has a purpose.	6/21/2014 11:39 PM
10757	go back to mountain standard time and leave it there.	6/21/2014 11:38 PM
10758	Daylight savings throws children off their schedule for a couple of weeks. Give young mothers a break!	6/21/2014 11:36 PM
10759	I prefer the idea of maintaining one time zone year-round. Most of the nation now spends over half the year on MDT, so I would prefer we align with the surrounding states, only being different during the short time they revert to MST.	6/21/2014 11:35 PM
10760	Seems like a waste of time, messes with sleep patterns, messes up kids routines, etc	6/21/2014 11:34 PM
10761	Change hard on crews at work	6/21/2014 11:33 PM
10762	I think we should stay on the 'summer' time..more daylight, especially at night when a majority of people are home from work and school and such.	6/21/2014 11:33 PM
10763	I prefer to have daylight in the afternoons when there are activities. It would be best to have daylight savings time all year long.	6/21/2014 11:32 PM
10764	I hate the changing back and forth but I love the late evening daylight in the summer	6/21/2014 11:31 PM
10765	Changing all the time is a waste of time and creates confusion. Just use one standard time.	6/21/2014 11:30 PM

10766	The changing is hard on everyone especially children and their schedules. Traveling is hard with the change because there are extra hours lost.	6/21/2014 11:30 PM
10767	I don't like changing as have Chronic Fatigue & takes too long to adjust & lose sleep! Would like same time all the time. Don't care which just no changes	6/21/2014 11:30 PM
10768	I don't like changing as have Chronic Fatigue & takes too long to adjust & lose sleep! Would like same time all the time. Don't care which just no changes	6/21/2014 11:30 PM
10769	I can count on being ill at least twice every year: in the weeks following "spring forward" and "fall back." The time change is hard on human beings physically, which makes it hard on any activity in which human beings need to have their wits about them, such as driving. And that's a danger for all of us. Since people these days tend to be more active in the afternoon and evening than in the morning, it makes sense to go onto daylight saving time permanently. It would give people more daylight hours while they are awake (and hence better distribution of the demand for electricity) and criminals fewer night hours in which to operate. In addition, those of us with Seasonal Affective Disorder would welcome more light during the winter evenings, and those of us who takes time-critical medications would not have to readjust our lives every spring and fall. My next choice would be to go on standard time permanently. That would at least give our lives and health a little more regularity. Dead last would be to leave things as they are.	6/21/2014 11:29 PM
10770	honestly, I don't care whether we stay sprung forward or if we fall back but then stay there, but to keep changing it twice a year is pointless at this point. All it does is mess with people's schedules.	6/21/2014 11:28 PM
10771	Please go to Daylight Saving Time and stay there! I spent 30 miserable winters driving to work in the dark and coming home in the dark. On snowy work days this would give more daylight for people to get home. Kids already go to school in the mornings in the dark, but this would give them a little more time to play outdoors after school. Win-win for everyone.	6/21/2014 11:27 PM
10772	I truly don't care which one we stay on. Pick one and quit changing.	6/21/2014 11:27 PM
10773	I have lived in both Arizona and Hawaii two states which do not participate in daylight savings. I found living there seemed to fit my bodies natural rhythms and enjoyed not artificially changing what time it was. The electric light bulb pretty much solved the problem of functioning at night. There are very few farmers anymore.	6/21/2014 11:26 PM
10774	Keep it as it is. I love the longer nights in the summer.	6/21/2014 11:25 PM
10775	Very hard to get use to the change each time	6/21/2014 11:25 PM
10776	I get so confused as to which way the clock goes and it takes weeks/months for our body to adjust to the change, this is not always a good thing for kids to mess with their sleep schedule especially when they are ion school. Pick a time and keep it there STOP the changing!!!!!	6/21/2014 11:24 PM
10777	Daylight savings is no longer essential. Most of us have moved out of the agricultural sector, and we have electricity to extend our days. We lose more work hours now in having our bodies try to adjust to the change.	6/21/2014 11:23 PM
10778	More daylight during the hours people are actually awake!!	6/21/2014 11:23 PM
10779	The time change is very hard on my children. It takes weeks for us to adjust each spring and fall. That being said, I hate how dark it gets in the evening in the winter. My first preference would be to stay on DST all the time. If that isn't an option I would prefer to remain on standard time with no time changes.	6/21/2014 11:23 PM
10780	I prefer the daylight savings time to be kept full time , making the days longer. Not changing. It takes me months to get used to the time change, I am always sleepy. In the winter the days are so short as soon as the sun goes down im ready for bed regardless of the time.	6/21/2014 11:23 PM
10781	Fall back in the fall and stay there	6/21/2014 11:22 PM
10782	I wish we could stay on Dayight Saving Time year round - I prefer it being light later into the evening. When I go to work in the morning it is always dark (With the exception of June), I would much rather have the light into the evening when can do stuff out side. That change twice a year sucks.	6/21/2014 11:21 PM
10783	I don't think daylight savings time is good. As a mother, I feel like it is hard on kids to adjust to the time difference. Everyone always seems to get sick right around the time we change the clocks.	6/21/2014 11:21 PM
10784	The semi-annual time change is incredibly annoying. Just leave the time alone. I don't care what timezone it is.	6/21/2014 11:20 PM

10785	I have children in school and trying to get them adjusted from spring to fall and back is terrible. It messes up their internal clocks and kicks their butts in school! Besides after summer trying to get a set bed time when the sun is up at their bedtime is a joke!	6/21/2014 11:20 PM
10786	Totally dislike DST would love to stay on one time zone year round.	6/21/2014 11:18 PM
10787	I don't feel it has a real benefit to the majority of the population any longer.	6/21/2014 11:17 PM
10788	It hurts my head when the clocks change. In the road building business, we go to work when we need to. We don't make the whole world get up with us!	6/21/2014 11:17 PM
10789	I think it's something different to look forward to. Gives you more light hours.	6/21/2014 11:16 PM
10790	Everyone would benefit from no longer having a time change. With all aspects of modern life taken into account there are no benefits anymore from continuing this archaic method of time keeping going. No time or energy is saved. More importantly the general health of the public is as sake and will be better off if daylight savings time is discontinued. I am less worried about which way we move time but much so more interested in keeping time the same year round!	6/21/2014 11:15 PM
10791	more daylight in the spring and summer	6/21/2014 11:13 PM
10792	Go with AZ!	6/21/2014 11:12 PM
10793	this was useful back in the day with farmers and growing... we don't need it anymore! it throws my kids off for weeks!	6/21/2014 11:12 PM
10794	daylight savings is silly and not needed	6/21/2014 11:11 PM
10795	I think the change is a good transition into winter and summer.	6/21/2014 11:07 PM
10796	I hate daylight savings time wish they would just leave it alone the way it is right now I like it to be lighter later.. It just messes me and my whole family up to just switch back for what 4 or months please do away with daylight savings	6/21/2014 11:06 PM
10797	We should have more sun time hours in the evening of WINTER time	6/21/2014 11:06 PM
10798	I think it would be much easier to stick to the fall back schedule and leave it.	6/21/2014 11:05 PM
10799	If there was a current legitimate reason to have it then by all means keep it.	6/21/2014 11:05 PM
10800	The spring change about kills me for a couple of weeks every year.	6/21/2014 11:04 PM
10801	It's nonsensical. Stop the madness.	6/21/2014 11:04 PM
10802	Daylight svings time is extremely disruptive to health and safety. Change it!	6/21/2014 11:04 PM
10803	In the summer time I enjoy daylight as early as 5:00 am when the temperature is cooler. In the evening when it is still very hot in Southern Utah, I prefer the darkness at 8:00 PM. With daylight savings time, children are more at risk when they often travel to school in darkness.	6/21/2014 11:03 PM
10804	daylight savings time starts too early in the year. As the result, it us very dark in the mornings, creating a huge safety issue for pedestrians early in the morning.	6/21/2014 10:59 PM
10805	Serves no purpose other than to annoy.	6/21/2014 10:59 PM
10806	Lock us onto summer time all year long; don't return to standard time.	6/21/2014 10:58 PM
10807	We no longer live in an age of lighting gas lamp or foot traffic for shopping at stores that close at 5pm. Electricity as currently employed makes this practice obsolete. Stop moving the clock because nature inconveniences us with night and day at the "wrong" time.	6/21/2014 10:58 PM
10808	gets too dark too early in winter.	6/21/2014 10:58 PM
10809	It is nice to have the extra hours of daylight for those that are out doing things and need the daylight such as sports or camping, boating, skiing..	6/21/2014 10:57 PM
10810	I would prefer no DST in the US	6/21/2014 10:57 PM
10811	I don't think the time change is needed anymore. Having sprung ahead this year, I'd like to leave it where it is now and call it the new mountain time, never to spring nor fall again.	6/21/2014 10:56 PM
10812	The transitions cause difficulty, especially for my children in sleep habits. We try to keep to a good routine and practice good sleep hygiene and daylight savings time bothers all of us. I don't know why we practice it now - can't really think of any benefits.	6/21/2014 10:56 PM

10813	Choose one time and stick to it, don't switch it.	6/21/2014 10:56 PM
10814	I prefer to have more daylight in the evening--personally, I have no use for more daylight in the mornings. BUT I DON'T CARE IF WE STICK WITH STANDARD OR DAYLIGHT AS LONG AS WE PUT AN END TO THIS EMBARRASSING, NONSENSICAL PRACTICE OF CHANGING IT BACK AND FORTH EVERY YEAR. Thank you so much for addressing this issue, I really appreciate it. I feel immense state pride just knowing that this survey exists; that our state government is considering ending this awful thing. And that pride will only deepen if we can get the rest of the Utahns on board. Thank you.	6/21/2014 10:56 PM
10815	The practice was put in place for farming. I believe that all farmers know when the sun is up and when it goes down. Therefore we should stop regulating the rest of the world based off of when the farmers should get up and when they should stop working.	6/21/2014 10:55 PM
10816	It is causing more stress on everyone. Isn't it true three are more accidents. Slep is less thus causing more problems all arround. Kids have to go to school in dark. I just plain think it is the most stupid idea I have ever heard of. Cutting somthing off the top and pasting it to the bottom does not save anything	6/21/2014 10:54 PM
10817	We have already changed it once and now it's not even utilized for a full 6 month on / 6 month off schedule. It was created for farming, and is no longer essential in today's world.	6/21/2014 10:54 PM
10818	It appears to me to be too much hassle. Just one set time without trying to remember if I'm going to be late or early for work.	6/21/2014 10:53 PM
10819	Daylight savings was good back in the days where everyone worked on a farm. Now it just confuses and tires people out twice a year.	6/21/2014 10:53 PM
10820	I personally cannot stand daylight savings time and would like to see it abolished in Utah. It messes with my internal clock and causes me health issues. I think we should join Arizona in the sanity of time-consistency year round.	6/21/2014 10:53 PM
10821	I love the long summer nights.keep daylight savings time	6/21/2014 10:51 PM
10822	I hate daylight savings time! It is so disruptive twice each year for no valid reason! Body clocks do not adjust over night and just when I no longer need lights in the morning, I have to get up early and use MORE electricity to start my day. Please, please, get rid of it!	6/21/2014 10:48 PM
10823	Daylight Savings Time serves no useful purpose anymore and is harmful to our health.	6/21/2014 10:48 PM
10824	For myself, I would want daylight savings all year. I prefer the long daylight evenings. However, as a teacher, my heart went out to the children that fought through weeks of adjusting to the time change, both in fall and spring. However, for the safety of the students having to walk to school, I would retain so they never have to walk in benefits our kids.	6/21/2014 10:47 PM
10825	Changing the clocks twice every year seems like a waste and doesn't seem to really have a point.	6/21/2014 10:47 PM
10826	It's silly to still change time as if this were the 1800's. I like Arizona time.	6/21/2014 10:46 PM
10827	Remove daylights savings, light brings happiness, better for kids, better for the economy, better on our bodies!	6/21/2014 10:46 PM
10828	I don't understand why we continue to observe daylight savings when there is no evidence that it saves any energy.	6/21/2014 10:45 PM
10829	It simply throws off my whole family for no real benefit. I would love to do away with the change all together.	6/21/2014 10:45 PM
10830	Daylight savings time served its purpose but is no longer needed. Most of the workers, school kids, whomever go where they need to go at the time they need to, whether it is light or dark outside. During the winter we do not go to work or school later just because it is dark, We live in a modern world were we have lights and are not relying on the sun to be able to work. It is time to say good by to the need to set clocks twice a year. I say we join Arizona and let the time be.	6/21/2014 10:44 PM
10831	daylight savings time does not provide any energy savings, nor a longer work day since we aren't farmers. although time changes are mostly automated by electronics; it is an unnecessary change to sleep cycles and disruptive to our lives in general.	6/21/2014 10:44 PM
10832	I love it when we 'Spring Forward'. There is actually time to play outside with my family after work.	6/21/2014 10:43 PM
10833	the adjustment during the beginning and end of daylight savings is more difficult than it is worth.	6/21/2014 10:42 PM

10834	Work is more and more virtual. It was invented to help farmers. I'm not a farmer, and neither is most of society now.	6/21/2014 10:42 PM
10835	don't like to change back and forth.	6/21/2014 10:41 PM
10836	I feel that Daylight savings is outdated, it was made for an agrarian society before good lighting was available. Not relevant now, and aligning with AZ would reduce confusion.	6/21/2014 10:40 PM
10837	DST has never made any sense to me and I find it extremely annoying. Let's follow Arizona's lead and get rid of it.	6/21/2014 10:39 PM
10838	Dst is not broken, don't fix it.	6/21/2014 10:39 PM
10839	I am from Arizona so when I moved here I never understood what the purpose for daylight savings is. It's really hard for kids to adjust too and it just doesn't make any sense to me to have it.	6/21/2014 10:39 PM
10840	I do not like the time change. I never have.	6/21/2014 10:38 PM
10841	Honestly I haven't heard any objective arguments for keeping with DST that aren't debunked relatively quickly with relevant research already done (such as the idea that agriculture benefits from it).	6/21/2014 10:38 PM
10842	I would prefer DST year round	6/21/2014 10:38 PM
10843	I have never liked day light savings. I can see the reason for it but I think its really hard on the body to go back and forth. My preference would be consistency.	6/21/2014 10:37 PM
10844	It has been proven that DST has absolutely no energy benefit and that it has significant detrimental health effects. It is far past time to end the nonsense,	6/21/2014 10:37 PM
10845	There is no good reason to bounce around, just so a few people can golf into the night. Kids should be the most important issue here and as a parent, I know DST messes up their clock, for a least a month, twice a year. Stop the madness !!!	6/21/2014 10:37 PM
10846	I love the long summer nights and would be very disappointed if we returned to Mountain Standard time.	6/21/2014 10:37 PM
10847	I prefer the extra hour of sunlight in the evening with daylight savings. It doesn't take long to adjust to the new time and the longer lighted evenings more than makes up for it.	6/21/2014 10:37 PM
10848	Pick a time and stick with it. Switching time twice a year is so functionless as to be irrational. I prefer standard time because it synchs with nature - noon is when the sun is at its zenith. We're much too detached from nature as it is. Regardless of which time is chosen, I repeat, pick a time and stick with it!	6/21/2014 10:36 PM
10849	I love that it stays light later in the summer, when I especially want to be outdoors and enjoy it!	6/21/2014 10:36 PM
10850	DST is essential to enjoyment of life to the fullest in Utah. The evening hours are the most useful for outdoor activities, especially for those of us who work full time. Without DST, I cannot imagine how I would keep up with yard work and gardening, find time to exercise outdoors, and engage in many other outdoor activities I enjoy. Also, recreational sports leagues would shrink in size or cease to exist altogether without DST, including youth little leagues, soccer leagues, and even high school JV baseball. Bottom line, there simply are not enough after-school and after-work daylight hours in the spring and fall without DST. PLEASE KEEP IT!!!!!	6/21/2014 10:34 PM
10851	I may not have a career which depends on sunlight, but have in three past. Daylight savings has helped me keep my obligations to that job, as well as be able to contribute to society after work.	6/21/2014 10:34 PM
10852	I like it being dark later so that I can get yard work and other things done.	6/21/2014 10:33 PM
10853	Not only does moving clocks back and forth create a strain on adult bodies, it also affects children in adverse ways. I believe it to be more of a hassle than anything. Getting an extra hour of sleep in the fall is not worth it.	6/21/2014 10:33 PM
10854	The ruling should be to disband daylight savings all together. We live in a world economy now. We work in the software industry and it is difficult to explain the whole "fall back/ spring forward" notion to our overseas contractors. I do remember, also, as a mother or young children, how I dreaded the time change twice a year. Time changes are difficult on young children, which makes things difficult for the rest of the family.	6/21/2014 10:32 PM

10855	Daylight savings made sense when light bulbs were the primary consumer of electrical energy, but that is no longer the case. Th primary objective of energy savings is no longer being realized so it should be eliminated.	6/21/2014 10:32 PM
10856	Why mess with it when it is working just fine. My family and I enjoy the ability to spend more time together.	6/21/2014 10:32 PM
10857	like the extra daylight	6/21/2014 10:31 PM
10858	Makes more sense to keep it the same time. It's hard putting young kids to bed at 8:00 and the sun is still shining.	6/21/2014 10:31 PM
10859	I would like it to stay lighter at night and not have it change. The change is just a pain. :)	6/21/2014 10:31 PM
10860	Daylight savings time is a silly and archaic practice and should not be continued.	6/21/2014 10:29 PM
10861	We move ahead and fall back 1 hour, just split it in half and leave it year round, It messes with our internal clocks and our minds switching time twice a year, daylight savings time doesn't help anyone in anyway, the length the sun is up doesn't change because our clocks do.	6/21/2014 10:29 PM
10862	I don't like having to interrupt sleep patterns at every daylight savings change. And I actually like it to get darker a little sooner.	6/21/2014 10:28 PM
10863	It's just so hard on my young children to make the switch every spring and fall. I can imagine it will only make it harder when my son is in school all day this next school year for that week.	6/21/2014 10:27 PM
10864	Having lived in Arizona for two and a half years I found it very nice not have change to daylight saving time. Since returning to Utah I find it very annoying and bothersome to have to adjust my life a time change twice a year. It seems to cause more problems for our society than it helps. In fact I have never seen the advantage of having the change.	6/21/2014 10:27 PM
10865	Children respond poorly to the change	6/21/2014 10:25 PM
10866	I have always questioned why we change time. It messes up sleeping patterns and makes it hard to keep a normal routine. Also I just can't understand why in this modern era we need to artificially change the time.	6/21/2014 10:25 PM
10867	I don't see the need for it. I think if we fall back w Arizona & leave the time alone, it will be better for all.	6/21/2014 10:24 PM
10868	I like how there is more light at night time.	6/21/2014 10:24 PM
10869	Who does it truly benefit to change times every six months. Farmers get up long before the sun rises anyhow, business people work the nine to five schedule regardless of loutside lighting. Schools function at a certain time because they have to coincide with the business model. So changing times for lighting purposes truly helps no one.	6/21/2014 10:24 PM
10870	I never liked it	6/21/2014 10:24 PM
10871	It seems like right when we get things all back on routine after Christmas and get kids all adjusted to getting up on time, then we go and change it. And right when we get them all settled into a new school year, and get used to that routine, then we go and change it again. It's hard on the kids and on our bodies. The older I get, the harder it is for me to get used to it as well. I am sure it's correlated to a lack of productivity at work.	6/21/2014 10:23 PM
10872	I LOVE having the extra hour of daylight during the summer months.	6/21/2014 10:22 PM
10873	I think we should stay on the spring forward. I enjoy the sunlight all day. I hate when it gets dark early.	6/21/2014 10:21 PM
10874	Because switching is difficult to adjust to twice a year. Babies and animals don't care or know. Having permanent daylight saving keeps it nice in the Summer. In the winter there is so little light it doesn't matter what time we're on.	6/21/2014 10:21 PM
10875	Everything will be the same with Summer time all the time, an extra hour of daylight wont change my work time...	6/21/2014 10:21 PM
10876	We do not need it any longer.	6/21/2014 10:21 PM
10877	I would like Daylight Savings Time to be the ALL YEAR time. It seems so crazy to 'fall back' making it get dark even earlier at night when winter already is shortening the day. It's good for adults and children to be able to see some sunshine at the end of a work day if possible.	6/21/2014 10:20 PM

10878	I love the sun late into the evening. The time change adjustment is worth the result.	6/21/2014 10:20 PM
10879	In all of my life, I've never heard anyone say, "I'm so glad that it is dark when I get home from work!" Make a new daylight time keeping the sunshine more in the evening hours.	6/21/2014 10:19 PM
10880	I see no reason that DST would benefit anyone.	6/21/2014 10:19 PM
10881	Let's do away with DST. For small children on a regular nap/feeding/mealtime schedule, it is an absolute disaster. Align with Arizona, I say!	6/21/2014 10:19 PM
10882	I feel Daylight Savings is an outdated idea from an earlier generation	6/21/2014 10:19 PM
10883	I feel that daylight savings time is an outdated practice with no practical applications. Being a parent, I especially see the effects it has on children. Their productivity and energy levels drop drastically with changes in time. I see children struggle when their entire schedule is changed, even if it is only being changed by one hour.	6/21/2014 10:18 PM
10884	Anyone who thinks they are actually SAVING light needs help! If you want more light in the morning, get up earlier. The disruption of our biological clocks, for adults, children, pets and any living thing in our homes, that happens twice a year is rather ridiculous. It seems each year that the DST comes earlier and stays longer, yet the earth's rotation has not changed!	6/21/2014 10:17 PM
10885	It didn't make sense when it was started, it still doesn't	6/21/2014 10:16 PM
10886	Daylight savings time is outdated and completely unnecessary.	6/21/2014 10:15 PM
10887	The ideals of daylight saving time no longer apply to the majority. With the world economy to consider, daylight savings time is very antiquated	6/21/2014 10:15 PM
10888	Quit changing the freaking time! Just pick a time and leave it alone!	6/21/2014 10:14 PM
10889	It annoying to switch times twice each year. I would prefer staying on the daylight saving time year round. However, staying on standard time year round would still be better than switching twice a year.	6/21/2014 10:14 PM
10890	It is unhealthy and too disruptive. Not needed.	6/21/2014 10:13 PM
10891	The reasoning for daylight savings is antiquated and costly in our modern age.	6/21/2014 10:13 PM
10892	I love the longer light at night! Since I work, I appreciate time to be outside in the late spring and summer. In the fall, it doesn't really matter, but the spring forward I love! Keep it the same please!	6/21/2014 10:12 PM
10893	Day light savings time is antiquated. Do away with it!	6/21/2014 10:10 PM
10894	Remain in 'Spring forward'. Provides for a more productive day, enjoy the outdoors longer.	6/21/2014 10:10 PM
10895	I don't really care which one we choose. I really wish we would just pick one and stay on it. It's really hard making the adjustment back and forth.	6/21/2014 10:10 PM
10896	It too hard on young children and therefore their parents to keep changing times.	6/21/2014 10:09 PM
10897	It is inconvenient. Besides confusing my dogs and children it irritates the heck out of me.	6/21/2014 10:09 PM
10898	I'm actually in between staying on MST or leaving us permanently on one that gives us more daylight.	6/21/2014 10:09 PM
10899	We may be moving back to Utah (My husband and I grew up in Utah) and I would love to move back to NO changes. I really don't care which way it goes, as long as we don't switch!!	6/21/2014 10:08 PM
10900	Strongly dislike. I'd love for a non-movable time.	6/21/2014 10:07 PM
10901	I am not a morning person so daylight doesn't matter to me. But I love the additional daylight with DST. It also gives families time to enjoy activities after work.	6/21/2014 10:06 PM
10902	I just want it left one way or the other. Working in education I know what an effect it has on students (and staff!) It would be wonderful to avoid changing it!	6/21/2014 10:05 PM
10903	I do not think daylight savings time is helpful to the mass majority. For those who have kids, it throws of their schedule. It messes with schedules and routines. If my child is thrown off and isn't sleeping because of it, it means that no one in the house is getting proper sleep, which interferes with their ability to work and drive. I lived in AZ for almost a year and it was FABULOUS!	6/21/2014 10:05 PM
10904	I would much prefer an extra hour of daylight added on to the evening in the winter. I hate it getting dark so early.	6/21/2014 10:05 PM

10905	I have a difficult time adjusting back & forth and it wreaks havoc with getting to work in a timely manner. It ruins my health for weeks after each change. Please set it one way or the other and leave it be!!	6/21/2014 10:03 PM
10906	The status quo is based on daylight savings. Changing daylight saving means changing the status quo. If changing the status quo resulted in major benefits that outweighed the drawbacks, then change is worth it. But because benefits do not obviously outweigh the drawbacks, the status quo should not be changed. And therefore, daylight savings should be retained. The metric system, on the otherhand, should be adopted.	6/21/2014 10:03 PM
10907	It seems silly to retain a practice that has no purpose beyond disrupting sleep patterns.	6/21/2014 10:03 PM
10908	Daylight saving time is no longer necessary. End it!	6/21/2014 10:02 PM
10909	I think the need for daylight savings time is WELL in the past. The disruption to body clocks each time we switch on to DST or off, is just not necessary. I'm with Arizona. Let's do away with it.	6/21/2014 10:01 PM
10910	Adjusting to the time change is extremely hard on the body	6/21/2014 10:01 PM
10911	No more switching either fall in line with az or stat on the hour ahead all the time since we really need the extra daylight in the winter more than summer	6/21/2014 10:01 PM
10912	Observing this is so hard on kids! It takes weeks to adjust	6/21/2014 10:01 PM
10913	If we are going to keep daylight savings, it would be nice to have it all year round. I like having more light in the evening, it makes it easier to get things done.	6/21/2014 10:00 PM
10914	One time without change is easier physically and psychologically. The one year the US was on daylight saving all year resulted in problems with school children being involved in many more traffic accidents because they were going to school in the dark. I also walk to and from school (where I work). I don't want to walk in the dark. If we are going to have one time, it should be standard time.	6/21/2014 10:00 PM
10915	I prefer to have light in the evenings for activities and other family events. I would prefer that Utah stays on DST instead of going back to mountain time in the winter.	6/21/2014 10:00 PM
10916	I can become accustomed to whatever hour we choose to follow. What I struggle to get accustomed to is switching twice a year. Both have they plus and minuses. I prefer standard time so it gets dark earlier in the evening.	6/21/2014 10:00 PM
10917	In the winter it's depressing that it's so dark in the early evening.	6/21/2014 9:59 PM
10918	In this day and age, there is no reason to keep it. All it does is cause confusion and is a major annoyance.	6/21/2014 9:58 PM
10919	As a soccer coach, DST allows us to start season earlier in year and not have to worry about daylight.	6/21/2014 9:55 PM
10920	I think it would be beneficial to stay on day light savings time year round. It is very depressing and gloomy in the winter to have it dark at 4:00pm.	6/21/2014 9:55 PM
10921	Daylight savings time is beneficial in the summer, but reverting to standard time in the winter serves no purpose. Regardless of which time we choose, we should pick one and stick with it. Switching back and forth does more harm than good.	6/21/2014 9:54 PM
10922	I do not feel retaining Daylight Savings is necessary at all, as Mother Nature seems to provide more daylight naturally in the Spring and Summer months. Having the sun set at 10 pm is unnecessary, especially in a state full of families, small children, and many elderly citizens who require going to sleep at designated times. Routines and schedules are ESSENTIAL for our kids, and it becomes increasingly difficult and frustrating trying to put your kids to bed at 9pm when the sky is telling the kids that it's not bedtime yet. Changing their sleeping schedules back and forth between the Summer months and regular school year is MUCH HARDER than people realize. Also, there are many people who rely on schedules for medicinal purposes, which (again) gets thrown off schedule due to Daylight Savings. Every year, twice a year, my family suffers through the many, many headaches of adjusting sleep schedules and medication times. My family would be considered a special-needs family (autism) and for those unaware, Utah has one of the highest autism prevalence rate in the nation. Children and adults with autism MUST have consistency and routine in order to remain calm and function throughout the day. Requiring changes related to Daylight Savings may be "easy" for some, but it truly is one of the hardest transitions to impose upon a person with autism. Please, PLEASE - do away with Daylight Savings. We benefit nothing from it. We are long overdue for getting rid of this law.	6/21/2014 9:54 PM

10923	I like having longer light in the evening throughout the year. The winter gets really hard when you have to go to work all day, by the time you get out of work it's so dark and I don't utilize night time as much. It's also seasonally depressing. I think changing the clocks doesn't need to happen, there was a purpose for it, and maybe for those working in education still really want it. I think it's just annoying an useless. If we do change, gives us more light at night. Happy Utahns need sunlight.	6/21/2014 9:54 PM
10924	Daylight Saving Time is an example of a policy that made sense in the past but no longer makes sense in current society, in the state of Utah or otherwise. It causes confusion, unnecessary waste, with no apparent benefit.	6/21/2014 9:53 PM
10925	I'm tired of the clock in my car being wrong half the year.	6/21/2014 9:53 PM
10926	No rational benefit for retaining DST.	6/21/2014 9:53 PM
10927	It is highly inconvenient and an outdated convenience that was tailored to fit a smaller group of people. I've seen students and their families struggle with the time changes and declining grades due to the difficulty of the transition. It's a pointless inconvenience not worthy of being practiced solely on the basis of tradition.	6/21/2014 9:53 PM
10928	I have always disliked having to change times twice a year. It is very hard on children and also adults. I lived in Arizona for two years. I really liked not having to change the clocks. I don't believe it is healthy for the body to have to get used to a different time twice a year. I know it is hard on me. Therefore, I believe we should just get rid of it completely.	6/21/2014 9:53 PM
10929	The purpose of DST is outmoded and unnecessary. We should do away with it and stay with Arizona.	6/21/2014 9:51 PM
10930	Just don't like it. Not only did it bother my son to change times but pets and myself have a hard time adjusting. I don't feel it saves energy nor gives me extra daylight to spend with family.	6/21/2014 9:50 PM
10931	Is healthier for all, we any way expend a lot on energy when this happens.	6/21/2014 9:50 PM
10932	Studies have shown all kinds of health detriments associated with DST - increases in heart attacks, strokes, and other serious health problems. Also, I think the time changes involved in DST are very disruptive to Utah families, particularly families with children who have such a hard time with schedule changes. I don't care if we chose to align with Arizona or spring forward to our own consistent time, it's just the consistency that I think would make a huge difference in the lives of Utahns.	6/21/2014 9:49 PM
10933	I think the extra hour of daylight in the evenings should be present year-round. Let's spring forward and stay there. It's good for commerce, it's good for everyone. Basically, we should just be on Central Standard Time all the time and never go back and forth.	6/21/2014 9:49 PM
10934	I teach high school, and getting kids to wake up normally is hard enough. Changing up their schedule for DST leaves them, and the rest of us, a mess for the time it takes for our bodies to adjust. Now that we know what we know about the effects on our health, it just doesn't make much sense.	6/21/2014 9:49 PM
10935	Daylight savings is great. Leave it alone	6/21/2014 9:48 PM
10936	I don't care so much whether we stay on MST or MDT, but I definitely prefer not switching back and forth. Another option that might be worth considering is a time zone that is MST + 1/2 hour (thus making it 1/2 hour ahead of PST) India has this type of 1/2 hour time zones. With this 1/2 hour option I still prefer not switching back and forth (just to be clear on that point). Also, the survey results are going to be skewed against the "CREATE" option because it's poorly named and poorly explained in this survey.	6/21/2014 9:48 PM
10937	Its just tough changing times. .. physically and mentally. Keeping straight time would be so wonderful. Longer daylight in the evening after work is a real bonus too.	6/21/2014 9:47 PM
10938	Same as Arizona! Sick of springing forward and falling back!	6/21/2014 9:47 PM
10939	Drop it. Now. Seriously, it's a mess..	6/21/2014 9:47 PM
10940	Daylight savings time only has a negative impact, in the fact that it affects people's sleep patterns. It does not save energy in any matter, as it was originally introduced to do.	6/21/2014 9:46 PM
10941	It is not necessary	6/21/2014 9:46 PM
10942	I think it's silly to think that by setting your clocks ahead somehow magically makes the day longer. I lived in Arizona for 4 or 5 years and fell in love with not having to deal with the stupidity known as daylight savings. If it weren't for the heat, and family I would move back as soon as possible.	6/21/2014 9:46 PM

10943	Unless all the states on daylight savings time jump I don't think Utah should jump. It makes it too hard for business.	6/21/2014 9:46 PM
10944	Please end the madness of Daylight Saving Time. Thank You	6/21/2014 9:45 PM
10945	I have lived with daylight savings time my entire life. I have always hated it. I cannot see a good reason to keep it. Get rid of it, and go on natural sun time like Arizona does.	6/21/2014 9:45 PM
10946	As a teacher I see the negative effect that daylight savings has on students. It is outdated and no longer needed in our stated.	6/21/2014 9:43 PM
10947	I would like to see daylight savings time to stay year round. The extra time during the summer evenings is very enjoyable. My family likes to go boating after work. Additionally I grow alfalfa, the extra time makes it easier to move sprinklers, cut and bale. I see no disadvantage to it being darker in the winter mornings. Let's stay on daylight savings year round.	6/21/2014 9:43 PM
10948	Daylight savings time ruins my family for months. It's extremely hard for my young kids to adjust. It causes unnecessary stress on families. Please do away with it.	6/21/2014 9:43 PM
10949	about the time I get my body adjusted to the time whether standard time or daylight savings, it's time to change back, and I spend the next 6 months trying to adjust to the time change again..	6/21/2014 9:43 PM
10950	I would like to see daylight savings time to stay year round. The extra time during the summer evenings is very enjoyable. My family likes to go boating after work. Additionally I grow alfalfa, the extra time makes it easier to move sprinklers, cut and bale. I see no disadvantage to it being darker in the winter mornings. Let's stay on daylight savings year round.	6/21/2014 9:43 PM
10951	There isn't really a good reason for it anymore. The change is always disruptive to my sleep and my children's sleep. I would prefer to be like Arizona and not have any time changes.	6/21/2014 9:43 PM
10952	Too much hassle, too little reward,	6/21/2014 9:43 PM
10953	I think it should stay on Fall Back time. This is so in the winter when we are driving to work and taking kids to school that we are safer. With snow and ice we need more sun during morning commuting hours. I think we could have more deaths on roads if the morning rush hour is in the dark when the roads are most likely frozen. I dislike changing back and forth it would be nice to stay on one time.	6/21/2014 9:43 PM
10954	The current works just fine. Having more daylight in the evening during the spring/aummer months is very desireable.	6/21/2014 9:42 PM
10955	Split the difference and call it good	6/21/2014 9:42 PM
10956	It is a ridiculous ritual that we go through twice a year..there is no need worth the effort	6/21/2014 9:42 PM
10957	align with Arizona and leave it on fall back time so we gain an extra hour!!!	6/21/2014 9:42 PM
10958	Leave the time with more light at night . Day light savings time. It is hard on kids to change also. Roads safer for travel.	6/21/2014 9:41 PM
10959	My family and I are early risers, no matter what time of year, and we prefer to have light in the morning rather than late in the evening when we're trying to go to sleep. In addition, it really disrupts the schedules and body clocks of my children and myself. I hate the change in time twice each year.	6/21/2014 9:41 PM
10960	It takes my young kids an entire week to adjust. It's miserable. And there's no really good reasons to keep it that I'm aware of.	6/21/2014 9:40 PM
10961	Every time we change our clocks either forward or backward, I have a difficult time physically adjusting to the change, which affects me mentally and my productivity.	6/21/2014 9:40 PM
10962	Keep it at DST all year. I love the light in the evening times.	6/21/2014 9:40 PM
10963	Get rid of this stupid daylight savings time bull crap. It just screws with everyone and has no purpose.	6/21/2014 9:40 PM
10964	Now that the business world is managed by the clock more than the sun, it makes no sense/difference if we are changing the clock. Additionally, it probably costs a small amount of efficiency as it takes time for our bodies to adjust to changes in our routines.	6/21/2014 9:39 PM
10965	I like staying the same time for the whole year. No changes.	6/21/2014 9:39 PM
10966	It is just a pain. Let's just stay align with arizona.	6/21/2014 9:39 PM

10967	The agrarian justifications for DST have long ago expired; it is time to stop letting government play god with our time.	6/21/2014 9:38 PM
10968	I really don't care if we align with Arizona or not, I just want it to stay the same all year! Quit switching like a yo-yo!	6/21/2014 9:35 PM
10969	I don't believe that one hour benefits enough to go through the adjustments of resetting the human interal clock.	6/21/2014 9:34 PM
10970	I hate going through jet lag twice a year!!	6/21/2014 9:33 PM
10971	It is an unnecessary complexity in everyday life that solves no obvious problem and serves no significant purpose.	6/21/2014 9:33 PM
10972	I don't like DST. I don't see the need to mess with nature. Twice a year it takes me at least a full week to adjust to the new time. I like to sleep in the dark so therefore the longer daylight into the evening does not appeal to me.	6/21/2014 9:32 PM
10973	We live on the Utah/ Arizona border and it sure seems that Arizona has it much easier as they do not change time. You still have the same amount of daylight!	6/21/2014 9:31 PM
10974	My body has a hard time adjusting every six months. That is the biggest reason I am against it.	6/21/2014 9:30 PM
10975	Get rid of daylight savings!!!	6/21/2014 9:29 PM
10976	I don't care which way we go. I just want to pick a time and stick with it.	6/21/2014 9:29 PM
10977	As someone who struggles with insomnia, and also being a mother I find that daylight savings, or switching out of daylight savings, ruins my sleep patterns for weeks. It is hard to function without the proper amount of sleep myself, yet even worse when adjusting with the schedule of a little one. Day light savings is not needed and, I find, is only detrimental.	6/21/2014 9:29 PM
10978	It is unnecessary and a waste. It's annoying and bad for our health to do such nonsense.	6/21/2014 9:27 PM
10979	It was a stupid law when it was started, and hasn,t improved any.	6/21/2014 9:27 PM
10980	Daylight savings time has served absolutely no purpose since the advent of electricity.	6/21/2014 9:27 PM
10981	Keep it!! It will save money!	6/21/2014 9:26 PM
10982	I very much do not like witching back and forth. It messes up my sleeping for several months and when I finally get setting into one time change it changes again. I would like to stay on Day llight savings time. I hate changing back and forth.	6/21/2014 9:26 PM
10983	The time change is an interruption to life. Springing forward is the most difficult time change to make because you've lost an hour of something. Whether its sleeping or awake. It's the best time to keep however because there's more light during the day which results in more life to enjoy. I think it would be the best option for everyone.	6/21/2014 9:24 PM
10984	I'm good with "Align" or "Create"..just pick one and leave it alone!	6/21/2014 9:24 PM
10985	I like the idea of never having to change clocks and the business day doesn't really suffer do the longer or shorter periods or morning or evening light.	6/21/2014 9:24 PM
10986	I don;t care which way it goes, falls back or springs forward, just please end it! Thank you!	6/21/2014 9:23 PM
10987	I prefer more light in the evenings. The forward schedule would mean little daylight in the evening in the dead of winter.	6/21/2014 9:23 PM
10988	I work in a 8-5ish job and having the additional time after I leave the office is essential to my lifestyle. I ride bikes with my husband, hike, train my horses, garden, play with the dogs and so much more. Utah is known for its outdoor recreation. Let's keep it!	6/21/2014 9:23 PM
10989	I believe there is a small minority wanting this. They seem to bring it up every year. LEAVE IT ALONE.	6/21/2014 9:22 PM
10990	No need anymore	6/21/2014 9:20 PM
10991	I am tired of being jet lagged 2 times a year. Kids take 2weeks to adjust which affects their schooling. It serves no useful purpose in society and provides only a small benefit to to a very small part of our economy. Everyone I talk to about it want it gone..	6/21/2014 9:20 PM
10992	Leave the time as it is now please.	6/21/2014 9:19 PM

10993	I have a very hard time adjusting to Daylight Savings time. It is easily 3 weeks before I stop feeling the effects of losing that hour. Very tired and dragging. I would whole heartedly support Utah abolishing this practice!	6/21/2014 9:19 PM
10994	Daylight Saving Time was initially very beneficial, in concept. However, I feel it is no longer necessary and should be done away. I think that we should stay on the current time setting ("spring forward").	6/21/2014 9:18 PM
10995	There is no need to change the clocks. So if there's no need, why do it?	6/21/2014 9:18 PM
10996	Good heavens people, it has been this for years and I do not see common sense in changing it now. Why on earth would you want a separate times just for Utah?	6/21/2014 9:17 PM
10997	I very much like the status quo. I always look forward to Daylight Savings Time, signaling that summer is coming. I love having more daylight time in the evening, instead of having the sun come up at 5:00 am. I lived in Arizona for a couple of years and it drove me crazy.	6/21/2014 9:15 PM
10998	I prefer not to change to daylight savings time. I have always hated the change.	6/21/2014 9:14 PM
10999	I would rather have the sun at the end of my day, especially in the summer. I would get more of my garden planted and be able to do more with my kids after work.	6/21/2014 9:14 PM
11000	I don't really care if we align or create, but I loathe the time changes twice a year. I seems odd that the hour time difference would create such a mess, but it does. The time change makes my life unnecessarily difficult for several weeks each year. The change is especially hard on children. Please, please, please do something. Thank you!	6/21/2014 9:12 PM
11001	While a bit inconvenient, the alternative of staying on one time or the other has greater unintended consequences. To remain on Standard time would have the sun up far to early in the summer, while remaining on Daylight Time means it's dark until 9:00am in the winter. Neither of those sounds remotely appealing compared with changing clocks twice a year.	6/21/2014 9:11 PM
11002	I just love it to stay light later at night it fun to be out with family and have more light	6/21/2014 9:11 PM
11003	It is very disruptive to children's sleep cycles. I say get rid of it	6/21/2014 9:11 PM
11004	Daylight savings is outdated and unnecessary. It makes things difficult for software development and the more states that do away with it the close we will get closer to eliminating it altogether which would be the ultimate goal.	6/21/2014 9:10 PM
11005	It's pointless. we don't actually lose or gain time ... what's the point of trying to delude ourselves into thinking that we're saving anything anymore?	6/21/2014 9:09 PM
11006	Daylight Saving Time no longer makes sense. It was put in place for another time. I dread when daylight saving time arrives and ends because it means throwing my family off for several days, even weeks. My kids struggle to adjust to the time change and it is very frustrating.	6/21/2014 9:08 PM
11007	Summer should remain as is. Winter should spring forward again. And then the following spring we should fall back to what is currently DST.	6/21/2014 9:07 PM
11008	I oppose Daylight Saving Time because the drawbacks (sleep and schedule disruptions) far outweigh the benefit (the feeling of a bit more evening light in the springtime). The days are already lengthening at that time of year, and by June I find myself wishing the sun would set sooner, so we can all cool off and enjoy the summer evenings. It seems silly to force everyone to monkey with the clocks twice a year for the illusion of a longer day. Newsflash: it's still 24 hours long.	6/21/2014 9:06 PM
11009	I honestly don't see the benefit in daylight savings time at all. The change each spring and fall only serves to mess up my children's schedule and cause all sorts of mayhem.	6/21/2014 9:05 PM
11010	It adds unnecessary complexity to our lives and doesn't really gain us anything, in my opinion.	6/21/2014 9:05 PM
11011	I was a long time Utah resident. I'm an amature researcher of timezones, especially their history and how they relate to technology. Daylight Savings Time should be abolished.	6/21/2014 9:04 PM
11012	It really messes up your system.	6/21/2014 9:02 PM
11013	I find it disruptive for my children. I have a special needs child and routine is very important. Sleep can be an issue for these children and light naturally wakes people up. As these children already have sleep issues a uniform time standard would be preferable. Utah has one of the highest rates of autism in the U.S. please help these families in this small yet big way.	6/21/2014 9:00 PM

11014	I don't see the need for it anymore. It might have had purpose when it started but things have changed. The fall-backs and spring-forwards are hard on families.	6/21/2014 9:00 PM
11015	Having the extra daylight in the summer months is WELL worth the minor inconvenience. I almost wish the time shift could be permanent all year. I work a normal 8-5 job, and my quality of life is so much better when I have more daylight after work when I can actually enjoy it. I feel as though I'm not spending my best hours on my employer like I do in the winter. Personal motivation plummets when the sun goes down, so it gets very depressing in the winter to not feel like I have the energy to do things that are important to me. Losing daylight savings would just feel like I was spending more time at work.	6/21/2014 8:59 PM
11016	Its a waste of time and money. Stop it now.	6/21/2014 8:59 PM
11017	I can't stay awake til 9:00p.m Let alone get up in the morning. Retired means retired . I don't want some kid, setting up my bed-time or wake-up. Any appointments are screwed up,because of my biological cycle being messed with.	6/21/2014 8:56 PM
11018	It is unhealthy for your body to have to make changes like that it takes a couple weeks for you body to readjust creating a lot of unneeded stress.	6/21/2014 8:55 PM
11019	I see no benefit to daylight savings. It only causes loss of effectiveness within the workplace for several days each year.	6/21/2014 8:55 PM
11020	Daylight savings time messes with my kids sleep schedules, and mine. Down with DST!	6/21/2014 8:52 PM
11021	If Utah stayed on the "spring forward" time, during the winter months it would stay light later into the evening. This could result in possibly lower power usage, people wouldn't have to leave their employment in the dark, and less animals may be hit in the traveling done when its normally dark after 5 in the afternoon. Either way though, the time should stay the same year round.	6/21/2014 8:52 PM
11022	I think DST is very difficult health wise for shift workers, diabetics and people with fibromyalgia who have to change their medical routines twice a year.	6/21/2014 8:52 PM
11023	I have always found adjusting to the changed time to be a little difficult since it takes at least a couple of days to get used to it. Now that I have children, it's harder to get them to adjust. I lived in Arizona for several years, and while it was annoying to constantly adjust when national programs were on (on tv and radio), it was really nice to not have to adjust my family routine every few months. As I've thought about Daylight Saving Time over the 4 years we've been back in Utah, it's annoyed me that for most of the year we are off what is supposed to be our "Standard" time.	6/21/2014 8:52 PM
11024	Please get rid of it. No need for it anymore.	6/21/2014 8:51 PM
11025	I think it is such a useless thing for us to change time. There is no benefit to it and I think we should just stick to the "Fall Back" time year round.	6/21/2014 8:50 PM
11026	Jumping back and forth is really dumb. Pick a time frame and stay with it.	6/21/2014 8:50 PM
11027	It is so difficult with children to reset their Internal clocks. We have spent periods,of time in other countries and they don't bother changing times. Our ancestors got along fine without changing times. Please leave it alone	6/21/2014 8:50 PM
11028	Stop changing the time. Keep it the same.	6/21/2014 8:50 PM
11029	I do not like daylight savings. Keep the time the same year round!	6/21/2014 8:48 PM
11030	I believe its counerproductive and inconvenient to change our clocks twice a year and think we should just stay sprung forward all year. If this interferes with anyones schedule, the few can alter their business hours accordingly. Why inconvenience everyone else for the few the time change benefits.	6/21/2014 8:48 PM
11031	Would hate having having it get light at 4. Love the long summer evenings. Hate when it gets dark early	6/21/2014 8:46 PM
11032	Leave it one way or the other. Don't change it.	6/21/2014 8:46 PM
11033	Lived in AZ for a year and a half and loved not changing the clocks. It's a waste of time. We have electricity.	6/21/2014 8:46 PM
11034	What is the point of daylight savings? I think it is time to get rid of it. I think all of the United States should get rid of it!	6/21/2014 8:46 PM

11035	Time change used to work when I was younger, but after having children, I am not sure why anyone would be supportive of time change. Whether the time spring forwards or falls back, it messes up the sleeping habits. When time falls back, they wake up at their same time, so it is an hour earlier. When time springs forward, they wake up at the same time but we all lose an hour of sleep. I understand there used to be a purpose for the time change, but I don't believe it is relevant anymore and I rather keep the same time all year long. I like the spring forward time because I like how it stays lighter longer. I can work out in the yard longer and I feel like I get more accomplished; like the day isn't ending already at 6pm when it is completely dark.	6/21/2014 8:45 PM
11036	Get rid of it!	6/21/2014 8:45 PM
11037	The change back and forth is horrible! Pick one or the other a stay!!	6/21/2014 8:45 PM
11038	The extra hour saved is not worth the lost sleep and stress My children and my kids go through every six months when DST begins and ends. It was something established for farming and doesn't need to be kept for the masses with modern electricity and technology.	6/21/2014 8:45 PM
11039	it's an outdated concept that creates havoc twice a year with our inner clocks. Get rid of it.	6/21/2014 8:45 PM
11040	I start work at 5 a.m. It really throws my schedule off. I am always so tired every time it changes. I hate it. I think it is wonderful that the issue is at least being discussed.	6/21/2014 8:44 PM
11041	Why do we have to change things. If you don't like it, then move to AZ. We like it and we have lived with forever! Let us alone.	6/21/2014 8:43 PM
11042	I prefer thsummer time hours, in the winter there would also be more daylight in the evenings when people are more likely to be outside.	6/21/2014 8:43 PM
11043	I dont like the semiannual adjustment each year when the time change occurs.	6/21/2014 8:41 PM
11044	1) DST no longer serves its original purpose of saving power; or at least not to the same extent. 2) DST seems to complicate things and can be a little rough on the body when trying to adjust. While I don't have any specific evidence, I know that adjusting sleeping times can be detrimental to health. The cumulative affects may not be worth the gain. 3) While I know many (most?) people don't have flexibile work schedules and many also like to use the daylight hours, I certainly have a flexible schedule for work and I tend to be a night owl anyway. I don't mind losing daylight hours so DST provides no benefit to me.	6/21/2014 8:41 PM
11045	It's disruptive to every day life during the summer.	6/21/2014 8:41 PM
11046	The original reasons for Daylight Savings Time no longer apply. I believe it is more disruptive than it is useful.	6/21/2014 8:41 PM
11047	the change makes everyone grouchy	6/21/2014 8:40 PM
11048	Majority of the population no longer needs daylight savings time.	6/21/2014 8:40 PM
11049	Daylight savings is absolutely RIDICULOUS! In Maine, where I am from, it's a little more necessary - it is not 'getting' dark at 4pm in the winter....it IS dark at 4 pm in the winter!!! Utah does not have this problem nor the same weather conditions! Let's do away with daylight savings!!!	6/21/2014 8:39 PM
11050	I believe that the time changing affects my sleep habits. The reasons for DLS are not relevant to today.	6/21/2014 8:37 PM
11051	I love daylight savings mostly because I like having more usable daylight in the evening.	6/21/2014 8:37 PM
11052	We should stay on Daylight Savings time all year long. No change of clocks and the advantage of the extended light in the evening hours all year long.	6/21/2014 8:36 PM
11053	We should fall back with Arizona because let's be honest, trying to get kids to bed at 9 pm when it's dark outside is ridiculous.	6/21/2014 8:36 PM
11054	The need for daylight savings is gone.	6/21/2014 8:36 PM
11055	Terrible idea to get rid of daylight savings. Increased energy costs, offset from the rest of the country, wasted daylight. I will consider moving out of Utah.	6/21/2014 8:36 PM
11056	I want to do away with the time change completely. I'm not particular about what time we choose. Managing the change is very hard on my children, and they haven't even started school yet. I can only see it getting harder from here.	6/21/2014 8:34 PM
11057	Love more sunlight in the summer, kids can play outside longer when it is warm. When its cold and kids are in school it is easier for them to go to sleep when it is dark	6/21/2014 8:33 PM

11058	Would love to have the longer days year round, could mean commuting in the DAYLIGHT in the winter, would love it!	6/21/2014 8:33 PM
11059	I feel like when we are on daylight saving time everything is rush rush rush. It should be like Az. and not change. We arent really saving time and were too tired to enjoy stuff cause we get up too early. Just an opinion!	6/21/2014 8:32 PM
11060	It is hard to change back and forth for some people. I understand that some people like to have more time to spend outdoors in the evenings but not everyone wants to be subject to what a minority wants.	6/21/2014 8:32 PM
11061	I detest daylight savings time with a passion! I always feel a little more tired on day light time. Research has shown that there are more car accidents the week of day light savings time change due to more tired drivers that haven't adjusted to the change. It's like jet lag without even the benefit of traveling. It's the same idea as taking a blanket, cutting the top off of it and sewing it onto the bottom in hopes that it will lengthen the blanket. No matter how hard we may try, we can't change mother nature. I really dislike awakening in the dark and going to bed when it's light. It just doesn't feel right, or seem right. http://abcnews.go.com/Health/Healthday/story?id=4509150 http://www.rodalenews.com/sleep-and-daylight-savings-time What more can be said? It is obvious we need to change our clocks back to the rhythm of mother nature and leave it that way!	6/21/2014 8:32 PM
11062	I like lighter evenings rather than mornings, would much rather get up in the dark.	6/21/2014 8:32 PM
11063	I think it's pointless to keep changing back and forth. I really see no benefit. It messes up my kids bed routine	6/21/2014 8:30 PM
11064	Costs money. No reason for it.	6/21/2014 8:30 PM
11065	Daylight savings makes more daylight when no one is awake and less when everyone is. We love the sun!!	6/21/2014 8:29 PM
11066	I feel it is harder to keep track of time the week following daylight saving. We would also be able to be with a more world standard time schedule.	6/21/2014 8:28 PM
11067	Daylight Savings time wreaks havoc on our natural biorhythms, especially in children. It's an outdated, inconvenient practice that has no real benefit.	6/21/2014 8:27 PM
11068	Get rid of it along with Herbert	6/21/2014 8:26 PM
11069	There use to be a purpose, now there isn't. It's absolutely pointless	6/21/2014 8:26 PM
11070	Makes no sense to keep changing it	6/21/2014 8:25 PM
11071	it messes up my sleep schedule	6/21/2014 8:23 PM
11072	I despise changing times twice a year; it's hard getting schedules re-accustomed to. Kids especially have a hard time. Plus they get up really early in the summer time and stay up Kate which makes the switch back to school difficult. Ditch the whole thing already!	6/21/2014 8:23 PM
11073	It makes no sense and it causes too many headaches. It is 2014 so let's make decisions based on facts not legends.	6/21/2014 8:23 PM
11074	Daylight Saving Time is an out-dated concept from an agrarian society and continues to ignore all data that indicates the negative impact on safety, savings, and mental and physical health.	6/21/2014 8:22 PM
11075	Daylight savings is no longer relevant in today's world, waste more time, money, and energy than it could ever hope to save! Plus I consider it a personal inconvenience!	6/21/2014 8:21 PM
11076	Either spring forward and stay there or stay as is on daylight savings	6/21/2014 8:19 PM
11077	During the summer it is very difficult to get my children to bed because the sun is still up.	6/21/2014 8:18 PM
11078	Light saving time has never been good get rid of it	6/21/2014 8:18 PM
11079	time change gets harder and harder to deal with every year.	6/21/2014 8:16 PM
11080	I really don't care if we "fall back" or "spring forward" just as long as we pick one and stay put.	6/21/2014 8:16 PM
11081	Time change is a needless relic of a bygone era. Twice a year we go through an awkward process for no good reason.	6/21/2014 8:15 PM
11082	No big deal the way it is. People always have something to gripe about.	6/21/2014 8:15 PM

11083	For someone who gets home from work at 6:30 or later, I need the additional light to spend outside with my family. If you want to remain in the dark, stay inside with the lights out and the windows closed. Don't mess up my fmaily time!	6/21/2014 8:13 PM
11084	I like the summer schedule. More daylight	6/21/2014 8:12 PM
11085	I like more light in the morning. It's great for kids going to school and people who like to exercise.	6/21/2014 8:11 PM
11086	I love the ability to be out later in the evening and still have daylight. Especially since I work and that is the time I'm able to be outside the most.	6/21/2014 8:11 PM
11087	Time zones make things complicated enough, DST only serves to complicate further and affect stress and health.	6/21/2014 8:10 PM
11088	More sun in the evening means more people will be out and about likely spending more money thus helping our economy.	6/21/2014 8:08 PM
11089	It makes me feel tired when the time is changed. It takes a month to adjust to the new time.	6/21/2014 8:07 PM
11090	The more light the better! I would love for there to be light when I wake up and when I get home from work.	6/21/2014 8:06 PM
11091	The use of Daylight Savings has been increasing more and more as time goes on. If a business wishes to change their hours of operation then they may make the change at any time, but to force everyone to make that change causes injuries to those that need to rise earlier when the change occurs. Allowing time to make it's adjustments naturally should be just as profitable now as making the time change for most businesses. Arizona has not suffered by eliminating Daylight savings. One last thing. Utah is at the end of the Mountain time zone. The effects of the time change is different for Utah than parts of North and South Dakota which is in the eastern part of the time zone. There would be times of the year when Nevada and Utah would share the same time.	6/21/2014 8:06 PM
11092	It's an outdated practice and a nuissance	6/21/2014 8:06 PM
11093	My husband and I both work from home. Our schedules are determined by the time of day, not the position of the sun. It's obnoxious to have to rearrange everyone's schedules by an hour forwards or backwards twice a year for an outdated system whose financial repercussions on our utility bills are negligible at best. Please do away with DST!	6/21/2014 8:06 PM
11094	I lived in AZ for 6 years and loved not having the time change!!! Now that I'm back in Utah I have to adjust again :(	6/21/2014 8:06 PM
11095	We lived in Arizona for 4 years and I loved not having to worry about daylight savings - never missed it a bit! I always hate it when we change here in Utah.	6/21/2014 8:05 PM
11096	I have never liked DST. It seems like as soon as it starts getting light in the morning, we get plunged back into darkness again! Plus, trying to adjust to the time change twice a year is a pain, especially with small children. I am a former (and probably future) resident of Utah, though I currently reside in California.	6/21/2014 8:05 PM
11097	I don't like the time change for my children. In the spring they have a hard time going to sleep an hour earlier, but they have to because they need to get up early for school. It's very annoying.	6/21/2014 8:04 PM
11098	Our society is sleep deprived. Around the equinoxes, this means drivers are even drowsier and they have the sun directly in their eyes (AM: due east; PM due west), increasing danger.	6/21/2014 8:03 PM
11099	The concept of Daylight Saving Time is outdated and has no benefit in our modern global economy, making the effort in switching clocks back and forth merely a tedious tradition.	6/21/2014 8:03 PM
11100	I think we really should stay on DST year round	6/21/2014 8:03 PM
11101	Get rid of daylight savings	6/21/2014 8:02 PM
11102	Daylight Savings Time puts the weakest members of our society at risk—the young, the old, the infirm, those who are students, those dealing with autism. Tho beneficiaries are those that enjoy summer outdoor recreation in the evenings and those that outfit them. Tending to the needs of those at risk should trump any other considerations.	6/21/2014 8:01 PM
11103	There is no need for DST in today's society. Leave the clocks alone.	6/21/2014 7:59 PM
11104	The time change greatly affects my children that are autistic.	6/21/2014 7:59 PM
11105	Daylight Saving Time messes with your normal circadium rhythm and we don't need it anymore. It's harder on our bodies and our sleep.	6/21/2014 7:59 PM

11106	I feel that there is only negative effects on the health of me and many others that I know and care about that it jeopardized health being on the road and life stress	6/21/2014 7:58 PM
11107	It's an outdated concept, kids can start school at daylight time and be home at daylight time, just like farmers try to get their work done in daylight!	6/21/2014 7:58 PM
11108	Every time we switch times in the Fall or Spring it takes me three weeks to readjust to the time difference. I think it would be physically and mentally better for people to stay on one time all year long!	6/21/2014 7:58 PM
11109	Just leave it alone....I hate falling back in the fall. So depressing it getting dark at 5:30!!!! Errrrr!!!	6/21/2014 7:57 PM
11110	I see no need for Daylight Savings Time. It just complicates things.	6/21/2014 7:56 PM
11111	The current system is really only good for late night people. It really hurts the sleep of early risers and children.	6/21/2014 7:56 PM
11112	The physical distress and chaos caused by changing the time adults--and ESPECIALLY CHILDREN--have to awaken is significant. A 2-year-old does not distinguish such things and is reluctant to change sleeping patterns on a governmental whim, nor does it help ANYTHING to have the change. All it does is make kids have to walk to school in the dark, make everyone tired and cranky, cause illness due to the stress and lack of sleep, and make us have to change our clocks. It's a ludicrous practice, especially in the modern age. The human body is meant to have a consistent sleeping schedule; throwing that off creates a definite strain. If anything, it changes the WRONG direction, but the change is just BEYOND STUPID and is long, LONG overdue to end.	6/21/2014 7:55 PM
11113	If we fall back it would make it easier for parents to put their kids in bed in summer and we will retain sunlight during the days in the winter.	6/21/2014 7:55 PM
11114	Daylight savings is too difficult on the body to adjust two times a year. The extra sunlight isn't worth the hassle. We already live in a 24/7 society, sunlight is not needed to extend business hours any more!	6/21/2014 7:55 PM
11115	It is disruptive with the body clock. It may only be 1 hour but it takes weeks to readjust especially for young children. There is no real benefit to daylight savings.	6/21/2014 7:54 PM
11116	DST creates more problems than it solves. It is outdated and should be reversed worldwide.	6/21/2014 7:51 PM
11117	Changing the time twice a year causes havoc with children's sleep schedules. It's a nightmare for parents. It's also difficult for young children to go to bed early when it's light outside. I'm thrilled that we might be able to do away with changing the clocks! It serves no useful purpose.	6/21/2014 7:51 PM
11118	I see no value in it.	6/21/2014 7:51 PM
11119	Daylight Savings should be done away with completely. Let's join Arizona and stay with them. I've heard various reasons for doing DST but none of them have ever made sense. We mess up sleep habits twice a year. Daylight is daylight and any benefits are cancelled out, especially since, for some strange reason, Daylight Savings has been extended to the point that it is almost pointless to go off it. I prefer sticking with Arizona's time schedule, but we should either do that or make DST the permanent default time all year long.	6/21/2014 7:48 PM
11120	It's a waste of time and resources. It is hard to persons health	6/21/2014 7:48 PM
11121	Eliminate the time shift!! It is hard on bodies and mental health!	6/21/2014 7:48 PM
11122	I grew up in AZ, and it was MUCH better! It's ridiculous that we have to change our sleep habits twice a year for no reason.	6/21/2014 7:47 PM
11123	Enjoy the long summer nights immensely. Also very much like the light earlier in the morning in winter. I believe it is safer for children going to school. Our bodies respond to light. Having it earlier gets our bodies up and going.	6/21/2014 7:45 PM
11124	It takes a good week or two for our bodies to adjust, especially when we spring forward. It is difficult for my students to transition.	6/21/2014 7:45 PM
11125	I would align with Arizona to help lessen the confusion.	6/21/2014 7:44 PM
11126	I don't feel it does anything for anyone except cause havoc on your internal clock. I'm sure the adjustment back and forth isn't good for your health either. I lived in Hawaii for 4 years and loved not making the change. You have the same number of hours of daylight regardless of whether you move forward or backward, so just keep it the same!	6/21/2014 7:42 PM

11127	I don't think Daylight Savings Time is relevant in this day in age. Let's just keep it at one time (mountain time) and call it good.	6/21/2014 7:41 PM
11128	I like long summer days and the extra hour in the evening not morning	6/21/2014 7:41 PM
11129	I don't feel strongly about which is better,but please keep whatever you do the same all year long. I didn't see this as an option so I picked getting rid of daylight saving time.	6/21/2014 7:41 PM
11130	Arizona has a reasonable motivation to remain on MST to help those that work outside mitigate the heat a bit. We're further north and the differences between the amount of daylight in the summer and winter provides the case for making the shift to MST in the winter and MDT in the summer.	6/21/2014 7:41 PM
11131	Daylight savings time does not save any daylight and has been shown to not save any money either. It has been shown to be bad for our sleep patterns as well. Daylight savings time should go away.	6/21/2014 7:40 PM
11132	It's silly, and time to change. Pick one time, stick with it, and quit changing back and forth every 6 months.	6/21/2014 7:37 PM
11133	END DSTupidity Changing the clocks twice a year is costly and dangerous - and unnecessary. Studies show the switch to Daylight Savings Time can require up to two weeks for your body to adjust to the time change, causing increased fatigue and a drop in your performance and productivity. Each year, the Monday following the spring change results in an increase in traffic fatalities, and the incidence of heart attacks increases during the week following the spring change. Messing with our clocks is unhealthy and pointless. It's also not family-friendly. Causing it to stay lighter longer in the evenings creates problems for families of young children who have difficulty going to sleep when it's still light outside. Pushing bedtime back an hour is not the answer; that results in inadequate levels of rest for the children. There is no valid, data-based rationale for continuing the inane policy of changing the clocks, while there is plenty of evidence supporting the abolishing of the practice. It is nothing more than government hubris to believe that manipulating the clock can "save" daylight or have any other impact on nature's cycles - other than making life more difficult, dangerous and unhealthy for humans. From a legal standpoint, pursuant to the federal Uniform Time Act of 1966, the states can choose whether to participate in DST or not. (Of course, the 10th Amendment makes the Uniform Time Act moot anyway.) But even working within the confines of that federal law, there is no reason for any state to continue the practice.	6/21/2014 7:37 PM
11134	Please get rid of daylight savings.	6/21/2014 7:36 PM
11135	Please please please get rid of it. For adults, it's not difficult to adjust schedules. For young children, it's a nightmare. As soon as I get my kids finally in a routine, daylight savings time switches on or off again and we start all over.	6/21/2014 7:35 PM
11136	Daylight Savings is positively archaic. It's a remnant of an older society; with the advent of electric light, the need to "conserve daylight" was abolished years, decades, centuries ago. Can we please move on?	6/21/2014 7:35 PM
11137	Throws off the students for at least a week. Hard to get any learning done until their bodies adjust.	6/21/2014 7:34 PM
11138	As a high tech employee, DST is a major frustration to the computer industry. Millions of dollars have been spent dealing with the frustrations caused by calendar entries being goofed up among other things. Also working for a global company has its challenges as different countries observe DST at different times. We are constantly patching servers with new DST rule sets when governments make changes.	6/21/2014 7:34 PM
11139	It's nothing but a waste of time and messes with too many peoples schedules. Time just needs to stay the same constantly.	6/21/2014 7:33 PM
11140	I think it's dumb. Messes with work and sleep schedules. Just leave the time be!	6/21/2014 7:33 PM
11141	My best reason is that it is easier for kids to get back in the rhythm of sleep for when summer ends and school starts. I have loved the different seasons in Utah and I think Daylight Savings lends itself to those. Keep it, PLEASE!	6/21/2014 7:33 PM
11142	Utah as a state needs to do more to save the environment. We have too many trucks and cars that is behind on smog checks...our air is polluted. We need to do everything possible to make sure that our children and grandchildren can live healthy in this beautiful state.	6/21/2014 7:33 PM
11143	It is difficult to make the transition when the time changes if you are working or in school. In the first few days or weeks, I have found that I am very tired and have a difficult time focusing.	6/21/2014 7:31 PM

11144	leave the time alone. we do not need to change it 2 X a year.	6/21/2014 7:31 PM
11145	I only want to do this if the entire western states join us.	6/21/2014 7:26 PM
11146	Personally, I like the light late into the evening in the summer, but the transitions are always rough. I wish there was a way to have daylight savings happen gradually.	6/21/2014 7:25 PM
11147	It is very difficult to lose an hour of sleep when you need to be awake and aware at work at 7 am. My body takes a month to adjust.	6/21/2014 7:23 PM
11148	I really don't care if we align with the other states (except that it makes sense to have the same time as our neighbors, or create a new Day Light Saving Time, as long as it does not change back and forth.	6/21/2014 7:20 PM
11149	I wish that we could have our time be on daylight savings time all year round!	6/21/2014 7:19 PM
11150	I do not see the purpose for going to daylight savings time. It is really hard on children to adapt to the changing schedules.	6/21/2014 7:18 PM
11151	I believe Daylight savings is a total waste. Keep the time the same and adjust to sunrise and sunset. That's what our bodies were made to do.	6/21/2014 7:18 PM
11152	Daylight savings makes it so that when my husband gets off work it is already dark. As he goes to work early, he never sees the light of day for months. It is so unhealthy and also messes with my internal clock and my kids always struggle for at least two weeks following both changes. I can't tell you how many times we have showed up late or early to church. It is a hassle and I have always wished it would just disappear.	6/21/2014 7:16 PM
11153	Daylight savings shifts are very disruptive to the life and schedule of infants and children and their parents and we have lot of those in Utah. It also seems like there are a number of accidents and even deaths that happen when the sudden shift is made and cyclists and children going to school are put out in the dark morning with drivers who haven't adjusted.	6/21/2014 7:15 PM
11154	Too many devices/clocks/timepieces=Too little time to keep changing clocks and/or lifestyle to fit the "untimely" change(s)!!! End Daylight Savings once and for all!!!!	6/21/2014 7:15 PM
11155	I think people are being lazy and not reponsible when they blame the time change on accidents and not being able to function with the time change. Go to bed earlier and stop whining	6/21/2014 7:14 PM
11156	healthier!	6/21/2014 7:13 PM
11157	It gives us more time in the summer evenings for recreation or yard work.	6/21/2014 7:13 PM
11158	We have a society of change without having to change clocks twice a year, it doesn't make any sense	6/21/2014 7:12 PM
11159	The reasoning way back when DST was established is no longer germane or valid. It is a ruling on the books that has outlived it's usefulness	6/21/2014 7:12 PM
11160	I absolutely hate daylight savings! Every 6 months we mess with our internal clocks. DLS is completely outdated and needs to be eliminated!	6/21/2014 7:12 PM
11161	Just leave the clock alone, we don't need to change to another "time zone' which is all daylight savings time is...	6/21/2014 7:11 PM
11162	It's really disruptive and messes me up for about a week as I adjust to the new sleep schedule. It also causes problems with people working that next day, usually causing someone to miss some work they didn't mean to.	6/21/2014 7:09 PM
11163	DST has never made sense to me. It does not save any time. It is just another nonsensical waste of time and something else I have to remember.	6/21/2014 7:08 PM
11164	It seem people on daylight saving time as soon as it goes into effect, are a lot more tired. When it's time for kids to get to sleep it's still daylight and its hard to get to sleep. Put it back on standard time PLEASE!!	6/21/2014 7:08 PM
11165	Unnecessary and inconvenient	6/21/2014 7:07 PM
11166	I absolutely despise the time changes. Every spring, every one in my family of 6 gets a cold. The main reasons it was instituted are obsolete--we have electricity/artificial light. Ok, a silly solution, move the time forward or back 30 minutes and leave it year round.	6/21/2014 7:06 PM

11167	I prefer Standard time year -round. This is because every timer we switch time several students are hit by cars. Many are killed. Just look back and check. You will see that it happens year after year.	6/21/2014 7:06 PM
11168	It was wrong when it was started and the reasons to keep it are still wrong. The move did not save fuel but it causes people to lose sleep every time the clock is switched to DST.	6/21/2014 7:06 PM
11169	DST is a huge headache in the tech industry. Anything that can be done to support changing time, I am in favor.	6/21/2014 7:05 PM
11170	It no longer serves a purpose. It is hard on everyone to adjust.	6/21/2014 7:05 PM
11171	It always seems to cause more problems than any offsetting benefits. For me, it destroys my sleep pattern because it is light so much later & I do my exercise walking in the cool of the evening. I live in St. George. I strongly support a change as does my wife. I do not know a single person who is in favor of DST including our 9 children and their families. I also find no one in our church group that is in favor of keeping DST. Those in favor must be a small percent of the states population. Thank you for going through this process.	6/21/2014 7:05 PM
11172	Switching DST will cost all businesses. The last time the DST rules changed I worked as an IT manager for a 300 person local company. The effort to change all of the computers, time clocks, and software to follow the new rule was significant. Changing would hurt business far more than help it.	6/21/2014 7:04 PM
11173	Keep us an hour ahead all year long. Need the extra time after work to enjoy Utah in the light!	6/21/2014 7:04 PM
11174	I feel like changing our clocks twice a year reflects an agrarian society that is outdated. I believe it would be better for our health not to change times.	6/21/2014 7:03 PM
11175	Don't like the change.	6/21/2014 7:03 PM
11176	The ideal would be to have daylight time kept all year round ("CREATE"), but the best path to abolishing the daylight savings switch is to make a coalition of like-minded states that can influence the rest of the country. Thus, ALIGNING with Arizona is the most pragmatic course of action.	6/21/2014 7:03 PM
11177	People are making decisions based upon emotion associated withthe one day of the year where they lose one hour of sleep. Utahns, make the logical choice. I have friends in Atizona who often comment how annoying it is that their state is not on the same time as the rest of the country. Do we really want it to get dark at 8:00 on a beautiful. Summer evening? Do we want to have the sun wake us up at 4:00 in the morning? We will lose more sleep than the one hour	6/21/2014 7:03 PM
11178	There is no advantage to the silly bother of changing clocks back and forth. The physical adjustment is well known and darkness by 4 pm in the winter is depressing!	6/21/2014 7:02 PM
11179	Even when we do fall back or spring forward, the hours so seem messed up to me, might as well stop messing with it.	6/21/2014 7:02 PM
11180	It doesn't really matter to me. Except I think it would be stupid to make up a new one. Talk about getting confusing.	6/21/2014 7:02 PM
11181	I hate the changes, hard to get used too,upsets everything from eatting and sleeping, just when I get used to it, it changes again.	6/21/2014 7:01 PM
11182	It would be nice to have more light during the winter months and not get messed up with work with the time changes every 6 months.no daylight savings would be awesome!	6/21/2014 7:01 PM
11183	I think dst was useful when more farming was done and when the sun was a clock. It is really not useful now. It actually messes my family up. It takes weeks to adjust to the time adjustment in the spring and fall.	6/21/2014 7:00 PM
11184	There is no advantage to the silly bother of changing clocks back and forth. The physical adjustment is well known and darkness by 4 pm in the winter is depressing!	6/21/2014 7:00 PM
11185	I feel that the benefits do not outweigh the risks of injury and personal health for switching back and forth. I would like stop worrying about switching clocks and just stay aligned with the same time as AZ	6/21/2014 6:59 PM
11186	Because I don't have as hard of a time adjusting to this spring forward times as I do the fall back time. That one is horrid!!!!!	6/21/2014 6:58 PM

11187	There is just no need for it. The argument that it gives farmers more time to get their work done doesn't make sense. The days get longer in the summer. Changing the clock 1 hour doesn't change that. Farmers can still get up an hour earlier if they have to, without having to change the time. At this point daylight savings is just unnecessary.	6/21/2014 6:58 PM
11188	there is no logical reason to keep switching back and forth leave it alone like Arizona, hard to get used to Everytime it changes.	6/21/2014 6:58 PM
11189	Leave it alone or leave more sun in the evening year round	6/21/2014 6:58 PM
11190	Daylight savings time is silly. In reality, it gives us nothing that isn't already there, other than something to complain about twice a year, (or rather more frequently, in my case).	6/21/2014 6:57 PM
11191	I have a difficult time adjusting to the time changes and would prefer not to change time twice a year.	6/21/2014 6:57 PM
11192	I don't care which way it goes. I just think it's silly to go back and forth. Please quit changing.	6/21/2014 6:57 PM
11193	Much prefer the Spring forward option. It helps tourism for certain and Utah brings in Millions of dollars from tourism. It would also be better for children, their parents, and anyone working shifts to not have to re-adjust twice a year. Plenty of studies have shown that the change is can affect health. PLEASE keep it as the current time we currently have for spring, summer, fall.	6/21/2014 6:57 PM
11194	Get rid of it! It serves no purpose today.	6/21/2014 6:57 PM
11195	I enjoy daylight savings time because It's very helpful to have sunlight out side when I come home from work so that I can do other outdoor chores or activities.	6/21/2014 6:56 PM
11196	I see little benefit to maintaining daylight savings time. I feel that there is more harm caused rather than benefits in having to change the times twice a year.	6/21/2014 6:56 PM
11197	I prefer the daylight hours that we now have. I have stayed in Tucson many times at friends, and I HATE how light it gets so early, or how dark it gets so early at night without the daylight savings. It's beneficial for my business, and it's also beneficial for my family's farming business. Please KEEP IT!	6/21/2014 6:56 PM
11198	Daylight Saving Time is outdated and creates nothing but inconvenience and unnecessary complications.	6/21/2014 6:56 PM
11199	Arizona does not change to Daylight Saving Time and it confuses visitors at Grand Canyon National Park, where I work in a visitor center. They may have just come from Utah and maybe spent some time on the Navajo Reservation, where DST is also observed. The mountain states need to all be on the same time - all year.	6/21/2014 6:55 PM
11200	It just makes sense.	6/21/2014 6:55 PM
11201	I love it. It's nice to be able to hang out with my family in the evenings and have sunlight. Also very helpful for golf planning.	6/21/2014 6:54 PM
11202	I enjoy coming home from work and still have daylight to work in the yard or recreate. The hour of daylight we would gave at 4:00 am if we didn't switch would be worthless.	6/21/2014 6:54 PM
11203	Daylight Savings Time was invented by farmers for farmers before the advent of the light bulb and alarm clock. Now that we have those things, DST is utterly useless and needs to go the way of the Dodo bird.	6/21/2014 6:53 PM
11204	i feel like the economic impact is huge. The morning hour goes by so quickly and is barely noticeable but that extra hour after work to take the kids to the park, go out and eat, go swimming, camping, or what ever is so nice, I would very much like to have daylight savings stay our new standard time. in the winter you get up and go to work in the dark and come home in the dark it would be so much better to go to work in the dark and come home with some daylight.	6/21/2014 6:53 PM
11205	Daylight savings really messes with the body. I totally throws off children who have disabilities and are time aware and very rigid in their thoughts and ideas regarding time.	6/21/2014 6:51 PM
11206	Switching back and forth is extremely hard on the body. I don't really care which one you pick, but demolish the flipping back and forth.	6/21/2014 6:51 PM
11207	It's so hard for my body to adjust to the different time. It takes about two weeks to get back to normal. I have also noticed once school has started and we have daylights savings time, there are a lot of kids who get hit by moterist in the mornings because it is too dark.	6/21/2014 6:51 PM

11208	Once it had a purpose and met a need, but now it only causes havoc.	6/21/2014 6:50 PM
11209	I hate the time change twice a year. Just leave it at one or the other.	6/21/2014 6:49 PM
11210	This is an annoying waste of time. Really is this the most important issue facing the Utah business community.?	6/21/2014 6:49 PM
11211	I love having the daylight extend into the evening hours during the summer. It is nice having an extra hour of daylight after work.	6/21/2014 6:48 PM
11212	Our family would love to have either standard or daylight savings time in place year round. I'd prefer daylight savings time, but either one would be better than switching back and forth. Thank you.	6/21/2014 6:48 PM
11213	We don't need it anymore. It is an unnecessary disruption in the lives of the people of Utah.	6/21/2014 6:47 PM
11214	I would really like to see the USA go to two time zones as some have proposed. That plan makes total sense in many ways. Second best is just get rid of DST.	6/21/2014 6:47 PM
11215	Get rid of daylight svings!	6/21/2014 6:47 PM
11216	There's something nostalgic and exciting with DST. It's fun to notice the changes the day after. Just keep it.	6/21/2014 6:46 PM
11217	Ideally, the whole world would just use Greenwich Mean Time, and then we'd never have to wonder what time it was elsewhere.	6/21/2014 6:45 PM
11218	I am definitely affected by the darker long days created by DST. I am less productive at work and at home. I am sure that I am not the only one effected physically and mentally. When we "spring ahead" my mood is more up and with the longer daylight days it creates, I am much more productive at work and at home. Thank you for considering this change!	6/21/2014 6:44 PM
11219	I would like us to do away with it. Stay like Arizona.	6/21/2014 6:44 PM
11220	DST is very hard on children, and the people who care for children.	6/21/2014 6:43 PM
11221	I like regular time not Daylight savings.	6/21/2014 6:43 PM
11222	http://www.nytimes.com/roomfordebate/2014/03/06/daylight-saving-time-at-what-cost/the-economic-toll-of-daylight-saving-time	6/21/2014 6:42 PM
11223	Not sure any are what I want. I would prefer to pick one and stay with it, preferrably the current spring forward time. Most of my family have an internal biological clock that never changes, so when we fall back in November we are waking up by 4 AM instead of 5--and never adjust! This also includes extended family with small children that do the same thing. For those who have no problem sleeping regarless of the time, they probably don't care, but it is a nightmare all the time trying to adjust for my family.	6/21/2014 6:41 PM
11224	It was meant for farmers...I lived in AZ for a year and it was nice Not having to worry about it	6/21/2014 6:40 PM
11225	Daylight savings doesn't DO anything except confuse people and make them an hour late/early the next day. We don't alter our schedules and certainly don't use less electricity. There is just no point.	6/21/2014 6:40 PM
11226	Do away with daylight savings. I would love to have dusk prior to bedtime not after.	6/21/2014 6:38 PM
11227	Daylight savings serves little purpose aside from throwing out internal clocks off twice a year. It causes an increase in accidents	6/21/2014 6:38 PM
11228	I don't like it when there is daylight savings because it messes up your sleep pattern. It's not healthy. I like the schedule in the spring and summer.:)	6/21/2014 6:38 PM
11229	I hear things like daylight saving time gives kids more light in the morning for school. I cringe because in the fall we adjust clocks back to daylight standard time. No longer is the need to move daylight to the evening hours in summer. Independent studies have shown this is more expensive with current technologies (A/C costs are an example). It's time to simplify and stay on standard time year round.	6/21/2014 6:38 PM
11230	I don't like it when there is daylight savings because it messes up your sleep pattern. It's not healthy. I like the schedule in the spring and summer.:)	6/21/2014 6:37 PM
11231	When farming was the mainstay of American life daylight savings time was helpful, but in today's society it is no longer needed.	6/21/2014 6:37 PM

11232	I like more daylight in the morning. I think it is safer for students to go to school in the AM with more light. I live in St. George...it is light until 9:45 now!	6/21/2014 6:37 PM
11233	Keep Daylight Savings Time ALL year!!!!	6/21/2014 6:36 PM
11234	DST is no longer needed. We have lights. Farmers are up before dawn, regardless of what time it is.	6/21/2014 6:35 PM
11235	I hate DST. Please get rid of it!!	6/21/2014 6:35 PM
11236	Would like Daylight Saving Time (DST) to be discontinued one way or the other. Would prefer the "ALIGN" option, but would be fine with the "CREATE" option too.	6/21/2014 6:29 PM
11237	It messes up people's biological clocks and is hard on young children. Plus, there is no need for it. The amount of daylight remains the same, regardless of what time it begins and ends. Also, I hate that when it starts to get lighter earlier in the morning, daylight savings comes along and makes it dark again. I'd rather go to bed when it's dark and get up when it's light; not the other way around.	6/21/2014 6:27 PM
11238	No compelling reason to change.	6/21/2014 6:26 PM
11239	I prefer to have more light when I'm awake. If Utah goes back to MST, I don't like the idea of the sunrise starting around 4 or 4:30 in summer then setting around 8:30-9.	6/21/2014 6:25 PM
11240	Simplify.	6/21/2014 6:25 PM
11241	Let's be on normal time, PLEASE.	6/21/2014 6:24 PM
11242	The extra hour of daylight in the evenings is SO nice! Changing time twice each year is not. So, why not just keep the good daylight time all year??	6/21/2014 6:23 PM
11243	I would prefer a solution similar to the one used by Arizona. I think it is healthier for the body to not have to adjust back and forth between daylight and MST.	6/21/2014 6:21 PM
11244	The current system is hard on anyone with children who must change their meal and bedtime schedule twice a year to accommodate what business and school schedules do. It is also hard on anyone on medications that must be taken at certain times of the day or with meals because these must generally be changed slowly over the course of a week or more so there will not be adverse side effects. This affects a significant portion of our population here in Utah where we have high numbers of people who fall into each of these categories. In this century, I don't see any advantage to Daylight Saving Time, only significant disadvantages.	6/21/2014 6:20 PM
11245	It is ridiculous to have jet-lag twice a year. I can't imagine the loss of productivity it produces	6/21/2014 6:20 PM
11246	Everyone I have ever talked to hates DST. It messes up our bodies and plays havoc on school children's and workers' ability to focus and be productive.	6/21/2014 6:19 PM
11247	I hate dealing with daylight saving time because of what it does to our kids. Our son can only sleep if it's dark out, and currently that means 9:30 or 10pm. Would definitely prefer just keeping the same time all year round, and I prefer what it currently is in the winter.	6/21/2014 6:18 PM
11248	After reading the KSL article on the Daylight Saving Time issue I found one comment that supposedly expressed the feeling of the supporters of DST and I think the statement bears more careful thought. The statement in part said that DST "gives ranchers and farmers more daylight to complete work". Really? Sounds like City Folk to me!	6/21/2014 6:18 PM
11249	Leave it alone!	6/21/2014 6:18 PM
11250	Prefer more daylight in PM upon getting home from work.	6/21/2014 6:17 PM
11251	Daylight savings time does not create any more daylight. It only changes the clocks. Cows don't care and plants don't care about the time. All they know is the sun comes up and goes down. I prefer the daylight savings schedule, but could be happy with either as long as we don't keep changing the clocks. The amount of daylight is the same no matter what we do with the clocks.	6/21/2014 6:17 PM
11252	There is no longer a clear benefit to DST, but I have seen increase in maladaptive behaviors from patients with dementia and autism when changing times.	6/21/2014 6:17 PM
11253	Leave time alone! Either stay with one or the other but quit changing it!	6/21/2014 6:16 PM
11254	I don't like the changing back and forth. Either stay with AZ or stay year round on DST.	6/21/2014 6:16 PM
11255	Daylight savings shifts effect our students considerably in both months. Not only do I hate the time shift for personal reasons but it throws off students for up to a week twice a year too. This results in our already precious instructional time being far less effective.	6/21/2014 6:15 PM

11256	Just don't fall back. Part of the drag of winter is how early it gets dark. The morning doesn't matter that much as far as daylight goes. Just keep Daylight savings as the permanent time.	6/21/2014 6:14 PM
11257	Daylight savings is very hard on school children. I support either option that represents NOT changing the clock twice a year, but I prefer to share the same time as neighboring states such as Arizona.	6/21/2014 6:13 PM
11258	Can't see how changing times in Utah helps any of us. Causes caous in schools, the work place and in the home. Either leave it one way or the other!!!!	6/21/2014 6:13 PM
11259	serves no perpose	6/21/2014 6:13 PM
11260	I started to dislike the time change more after I had my first child. It messes so much with everyone's normal cycle. I don't feel it is the least bit beneficial.	6/21/2014 6:12 PM
11261	I would just like to go back to not having Daylight saving. I don't feel like it makes that big of a difference and is always hard to get used to every time we change . Thank you, Renee	6/21/2014 6:12 PM
11262	DST is no good! It takes time to get used to and once you adjust its time to move back/forward again. Arizona has it right! Let's do away with this outdated practice.	6/21/2014 6:12 PM
11263	Winter it gets dark at 5pm!!! Summer at 9:30!! Balance this out!! http://youtu.be/84aWtseb2-4	6/21/2014 6:12 PM
11264	With gardening, yardwork and outdoor recreational activities, having it be light until much later in the day is so perfect.	6/21/2014 6:12 PM
11265	I see no benefit to changing the clock. It does not create more light or make me use less electricity. It only causes sleep issues. Please stop touching the clock.	6/21/2014 6:11 PM
11266	love the longer hours of daylight!! Able to get more done!!	6/21/2014 6:11 PM
11267	Mother Nature gives a certain amount of daylight each day. No matter how we set our clocks, that fact will not change. There is no way to "save daylight" so we should set our clocks once and let it be.	6/21/2014 6:09 PM
11268	Changing is difficult and spring forward feels more natural for the time of day when we do change.	6/21/2014 6:08 PM
11269	Hate driving both ways to work in the dark.	6/21/2014 6:06 PM
11270	I find daylight savings time to be distuptive of daily life.	6/21/2014 6:05 PM
11271	It is a waste of sleep. We don't need to have it anymore.	6/21/2014 6:05 PM
11272	I really don't care one way or the other. I just hate whenever I have to switch my clocks it takes my kids a good week to adjust.	6/21/2014 6:04 PM
11273	I don't see the necessity of it. When it happens I lose business because people show up late to their appointments or not at all because their sleep gets messed up.	6/21/2014 6:03 PM
11274	Leave it the time we are in now all year long. Not change it at through the year. The winter who cares if it gets dark at 4:30	6/21/2014 6:01 PM
11275	I feel that the time change is pointless.	6/21/2014 6:01 PM
11276	Daylight saving time is misunderstood by many and irrelevant to today's society. It is worth the trouble to simplify the perpetual nuisance of changing clocks twice a year.	6/21/2014 6:01 PM
11277	I think changing the time twice a year is archaic and not needed in our day and age. I think we should stay on daylight time, though, so that it's light later in the evening rather than early in the morning. That would allow full-time workers to see some sun after work, which could help with Seasonal Affective Disorder.	6/21/2014 6:00 PM
11278	I have struggled with time change while working for many years. It affects my performance and the way I feel every Spring. I do however understand and will always support the safety of children regardless of my situation. I just personally prefer not to change the time.	6/21/2014 6:00 PM
11279	Daylight Savings Time is unnecessary, it's like voting on Tuesdays, simply a tradition.	6/21/2014 5:59 PM
11280	With the increased use of electronics in everyday life I do not see the power savings this once may have earned.	6/21/2014 5:58 PM

11281	Daylight savings has been moving its' ends together (starting date and ending date) for some years now. I feel that the benefits to going back to standard time for a shorter and shorter period isn't worth the hassle and adjustment. Not only is the time change hard on me personally, but it is really hard dealing with helping my children adjust to the time change as well. I enjoy the extra sunlight hours the rest of the year, but would be fine staying on daylight savings the remainder of the year.	6/21/2014 5:57 PM
11282	I feel that because of Daylight Savings Time, we lose money, sleep and valuable time. It is unnecessary and hurtful.	6/21/2014 5:57 PM
11283	I would like to see us stay on DST year round!!!	6/21/2014 5:57 PM
11284	I think it is stupid to have a time change. If people need to work in the daylight they work when it's light regardless of what time it is. If people don't need daylight to work then what difference does it make? The switching back and forth is asinine in my opinion.	6/21/2014 5:55 PM
11285	I think that removing Daylight Savings Time will help many, including myself, not lose sleep or have a hard time getting up for work due to the change. For me and many members of my family, the time change affects our sleep schedule in pretty similar ways, making it hard for us to get regulated again for a week to a month.	6/21/2014 5:53 PM
11286	This current system we have of switching the clock back and forth twice a year is strenuous on our bodies. Here is a great article that looks at several ways that daylight saving time is costing us. http://www.businessinsider.com/economic-and-health-effects-of-daylight-saving-time-2014-3	6/21/2014 5:52 PM
11287	I would love to have the time stay on daylight savings all year long!	6/21/2014 5:52 PM
11288	It messes up my sleep for a few weeks.	6/21/2014 5:51 PM
11289	Daylight savings time is an artifact of a bygone era when working in agriculture was the predominant way of life. It has little beneficial effect on the majority of the population.	6/21/2014 5:50 PM
11290	Get rid of daylight savings.	6/21/2014 5:50 PM
11291	We are no longer an agrarian society, it's NOT necessary to challenge us like twice a year with this! The change is SO hard on nearly every age person. I have long hated it.	6/21/2014 5:49 PM
11292	Too bad you can't split it and keep it year round! (1/2 hour)	6/21/2014 5:49 PM
11293	I Actually do not care if we fall back or stay. I just want time changing to stop. Pick a time and leave it. Please. Working at the school it is do hard on kids for over a week each time it changes.	6/21/2014 5:49 PM
11294	I hate changing every spring and fall. It would be easier if we just stayed with one time all year round. Plus, for those of us with kids, it's really difficult to get them adjusted to the new schedules.	6/21/2014 5:47 PM
11295	Daylight savings is an archaic practice and it is time to end it. As an educator I see the effects it has on students and it can take weeks for them to adjust. We don't need it - let's just end it.	6/21/2014 5:47 PM
11296	I prefer we never change after aligning with Arizona. The time changes make no sense in today's age, and probably account for lost productivity.	6/21/2014 5:46 PM
11297	Keep DST all year long! More sunlight and not having to change our routines and sleep schedule twice a year.	6/21/2014 5:45 PM
11298	I believe it would be most beneficial to keep Mountain Daylight Time all year long.	6/21/2014 5:43 PM
11299	We are no longer an agricultural society. The savings once thought as essential are no longer relevant in the technology age.	6/21/2014 5:43 PM
11300	I wish they would pick a time and stay with it. Those of us that work shift work, it really throws our schedules off. When I need to get up at 3:00 am to leave for work, then along comes day light savings time and now I need to get up at 2:00 am to meet the schedule. Makes it tough...	6/21/2014 5:42 PM
11301	Though I am now retired, DST was always a problem for my children's sleep habits and my work environment.	6/21/2014 5:41 PM
11302	Let's go forward 1/2 hour and leave it year round	6/21/2014 5:41 PM
11303	Get rid of it. It serves no function.	6/21/2014 5:41 PM
11304	I know there used to be a point to it, but with the age of electricity and people working so many different hours, I feel it simply confuses things (especially small children) and is not a necessity. More of an irritation. It would be nice to have one less thing to worry about.	6/21/2014 5:41 PM

11305	I love dust and wish we stayed on it all year round. I think that is what the "create" option is suggesting?	6/21/2014 5:40 PM
11306	Isn't DST based on outdated needs? Why do we do this to ourselves?	6/21/2014 5:38 PM
11307	As a mother to young children, it is always so difficult on them when we have to change the clocks. Their little bodies are messed up for several weeks. Yes, an hour change does cause problems. It's even hard for adults to adjust.	6/21/2014 5:37 PM
11308	DST is totally unnecessary. Arizona & Hawaii get along just fine without it. So did the rest of the USA before it was reinstated.	6/21/2014 5:36 PM
11309	Just leave it one way	6/21/2014 5:36 PM
11310	I would actually prefer keeping it year round with the "Spring Forward" time because of the nice long Summer afternoons, but then we would be out of sync with the entire nation for several months of the year which could be a real problem if all the other states don't do the same, so I selected the "Standard Time" choice. Either way, it needs to go back to ONE single time. I am 61 years old and have had to put up with this nightmare since the '70's. It REALLY screws me up. It takes 2 to 3 weeks to get my brain and body back in sync after each change, and I truly hate it. It has been this way since the beginning of this mess even when I was in my 20's when it started. MAKE IT GO AWAY.... PLEASE!!!	6/21/2014 5:36 PM
11311	Fall back to the correct time. Day light savings is outdated. Arizona does and has for many years been just fine without it. Especially in the fall when it is so dark in the morning.... Ive noticed too many people especially children get hit and killed on their way school.	6/21/2014 5:34 PM
11312	I don't think there is any good use for daylight savings in Utah. Not having to adjust every fall and spring to the time change would be nice.	6/21/2014 5:33 PM
11313	I no longer believe there is any savings involved in daylight savings.	6/21/2014 5:31 PM
11314	I don't see any reason to change	6/21/2014 5:31 PM
11315	The change in time made sense when we were an agrarian centered society, but now we're technology focused. Let's ignore the nonsense of bouncing back and forth between time changes. Thank you.	6/21/2014 5:31 PM
11316	It's a stress on the body and the mind. My son lives in Arizona now and he LOVES that the time stays the same. It was great when farmers needed every second of day light for farming. Realistically, it would stay light until 9 even if we aligned with Arizona in the summer. Let's FALL BACK and STAY THERE!!!! Thank you	6/21/2014 5:31 PM
11317	I don't like having to switch times because it takes months to get used to the new time, and by then, the time switches again. I also think it will help people stay happier in the winter. I hate when it gets dark at 5p.m.	6/21/2014 5:30 PM
11318	Standard time has been getting longer. DST is just a few months. We do not need the extra hour of daylight. Just get rid of it. Plus its annoying worrying about remembering to change the clocks etc.	6/21/2014 5:30 PM
11319	I lived in Arizona for my two year lds mission. I enjoyed the fact of never springing forward or back each year. Now as a husband, parent, MBA student, and fully employed I don't see any benefit in participating in daylight savings. In fact for my children especially our toddler it screws up his sleep and nap time, so that makes frustrated parents as well. Let's align with Arizona, so we don't have the grumpy children and adults.	6/21/2014 5:29 PM
11320	The physiological impact is horrendous for the marginal benefit. The time has come to remove it.	6/21/2014 5:29 PM
11321	Daylight savings is stupid. You end up having the lights on longer and earlier.	6/21/2014 5:29 PM
11322	I like the longer light we get in the spring through fall, would hate to lose it. and we are already in that spring ahead season so just keep it this way.	6/21/2014 5:28 PM
11323	I like it for the very reason we use it today. I want longer days in the warmer seasons. I have to work daily until 5. I want to have the Sun still out for hours after I am off work for the day. I also like the children walking to school when there is light in the cooler months. IF it were to be changed, I would WANT IT to be aligned for MORE light in the evening, every day.	6/21/2014 5:27 PM
11324	I do not like it dark in the morning, nor light so late in the evening. I get up early and go to bed early, it does not suit my schedule.	6/21/2014 5:27 PM
11325	Hurts my sleep patterns. Need to stay on standard mountain time.	6/21/2014 5:26 PM

11326	I think it would be wise to keep the light in the morning hours when the buses pick up the children for school, however I do like the idea of staying the same time zone as AZ.	6/21/2014 5:26 PM
11327	As a mother I find it harder on my children switching back and forth. Also me for that matter!	6/21/2014 5:25 PM
11328	End Day Light Savings. Full Stop.	6/21/2014 5:25 PM
11329	I don't prefer one plan over another. It is the switching of times that causes havoc. Just leave it one way or the other	6/21/2014 5:24 PM
11330	There is no reason to have more light in the morning than in the evening. Plus, it's far worse for parents who have small children. That weekend is heck.	6/21/2014 5:24 PM
11331	Daylight Savings was better before Congress messed with it and added a month on both sides. Based on that, I would rather go with AZ and not change to DST.	6/21/2014 5:23 PM
11332	If it ain't broke, don't fix it.	6/21/2014 5:22 PM
11333	Daylight savings is so hard with kids. They just adjust to the change and then we change back.	6/21/2014 5:22 PM
11334	I live in Arizona near the Navajo Nation border. The Navajo Nation observes DST while Arizona does not. It can get very confusing when businesses, schools, post offices etc. in my community all observe different times.	6/21/2014 5:21 PM
11335	I'm tired of having my schedule thrown off for at least one week twice a year. Starting Daylight Savings time is especially disruptive. Other people, including one of my sons, enjoy the illusion of the extension of daylight and that is why I chose the option of creating a time specifically for Utah, which allows for the possibility of staying on Daylight Saving time and not returning to standard time. For myself I don't really care if we stay at "fall back" or "spring forward" as long as it's permanent.	6/21/2014 5:21 PM
11336	It messes up me and my kids for a week. Not a big deal you say? Try getting a 2 and 5 year old to go to bed on time after a time change. It doesn't happen for a while...	6/21/2014 5:20 PM
11337	Return to DST begins 1st week of April Ends 1st week of October	6/21/2014 5:20 PM
11338	I prefer extra daylight in the morning rather than shortly before bedtime. Mornings then seem more productive and nights more restful. Also, as a retired teacher, I abhor DST time for children. They lose sleep because it is harder to get them to bed on time, and tired children are very difficult to teach in the springtime!	6/21/2014 5:20 PM
11339	Daylight savings is nonsense. If we need to have an extra hour of daylight in the evening, simply have summertime office hours but don't mess with the clock.	6/21/2014 5:19 PM
11340	I would refer staying with the spring forward....but I don't see that we have that option. I really have a hard time with the switching back and forth. I know of several others that would love to see this pass for Utah. No more sleepless nights.	6/21/2014 5:19 PM
11341	It is silly to keep this practice up...just pick a time and stay with that. Other than causing more accidents and injuries each time we "fall back" or "spring forward" as people try to adapt to the change in time, it accomplishes little from my perspective. I walked to school from the time I was in kindergarten to high school and I lived without changing the time twice a year. It has out lived the usefulness. Just pick one time and stay there 24/7/365.	6/21/2014 5:18 PM
11342	Sun + later in the evening = wonderful. The end. :)	6/21/2014 5:18 PM
11343	I think we should do away with daylight saving time. At one time it had a purpose but I do not think that purpose exhists the same way now.	6/21/2014 5:17 PM
11344	I prefer to keep the time the same all year around. During daylight savings time changes and we spring forward, it takes a mental toll.	6/21/2014 5:16 PM
11345	If I am correct I heard that Arizona does not observe daylight savings time. I think it is a pain in the rear and I would rather not do it.	6/21/2014 5:16 PM
11346	I don't have much knowledge of the impact daylight savings time has on our economic/educational status but from what I have read and experienced personally, education is important to me and having to go through daylight savings time effects my school schedule and my work schedule. Daylight savings time, in my opinion, is a nuisance. I think that the Utah legislature should consider education for kids especially when deciding what to do. I hope that they decide to get rid of daylight savings time altogether and join Arizona's time schedule.	6/21/2014 5:14 PM

11347	Going on and off daylight savings time is a hassle. I don't think it is healthy to have to "reset" your biological clock, and there is no real benefit to the time change.	6/21/2014 5:14 PM
11348	Keeping daylight savings in place allows me to make the most of the light available throughout the entire year.	6/21/2014 5:14 PM
11349	We should not move back an hour in the fall. It does not benefit anyone to have the sun set earlier in the winter when the days are already shorter.	6/21/2014 5:13 PM
11350	I see absolutely no reason to continue switching back and forth between times twice a year, it is ridiculous. I actually don't care which time is chosen, but I say pick a time and stick to it. The only reason I would chose to stay aligned with Arizona is for simplicity sake. If we didn't have light bulbs, then maybe I could see a point to changing between times, but please lets stop the ridiculousness of daylight savings. It does not save money, it creates confusion, and worst of all, makes my kids cranky, so please, can we follow Arizona's lead and move away DST?	6/21/2014 5:13 PM
11351	I would love to have something constant and NOT change the time. It doesn't help with anything and it is awful trying to not only adjust myself to the time change but my kids as well.	6/21/2014 5:12 PM
11352	Make Daylight Saving Time year round! Eliminating Standard Time would allow more daytime hours year round.	6/21/2014 5:10 PM
11353	All daylight savings does for me is mess up my sleep pattern just leave nature alone	6/21/2014 5:10 PM
11354	Let's move to Central Standard Time with no DST (i.e. make DST permanent). It would solve two problems: 1) Painful (and sometimes deadly) transitions to and from DST 2) Lack of daylight hours in the evening over the winter. This might very well improve mental health, especially for people stuck in a windowless office all day like me. I might actually see the sun in the winter! I love the outdoors and love having the extra hour of daylight when it is useful, after work. To those who don't go outdoors, what does it matter to them? And to the argument that kids walk to school in the dark, how many kids walk to school at this point and how many extra days would it actually matter for? More daylight hours might make them healthier anyway. DST is already extended to most of the year anyway, let's just extend it so that it never goes away. And if this isn't an option, please retain DST. It's better than nothing. I would also like to see this argument for CST presented to people as a separate option. A lot of people might be okay with the idea of CST if they knew that the transitions DST would go away.	6/21/2014 5:09 PM
11355	Longer daylight in summer is beneficial.	6/21/2014 5:08 PM
11356	It needs to stay the same as AZ. Changing it just causes sleep problems and higher energy cost due lights on earlier...	6/21/2014 5:08 PM
11357	DST is "for farmers" but farmers don't work by a clock, they work by the sun. It "makes it easier for kids waking up for school" but DST changes time in summer, not winter. We've got so much sunlight in the summer, we really don't need to conserve it. Just stop messing with the clocks, please.	6/21/2014 5:08 PM
11358	To hard to adjust to twice a year and it gains nothing unless your a golfer which I'm not.	6/21/2014 5:07 PM
11359	Fall back and keep it that way. I'm an early riser and an early sleeper as well. I'm more productive earlier in the day!	6/21/2014 5:06 PM
11360	Please keep daylight savings time. If u get rid of it it would be light at 5 am in the summer! Please think of the children and let them sleep one more hour in the summer. Think of the mothers, let us all sleep please. Seriously, what's the advantages? None. And do we really want to be a weird "off" like Arizona for half the year? No. Will changing it make everyone in Utah start work an hour earlier? No. Never happen. People have a hard enough time getting to work on time no matter the season (DST or standard time). Keep DST!!!	6/21/2014 5:05 PM
11361	The transition into and out of daylight saving time cause more difficulties. There have been statistics showing increased accidents and health issues, and I can believe that it true. The time change is no longer the benefit, with electricity and modern conveniences schedules are not as linked to daylight hours as they were in past times.	6/21/2014 5:05 PM
11362	Changing back and forth is hard on the body. It honestly doesn't do much other than cause my body to be out of wack.	6/21/2014 5:03 PM
11363	Basically, it has no purpose.	6/21/2014 5:02 PM
11364	Changing the time back and forward during school time is very hard on everyone. I would like to set it and leave it year round. :)	6/21/2014 5:01 PM

11365	I like the sun rising at 6 am and setting at 9 pm.	6/21/2014 5:01 PM
11366	It doesn't matter what time it is! The sun will rise and fall whether you change the time or not!	6/21/2014 5:00 PM
11367	It makes sense to use daylight savings - as it helps maximize the daylight hours in the summer. Yes, it's hard to get up that first Monday in the spring, but one brief span of discomfort is made up for in a summer of more usable hours per day.	6/21/2014 4:59 PM
11368	I feel it is a waste of time. Where so much can be done online or later at night,(with 24 hour stores) I see little need to keep it. Arizona and Hawaii do fine without it, we can too.	6/21/2014 4:59 PM
11369	Don't like it. Too much stress and hassle for not many benefits, if any	6/21/2014 4:58 PM
11370	I like having long summer evenings to recreate!	6/21/2014 4:58 PM
11371	Daylight savings time doubles the days when you look into the sun when driving to work. It also makes it very hard to get kids to bed since it stays light so long.	6/21/2014 4:58 PM
11372	I feel that changing the time twice a year is detrimental to all. We spend two full weeks acclimating our bodies to the "new time" or the "right time" while we lose sleep and productivity. School age children are also negatively affected as they are suddenly expected to eat lunch an hour earlier/later or wake up and go to bed an hour earlier/later. There is little sense in changing the time and forcing our bodies to reboot again and again!	6/21/2014 4:58 PM
11373	It was a good idea for industrialization but had outlived its usefulness in the modern 24 hour work world.	6/21/2014 4:56 PM
11374	Really don't mind the fall back in the fall, but spring forward is nightmarish for parents with young children!! It takes weeks to readjust everyone to the time change!	6/21/2014 4:56 PM
11375	The first state in a time zone to stop doing daylight savings should be the dictator of what option the time for that time zone will be for any other state that opts out of daylight savings.	6/21/2014 4:55 PM
11376	50-100 yrs ago I could see the logic. In todays world, I just dont see a need for DST. I also dont see a need for creating our own "daylight" time zone. Why complicate things?	6/21/2014 4:55 PM
11377	I'm a nurse and all the research I've read about altering ones circadian rhythm always has negative consequences.	6/21/2014 4:55 PM
11378	As a parent I have a hard time with adjusting to the changes. It takes weeks to realign. The power savings are not real and it's dark in the winter early anyway. I don't think we need to extend daylight to accommodate golfers and sports enthusiasts.	6/21/2014 4:55 PM
11379	It would be nice not to have to worry about changing the clocks and sleeping habits.	6/21/2014 4:54 PM
11380	Mainly, I just don't see why it's necessary anymore. And, as the mother of four children, I can say that the week after the change is really no fun. The daylighta comes around to us soon enough on it's own. There's no need to mess up everyone's biological clocks two times a year.	6/21/2014 4:54 PM
11381	Time wasted changing un-smart clocks, workers late due to technological issues with alarms,	6/21/2014 4:54 PM
11382	Day light savings should be kept ALL year long...	6/21/2014 4:54 PM
11383	I am a morning person, and just about the time mornings start to get light, that light is stolen from me so that the night people can have it. It is simply one more thing to deal with and takes weeks to adjust to. It doesn't save anything, and it is not needed.	6/21/2014 4:53 PM
11384	I'd prefer creating a new daylight savings time that never goes away, however, that may be confusing. Maybe aligning would be less confusing to everyone involved. My vote would be for either of those two options. Just get rid of changing clocks all the time. There's no need for it anymore.	6/21/2014 4:51 PM
11385	I think it is an outdated and irrelevant tradition that causes more of a headache	6/21/2014 4:51 PM
11386	There's no benefit to keeping it. Align with Arizona and get rid of the spring forward, fall back nonsense.	6/21/2014 4:51 PM
11387	Get rid of daylight savings. It's unnatural and unnecessary.	6/21/2014 4:50 PM
11388	I don't have any problem with daylight saving time. For one or two days we have to re set the body clock, but it is no worse than going on vacation in another time zone, That being said, knowing the feelings of those who make the decisions, if we have to be on only one time I vote for spring ahead because I love it being light later in the evening.	6/21/2014 4:50 PM

11389	Changing times is hard on our children just as much as it is on us as adults. We just need to keep one time and leave it that way.	6/21/2014 4:50 PM
11390	keeping us active during daylight hours means using less electricity for lights. It's simple math.	6/21/2014 4:49 PM
11391	DST makes no sense now, we live in a 24/7 society, and do not need to have the time adjusted for factory workers, at the time DST was put into effect it was relevant, now it is not.	6/21/2014 4:48 PM
11392	As a mom it is VERY disruptive to kids sleep cycles... not just the young ones either. It takes a couple weeks to get the kids adjusted to going to bed earlier and waking up earlier. It makes no sense. My theory has always been that it is voted in by older men in congress who a) love to golf in the morning light and b) have forgotten (or never paid attention to how difficult it is to work with tired kids!)	6/21/2014 4:48 PM
11393	Getting rid of daylights saving time would cost businesses a lot of money. If they are a national business they would have to reprogram a lot in their system. I also don't like the idea of it being dark when kids go to school in the morning.	6/21/2014 4:48 PM
11394	I love DST!	6/21/2014 4:48 PM
11395	Moving hours around doesn't gain or lose time, there are still 24 hours in a day. Moving the clocks only messes up sleep schedules and the commute.	6/21/2014 4:47 PM
11396	It is ridiculous that we participate in this semi-annual event. It's not needed.	6/21/2014 4:47 PM
11397	I the day light later in the evening. It gives me more time to do things when I get home from work.	6/21/2014 4:47 PM
11398	Raising small children and large it changes things too much. The Lord didn't give day light savings for Adam and Eve and they made it. Why do we need it ?	6/21/2014 4:46 PM
11399	I really like it getting darker sooner. Light outside at 9:00 at night? It messes with me. That and the kids getting to school when it's still dark is something i worry about a lot. It's just not safe to be walking in the dark.	6/21/2014 4:46 PM
11400	It's nice to get an extra hour of sleep in November. but in march, with finals, it's the worst to lose an hour. Totally stupid.	6/21/2014 4:46 PM
11401	I don't care what time we choose, whether mountain time, pacific time or eastern time. Just get rid of daylight savings and have the time remain constant all year long. There is no good reason to change the time, it doesn't save energy, it just causes an inconvenience twice a year.	6/21/2014 4:46 PM
11402	Set it then forget it!	6/21/2014 4:45 PM
11403	I want to quit adjusting the clocks. The good Lord made it the way it is, so leave it that way. It hurts productivity twice a year.	6/21/2014 4:43 PM
11404	I live in AZ and my family lives in UT. I have enjoyed MST in AZ for the last 18 years. It would be great if AZ and UT were on the same time.	6/21/2014 4:42 PM
11405	There is no longer then need to maintain daylight savings. It may have been worth it in the past	6/21/2014 4:42 PM
11406	The time change with Daylight Savings always throws off my kids sleep schedule.	6/21/2014 4:40 PM
11407	It will be one less thing to regulate. One less change for everyone to deal with.	6/21/2014 4:40 PM
11408	Really just see no need.	6/21/2014 4:40 PM
11409	Daylight savings time is a wast of time money and effort, and can be dangerous! I vote we stop it NOW!	6/21/2014 4:39 PM
11410	Daylight savings time is stupid. It is hard on our bodies to adjust, and there is really no point to it. The country has tried it at different times throughout history, and everyone always decided it doesn't work and is dumb. Please, do away with it once and for all!	6/21/2014 4:39 PM
11411	I like having light in the morning. It makes waking up easier	6/21/2014 4:39 PM
11412	I think that it is beneficial. Having the sun up longer in the spring and summer is great. There is time to be outside and enjoy the warmer temps. I enjoy the change every 6 months, it keeps things fresh with experiencing the new seasons.	6/21/2014 4:38 PM
11413	Would like to stay on the same time all year.	6/21/2014 4:37 PM

11414	The time change usually causes me to drive more in dark hours than light, because I drive my sister to school in the morning. When I was a student, I always felt more awake, alert, and happy if I was going to school when it was light instead of dark. Also, the change affects my health for a couple weeks or so, because I have to adjust to going to bed/waking up an hour earlier/later.	6/21/2014 4:36 PM
11415	I can see how this could be beneficial, but I think overall it is not. Most importantly, if you have small kids it is just a nightmare two times a year!	6/21/2014 4:36 PM
11416	I prefer it to be lighter longer no matter what time of year it is. I think it makes for a happier environment when there is more light later in the day, especially in the winter. I feel like the day is over when I get home from work in the winter. Adjusting to the different times is difficult with children.	6/21/2014 4:35 PM
11417	Since we have electricity, there's no reason to change time every year. Let's keep the summer time zone for lighter evenings. It may even help alleviate seasonal affective disorder.	6/21/2014 4:34 PM
11418	There is NO benefit to changing time in our modern world. No energy is saved, businesses can operate whatever hours they prefer. The process of setting clocks back or ahead does cause problems with productivity, business operations, and even traffic accidents due to the overnight change in time vs position of the sun (especially dangerous for pedestrians). Get rid of it!	6/21/2014 4:34 PM
11419	My family lived in Arizona for 6 years when we were raising our four young children. They are now teenagers and we live in Utah and we ALL wish that Utah also didn't change their times every six months.	6/21/2014 4:33 PM
11420	In today's world, the value of daylight savings time is minimal at best. But the downside of it is about 1 week of recuperation time each Spring. This costs businesses a significant amount due to lack of worker productivity. I'd expect similar poor results with school kids. Also consider the increase in driving wrecks caused by drowsy drivers. While I certainly prefer to adopt Arizona's decision on the matter, I'd also be content with any decision that leaves Utah's time consistent.	6/21/2014 4:32 PM
11421	There are very few pro and con lists that I have seen in online conversations. Just a bunch of people complaining about rotating their sleeping schedule by one hour without any true dialogue. If you are only listing cons than you really haven't thought about it.	6/21/2014 4:32 PM
11422	I hate it. My body never gets use to the switching. I really don't think it's beneficial. Stores don't stay open longer. Plus we have a wonderful thing called electricity.	6/21/2014 4:32 PM
11423	Please try to encourage a motion for only 2 times zones in the United States(lower 48)!	6/21/2014 4:32 PM
11424	Aclimmating each time becomes increasingly more difficult.	6/21/2014 4:31 PM
11425	My entire family is forced to have jet-lag twice a year, due to this ridiculous, outdated notion that we are saving energy with DST. Our household energy bill changes noticeably at the springtime change... for the WORSE. Car wrecks increase at both changes. Worker efficiency decreases as well. The thousands of Utahns with health issues have increased problems when they are forced to change their sleep schedules. There are many more problems with having DST; these are just the ones I have first-hand knowledge of.	6/21/2014 4:31 PM
11426	Don't like too change the time twice a year, would rather stay the same all year.	6/21/2014 4:31 PM
11427	I think it would be better to get rid of it because every time it changes people are grumpy and it is hard to get to bed on time. It's not worth the time it takes to get your body adjusted.	6/21/2014 4:30 PM
11428	Humans operate according to circadian rhythms. It has been shown that messing with circadian rhythms causes stress, which shortens our lifespan. Forcing us to change clocks twice a year messes with our circadian rhythms. There is always a period of adjustment where everyone around me and I are exhausted and in a foul mood. I do not see a benefit to changing the clocks.	6/21/2014 4:29 PM
11429	I do not see a benefit to it. Have never seen one, and just wish we would leave the time alone.	6/21/2014 4:28 PM
11430	As an elementary teacher I see the negative impact the time change has on our students. When the time changes in the spring students show up to school late and they are less productive, they are tired! It takes them a few weeks to get acclimated to the changed time. In the fall it also takes time for the students to get used to the time. They are more tired by the end of the day and are ready to go home an hour before school is out. It's time to pick a time and leave it!	6/21/2014 4:27 PM
11431	I really don't like the change twice a year, and it's especially hard on our kids' schedules. The sun would still set around 8pm during the summer months without DST.	6/21/2014 4:26 PM

11432	I have difficulty changing back and forth between standard and daylight savings. i think we should just stay on mounhain time. Also for grave shift workers, it's difficult.	6/21/2014 4:26 PM
11433	It is no longer necessary in a 24/7 world and it creates too many problems in getting the body to adjust.	6/21/2014 4:26 PM
11434	There may have been a need for DST. But I no longer see any benefits for it.	6/21/2014 4:25 PM
11435	Daylight saving time is more trouble than it's worth. I'd love to not have to worry about changing clocks and sleep scedules twice a year.	6/21/2014 4:25 PM
11436	Daylight savings time is no longer needed, please get rid of it.	6/21/2014 4:25 PM
11437	Daylight Saving Time has no purpose anymore. It disrupts natural body rhythms, especially in children.	6/21/2014 4:24 PM
11438	keep it the same or not, doesn't matter to me, but if we go to a permanent situation, I would prefer to have the extra daylight on the end of the day rather than in the morning. Don't like having it get dark so early in the winter, that equates to more black ice. Lots of people want the extra light on the end of the day to be able to do things after work, etc. People that have to be inside all day for school, employment, etc. need that extra light.	6/21/2014 4:23 PM
11439	Daylight Savings is quite disruptive and does not help in energy or cost savings. As shown here in this National Geographic article. http://news.nationalgeographic.com/news/2013/11/131101-when-does-daylight-savings-time-end-november-3-science/	6/21/2014 4:23 PM
11440	I would like for it to not be so dark at night in the winter. And I would prefer not to change back and forth.	6/21/2014 4:23 PM
11441	With a young family, the time change twice a year feels like much more of a hassle than any benefit we get from it.	6/21/2014 4:23 PM
11442	why do we even have it again?	6/21/2014 4:22 PM
11443	It doesn't seem to have any true benefit.	6/21/2014 4:21 PM
11444	its been like this since i was little.My grandchildren love the extra day light i done mind losing or gaining that extra hour of sleep	6/21/2014 4:21 PM
11445	It is the greatest invention. Whining about a twice per year change is ridiculous.	6/21/2014 4:21 PM
11446	Keep it the same. Love evening golf in the fall and spring	6/21/2014 4:20 PM
11447	dump daylight savings and stay on the same time all year around. it is a waste at this point.	6/21/2014 4:19 PM
11448	It is so hard to go back and forth for such a short time. It really messes with sleep habits. It would be nice to not have daylight savings time!	6/21/2014 4:18 PM
11449	We live very close to AZ and are constantly battling to keep time scheduling straight when making plans with friends and clientele in AZ.	6/21/2014 4:16 PM
11450	My family does not adjust to daylight saving time very well. Our children's performance at school is greatly diminished because they are not able to adjust to the time switch easily. Just as the days are getting longer, they need to go to bed an hour earlier to accommodate the time change. Daylight saving time really messes with out biorhythms!	6/21/2014 4:16 PM
11451	I love the seven months of long days. I wouldn't mind--at all-- to have longer days in the winter. Granted, that would mean getting up in the dark for school and work, but it would still be light by dinner time! My second choice is to just keep daylight savings. It's unlikely the rest of the country will switch and it kinda keeps us aligned. As one of many who have a seasonal depressive disorders, I can get through the winter, knowing that by March longer light filled days are coming. It would be devastating to lose the long spring, summer and autumn days. I definitely DON'T want to switch to MST.	6/21/2014 4:15 PM
11452	It serves no purpose anymore.	6/21/2014 4:14 PM
11453	Avoid an unnecessary change every 6 months. Leave it alone so we can just have one time and quit trying to justify why we should do it. No we don't.	6/21/2014 4:13 PM
11454	Moving the clock twice a year is disruptive and unnecessary, its time we stop this silly tradition.	6/21/2014 4:13 PM
11455	It's easier just not to have to deal with it.	6/21/2014 4:12 PM

11456	It is a fallacy to think DST gives us an extra hour of daylight. Smart businesses who rely on sunshine for more revenue simply adjust their summer hours. Farmers don't go by the clock--it is sunup to sunset no matter what time it may be. And anyone with kids can tell you how horrible the change is twice a year.	6/21/2014 4:11 PM
11457	I like having more light at night	6/21/2014 4:11 PM
11458	I am a teacher and need more daylight hours in the evenings in fall/winter because I run a second, part-time lawn care business after school to supplement my income.	6/21/2014 4:10 PM
11459	Like the long days and more time to be outdoors.	6/21/2014 4:09 PM
11460	Daylight savings serves no purpose except to throw off our circadian rhythms. Please do away with it.	6/21/2014 4:08 PM
11461	I prefer some consistency in scheduling. I really don't understand the purpose of changing our clocks twice a year. Just because my grandma chopped off the ends of the ham to fit a smaller oven, does not mean that we should continue an impracticle tradition when our needs have changes from a largely agrarian society	6/21/2014 4:08 PM
11462	Switching to daylight savings time is more disruptive than helpful. Losing an hour of sleep isn't worth the extra hour of evening daylight.	6/21/2014 4:08 PM
11463	I just want it to be the same all year. It totally messes with kids in school and by the time you've adjusted to one change, it's time to change again. Keep it consistent all year.	6/21/2014 4:07 PM
11464	Daylight Saving seems like an old and useless practice that I wish would stop. My sleep patterns are strongly set for me and twice a year I struggle for a couple weeks to adjust. Plus, I dislike resetting 15 or so clocks.	6/21/2014 4:07 PM
11465	Personally I prefer the added daylight time we get in the summer. You can get off of work and still have daylight time to have fun, compared to winter when you can go to work, and get off with out ever getting the daylight your body needs to activate the vitamin D in the skin.	6/21/2014 4:07 PM
11466	Daylight Saving Time (which gives us more evening daylight) allows for more use of daylight hours in the evenings, and helps avoid the need for using more electricity during those hours. Additionally, changing back to Standard Time or a time system that is out of synch with the rest of the nation would likely lead to confusion and frustration. If anything, I would prefer to extend Daylight Saving Time further into the fall and resume it earlier in the spring. Regardless, I'd rather stay consistent with the rest of the country.	6/21/2014 4:06 PM
11467	I really don't care if we go to Mountain Standard year round, or be an hour ahead. I DON'T WANT TO CHANGE TIME TWICE A YEAR. It takes me 2 or 3 weeks every spring to adapt to the DST. Because of the extra hour in the "fall back", it only takes a couple of days to adjust back in the fall, but in the "spring forward" adjustment phase, I am often sick in bed for 2 or 3 days while my body adjusts to the new schedule. I am disabled and have enough trouble with my body I don't need the added stress of the time adjustments.	6/21/2014 4:06 PM
11468	Daylights Savings time is useless!	6/21/2014 4:05 PM
11469	I don't mind either time its the switching that I hate. It is so hard on me mentally, physically and emotionally. Please choose one and stay on it.	6/21/2014 4:05 PM
11470	I think daylight savings time is no longer necessary. It is not helpful and is no longer used as it was originally intended.	6/21/2014 4:04 PM
11471	I'm tired of having my kids and my sleeping patterns messed up every time the time changes. It takes months to get back into a pattern where I feel rested and then the time changes again.	6/21/2014 4:04 PM
11472	We should align with AZ and not change time with the season.	6/21/2014 4:04 PM
11473	As sleep deprived as we are as a society it doesn't make sense to keep changing our circadian rhythms twice a year. It takes at least a week to adjust. Roads aren't safe the day after the change. School kids still have to go to school in the dark several weeks after the change (which is one reason people give for why we need Daylight Saving Time). We will be safer and healthier if we just choose one system and stay with it rather than switching back and forth.	6/21/2014 4:02 PM
11474	It is very disruptive to everyone I've talked to. Children, especially, have a difficult time adjusting to the time change. We are not an agrarian society any longer, so the "need" to change times has little merit.	6/21/2014 4:01 PM

11475	Every year when the time is switched, a tragic accident or two claim lives because people are not yet adjusted to the new timing and the level of darkness. This year two families were left fatherless. In three of the four years before, school children were hit by cars near schools. It is absurd to think that DST saves time or money. With people working all shifts during the day, energy is consumed regardless of whether we are on standard time of DST. Please abolish this absurd tradition and save some lives.	6/21/2014 4:01 PM
11476	I think it is unnecessary and severely interrupts peoples sleep cycles and leads to increased levels of stress and depression following them.	6/21/2014 4:00 PM
11477	It takes too long for our bodies to get used to a new schedule and results in weeks of sleep loss. It is not helpful to most modern industries, and causes confusion when doing business with people timezone.	6/21/2014 4:00 PM
11478	I hate having to change time, and now we are on daylight savings time for so long, it just doesn't seem worth it to change back for a few months. It takes time to adjust each time we change, and I see my grandchildren struggle with each change for a week or so. Can we select a time and stick with it? Please!	6/21/2014 4:00 PM
11479	It's an outdated system.	6/21/2014 3:59 PM
11480	Everyone has a hard time adjusting to the time change in the spring and the fall in this house. As a mom, I dread it because my kids sleep schedules take weeks to adjust to the changes. I don't see a reason for it and doing away with it would make life easier for parents.	6/21/2014 3:59 PM
11481	I like that it's lighter in the morning in the winter. It's safer for driving in the snow!	6/21/2014 3:59 PM
11482	Changing the time is terrible for my mental health. I need the same amount of sleep every night. Whenever the time changes my sleep cycle gets messed up for a week or two.	6/21/2014 3:58 PM
11483	Changing times is just not good for anything but it is already so bright in the early summer mornings that keeping on standard time would be worse, giving us daylight hours before 5 a.m. Also, it would be nicer to have that extra hour of daylight in the winter months in the evening so you don't leave work to darkness. It contributes to seasonal affective disorder to go to work and leave work when it is dark. Just stay on daylight savings time year round.	6/21/2014 3:58 PM
11484	Please get rid of daylight savings time. It wreaks havoc on my internal clock, for no reason. Keep us with Arizona time!	6/21/2014 3:57 PM
11485	If we make a change, I would rather see us stay on DST, not Standard Time, because I like it staying lighter in the evenings.	6/21/2014 3:57 PM
11486	It is hard for me to adapt to the changes, because I get into a good waking, sleeping rhythm, so the earlier time throws off my whole system. Also, I feel it causes problems with those working as the time changes, either working an hour longer, or loosing an hour. Families with young children seem to have a harder time getting their kids to bed in a timely manner.	6/21/2014 3:57 PM
11487	Daylight savings is biologically unhealthy and may not improve productivity at all!	6/21/2014 3:56 PM
11488	No need for changing times semiannually	6/21/2014 3:56 PM
11489	There have been so many changes to DST that I fail to see it's value. There are always children hit when there is a time change or when it goes excessively into the Fall. I have serious doubts that there are any benefits to this archaic idea.	6/21/2014 3:55 PM
11490	Keep one time system year-round!	6/21/2014 3:55 PM
11491	If DST saves energy, why not keep it year round and then not have to worry about changing time twice a year?	6/21/2014 3:55 PM
11492	Cutting off a blanket at one end then stitching it to the other end, does not get one a longer or more energy-efficient blanket. We may not turn on our lights until a little later in the summer evenings with DST, but use a little more in the mornings- plus more air conditioning in the evenings. In addition, have you ever tried to get young children to sleep on time when it's light until nearly 10pm? One account I've read states, "the entire state of Indiana did not follow daylight savings time until 2008. After doing a study, of residential electricity consumption in the state, they found that the usage of electricity was actually increased by a percent during DST. Therefore, it counteracted the original purpose of DST which was for saving energy. This is due to the increased usage of air-conditioning during the hot summer days." http://vpcalendar.net/what-is-the-point-of-daylight-savings-time.html	6/21/2014 3:54 PM

11493	Changing the time messes me up every time and takes over a month for me and my children to get back on a schedule. Please get rid of the time changes!	6/21/2014 3:54 PM
11494	I hate that it is light until almost 10 pm in the summers. It totally throws off the body clock, making it harder to go to sleep at a decent time, and harder to get up in the morning. If there is no energy savings, what is the point? It is just a huge hassle!	6/21/2014 3:54 PM
11495	Every six months when it comes for Daylight Savings time it seems like its always hard to adjust. There really is no purpose for it anymore and it should just be the same time all year long every day.	6/21/2014 3:51 PM
11496	It would be a lot easier and cost a lot less money to stay on DST.	6/21/2014 3:51 PM
11497	Lived in AZ most of my life and got by just fine without this horrid DLST. Readjusting sleep routines with 5 kids is just terrible. Can we just not do it please!!!	6/21/2014 3:50 PM
11498	Daylight savings time no longer serves the purpose it was intended for.	6/21/2014 3:50 PM
11499	Leaving standard time and moving to day light saving time all year would allow more day light hours after work than the old standard time, which benefits all. I hope the powers that be set in motion a bill to stay with day light saving time all year round! Thanks Craig	6/21/2014 3:49 PM
11500	Its hard on health.	6/21/2014 3:48 PM
11501	More daylight in the evening when people are home from work will help elevate moods. Also, every parent ever hates DST.	6/21/2014 3:47 PM
11502	Seems like businesses close before it's dark..I say why mgs with time...get up when it's light out go to bed when it's dark...why for heavens sake do you have to change the time...leave it alone...	6/21/2014 3:47 PM
11503	We complicate everything these days. We all seem to believe that if you cut the top off a quilt and sew it to the bottom, you have a longer quilt. A day is 24 hours and that is not changing, so why are we changing our clocks? Let's simplify our lives and do away with daylight savings once and for all.	6/21/2014 3:45 PM
11504	Simple: Dislike changing all the clocks, watches, electronic equipment twice every year.	6/21/2014 3:45 PM
11505	We live in Arizona, and my husband has business dealings in Utah quite often. Not being on the same time schedule is a pain when making conference calls, flights, when Utah is directly north of us. Plus, tourism is huge for both our states. Imagine how much easier it is when tourists don't have to change their watches. Most don't even realize there is a time change. Having an aligned time zone unifies our region on the country and causes less disruption. Make the vote and leave the clocks be!	6/21/2014 3:43 PM
11506	Not worth the trouble.	6/21/2014 3:42 PM
11507	In our modern society I see no need for daylight saving time. I also think that changing back and forth is mildly unhealthy.	6/21/2014 3:41 PM
11508	I feel DST is pointless. It disrupts our sleep habits for several weeks twice a year, making employees less productive and efficient.	6/21/2014 3:40 PM
11509	I wish we were with AZ but that they would move forward. I don't like how dark it gets in winter. Whatever will help solve that problem is what I want.	6/21/2014 3:40 PM
11510	Farming equipment has headlights these day! Utah would benefit a lot from more daylight in the warmer months	6/21/2014 3:39 PM
11511	DST has been proven to not save any energy. Also it makes every parent of small children's life much more difficult, small children could care less what time it really is. Suicides go up around the time changes, more accidents. Work production dips. It is also more dangerous for children going to school due to the reduced visability when we spring forward. I got this information from credible research studies, I had to write a group paper on this once.	6/21/2014 3:38 PM
11512	Day light savings time was useful when it was created but now we have outgrown it.	6/21/2014 3:38 PM

11513	Daylight savings is great for the economy, in summer where Utah gets a lot of tourism having the "extra" hours in the evening is great, businesses stay open longer in the evening than in winter due in part to extra light in the evening. Shops and people are not going to open and wake up at 5 am with standard time in the summer, just to shop. I know some people would disagree and prefer standard time for their reasons. I however have personal reasons for also wishing to keep DST. My job is a night/overnight job. I work at an Emergency veterinary practice. My job keeps me up at nights and so I sleep more in the daylight hours negating the benefit some people see with Standard time. On Standard time I sleep that time away while on DST I am able to enjoy the state in sunlight in the evening. I just strongly believe that DVD is good for all of Utah economy, film business tourism industry and general health and happiness.	6/21/2014 3:38 PM
11514	I feel that it would be easier to align with Arizona.	6/21/2014 3:38 PM
11515	For years I have felt that Day Light Savings was more confusing and frustrating then any good. I understand that at one time there were good reasons for it, but I think it is time to do away with it!	6/21/2014 3:38 PM
11516	Changing the time makes everyone in my household extremely inefficient for a week sometimes two. We aren't farmers anymore and don't need it.	6/21/2014 3:38 PM
11517	I think it would be easier to be the same as Arizona as we wouldn't have to worry about our clocks being on time and adjust to the time changes.	6/21/2014 3:38 PM
11518	The switch really meses with the minds of the clients we care for. Every switch takes about a full month to overcome. It effects all of our clients as well as me. Get rid of it and let's stay on the time we ate on now or DSMT.	6/21/2014 3:38 PM
11519	Daylight Savings has outlived its usefulness and has been prone to cause difficulties. Its cons greatly outweigh its benefits at this time in society.	6/21/2014 3:37 PM
11520	There is no valid reason for it. Farmers still work in the dark at some point children walk in the dark. It just makes people stressed and tired	6/21/2014 3:35 PM
11521	If Utah does not want to change times I would prefer staying on DST year around rather than staying on MST. I much prefer the extra light in the evenings over the mornings.	6/21/2014 3:35 PM
11522	The use of Daylight Savings Time is archaic. In today's society, the biannual readjustment of our clocks (internal and tangible) is more detrimental to good health than it is valuable to productivity.	6/21/2014 3:34 PM
11523	I do not like switching back and forth. Hard on me and my kids. No reason for it anymore these days.	6/21/2014 3:34 PM
11524	The current system is not beneficial, especially setting clocks ahead. It takes time to acclimate and makes for a more difficult unproductive week. Aligning with Arizona makes sense as more and more states get away from DST.	6/21/2014 3:34 PM
11525	Very difficult health related issues with body clock adjustments required	6/21/2014 3:33 PM
11526	I have type 1 diabetes and I dread when the time change occurs. It messes up my blood sugar and it takes at least a couple of weeks before I can get back on schedule and better control of my diabetes. This effects my health in the future as well. Also now that I have a child tbe time change makes it so difficult with routines and sleep schedules. I would love not to have any time changes.	6/21/2014 3:33 PM
11527	While I can understand the benefits that caused DST to originally be created, it is no longer the case in our global economy. Currently, it just causes un-needed stress on the body, confusion among people, and frustration. I would vote strongly to get rid of it. Line us up with Arizona and others in the west, and just get it over with.	6/21/2014 3:33 PM
11528	I don't like the change . . but I enjoy the daylight lasting longer. So I would prefer to change to the 'daylight savings' time and stay with it year round.	6/21/2014 3:33 PM
11529	Changing the time is not beneficial, and the postponement that was set a few years ago.....made school children going just barely after sun up in the spring. Not a safe thing Why was it put in force anyway ?	6/21/2014 3:33 PM
11530	The transition is tough, but I like having the extra light in the evening vs the sun rising at 0400	6/21/2014 3:32 PM
11531	I personally think DST is more detrimental than helpful. It makes for 2 times a year when people's body clock gets screwed up. I don't see how it would be much of a safety issue to keep it either. I would prefer to stay on MST all year long.	6/21/2014 3:32 PM
11532	Let's be smart like AZ and HI!! There is not a need to mess with time nor my precious sleeping pattern that always takes a beating twice a year!	6/21/2014 3:32 PM

11533	I absolutely hate that it is dark in the winter when we go to work and get off work. There is so much depression in Utah and I think if we had more daylight year round we would see a lot of that change.	6/21/2014 3:32 PM
11534	I hate Day Light Saving Time. I work shift work and found it makes everyone more tired and grumpy. I have seen more accidents during this time as well. I think the original propose for it was good but now it is outdated and I hope to see it go away.	6/21/2014 3:30 PM
11535	Daylight savings should be done away with. Changing the time every six months negatively affects my family's sleeping patterns. This in turn affects our productivity, our children's schoolwork, and makes it difficult to physically and mentally adjust every six months. The extended darkness also creates more hazardous travelling and working conditions.	6/21/2014 3:30 PM
11536	I grew up in Az. It was nice to have it dark to be able to fall asleep. When raising kids in ut. It was hard to get them to bed at a decent hour. My parents never struggle with getting us to bed at 8. I worked in the school district and would see kids struggling with sleep due to getting to bed late and waking up early. It just messes with sleep schedule and I don't see how it makes us more productive. You want to be more productive in the morning not at night. It is easier to be productive when it is lighter in the morning.	6/21/2014 3:30 PM
11537	Practical for farmers, I suppose. The majority of people WE KNOW, prefer to DO AWAY with Daylight saving time. Think it is time to follow what the MAJORITY prefers! Thanks!!	6/21/2014 3:29 PM
11538	I like that the sun doesn't come up too early in the summer. So I would want us to keep the same time schedule as we currently have during the summers, but maintain that all year.	6/21/2014 3:29 PM
11539	Don't have to change clocks, less confusing for non-Utahns if align with AZ, more evening light in winter.	6/21/2014 3:28 PM
11540	Because day light savings time is dumb and it is very hard on people health wise and would be so much nicer to not have to change the clocks	6/21/2014 3:28 PM
11541	I believe it is healthier to maintain the natural time and not change it twice a year.	6/21/2014 3:27 PM
11542	Daylight Sleepless Time puts me in semi permanant insomnia every summer. It is bad for my health and the health of my family.	6/21/2014 3:24 PM
11543	We should stay on daylight savings all year long! Add sun to the long winter evenings.	6/21/2014 3:24 PM
11544	The abrupt change in time always takes two to four weeks for the body to adjust to starting and retiring on a different schedule. The older I get the longer the adjustment takes. Arizona is three miles from my home. Attending events in Arizona during summer always takes a lot of discussion in order to verify the time of the event.	6/21/2014 3:22 PM
11545	It would be nice to have daylight longer in the winter when the kids get out of school. Less Depressing.	6/21/2014 3:22 PM
11546	Changing times is not beneficial - but I love the long summers. I recently moved out of state - but will be living in UT for the rest of my life soon - so I hope it's ok that I put my 2 cents in...The night daylight is one of my favorite things about UT...	6/21/2014 3:21 PM
11547	DST allows kids to play outside longer as the weather warms without sacrificing sleep for school the next day. It helps to promote physical activity and healthy lifestyles for people of all ages.	6/21/2014 3:21 PM
11548	We should stay on DST all year long. Switching is hard on everyone and I would like more light in the evenings in the winter.	6/21/2014 3:21 PM
11549	I would love to have daylight savings year round.	6/21/2014 3:21 PM
11550	with DST we have more daylight in the evening	6/21/2014 3:21 PM
11551	While I can hardly fault wanting to save energy, I will fault the effects of unnaturally moving someone's time up. An increase in stress and drowsiness. Heart attacks and car accidents rise after Daylight Savings shifts. These cause injury and cost lives. How much energy is a heart attack worth? Do we not also lose productivity during the time after these shifts. That's also a loss in money. Daylight savings is not natural, it comes at the costs of others, and is not as efficient as one might think.	6/21/2014 3:20 PM
11552	I am not hugely partial to DST or not. Just pick ONE and leave it alone!!! Thanks for asking.	6/21/2014 3:20 PM

11553	Getting rid of DST would make Utah much easier to do business with on an international level. Coordinating communication/events with the countries that do not have some form of DST would be easier. Thanks to AZ, the USA is already used to dealing with a state that doesn't follow DST - so the impact would be minimal. Also, business with those states in PDT could potentially pick up as PDT = MST.	6/21/2014 3:20 PM
11554	I don't want the time to change, but I prefer to be shifted to daylight savings time full time	6/21/2014 3:20 PM
11555	I don't care if we stay in MST with Arizona or if we remain in Daylight Savings Time year round. I am just sick to death of the time changes. It affects me, my family, and my animals adversely every year. It's like we loose a month of time because we can't get our body time clocks to work. I don't feel these changes are good for our health and I notice a dip in our children's school grades for about a month afterwards.	6/21/2014 3:19 PM
11556	One comment that someone said is that that it is hard on everyone's health. I would beg to differ. It's one hour 1x a year where you loose sleep. On the other hand, I and many others have SAD or seasonal affected depression. I would say if we change anything we should keep daylight savings time all year round because it's really hard to come home from school or work in the dark when you had to leave for school or work in the dark. You never see the sun! Please keep it as is. It's BETTER on my health as well as many others.	6/21/2014 3:19 PM
11557	Daylight Saving Time is particularly difficult for me. I find myself sluggish and dragging for several weeks after clocks change, both in the spring and in the fall. I believe it would be most beneficial to Utahns to either stay on standard time year round (as Arizona does) or to stay permanently on "daylight" time year round, essentially creating a "permanent daylight time" or a "utah/arizona time zone" to retain evening daylight hour benefits touted by some industries. I am grateful Utah is having this conversation, as I recently moved back here from Idaho. I contacted some government officials in Idaho after the most recent daylight savings time shift, and they touted the supposed energy/economic benefits of DST, but it seems that these benefits are negligible to nonexistent, based on recent studies. Again, thank you for seriously examining this issue, for the potential benefit of all Utah residents.	6/21/2014 3:19 PM
11558	Just leave it one way or the other.	6/21/2014 3:19 PM
11559	I think daylight savings is antiqued and was good back in the day but I believe it isny benifical to modern times especially when you add two weeks to it insteas of reducing it	6/21/2014 3:18 PM
11560	I love the long summer evenings! I would stay on Daylight Saving Time all year. Mountain standard is awful in the winter when it starts getting dark at 5pm.	6/21/2014 3:18 PM
11561	I love Daylight Savings Time. I love having the sun come up in the morning when it does and I love the extra hours of light at the end of the day. It just makes me feel good.	6/21/2014 3:16 PM
11562	changing time zones twice a year is a headache from a software system perspective. I think the benefits have run their course and new challenges related to software and collaboration provide incentive to do away with daylight savings.	6/21/2014 3:16 PM
11563	It is physically hard on bodies to adjust to the time change. Especially little bodies in classrooms	6/21/2014 3:16 PM
11564	Simple, it is Daylight Saving time is unnatural. Look at the path of the sun. In Daylight Savings time the sun is at it's zenith at 1 p.m. and not noon as it is suppose to be. Also, switching the clock is bad for health. More heart attacks occur the 2 weeks after changing that at any other time Making our health care costs rise to cover it. As a cross guard daylight savings is bad because it puts the sun directly into the eyes of east bound traffic in the mornings. Putting me and the kids at higher risk for an accident. Thanks for your time and consideration of this. Please do the right thing and align with Arizona or better yet get the law abolished nationally!	6/21/2014 3:16 PM
11565	It is physically and emotionally a toll to change every fall and spring. I would like to do away with that. However,I love the late daylight hours that the summer gives us on DST and would like to keep the DST as the year round standard.	6/21/2014 3:15 PM
11566	If time needed to stay the same would rather keep to the Daylight Saving schedule; it is nice to have more hours after work to enjoy the summer.	6/21/2014 3:15 PM
11567	As an athlete I appreciate a stable sun rise and sun set for training and race events.	6/21/2014 3:14 PM
11568	I believe daylight savings time is stupid. I do not believe there will be a change because a few wealthy people think they can make more money. AS USUAL THEY WILL PREVAIL.	6/21/2014 3:14 PM
11569	I feel if we change we may experience better longevity, both in health and in economy standing. Plus I can watch the stars without staying up so late.	6/21/2014 3:14 PM

11570	Business world dictates when the business day starts. I cherish that extra hour of light after work to tinker around the yard or to recreate after work. Whoever's pet peeve this is should choose a significant problem that will really help the world, or move to arizona. Translation: get a lift, dont dictate how I live mine.	6/21/2014 3:13 PM
11571	I do not care which it is but then leave it and stop changing it. The change is very hard physically and mentally to adapt to each time.	6/21/2014 3:11 PM
11572	I would love to get rid of daylight savings time. Summer nights are light to late for younger kids.	6/21/2014 3:10 PM
11573	I really don't see a benefit to having daylight savings. I would love to not deal with time changes.	6/21/2014 3:09 PM
11574	Less confusion, do away with it.	6/21/2014 3:09 PM
11575	Daylight saving time is antiquated and does not serve any current purpose.	6/21/2014 3:09 PM
11576	Daylight savings throws everything off. Do away with it!	6/21/2014 3:09 PM
11577	I really don't care which time you keep, just stop the changing back and forth. Pick a time and stick with it. AZ has not had DST for ages and they do fine. (I lived in AZ for awhile when I was a young teen - so yes, I have lived in a state that does not change times.)	6/21/2014 3:08 PM
11578	I lived in AZ for several years and loved that they don't change times. They show that it is perfectly workable to just never change times. More frustrations come from changing than just staying the same.	6/21/2014 3:08 PM
11579	I prefer my daylight to last layer in the day, especially in the winter.	6/21/2014 3:06 PM
11580	Daylight savings time changes are a nuisance. They are hard on our bodies, I always feel groggy for a week after a change. Also they are a pain to deal with in technology. Anytime you make a time sensitive program or application, you have to account for the clocks changing twice a year. More hassle than it's worth!	6/21/2014 3:06 PM
11581	It's a hinderance. Just get rid of it!	6/21/2014 3:05 PM
11582	More trouble than its worth	6/21/2014 3:05 PM
11583	I enjoy brighter times in the summer evenings, but I don't enjoy the brighter mornings. And it's really difficult in the spring when we jump an hour ahead. It throws off my kids' sleep schedule.	6/21/2014 3:04 PM
11584	I am just tired of going back and forth. Pick a time and leave it.	6/21/2014 3:04 PM
11585	I honestly have never seen a point or benefit to daylight savings. It's nothing but a hassle.	6/21/2014 3:04 PM
11586	When working nights you have to compensate the differences for time adjusts twice a year. It is a lot more work for the financial department of most companies.	6/21/2014 3:04 PM
11587	I would prefer to remain all year on one time that is be on DST all year, although having Arizona bordering our town and not on our time zone is a bit trying. In the end I prefer one time all year with on change. If you have to change do it on Friday night rather than Saturday night. Sunday is an early busy day for us.	6/21/2014 3:04 PM
11588	Daylight savings time no longer serves a purpose as far as I can tell. It does however cause problems with children's sleeping schedules. In the spring they have to adjust to losing that hour of sleep and in the fall their parents have to adjust to them being wide awake at their normal bedtime. They do adjust but those first few days -or weeks with some kids- can be hard all around.	6/21/2014 3:04 PM
11589	It's pointless and I hate it. Takes to long to feel normal again.	6/21/2014 3:01 PM
11590	In the winter time I will admit that it is a little more difficult without daylight savings time due to the early start times of my trade. But that is easily compensated for with temporary lighting. I feel that there is no need to mess with the time simply because they made it for how many years without it? All it does is mess with our sleep schedule and doesn't seem to do any good otherwise.	6/21/2014 3:00 PM
11591	I prefer the consistency instead of changing every six months	6/21/2014 2:59 PM
11592	It messes with every ones sleeping patterns and if you are taking medications on a certain time frame it messes with it. Animals also are affected.	6/21/2014 2:58 PM
11593	Keep daylight saving time year round. I know it's darker in the morning but more daylight at the end of the day makes for safer commuting. Standard time means commuting in the dark in the morning and the evening.	6/21/2014 2:58 PM

11594	Having longer daylight hours in the evening allows for families to get outside and get active and get things done. Less depression when people can get outside more.	6/21/2014 2:58 PM
11595	I would love to stay on standard time. Most jobs are 24-7 now, so there is no energy savings from changing time.	6/21/2014 2:57 PM
11596	I don't mind sleeping in an hour, but it's the losing the hour that kills me. It can take months to feel back up to snuff, and with a seasonal disorder that is really affected by sleep, I would prefer to just have one circadian rhythm.	6/21/2014 2:57 PM
11597	Just over it. Tired of switching. The need has passed.	6/21/2014 2:57 PM
11598	Be like AZ and the Native American Nations - do NOT go onto and off of daylight savings time. The purpose and need is no longer in existence. Just keep the time the same year a round like AZ does.	6/21/2014 2:55 PM
11599	Keep it Daylight Saving Time year round. I like the light in the evening.	6/21/2014 2:55 PM
11600	No longer feasible.	6/21/2014 2:55 PM
11601	It is a very difficult transition for children, which makes it difficult for parents as well. Before I had children, it was just annoying. Now it is maddening!	6/21/2014 2:54 PM
11602	Utah should align with Arizona on Mountain Standard time and see if it improves Utah's air quality. The air quality in Utah is very poor and Utah should see if changing the hours of peak traffic improve air quality. Will Utah residents turn off their air conditioner an hour earlier if it gets dark earlier?	6/21/2014 2:54 PM
11603	Just because Arizona is doing it doesn't mean we should all jump on board. They make plenty of bad decisions. I like it when the time changes for the spring because it means the light is out during prime times. I think that people are just afraid of any change, even though it comes twice a year every year, and they just want to complain about something. Can we please find something better to complain about with how our state is ran other than the time change?	6/21/2014 2:54 PM
11604	I prefer keeping the time sequence constant without periodic changing. The difference is not significant and the changing of all clocks in our homes and in the car is frustrating. I have not seen the financial benefit of DST as explained by those who favor it.	6/21/2014 2:52 PM
11605	I am kind of confused what was being asked because the whole thing confuses me. I want more hours in the day. So whatever system that is, that is what I want. I hate it when it gets dark at 5:00 p.m. and I love the sun being up early in the morning. Hopefully this explains what I want:)	6/21/2014 2:52 PM
11606	It is antiquated, and should be abolished	6/21/2014 2:52 PM
11607	It is hard for the body to adjust to different times times a year, it would be easier to just stay at one time	6/21/2014 2:52 PM
11608	To hard to adjust to time change especially for school kids	6/21/2014 2:51 PM
11609	It is hard to adjust each time we change to Daylight Saving Time. I'm not sure that it provides the benefit it was intended to when it was first started.	6/21/2014 2:51 PM
11610	You say you want an extra hour of daylight? The ONLY way to do that is to slow the earths rotation. Try it and let me know how that works!	6/21/2014 2:51 PM
11611	I enjoy having long summer nights.	6/21/2014 2:51 PM
11612	I think daylight savings is kind of useless now. We spend less time on DST than we did 20 years ago and I really don't see that it makes any difference at all to working or playing hours in a day. All I see is that it makes the time change painful in the spring and really difficult to change the body clock, particularly with the change happening on Sunday morning. If we must keep DST, then we should at least switch the change to Saturday morning instead.	6/21/2014 2:50 PM
11613	For health reason mostly. For those who are employed full time during the day, we experience very little natural light before or after work, which can greatly impact health.	6/21/2014 2:50 PM
11614	Lets leave it at Mountain Standard time.	6/21/2014 2:49 PM
11615	Love the longer summertime days!	6/21/2014 2:49 PM
11616	IN CONSTRUCTION OR AGRICULTURE YOU WORK WHEN IT IS DAYLIGHT NO MATTER WHAT THE CLOCK SAYS	6/21/2014 2:49 PM

11617	It would be best if Arizona, Utah and Idaho were all aligned. Especially good for Idaho because during the summer the body of the state on MST would have the same time as the panhandle PDT. Arizona, Utah and Idaho are in the western portion of the Mountain time zone. We ALREADY have daylight later in the evening time than adjoining states. Daylight savings is of little value here. Under Daylight Crazy Time in far southwestern Idaho, in June I could still read a newspaper outdoors at 10:30 at night. Meanwhile, school kids wait in the dark for the school bus in the morning. When Arizona tried DST, my Dad, a farmer, disliked it. His outdoor working hours depended on the light, not the clock. But sometimes he couldn't work because machinery and farm suppliers would no longer provide support after a certain hour.	6/21/2014 2:47 PM
11618	I really hate changing the clocks all of the time	6/21/2014 2:47 PM
11619	Please get rid of DST! In this day and age it serves no purpose. I lived in AZ for almost 10 years and it was HEAVENLY not to have to deal with the hassle of DST.	6/21/2014 2:46 PM
11620	1. DST practices lead to more household energy consumption. Let's not contribute any more to climate change than we already do. 2. For several months of the year DST results in people getting less sleep on average than they normally do. Sleep deprivation contributes to accidents, obesity, lower scholastic achievement, and children's mental development being stunted to the tune of 5 to 8 IQ points. 3. I hate having to get up in the dark to get ready for school or work. I am less positive and energetic when I have to set the alarm to wake me up. When daylight gently nudges me awake I am more optimistic, alert and productive. Fewer people are likely to suffer from Seasonal Affect Disorder, or will experience it for shorter periods of time, if we abolish DST.	6/21/2014 2:46 PM
11621	It is a physical body adaption/adjustment every time there is a change. Let it go back to the normal time and then leave it alone!	6/21/2014 2:45 PM
11622	For years our family has wanted day light savings gone. It would be so much better!	6/21/2014 2:44 PM
11623	get rid of it!	6/21/2014 2:41 PM
11624	The sun comes up at the right time during the summer and there's plenty of light in the evening. In the winter when the sun goes down at 530 it's really lousy.	6/21/2014 2:41 PM
11625	Not sure I understand the Create option...permanent daylight savings?....I don't mind if we do that as long as we don't have to change during the year.	6/21/2014 2:40 PM
11626	I am not a huge fan of daylight savings, as a parent it is so hard for my kids to adjust. I think we would be better off without it.	6/21/2014 2:39 PM
11627	Get rid of daylight savings time.	6/21/2014 2:39 PM
11628	It is so hard on human bodies to change times.	6/21/2014 2:39 PM
11629	I recently moved from loving in Utah my whole life. Daylights savings was always the hardest part of the year, both falling back and springing forward. Adjusting took weeks and messed up my whole schedule. When I had children it was especially hard on them. I would say it doesn't matter if you fall back or spring forward, but keeping the same time year round is just easier for everyone. The practice is outdated and no longer necessary as it was in the past.	6/21/2014 2:38 PM
11630	so hard for my children to adjust to the time changes each time.	6/21/2014 2:37 PM
11631	Considering our level of technology; Utahns no longer have any need for Daylight savings.	6/21/2014 2:37 PM
11632	Is there any possibility to create a PURE COMPROMISE and just change 30 minutes in the middle and let it stand year-round?	6/21/2014 2:36 PM
11633	Move the time by .5 hour and leave it.	6/21/2014 2:36 PM
11634	Utah is at the western edge of the Mountain Time Zone. That results in later sunrises and later sunsets as compared to Colorado and western Kansas, even without DST. Particularly in the spring and fall, DST leaves us "in the dark" far too long in the morning. Summer sunsets at 9 PM and twilight until 10 PM are a boon to only a few. Arizona and Hawaii got it right.	6/21/2014 2:35 PM
11635	I lived 17 years in AZ and didn't mind not changing. Now when we spring forward or fall back it takes the body time to adjust. I prefer to not change times.	6/21/2014 2:35 PM
11636	Many of us in rural Utah prefer to have additional daylight after work and school for chores and activities.	6/21/2014 2:33 PM
11637	Stick with one time! Switching times has no beneficial effects whatsoever.	6/21/2014 2:33 PM

11638	We can deal with the time zone the world dealt us all year round without disrupting everyone's sleep patterns twice a year. It is not necessary in this day and age.	6/21/2014 2:33 PM
11639	Changing to and fro is to hard on my body .	6/21/2014 2:33 PM
11640	I say keep it. I like having daylight into the evening during the summer months. It helps with city/youth sports and general outdoor activities.	6/21/2014 2:32 PM
11641	Just pick a time and stick with it. Changing the clock for six months is crazy	6/21/2014 2:31 PM
11642	I believe we should set our time so at High Noon, the sun is as close as possible to straight up--and do business with neighboring states as it proves reasonable to do--we could stagger operating hours to align with neighboring states on Daylight Savings Time, but let's not lie to ourselves or others about what time it actually is--let the time be the correct time, no matter the season!	6/21/2014 2:31 PM
11643	Spring forward for more daylight during the winter months!!!!!!	6/21/2014 2:30 PM
11644	We should just keep daylight savings time year round and not bother with turning clock back and forward . And does Utah really need something else to look different to the rest of the country?	6/21/2014 2:27 PM
11645	As a parent I hate the way daylight savings effects my children. It's hard on them to change schedules.	6/21/2014 2:25 PM
11646	It's helpful when the seasons change.	6/21/2014 2:25 PM
11647	I think it is very hard on the body and health .	6/21/2014 2:25 PM
11648	I would prefer that we either remain on Daylight savings time or on Mountain Standard time. Let's stop changing bakc and forth. It is detrimental to health, hard on schoole age children and there are more accidents when the switch is made. I don't see any benefits to switching times.	6/21/2014 2:24 PM
11649	It's just such a huge pain and it's so outdated. Such a pain with children who don't understand.	6/21/2014 2:24 PM
11650	Leave the time the way it is in the summer all year long. Winter is depressing enough without adding the extra hour of dark at the end of the day.	6/21/2014 2:23 PM
11651	I can see the need for this when we did not have electricity, but these days it is just an inconvenience to all.	6/21/2014 2:23 PM
11652	Get rid of it.	6/21/2014 2:23 PM
11653	Why even have it? There are no benefits.	6/21/2014 2:23 PM
11654	I just hate bouncing back and forth. I wish they would just pick one and stick with it because it messes with everyone's schedules in my house.	6/21/2014 2:22 PM
11655	When we do daylight saving everybody struggles! Sometimes people are late for work, school, planned events, etc... There is no need for us to continue daylight savings... We also have to deal with tired driving, if someone is used to getting up at 5 a.m. when the time change happens you are now forced to wake 1 hour earlier, its time for Utah to follow Arizona and banish daylight savings!	6/21/2014 2:21 PM
11656	I think it would be great to have more light at the end of the day, especially durring the winter.	6/21/2014 2:20 PM
11657	The majority of non-rural people no longer benefit from Daylight Savings. The changes negatively impact safety, productivity	6/21/2014 2:20 PM
11658	Adjusting the clock twice a year, interferes with my life. If other people feel the need to get up an hour earlier in the spring-- by all means go for it. I don't understand why I must be forced to adjust to my life to fit someone else's needs.	6/21/2014 2:18 PM
11659	With the change twice a year, the one hour difference alters sleep patterns. Its too hard on the body.	6/21/2014 2:18 PM
11660	Our kids have such a rough time adjusting each time change. It's nonsensical in my opinion to do dst. Changing the time doesn't change the sun!	6/21/2014 2:18 PM
11661	I find it very unnecessary. As it reflects poorly in peoples attitudes. and there prospective. As the times changes the people become more tense. If we left it alone. it could bring more sanity..	6/21/2014 2:17 PM
11662	An extra hour of daylight allows children to be outside playing more of the year. They will go to school at the same time if it is light or not. Kids need more time to play!	6/21/2014 2:17 PM

11663	Schools and government offices can change their own schedules. Not everyone works 9-5 anyway, so it really shouldn't be a big hassle.	6/21/2014 2:16 PM
11664	Day light saving makes absolutely no sense. It takes me 2 to 3 weeks to get my body back on schedule, that's 6 or more weeks a year trying to adjust to time change. It doesn't save energy like they convinced us it would, there are no benefits that I can see.	6/21/2014 2:16 PM
11665	Daylight savings time is an outdated idea that causes a lot of inconvenience. It has also been proven to aggravate some health conditions. Arizona no longer participates. I don't know why Utah has been clinging to this idea for so long. I personally don't know a single person who thinks the time change is of benefit to us. Please allow Utah citizens to vote on this issue!	6/21/2014 2:14 PM
11666	I don't understand why we need daylight savings time in this day and age. People get up at the same time, and farmers don't run their lives by the clock. I don't believe it saves energy. For health reasons, changing the clock is stressful on the adrenal glands. I believe in keeping the clock the same all year around.	6/21/2014 2:14 PM
11667	There really is no point to it. It is disruptive and in this day and age really isn't saving money. Please get rid of it for our state!	6/21/2014 2:14 PM
11668	I think springing forward and bouncing back is hard on health, schedules and routines. It's very difficult for my children as they are in school during the changes. They not only have to keep going to school while their body takes a week or two to adjust to the new times but they have to fit a regular routine into a new time frame (lunch at 11 but their body says it is 10 or noon). It makes for 4-6 rough weeks of adjustment for their minds and bodies every year.	6/21/2014 2:14 PM
11669	Don't need it farmers didn't need it why do we ? It's to hard to adjust for several people !!!	6/21/2014 2:14 PM
11670	Eliminating daylight savings time keeps everything balanced. It throws you off. You spend a lot of time adjusting clocks not to mention your own physical time table.	6/21/2014 2:13 PM
11671	Pretending to be in Central Time does not give meaningful benefit. On the other hand, my company is required to invest a great amount of money and effort in the form of technical support to ensure customer machines are properly patched and set for time clock services and reports. Removing DST saves time, money, and frustration.	6/21/2014 2:13 PM
11672	Stay on one time zone all year long.	6/21/2014 2:13 PM
11673	DST creates an unnecessary and annoying adjustment twice a year.	6/21/2014 2:13 PM
11674	Time changes are so hard to adjust to. I think productivity decreases greatly everytime we have to adjust to a new time.	6/21/2014 2:13 PM
11675	There is no reason to keep changing the time. It cost to much money and is hard on people and kids. Just pick one and keep it at that time year round.	6/21/2014 2:12 PM
11676	Not seeing the benefit of going back and forth every 6 months. Seems to be more of a hassle than its worth adjusting to new times.	6/21/2014 2:11 PM
11677	The current daylight savings creates havoc in children's and adult's sleeping patterns. It is much healthier and productive to keep the same schedule all year round. I and my students always dread the changes.	6/21/2014 2:11 PM
11678	I feel that Daylight Savings is essential anymore. Farmers used to use this so that they could have more light in the mornings to do what they need to do. We have technology now and ultra-bright lights to illuminate anything as if the sun were up. It's just not necessary in my mind anymore.	6/21/2014 2:11 PM
11679	I love the sun! I have SAD during winter months, as do members of my family.	6/21/2014 2:10 PM
11680	In today's technology driven world there doesn't seem to be much need to keep daylight saving in practice. It seems that the main reason it's sticking around is just plain tradition. Which we have to ask ourselves why keep a tradition that doesn't make since any more.	6/21/2014 2:09 PM
11681	lelave it one way or the other, you need 5/6 days after the change to adjust your body. Lost sleep does occur because of the change	6/21/2014 2:09 PM
11682	Why? There seems to be no reason to go through the hassle.	6/21/2014 2:09 PM
11683	In AZ standard time works great and keeps things cooler.	6/21/2014 2:08 PM

11684	I have mixed feeling about daylight savings time. I love the long lit summer evenings, and I would not like the sun coming through my windows even earlier in the summer. But I hate making the time adjustments. It is hard to say which I'd like without ever experiencing a summer without daylight savings.	6/21/2014 2:08 PM
11685	DST was instigated to assist those whobwoukd benifit from longer daylight working hours, such a farmers and growers. Since the percentage of farmers nation wide is much smaller now than in was when it started, DST has largely become more of a nuisance and annoyance to the majority of the pooulation. I am in favor of abolishing it completely.	6/21/2014 2:08 PM
11686	It's just not natural - messing with the clocks twice a year. Right now is summertime and the sun isn't going down until nearly 9:30 pm. I think it is confusing to our bodies and makes it hard to stay on a schedule. Every spring forward I feel ripped off for a several weeks after losing that hour..	6/21/2014 2:06 PM
11687	Just get rid of it.	6/21/2014 2:06 PM
11688	It's a bother to change the clocks twice a year, and there is no benefit to daylight savings time.	6/21/2014 2:06 PM
11689	It doesn't benefit saving and daylight. It takes 2 or 3 weeks to get adjusted.	6/21/2014 2:05 PM
11690	Not needed...would simplify things & not be as confusing...knowing there is no time change or trying to keep track of which we're on. Too bad not all states get on the same page & keep it standard.	6/21/2014 2:04 PM
11691	As a retired teacher I have seen what the time changes, twice a school year, do to children. It puts them "off balance" for a time. They have to adjust. That impedes the learning process for that time. Just get rid of the time changes and you will see children do better in school.	6/21/2014 2:04 PM
11692	I think the Daylight Savings changes are outdated and unnecessary. I would rather just stay at one consistent time, than change twice during the year. It just seems to mess things up more than anything.	6/21/2014 2:04 PM
11693	Tired of having to readjust to each time schedule every 6 months.	6/21/2014 2:03 PM
11694	We won't waste as much daylight. We have such a short time of dst that it seems silly to keep it.	6/21/2014 2:03 PM
11695	I do not and have never liked daylight savings time. As a young Mother it was physically and emotionally hard on the family to handle the 'jet lag' of the time change. We are already a sleep deprived nation...why do we willingly make it worse with daylight savings? And the argument that 'we get an extra hour of daylight' is ridiculous. We do not nor cannot create more sunlight per 24 hour period. I would be so happy if Utah followed Arizona's lead in rejecting daylight savings time!	6/21/2014 2:03 PM
11696	I want more daylight all year long! Winter is depressing anyway....we need more daylight!	6/21/2014 2:03 PM
11697	While it does have its uses, it is harder for children to get used to it. It was started for farmers. If it where to change back to align it would be easier on the parents of Utah along with the children... My son hasn't actually caught up to the daylight savings time yet.	6/21/2014 2:00 PM
11698	The change in the time is very frustrating to both young kids and their parents. It takes a long time for everyone to adjust.	6/21/2014 2:00 PM
11699	I see no benefits to DST. It's confusing, it messes with people's sleep schedules. I me else's with some people's strict medication schedules.	6/21/2014 1:59 PM
11700	I hate the back & forth. Choose one time & stick with it, whether it's day-light saving or regular.	6/21/2014 1:58 PM
11701	Daylight saving is an archaic tradition which no longer grants much benefit to our modern society.	6/21/2014 1:57 PM
11702	There is no compelling reason to keep DST. Simplify and eliminate DST.	6/21/2014 1:57 PM
11703	I think we should make daylight savings time the new standard time for the entire year.	6/21/2014 1:57 PM
11704	DST is disruptive to my household. My children and animals have a very hard time adjusting to the change. I have children in school and their grades go down for weeks every time the clocks change. When they were younger their nap times were disrupted and the whole family schedule was thrown out of balance for quite a while until we all adjusted. The dogs don't understand either. Nobody adapts to the time change well at all.	6/21/2014 1:56 PM

11705	I think daylight savings time has done much more damage than good. When I was in graduate school the change came just as I was approaching my final exams each year and the the stress in addition to the the physical toll had a serious effect on my health. Now I have 2 young nephews and the change is always extremely difficult for them, which leads to sleeping difficulties for them and significant physical and mental health problems for my poor sister (their mother). No matter what we do, the amount of daylight will be exactly the same. I really don't care if it's earlier or later, daylight savings time (which I think which has been greatly abused in its implementation in the last 80 or so years) has lost all benefit and is causing actual harm. Please do away with it. Thank you.	6/21/2014 1:56 PM
11706	DST made sense in an era before the near-complete ubiquity of electric lighting and cars as transportation and all that. I don't see how tourism or kid's school schedules and that sort of thing is dramatically impacted by DST in this day and age, except in the annoying aspect of the shift itself. I would prefer to revert to "normal" time year round (MST for Utah), primarily because it would be easier to standardize and keep time zones and such aligned as they already are. No need to create additional confusion.	6/21/2014 1:55 PM
11707	I like the extra daylight.	6/21/2014 1:55 PM
11708	Switching times twice a year disturbs children schedules. Considering this is a family oriented state it seems to me that there are also a great portion of parents who are in the workforce not doing their best biannually while their family gets back on a schedule.	6/21/2014 1:54 PM
11709	Daylight savings is old and out-dated. There's not really a purpose behind it these days, as our civilization has progressed.	6/21/2014 1:54 PM
11710	Keep it like it is. Daylight savings time gives us more daylight in the evening and making the change gives us more daylight in the morning during the winter	6/21/2014 1:54 PM
11711	We are a recreational state and depend on the daylight for those recreational activities. Longer daylight hours are in our best interest as a state.	6/21/2014 1:54 PM
11712	It is just an inconvenience with very little benefit.	6/21/2014 1:53 PM
11713	I don't see one benefit from it.	6/21/2014 1:53 PM
11714	I don't see one benefit from it.	6/21/2014 1:53 PM
11715	I don't see one benefit from it.	6/21/2014 1:53 PM
11716	I don't see one benefit from it.	6/21/2014 1:53 PM
11717	I dislike having to adjust my body to a different time every 4-8 months	6/21/2014 1:52 PM
11718	It's not worth switching back and forth with the different time changes.	6/21/2014 1:51 PM
11719	Better sleep in over all all year.	6/21/2014 1:51 PM
11720	Serves no purpose.	6/21/2014 1:51 PM
11721	The sun is going to rise and fall for the same amount of time it always does. There is no need for dlst	6/21/2014 1:51 PM
11722	Daylight savings really isn't all that useful, or beneficial in anyway. In my honest opinion I feel that is confuses more people than does any good. Yes we see more sun in the summer, but there really isn't any true benefit to falling back or springing forward with time.	6/21/2014 1:51 PM
11723	In a twenty-four hour society, there is no reason for DST.	6/21/2014 1:51 PM
11724	Please stop daylight saving time! Just pick a time and stay with it!	6/21/2014 1:49 PM
11725	Just leave it like it is! Quit switching 2 times a year!	6/21/2014 1:48 PM
11726	It should be stopped nationwide. It is a waste of time and resources. Just leave it alone.	6/21/2014 1:48 PM
11727	It's	6/21/2014 1:48 PM
11728	The economic interest lies in maintaining the same time patterns that most of the nation have. Efficient business communications depend on constant time relationships.	6/21/2014 1:48 PM
11729	I think it's hard as a parent to keep adjusting your kids schedules according to the time change. I also have a hard time while we're on daylight savings.	6/21/2014 1:46 PM
11730	It upsets my internal clock when changing schedules twice a year. There is no need to do this. Start work earlier and so forth. Stick with the REAL TIME and adjust activities around that.	6/21/2014 1:45 PM

11731	I do not like daylight savings time. It causes problems for several weeks every time it changes, it takes time to adjust to the new schedule. Please stop forcing daylight savings on ut	6/21/2014 1:45 PM
11732	Switching forward and back is a big nuisance. Those who want to exercise early can set their own alarm clocks.	6/21/2014 1:45 PM
11733	As for me, I get up at 350 am mon thru Friday for work. Falling asleep at night has always been a problem. Cant seem to fall asleep til 10 or 1030 pm. Having 5 hours of sleep jus does not cut it. If the clocks were set back the hour it should be set at, that would work out in my situation. thanks steven s Bountiful utah	6/21/2014 1:44 PM
11734	Standard time became standard because it is the best fit on a year around basis. Daylight savings was supposed to save energy, but that is highly questionable. Logically, why daylight savings during the time of year when there is already the most hours of daylight. For those who like daylight savings, its their own business if they want to get up an hour earlier, why does everyone have to accomodate them?	6/21/2014 1:44 PM
11735	I do not recognize any benefit from daylight savings time. I only recognize the disruption to our schedule.	6/21/2014 1:44 PM
11736	Overall I am indifferent keep it or do away with it. I think most want to do away with it as to not feel the time change. If done away with I would prefer to align wit AZ mountain time for ease and streamlining.	6/21/2014 1:43 PM
11737	Daylight savings is complicated. It messes up everybody's sleep schedule, everyone is only happy when they sleep that extra hour. Having the same time all year round will be better for everybody.	6/21/2014 1:43 PM
11738	I love daylight savings time and wish we could stay on it year-round.	6/21/2014 1:41 PM
11739	As a teacher, I dread the time change more than Christmas Vacation. I can depend on at least two weeks of lost learning as my students adjust to the new time change.	6/21/2014 1:41 PM
11740	We should say on DST year round. Don't fall back in the winter. Most people are saying Go like Arizona, and what they mean is stay on the time we are now, without falling back. They want to stop changing the time, but don't want it dark at 4 pm in the winter. Keep it now, so in the winter it is dark around 5 pm.	6/21/2014 1:41 PM
11741	LOVE the longer summer daylight hours!!!	6/21/2014 1:40 PM
11742	DST has no useful use or meaning any more.	6/21/2014 1:40 PM
11743	I prefer not having to "get used to it" each time we switch from DST to MST and back.	6/21/2014 1:39 PM
11744	I don't like the time changes because it messes with my sleep schedule and when that happens I get migraines. Just an hour makes a huge difference. I hate being in pain!!!!!	6/21/2014 1:39 PM
11745	Twice a year lives are disrupted. MILLIONS of lives are disrupted. All across the nation nearly everyone has to change their clocks forward or backward an hour... which in and of itself isn't that big a chore. It is what that hour does to many of us. It puts of any sort of rhythm we had for up to a week, if you have children is destroys and sort of schedule they have had, and business that live by time-tables are put to extreme trouble. Whatever excuse you may hear or read about why it saves money or energy. Look at your facts -- how does DST affect YOU? Does your electric bill go down? Or your gas consumption? Are you happier and healthier during the first couple of weeks after each change? Is your family? For me and my family it always ends up with the negative effect. Go back to standard time and stay there.	6/21/2014 1:38 PM
11746	I would prefer if we didn't change the time from where it is now. Wouldn't have to remember when to change time, wouldn't be late/early for work.	6/21/2014 1:38 PM
11747	Useless. Get rid of it once and for all, please.	6/21/2014 1:38 PM
11748	My father owns cattle on top of being a dentist, and I know day light savings is a huge help to him. And I prefer the long summer days, too	6/21/2014 1:37 PM
11749	DST is pointless. It's an outdated idea that is no longer necessary.	6/21/2014 1:37 PM
11750	Daylight savings is great, but the change in schedule for small children is difficult. I would prefer to have a time and stick to it year round.	6/21/2014 1:37 PM
11751	There is no longer any purpose for the time change. Farmers harvest their fields at 1 AM & many businesses are open beyond traditional hours on the mid 20th century.	6/21/2014 1:37 PM

11752	The time change disrupts everything. I see no point to it. Keep the time the same and stop changing it back and forth!	6/21/2014 1:36 PM
11753	I enjoy more light in the evening for myself and my children.	6/21/2014 1:36 PM
11754	It upsets our whole body rhythm for a few weeks each spring and fall.Leave it all one way or the other. Quit messing us up twice a year.	6/21/2014 1:35 PM
11755	I think that when it was first put in place that it was useful. Now our life styles are so different and it is an annoyance and not needed. It disrupts sleeping with not only children but adults. Get rid of it!!!!!!	6/21/2014 1:35 PM
11756	This morning it was light just after 5:00 am. I don't want to wake up at 4:00 am. The light in the evening is wonderful. Don't change it. It's such a family time.	6/21/2014 1:35 PM
11757	My body takes weeks to adjust. Just pick a time and don't change it. Ever.	6/21/2014 1:34 PM
11758	I hate Daylight Saving Time. It messes with my internal clock every time it changes the time. I do not care which way it stays but just stop changing it!!	6/21/2014 1:33 PM
11759	I dont think its necessary to change time every 6 months. Pick a schedule and stick to it.	6/21/2014 1:33 PM
11760	Nice to hAve more daylight in the evening. Wouldn't mind having the extra hour all year long	6/21/2014 1:31 PM
11761	I don't see the benefits at all. To the best of my knowledge this is a tradition that is simply no longer needed. Sleep deprivation is already a growing epidemic in the US and when we observe daylight saving it really interrupts the circadian rhythm of our children. Teenagers especially have disrupted circadian rhythms already and they experience plenty of se back because of it. It takes an average of 2 months for my kids to adjust after daylight savings. I feel it is not worth the disruption simply to observe a tradition that serves no purpose. Thank you!	6/21/2014 1:31 PM
11762	DS is not needed at all anymore. It causes a lot of grief to a lot of people for no good reason.	6/21/2014 1:30 PM
11763	It's annoying and frankly disruptive to move back and forth. I'd prefer to fall back permanently so there's more light in the morning, as studies show it helps with waking up naturally and energy levels through the day	6/21/2014 1:30 PM
11764	What real purpose does it serve? Aren't there very real negatives (like an increase in heart attacks at every clock change)? I dread the jump to DST every year! It's even worse now that it's been extended to earlier in the year.	6/21/2014 1:29 PM
11765	I don't like when it gets dark so early.	6/21/2014 1:28 PM
11766	I think daylight savings time is completely pointless , it's already hard enough to remember all the things we have to remember , keep it simple , Arizona likes it , I think DST needs to go away	6/21/2014 1:28 PM
11767	More light at night in the winter months.	6/21/2014 1:28 PM
11768	I do not care for how DST disrupts my sleep patterns twice & consequently affects my ability to perform at work (I do not have kids, so I do not know how DST affects parents).	6/21/2014 1:27 PM
11769	Our body clocks follow standard time. DST messes up our body clocks. DST is outdated and it's time for it to go!	6/21/2014 1:27 PM
11770	I absolutely hate DST! But mostly I hate the time changes, especially the "springing forward" time. After the change, I drag at work for at least a couple of weeks and am not nearly as productive. I believe that it's bad for business but, more importantly, bad for people's physical and mental health.	6/21/2014 1:27 PM
11771	I like to be able to enjoy the light outside in the evening, and I don't mind leaving the house when it's dark in the morning.	6/21/2014 1:26 PM
11772	It inter fears with our sleep ,health, and immune system you just get used to it and the time changes again you either go to sleep to late or get up to early. It seame to me that it's just getting dusk in the morning and then you fall back and the kids are walking in another 2 weeks of a.m. Darkness get rid of it	6/21/2014 1:26 PM
11773	I lived in Utah for many years, and I do not like Daylight Savings Time. Especially when I started having children. Bedtime and morning time were very difficult to get adjusted to.	6/21/2014 1:25 PM

11774	It inter fears with our sleep ,health, and immune system you just get used to it and the time changes again you either go to sleep to late or get up to early. It seame to me that it's just getting dusk in the morning and then you fall back and the kids are walking in another 2 weeks of a.m. Darkness get rid of it	6/21/2014 1:24 PM
11775	Honestly, this would cause a HUGE problem for neighborhood baseball leagues without lights on their fields.	6/21/2014 1:23 PM
11776	The hour of light doesn't make a huge difference! I like the saying, you can make a blanket longer by cutting off one end and adding it the other. The same goes with daylight!	6/21/2014 1:22 PM
11777	It is difficult with kids to change their sleep schedules... BUT I feel like it maximizes the hour of the day that are light out.	6/21/2014 1:21 PM
11778	Waste of time and productivity.	6/21/2014 1:21 PM
11779	switching the clocks is a big hassle, messes with sleep algarythms, and doesn't give you the full sense of a suncycle in true terms ... pick one time and stick with it. remember when hign noon really was?	6/21/2014 1:21 PM
11780	I am friends with a family who has a child with sensory issues. Aligning with Arizona and doing away with DST would be beneficial to those whose lives are disrupted due to the change.	6/21/2014 1:20 PM
11781	It just makes sense! Changing a clock doesn't change the sun or natures cycles. It always was a government trick to get more play time to tax!	6/21/2014 1:20 PM
11782	Twice a year we get jetlag--without leaving home. The change to DST is disruptive to our bodies and especially to children's schedules. It takes several weeks to feel recovered. I don't see any benefit for DST. As a bonus, fireworks and evening activities could start earlier as it would get darker just a little earlier without DST. I have family in Arizona and talked with them about this issue. They don't see the benefits of DST either. Working with different time zones is a part of business with or without DST. So why cause the headache twice a year for our citizens?	6/21/2014 1:20 PM
11783	Daylight savings time is an absurd notion. With our blistering hot summers, the last thing we need is an additional hour of sunlight. Also, this additional hour of sunlight means an additional hour of air conditioning--consuming, not saving, energy. Furthermore, many people go to bed around 10 pm, which means they try to sleep only 15-20 minutes after dark during June and July. Get rid of this annoying practice.	6/21/2014 1:19 PM
11784	I HATE daylight savings! It messes your body up for at least a week. It cuts productivity at work because your schedule is messed up. GET RID OF IT!	6/21/2014 1:19 PM
11785	I think we should get rid of it fall back with Arizona	6/21/2014 1:19 PM
11786	Daylight savings was relevant when it was created, but is no longer needed. The time change causes problems, stress, and the extra darkness in the winter months can cause depression. Dark at 5pm in the winter also causes inactivity which is physically harmful and disrupts business activity.	6/21/2014 1:19 PM
11787	I think that unless there are proven benefits to keeping daylight savings time as it happens currently, it should be done away with. It seems to me that it is uneccesary and people wouldn't have to worry about gaining or losing an hour.	6/21/2014 1:19 PM
11788	Day Light Savings is awesome when you get to sleep in an extra hour. But it's terrible when an hour is taken from us! So let's be gone with it!	6/21/2014 1:18 PM
11789	I find the biggest cost to me with DST is mental. Each time we manipulate the clock to try and adjust for daylight or lack thereof, I feel depressed and angry. These are feelings that often affect a personality when something is happening to them that they cannot justify or understand. If you think about the total amount of mental adjusting that is required by the populace as a whole each time we adjust the clock, it hardly seems worth it. The construction industry does not adjust their work schedule by what the clock says, they adjust their work schedule by the weather and daylight. They do not change efficiency or production just by saying it is now one hour later than yesterday or one hour earlier than yesterday.	6/21/2014 1:17 PM
11790	Daylight savings is a burden for any parent. In the summer kids stay up far to late than what is healthy becUse the sun stay up later. In the fall and spring their bed times get thrown off with the time change. I would like to see the time stay the same thought the year without having to move to Arizona. It is way too hot down there.	6/21/2014 1:17 PM

11791	1.dst.cannot add 1 second to the number of hours of daylight. 2. Every year at the beginning of dst. A child is either hit or killed while crossing the road on the way to school. 3. Only the power companies and businesses including health care that rely on the clock can tell you how may thousands of dollars it costs to change their clocks twice a year. 4. Too many missed appointments and meeting schedules. 5. Too many accidents and illnesses related to biorithim disruption. 5. TOO MUCH GOVERNMENT CONTROLL. 6. If any one wants to start their day an hour earlier then they can get uo earlier, it is their choice. THANK YOU.	6/21/2014 1:17 PM
11792	It really screws up our biological clock. If you want an extra hour of daylight, get up an hour earlier.	6/21/2014 1:16 PM
11793	Hate Daylight Savings Time. I think it's stupid.	6/21/2014 1:16 PM
11794	Daylight Savings messes up our body clocks, it is awful for parents with kids and does no one any good. Please get rid of it. Thanks!	6/21/2014 1:15 PM
11795	Changing times for daylight savings is rough on schedules as it messes with sleep and our internal clocks. Also, it causes the morning lighting to change for students heading to school, which annoys most. Finally, it causes the sun to be up past many people's bedtime in the summer, which makes getting to sleep difficult for many (especially children).	6/21/2014 1:14 PM
11796	Daylight savings does not benefit most of the population.	6/21/2014 1:14 PM
11797	It is very difficult to get used to the time adjustment. I have small children now and sleep is important and it messes us up for weeks. I have always hated it personally and hate it even more now with children. Just pick a time and stick with it. No more of this switching back and forth it.	6/21/2014 1:14 PM
11798	Long evenings of summer are amazing! And if we switched off of DST, it would start to get light at 5 am, which is ridiculous.	6/21/2014 1:13 PM
11799	It's an anachronism that creates problems, even safety and health risks, while no longer providing any benefit.	6/21/2014 1:13 PM
11800	Pick a tone and leave it it hard on everyone switching a schedule then once use to it switching back.	6/21/2014 1:12 PM
11801	It is no longer beneficial and it actually cost companies money to deal with the time changes.	6/21/2014 1:12 PM
11802	It causes much more problems with families and business than it is really worth!	6/21/2014 1:12 PM
11803	I like tha Spring forward so we have an extra hour of daylight!!!!!	6/21/2014 1:12 PM
11804	Stay on DST all year.	6/21/2014 1:11 PM
11805	I don't care to walk to work in the morning, in the cold winter, in the pitch dark. Its dangerous when I can't see where the patches of ice are.	6/21/2014 1:11 PM
11806	I find out created less productivity and is a problem if we could get rid of it that would be great.	6/21/2014 1:10 PM
11807	I would rather not have daylight savings time but the worst is changing back and forth. There are always more accidents when the switch is made. Children end up walking to school in the dark again. Please just discontinue daylight savings time.	6/21/2014 1:10 PM
11808	I absolutely LOVE that it doesn't get dark until 9PM in the summer. I like working in my yard and garden in the evening and I hate mornings.	6/21/2014 1:10 PM
11809	Time changes are terrible for kids. Utah has a lot of kids. Let's get it changed!	6/21/2014 1:10 PM
11810	The days are already to long in the summer. We don't need the extra hour of sunlight.	6/21/2014 1:10 PM
11811	I don't like having to change my sleep patterns when the time is changed.	6/21/2014 1:09 PM
11812	I think that the amount of money wasted on undesired consequences of daylight savings time is ridiculous. At my company alone, the amount of scrap, overtime, and halted production alone must be 10s of thousands of dollars.	6/21/2014 1:08 PM
11813	I like DST, and see only one reason to not keep it year-round - confusion with any other part of the country. DST keeps it light at the times most people want it, but switching every 6 months is awful!	6/21/2014 1:08 PM
11814	We should redefine time. 60 seconds is a minute, 24 hours is a day, 12 months is a year... How about 100 seconds is a minute, 100 minutes is an hour, 10 hours is a day, 10 days in a month, 10 months in a year...	6/21/2014 1:08 PM
11815	One time will do.	6/21/2014 1:07 PM

11816	Aligning our schedules to the rising and setting of the sun, averaged over our economic (or at least political) geography is the most efficient and natural way to manage our time measurement. Changing clocks adds undue burden for individuals and systems, including schools, businesses, and media outlets.	6/21/2014 1:07 PM
11817	Since I live in St. George, about 5 miles from Arizona, why not get rid of Daylight Savings time. I have never seen the need for it as our bodies naturally adjust to whatever time zone we are in anyway. I often travel from UT to NV, crossing over AZ. It just gets confusing when calling or traveling to see family and friends I just retired two weeks ago, while working, it just messed me up and I never saw any difference for the kids going to school. Why mess with what was given to us, the cows can't tell either.	6/21/2014 1:06 PM
11818	Keep it the same. Make it a permanent Mountain Standard Time	6/21/2014 1:06 PM
11819	I am from Arizona and loved not having daylight savings time!	6/21/2014 1:05 PM
11820	In the early farming days it had a purpose, but now it's unnecessary and just causes sleep problems. Keep it one way or the other. I don't care which one is chosen. We need to quit changing it.	6/21/2014 1:05 PM
11821	Currently summer sky isn't fully dark until 10pm. Too late even for original intent & logic of DST.	6/21/2014 1:03 PM
11822	Tired of changing times.	6/21/2014 1:03 PM
11823	It just keeps things simple, kids and everything	6/21/2014 1:02 PM
11824	Personally I have never seen the benefit of daylight saving time. It always seems to take 2-3 weeks to adjust to the spring time change. It's hard when you have kids to try to change their schedule and try to get them to bed they aren't tired, knowing that in the morning they won't want to wake up. At work, they don't change the clocks and it's SO hard to walk around work looking at the clock and knowing it's really only 6:00am but we're supposed to think it's 7:00. I don't think it makes sense for UT to have its own time zone though, I think it would be easier to have UT and AZ on the same time.	6/21/2014 1:02 PM
11825	There doesn't seem to be enough of a benefit to switching back and forth. Arizona residents do just fine with staying on MST and I propose Utah residents will adjust.	6/21/2014 1:00 PM
11826	Daylight Saving Time was great idea when Ben Franklin came up with it, but the times and technology have changed. We don't need more daylight to preserve the life of our candles anymore. DST isn't efficient, it essentially exists because it hasn't been re-evaluated in years. As technology has met more of our everyday needs (such as electricity and the light bulb), DST has become simply a tradition that we uphold because it's the law, not because it is necessary.	6/21/2014 1:00 PM
11827	Daylight savings never made sense to me... it doesn't add daylight, it just shifts the schedule to make us feel better about being up before the sun is up.	6/21/2014 1:00 PM
11828	Daylight savings time interrupts people's sleep, causes them to rush in the morning and is just another thing to add to people's already busy lives. I vote to drop daylight savings time altogether.	6/21/2014 1:00 PM
11829	I work in Higher Education, and changing the time twice a year is always a struggle for our students, faculty, and staff. The original purpose of changing the time seems unnecessary, now. I selected permanently springing forward because it means more light in the evenings. This makes it more likely that our students are returning home from their evening classes in the daylight, which is safer. Permanently springing forward may also help the state economically in that people would have more time to participate in recreational and leisure activities after their work hours.	6/21/2014 1:00 PM
11830	I hate the changing, it is hard on my physical rhythms and seems unnatural.	6/21/2014 1:00 PM
11831	Having lived in AZ and Utah I see no reason for it. It won't hurt the tourism like you think it will. It was useful at one time but it has outgrown its usefulness and become more of a headache and cost to everyone. An employer who pays non exempt employees that work at night gets hit both ways every time it switches. Get rid of it.	6/21/2014 12:59 PM
11832	I do not like day light savings time. I don't think it really helps, and it even seems to cause more inefficiency in the work place. Also, my kids have a hard time adjusting to it.	6/21/2014 12:59 PM
11833	IT makes sense to have the day light saving permanently change to the later time. It won't get dark as soon during the winter and it will stay light longer during the summer. PLEASE consider keeping it to the later time!	6/21/2014 12:59 PM

11834	I work in the Operating room as a Nurse Anesthetist and whenever the change happens I always lose sleep and struggle to stay alert in caring for my patients. I have lived in Arizona and loved the ability to not have to constantly having to adjust my life every time the clock changes. Also in the summer it gets dark so late that if you want to view the stars or watch a movie outside you can't. Another thing is driving in the early morning darkness and not seeing kids as they are walking to school. I have had some close calls and that earlier change to daylight savings time in the spring is really dangerous for our school children. I do not know the original reason this was started. I have heard it was to save energy and prevent global warming, well I now have to have the lights on in the early morning darkness. Please have Utah opt out of daylight savings time. I for one am tired of it. Thank you.	6/21/2014 12:59 PM
11835	I don't think it's worth it anymore. It is really tough as a parent with two kids, and trying to get them back on a schedule twice a year.	6/21/2014 12:58 PM
11836	Change to daylight savings year round.	6/21/2014 12:58 PM
11837	I just don't feel it is necessary anymore.	6/21/2014 12:58 PM
11838	I think we should use one time or the other; stop changing the time. It is confusing and hard on the body. Aligning with Arizona is a logical choice.	6/21/2014 12:58 PM
11839	PLEEEEEASE stop making us change the time twice a year!!!! It's difficult with kids! It's difficult with a job! It's just stupid!!!	6/21/2014 12:57 PM
11840	It just seems like a big hassle for nothing. I hear so many complaints every year every time we are asked to change our clocks. People just don't like it, and it messes with your system!	6/21/2014 12:57 PM
11841	I don't feel that daylight savings serves any purpose any more. Working with children, I find that it hard on them as well as the care providers/ educators. It messes with our own bodies circadian rhythms and I feel it is just a bad idea.	6/21/2014 12:57 PM
11842	Daylight Savings Time no longer serves any purpose. All it does is confuse our bodies' sleep-schedule twice a year. It is especially problematic for those who have or work with children, as children absolutely do not recognize the time change. We do not need Daylight Savings Time, and I think the majority of people would agree that we would be better off without it.	6/21/2014 12:56 PM
11843	Super hard to get kids an me aligned either way whenever the time changes	6/21/2014 12:56 PM
11844	Keep it. I love DST!	6/21/2014 12:55 PM
11845	Get rid of it!	6/21/2014 12:55 PM
11846	Get rid of it!	6/21/2014 12:55 PM
11847	I want the Spring forward to have an extra hour of daylight!!!	6/21/2014 12:54 PM
11848	It provides consistency with our adjacent neighbors to the South and, West of my county.	6/21/2014 12:53 PM
11849	I lived in AZ for 2 years and I found the time change here in Utah was worthless. Not being racist but here is a quote from a American Indian. "Only white man can take a blanket, cut off bottom, sew it to top and say it's longer."	6/21/2014 12:53 PM
11850	It would be better to stay on daylight savings especially for the winters the. Many days you wake up in the dark, go to work, then drive home in the dark. You never see the sun. Staying on the extra hour would help alleviate seasonal depression.	6/21/2014 12:52 PM
11851	With limited exception, the majority of Utahns are Negatively impacted by the change in time. In a by-gone era this shift may have made sense. In today's world it simply does not. Please eliminate this cause of essential FORCED Government JET LAG!	6/21/2014 12:51 PM
11852	I don't particularly care if it's aligned or created, I just don't like changing it every spring and fall.	6/21/2014 12:50 PM
11853	Changing the clocks twice a year is unnecessary. I would prefer to stay on mst year round. Having young children it is extremely difficult putting them to bed in the summer while the sun is still out and it is blazing hot out. My family often does not eat dinner until close to 9:00 pm simply because it is too hot to eat and too hot to heat up the house with the oven/stove top.	6/21/2014 12:49 PM
11854	It is absolutely useless. It seems like when I get used to one time, it switches again! It's extremely hard having a toddler, she doesn't care what time it is, she gets up at the same time, so it'd be nice for the time to always just be the same! Please get rid of it, let's follow Arizona's lead, they all love it!	6/21/2014 12:49 PM

11855	Changing time is too hard on health and safety. As for children not going to school in the dark, I beg to differ, it's still dark in the morning. Like Mt. Std. time, don't switch back and forth.	6/21/2014 12:49 PM
11856	I think it's not necessary at all. Let's be done with it.	6/21/2014 12:48 PM
11857	In the modern times of today, daylight savings only benefits the power companies. The loss of productivity and sleep to the population makes it worth changing. While I don't like being compared to Arizona, it is a model of how no DST is perfectly fine for a population.	6/21/2014 12:48 PM
11858	I don't like changing back and forth.	6/21/2014 12:47 PM
11859	States spend more money implementing and going forward with DST than they would if they had left well enough alone. It is an outmoded and outdated concept that has no real piratical bring in our society today.	6/21/2014 12:47 PM
11860	It is a joke. We enjoy working and recreating in the cool mornings. we certainly do not enjoy the hot evenings and certainly prefer to stay at home rather than go out in hot evenings and extended afternoons!	6/21/2014 12:46 PM
11861	I guess I'm biased - I grew up in Arizona, been here in Utah for 20 years. Get rid of daylight savings.	6/21/2014 12:46 PM
11862	Changing times is hard on a person. I don't like it. I think we should stay with the same time zone Arizona does.	6/21/2014 12:46 PM
11863	Well, quite simply put--DST is a statistically significant cause of heart attacks. It's a bad idea for public health reasons, and it's already been shown that it doesn't have any energy-saving benefits. I hate it when it rolls around every fall and spring, and it takes me about 2-3 days to recover from it. Having been a previous Arizona resident, I must say that they have it right and it's a very nice way to live without fudging with your clocks twice a year.	6/21/2014 12:45 PM
11864	If we do get rid of it we should stick to the time that it is currently right now. The only reason why it came into play was so that in the winter the sun wouldn't go down before it was time to end the day, so they moved the time back one hour. Fall = back, Spring = forward to even the time scale. Also, in doing this the sun will come up earlier all year round even in the winter. which will hopefully heat the air a little before people start driving to work in the morning allowing the air to mix a little more and cut down on the smog in the winter.	6/21/2014 12:45 PM
11865	Please, please, please do not change to no daylight savings time. As a person who suffers from depression I really struggle during the time when the days are shorter. The months between November and March when we are on standard time are a real struggle for me. I think that we need to leave the time change alone. I know that it can be hard for some people for about a week after the change but it is so worth it to have the extra daylight hours. If it must be that we have to change to one time year round, please make it so that we are on daylight savings time all year round.	6/21/2014 12:45 PM
11866	Just leave us on daylight savings all year long. I don't care which pattern we follow but pick one and leave it.	6/21/2014 12:45 PM
11867	Makes you tired for two weeks trying to get used to the change.	6/21/2014 12:44 PM
11868	Asa mother to several young children, daylight savings wreaks havoc on their schedule. It's torture. It doesnt serve a purpose so can we please be done with it?	6/21/2014 12:44 PM
11869	With the modern technology we have there is really no need for DST anymore. Please put an end to it!	6/21/2014 12:43 PM
11870	I feel like there is no reason to change time twice a year. It is hard on our health and the health of our children, more than it is a benefit in any way. Spring ahead and then stay on that time...no Fall back!	6/21/2014 12:43 PM
11871	it just doesnt make sense everyone forgets to do it and its time consuming changing all the clocks and it wouldnt change they way we work, live, play or anything if it wasnt there it would be nice to have 1 less thing to worry about in our busy society	6/21/2014 12:43 PM
11872	Stick with one. It is senseless to keep switching back and forth.	6/21/2014 12:43 PM
11873	It is obsolete, we should get rid of it. 8 am should be the same 8 am the whole year	6/21/2014 12:43 PM
11874	I see no point in whacking our schedules. I would like to let our clocks remain the same all year. :)	6/21/2014 12:41 PM
11875	The time should remain constant and NOT change back &forth. It has been proven that it is hard on our bodies to change eating and sleeping times. If you want more daylight get up earlier. Please change the law to match Arizona.	6/21/2014 12:41 PM

11876	I feel that changing times us a disruptive pain in the neck that costs individuals, businesses, and government lots if trouble. The benefits went away way back when electricity became widely available. It's high time Utah picked a time zone and stuck with it.	6/21/2014 12:41 PM
11877	Removing daylight savings will greatly benefit wasted time for my business and also at home.	6/21/2014 12:40 PM
11878	I actually don't care if we are on Standard time or Daylight Savings time, as long as we choose one and stick to it. The change is more of an upheaval than a benefit.	6/21/2014 12:40 PM
11879	I feel like the reason for having it is past it is not as annoying as just not needed anymore.	6/21/2014 12:40 PM
11880	Nearly all of the purported benefits can be gained without the disruption caused by the back and forth of the time change. It is a concept that should never have been implemented.	6/21/2014 12:39 PM
11881	I enjoy have it lighter longer in the summer months (wish it would stay on the daylight savings time year round) I like the light in the evenings better than mornings.	6/21/2014 12:39 PM
11882	When we were raising our kids in Utah, we didn't like trying to enforce a reasonable bed time in the summer when it was light outside and other children were out. The disturbance to sleep patterns was also a nuisance. I didn't see any benefit to the practice. Changing would be relatively simple since Arizona is the same natural time zone and not participating in daylight savings time.	6/21/2014 12:39 PM
11883	I dont like it i just wish they would pick one time and stick with it!!! It's so hard on every ones sleep schedule. I also don't think we do the fall back time change to make it worth it.	6/21/2014 12:39 PM
11884	DST is an archaic practice with no benefit since the invention of the incandescent lamp.	6/21/2014 12:38 PM
11885	because of technology daylight savings is a big wast of time ans effort. it messes with the mind and makes life harder, not easier.. farmers get up whether the sun is up or not, and same with working men and women. i know many that work till after sundown whether there is light in the sky or not.. it has little or no effect on power consumption or conservation.	6/21/2014 12:37 PM
11886	Don't care HOW we do it or which plan we choose -- just want the CHANGING to stop. Let's choose one and stick with it and be done. Thank you.	6/21/2014 12:37 PM
11887	I see no reason to keep DST. It is difficult to put children to bed at a decent hour when it stays light until 9/10pm (especially during the school year). It also makes for darker mornings, which is more dangerous for children walking to school, as well as bicyclists.	6/21/2014 12:36 PM
11888	Besides the fact that it's just plain ridicules to change back and forth, I work in a facility with about 100 clocks that have to be adjusted twice a year.	6/21/2014 12:36 PM
11889	Daylight savings is no longer needed - we don't work the fields and our schedules don't fit. Keep the same time year round.	6/21/2014 12:36 PM
11890	I am now a retired teacher. But, children would come back school and be so tired they would fall asleep on their desks. When it is light until late parents can't get their kids to bed. Now when we are retired we still hate it. I guess we keep earlier hours for sleep. "Early to bed and early to rise, makes a man wealthy and wise." Not sure I got that completely right. Thanks for asking!	6/21/2014 12:36 PM
11891	We don't farm anymore - DST no longer is needed.	6/21/2014 12:35 PM
11892	I	6/21/2014 12:34 PM
11893	I don't think we should change the time. My kids get grouchy and so do I.	6/21/2014 12:34 PM
11894	Changing the clocks twice a year needlessly interferes with schedules.	6/21/2014 12:34 PM
11895	In the summer its hot, and I would prefer to have an hour less of sunlight vs an hour more while I'm at home.	6/21/2014 12:34 PM
11896	It is healthier for sleep patterns. Nobody seems to really think it's awesome!	6/21/2014 12:32 PM
11897	Daylight Saving Time is hard on children. Since we have many year-round schools in Utah, it makes it even harder to make the adjustment. I don't think the extra daylight is of any use now days, and it's original purpose is outdated. It's not worth getting used to the schedule change.	6/21/2014 12:32 PM
11898	I think day light savings does more harm than good.	6/21/2014 12:32 PM
11899	There is no valid point to changing the clocks.	6/21/2014 12:32 PM

11900	My preference is to turn Utah time to a permanent Daylight option 1 - During the summer I like the daylight later as it promotes evening activities in the light 2 - During the winter, it's okay with me to have standard time, however, the twice-yearly shift to one of the other causes problems. Therefore I would prefer yearlong, savings time.	6/21/2014 12:32 PM
11901	I love having more daylight in the evenings. I think it would be beneficial to keep it year round. It may help with many people who suffer from SAD, who go to work in the dark and return home in the dark in winter by having an extra hour of light at night. Then you at least get to see the sun on one of your commutes. It would also be beneficial to children to keep it at one solid time so their bodies don't have to adjust to the sudden time change, especially during school months.	6/21/2014 12:31 PM
11902	Daylight Savings Time is expensive to implement for business. (Think airlines, coordinating meetings, completing odd payroll calculations, even staffing costs to update clocks in a buildings!) In addition to my personal preference to align, it would save costs and reduce waste in the economy to discontinue. Thanks!	6/21/2014 12:31 PM
11903	I love that it stays light later, giving more time in the evenings to enjoy the summer weather. I wouldn't like it getting light outside at 5 o clock in the morning.	6/21/2014 12:31 PM
11904	Before I retired I was a nurse. Switching back and forth on the time is so hard on nurses!!! I would like to just stay at one time!!!	6/21/2014 12:30 PM
11905	When I lived in AZ, I much preferred to MST in the summers. Would much prefer to have that here. Ten pm is just too late to be light. One big reason is the heat; once our temps are up there, it's miserable, and it doesn't start cooling off till the sun goes down. I would love to have earlier cooler evenings to enjoy! And for (sort of the) same reason ealier mornings for yardwork would be great, too. For those with little ones, the earlier dark helps get them in and settled down. We haven't been an agrarian society for a long time~ time do do away with this relic!	6/21/2014 12:30 PM
11906	It is hard on our bodies especial your health in the week or two to adjust	6/21/2014 12:29 PM
11907	I believe the daylight saving system is out dated, and no longer useful, at least for the state of Utah.	6/21/2014 12:28 PM
11908	I love DLS. I long long summer nights and cozy earrly fall evenings. Plus helps kids get into the groove of sleeping for school.	6/21/2014 12:27 PM
11909	It is an antiquated system that no longer serves it's original function. Please get rid of it.	6/21/2014 12:27 PM
11910	The idea of time change is antiquated and not necessary. Pick a time and stay there.	6/21/2014 12:26 PM
11911	I would prefer the additional hour of daylight after work in the winter time. Its already dark when I go to work, but now it might at least be light for a bit when I get home.	6/21/2014 12:25 PM
11912	DLS is a waste of time and unnecessary personal energy. In this modern day it serves no purpose. Ever worked an hourly job over DLS? Yeah, it sucks.	6/21/2014 12:25 PM
11913	I dislike having to adjust my body every time change. Just keep one time.	6/21/2014 12:24 PM
11914	Changing times creates waste and inefficiencies in the economy. Time to end it!	6/21/2014 12:24 PM
11915	The changing of time in the spring and fall is hard on everyone and I think it is a health hazard.	6/21/2014 12:23 PM
11916	I don't like the back and forth. Just maintain the Daylight Savings hours year round.	6/21/2014 12:23 PM
11917	Fall back, spring forward, fall back, spring forward. Just when you get used to one six months later it changes. Sleep habits are disrupted. Wouldn't if be better for businesses and school age children to be on one time instead of back and forth. I know I would welcome the regularity of one time all year long.	6/21/2014 12:22 PM
11918	You had poorly worded options to choose from. I hope I was choosing the option that makes it stay on daylight savings time all year long. I hate switching back and forth. It is confusing, and it messes up my whole family's sleep for a long time after each switch. Farmers can just adjust the time they get up instead of changing the time for the entire population. It is honestly not beneficial and a stupid practice to continue. I don't know even one person who ever likes dealing with a time change. Everyone I know who has ever spoken on this subject has said that they would prefer to not keep changing.	6/21/2014 12:22 PM

11919	Utah has some of the most ideal summer weather in the entire country. It would be a shame to cut into those pleasant evening daylight hours by getting rid of DST. It might even negatively impact our economy by harming the present schedule. Although I would not personally mind springing forward permanently, I think it would be detrimental for Utah to have a schedule unlike the rest of the country. In this case, I think it is wise that we stick with the rest of the country and keep the current daylight savings time schedule. The current situation is a good compromise by enjoying wonderful daylight summer hours and having the standard schedule the other half of the year.	6/21/2014 12:21 PM
11920	My students struggle twice each year with the time changes. It is detrimental to their learning and I would love to see the state discontinue daylight savings. Thank you for considering my opinion!	6/21/2014 12:21 PM
11921	I think we should stay in the "sprung forward" time permanently. Basically become a part of the Central Standard Time zone.	6/21/2014 12:21 PM
11922	I grew up in Arizona, and we don't do daylight savings time there and when I first got to Utah I was super confused as to why half the year I was the same time as my family. But the other half I was an hour ahead, even though we are in the same time zone. Daylight Savings is just confusing and does absolutely nothing to benefit people.	6/21/2014 12:21 PM
11923	I like the light after work. Spring forward and stay that way. I hate changing twice a year, but I like the extra light at night.	6/21/2014 12:20 PM
11924	Leave it on daylight savings that we have in the summer! It is do hard being a parent and getting them back on a schedule is so hard it takes weeks to get them back on a good sleeping and eating schedule! Please get rid of changing times it would benefit parents and children significantly	6/21/2014 12:20 PM
11925	Get rid of it!	6/21/2014 12:19 PM
11926	I really like DST. I Enjoy it staying light late. I we were on standard time it would be getting light at 4:30 am and people would complain about that. It's only a one hour change, less than a cross country flight, and it is done on a weekend. I can't believe people act like this is the end of the world. Keep DST as it is.	6/21/2014 12:19 PM
11927	I have severe depression in the winter due to the sun doing down as early as 5 pm.	6/21/2014 12:19 PM
11928	I know how hard it is for people sensory disorders and don't see a real benefit.	6/21/2014 12:17 PM
11929	I LOVE daylight savings time. Please don't take it away.	6/21/2014 12:17 PM
11930	Leave it one way or the other, what is the real benefit of daylight savings? Today's technology, power, lighting, etc you either use more energy in the morning or the evening, there is no monetary benefit to a household that keeps the same hours. Either we turn lights on when we wake up or turn them on earlier in the evening. No real difference.	6/21/2014 12:16 PM
11931	Like the old saying goes "you can't cut the end off of a blanket, and sew it back on the other end and think you have make the blanket longer, it is still the same length." Being in southern Utah, I would like it lighter, earlier, in the summer mornings, so I can get things done before the heat of the day. By evening it is too hot to do yard work, etc, even when it stays light later. If I had light by say 4:00am or 5:00am I could get more done. With daylight savings, I can't get out until 6:00 or 7:00. There is no way you can do outside chores, when it is still 100+ degrees at 8:00pm, in the evenings.	6/21/2014 12:16 PM
11932	It's just a lot easier than having to switch back and forth and readjusting your mental clock every 4-6 months or so. And they keep changing the date that we need to switch the time, so that's even more confusing. Just pick one and stick with it! It's not like we need to artificially adjust our clocks to have more daylight anymore anyway! Even farmers have tractor headlights if they want to work in the fields later (I grew up on a farm - I know these things).	6/21/2014 12:16 PM
11933	In this day and age we no longer need the daylight hours for farming. Farmers use GPS and headlights on vehicles if they need to work in the dark.	6/21/2014 12:16 PM
11934	Please, pick one or the other. I am from Arizona and appreciated that we did not change. I like the late evenings in the summer time, thus I prefer to stay on DST, but so long as we do one or the other I would prefer not changing.	6/21/2014 12:16 PM
11935	It's out of date and no longer of use.	6/21/2014 12:16 PM
11936	It just needs to stay the same. Switching back & forth is hard on kids sleep patterns	6/21/2014 12:14 PM

11937	There is research that supports that the time change is not good for people. Not only from the information in the NY Times article above regarding lost productivity and lost time as a result, but also in people's health. According to an article in the American Journal of Cardiology there is a spike in heart attacks following the switch to daylight savings (http://philadelphia.cbslocal.com/2013/03/09/daylight-saving-time-could-have-an-impact-on-your-health/). Betting the question is it worth the costs?	6/21/2014 12:13 PM
11938	It seems like a pointless outdated waste of time (pun-intended). I'm putting kids to bed when it is still light out and missing the best part of summer because it is "late". It's just out-lived it's purpose with electricity and the "traditional" work week.	6/21/2014 12:13 PM
11939	Changing times is very hard on my children for 2-3 weeks every time it happens.	6/21/2014 12:13 PM
11940	Daylight savings time is very difficult for my body to adjust to. Losing an hour just does not seem normal to me,and trying to get children to bed who are on year long school is very difficult when we are on daylight savings and it is so bright at 8:30 at night. I like following the sun and it's normal seasonal time changes.	6/21/2014 12:13 PM
11941	Changing the clocks back and forth is very disruptive to our biorhythms. Very difficult to get children to go to bed on time- contributes to sleep disorders.	6/21/2014 12:11 PM
11942	I've always hated it. Just put us on standard time so we don't have to worry about it	6/21/2014 12:11 PM
11943	It's annoying tradition that increases the complexity of time zone differences. It's no longer needed. Let's retire the practice.	6/21/2014 12:11 PM
11944	None of the rest of the world changes, why should we?	6/21/2014 12:10 PM
11945	Daylight savings is harder for me as a parent. During the summer it is SO hard to get kids to bed at a healthy time because why would they want to go to bed when it is still light outside and they can hear the while world going on without them outside their bedroom windows. Not to mention trying to adjust every few months to a new time. . . it is physically draining. Please just keep the time the same and let people adjust around it as they see fit.	6/21/2014 12:10 PM
11946	Arguments against daylight saving Daylight saving does not save enough energy, if at all, to make it worth the hassle every year. Whatever is saved at night is used in the morning. Then with people staying up later, more energy is used from the air conditioning that must run longer which would cancel out the saving from not turning lights on. A more serious consideration is the number of accidents during the first week of switching to daylight saving. On the road to Alpine, Utah, two young fathers were killed while riding their bikes. With the weather improving at that time, more people ride their bikes and because of daylight saving it is dark. A year before those two men were killed, a teenager was hit on 5400 South in Kearns while crossing the street in the dark on his way to school. And it was dark because of daylight saving. A lot of wasted time is occurs because people have to adjust their internal body clocks to the change in sleep routine. For that first week or so, they are more tired on the job and driving in the morning. Sleep deprivation is a serious issue to consider. Time is also wasted in adjusting clocks twice a year throughout the house and in the cars. Depending on the number of clocks, that supposed extra gained when you fall back is used up in changing all of the clocks which makes it worse in the spring. It is also big cost to businesses, such as airlines and others that depend on schedules that must be adjusted over and over. It is time to stop daylight saving.	6/21/2014 12:09 PM
11947	For health reasons I think daylight savings should be removed. Also it is clear it does not save money and just causes pain and headaches on many levels. One can wake up an hour earlier if they like but I don't think changing the time is helpful.	6/21/2014 12:09 PM
11948	We still get the exact same amount of daylight regardless of what time it is.	6/21/2014 12:08 PM
11949	Pick a time and stick with it all year long	6/21/2014 12:08 PM
11950	I like the evening stating lighter. You can enjoy all the beautiful things around you. Hiking swimming bike riding walking fishing camping sitting around enjoying the evening	6/21/2014 12:08 PM
11951	I think that DST was useful for a time when we were moving back and forth with the different seasons, or when America was mainly an agricultural society. However, that is no longer needed here in Utah. We should be able to move past it.	6/21/2014 12:07 PM

11952	DST is a disruption to life in general over an idiotic idea that time change gains anything. In this modern world where people work any times of day or night, it is nothing but an annoyance. The time it takes for bodies and minds to adjust to the shift is not worth it. Farmers and those that work on sun cycles can do it without a clock telling them when they should be doing what needs doing, as if the clock does that anyway.	6/21/2014 12:07 PM
11953	DST has outlived its usefulness as a practical way to save energy. The US, and Utah with it, has become a 24 hr a day lifestyle. DST doesn't add an hour to the day, it only makes the clock think the sun rises at a different time. Commerce and entertainment taking place around the clock cancels any energy savings that come from more daylight hours in "normal" awake time.	6/21/2014 12:07 PM
11954	Daylight savings time doesn't effectively do anything for the time of day in the state. Its been noted many times that it's a cause for fatigue and increased stress around the country, and as a broadcaster who works weird hours it causes more stress. We just don't need daylight savings time anymore. Let's do away with it!	6/21/2014 12:06 PM
11955	The energy savings promised from daylight savings are not realized. Significant health problems can result from interfering with sleep patterns in an already sleep-deprived society.	6/21/2014 12:05 PM
11956	I think it is not needed anymore. It is hard on my family.	6/21/2014 12:04 PM
11957	It has always wreaked havoc on mind & body. There is a domino effect with not only myself, but my kids are affected. The adjustment to what the body is used to is a grueling battle of tiredness, not enough energy, disturbing education, work and other activities. Behavior issues tend to arise during this time as well as we adjust. Avoiding all of that would be a blessing in both mind & body. I believe we would all be healthier!	6/21/2014 12:03 PM
11958	Honestly, with small children it makes life extremely difficult because they don't understand. Their sleep schedule is difficult to adjust. Additionally, it is my personal belief that messing with a sleep cycle is not good for your body.	6/21/2014 12:03 PM
11959	Give us more day light all the time. Especially in the winter!	6/21/2014 12:02 PM
11960	I don't really see any benefits of DST. It doesn't alter my activities or help save energy in my home.	6/21/2014 12:02 PM
11961	I believe that Daylight Saving Time should be done away with. It is ruining our health by messing up our biological clocks. It is just a hassle that is not needed at all.	6/21/2014 12:02 PM
11962	I picked the option to align because that is the only option offered that speaks to my preference which is to not change the clocks twice a year. I really don't care which it is, I would so appreciate it if we could just pick one or the other and then just leave it there. Stop changing it back and forth. I object to the stress it creates on my physical body having to make that twice yearly adjustment.	6/21/2014 12:02 PM
11963	It gets tiresome setting our clocks every six months. I think there was a time in history when that hour really did make a difference. But with the modern technology which we have today, I just don't see what difference one hour is going to make. I think it would be better to stay on the same time zone as Arizona than to try and create our own.	6/21/2014 12:01 PM
11964	Having grown up in Arizona where we do not change our clocks, it's a much better system. There is no clear advantage anymore to springing forward and falling back. People like it because they are used to it, but there's absolutely no need for it in today's world. The world operates 24x7, and we conduct business internationally at all hours. Having the extra hour (or not) makes no difference. Just look at Arizona. It's never affected them negatively to keep their clocks the same year round.	6/21/2014 12:01 PM
11965	Our current "spring forward" time was created to save energy and allow for great productivity. While the save energy reasoning has been shown to be ineffective, the greater productivity in having more light near the end of the day is a real benefit. We should leave Utah time in the "spring forward" position.	6/21/2014 12:01 PM
11966	It takes time to adjust bodies after each change. It is better to stay the same all year. That way our bodies can adjust slowly to the winter as the days get shorter gradually.	6/21/2014 12:01 PM
11967	Longer daylight in the summer makes it so much easier for workers to do their farm work and other obligations in the evening.	6/21/2014 12:00 PM
11968	We should not be changing clock times throughout the year. Pick one time and stick to it. My vote is to retain Daylight Saving Time throughout the whole year (i.e. GMT -6:00)	6/21/2014 12:00 PM
11969	nature does it on it's own. I understand that it's for the farmers, but i think they can work it out.... I would be happy to not have the time change hangover for weeks.	6/21/2014 12:00 PM

11970	I enjoy day lights savings time because I like that there is more daylight during the summer because I feel I can get more done during that time. Sure it would be nice to not have to reset the clock every six months but I like to be able to get up earlier when the sun is up and be able to work late in the evenings to get things done.	6/21/2014 11:59 AM
11971	I oppose daylight savings because of the health implications. It gets harder and harder each year to adjust and it takes a toll on my health and that of so many others.	6/21/2014 11:58 AM
11972	I love it. In the height of the summer, even with daylight savings time in effect, the sun starts to come up around 5 am. Do we really need to have it coming up at 4 am? With it I can play 18 holes after work and have time to work in my yard. It leaves plenty of daylight in the evening hours and that is how it should be. How many of you really want to have a 5am BBQ or baseball practice?	6/21/2014 11:57 AM
11973	I see no point in daylight saving time. It has outlived its usefulness.	6/21/2014 11:57 AM
11974	I would like it to stay lighter later all year long, especially in the winter. so I would like spring forward to stay in effect year round.	6/21/2014 11:57 AM
11975	DST is stupid and pointless	6/21/2014 11:57 AM
11976	I believe it messes with our internal clocks. It's hard on everyone. It effects children's learning, my residents appetite, sleep cycle. For about a week we all have to adjust. I feel like we would be more productive to just leave the time alone.	6/21/2014 11:56 AM
11977	set it one way or the other and leave it alone!	6/21/2014 11:56 AM
11978	It's nice to be on DST, but switching back and forth is unhealthy and unsafe (changing sleep schedules for adults and children cause mistakes and accidents). Staying on DST year-round is a great option - even though it means more dark mornings in the winter, it allows for brighter evenings. Brighter evenings lead to more time spent out of the home after work or school, which could lead to a boost in the winter economy. It's the best option!	6/21/2014 11:56 AM
11979	Because extra light time is less depressing for 2nd shift employees.	6/21/2014 11:56 AM
11980	Hate the time change. Especially my kids take a week to adjust the time change.	6/21/2014 11:56 AM
11981	It would just be nice to stay the same time as Arizona because I have family there. So trips and phone calls would be a little easier.	6/21/2014 11:55 AM
11982	I really don't care if we spring forward or fall back we just need to pick one and stay. PLEEEEEESSSS!!!!!	6/21/2014 11:55 AM
11983	I think DST is silly. It is going to stay lighter longer aa summer comes anyway. Just leave the time alone. It messes with sleep schedules. Arizona and Hawaii don't have to put up with it.	6/21/2014 11:55 AM
11984	It is just so inconvenient to have to change our clocks twice a year. I see no advantage in switching back and forth. Pick one and stick to it!	6/21/2014 11:54 AM
11985	There is no point for daylight savings any more. The original purpose was to help out farm when there was no electricity . We do no need it.	6/21/2014 11:54 AM
11986	Daylight saving makes it hard on everyone in my family. It takes about 2 weeks for me to adjust which ruins my schedule, the kids have a hard time going to school and consintrating in school and always tired which effects there learning and education, my mom who is a senior citizen also has a has a hard time adjusting is constantly tired the first week, it makes my dad who has alzhiemers gets more confused and upset during the week and he doesnt understand why the schedule has changed (going to bed or waking early or later). I dread daylight saving time and it really does effect my whole family, we should eliminate daylight savings.	6/21/2014 11:54 AM
11987	I just wish the state would pick one time and stick with it. Either one, just choose! Thank you	6/21/2014 11:53 AM
11988	I don't think it is useful at all	6/21/2014 11:52 AM
11989	It's hard on children to adjust to the time change.	6/21/2014 11:52 AM
11990	With modern efficient lighting, and the disruption to sleep schedules for both children and worki g adults there is absolutely no reason to have daylight savings time	6/21/2014 11:51 AM
11991	Please get rid of it. It messes with kids schedules. Especially those with autism. They struggle with the change in schedule.	6/21/2014 11:51 AM
11992	choose one and stick with it. Quit changing times .	6/21/2014 11:50 AM

11993	The days that it served a purpose are over. I don't like it.	6/21/2014 11:50 AM
11994	I don't like it. I feel tired and less productive for several weeks after each time change. I personally feel like it is unhealthy for my body to adjust back and forth to the different times.	6/21/2014 11:49 AM
11995	I would like us to retain one time period throughout the year, but it to be as we see it now in DST.	6/21/2014 11:49 AM
11996	There have been many studies showing how badly the time changes affects everyone in may ways. I have to agree & everyone I know suffers for several weeks afterwards trying to adjust.	6/21/2014 11:49 AM
11997	There is no good reason to have Daylight Saving Time. It disrupts everyone's sleep patterns and there isn't a compelling reason for it.	6/21/2014 11:49 AM
11998	As far as I can tell there is no evidence that DST saves anything at all, and it is inconvenient with no upside. It makes no sense to me.	6/21/2014 11:49 AM
11999	Keep it on this spring forward. More time after work. I would rather go to work in the dark for a few than have it be dark when I get done with work!	6/21/2014 11:48 AM
12000	DST messes with our body's internal clock, like jet lag. I feel that this change is especially hard on our children.	6/21/2014 11:48 AM
12001	It's just not needed anymore for the purpose it was created. Also there are so many studies showing how bad it is to mess with sleep schedules. It makes most of us less productive.	6/21/2014 11:47 AM
12002	I have always seen daylight savings time as somewhat pointless. I have, however really enjoyed the "fall back."	6/21/2014 11:47 AM
12003	I believe that daylight savings time should be in effect all year. The reasons for having the sun come up early in the winter are no longer valid, because few children walk to school anymore. It is depressing and a hardship when it is dark at 5 pm in the winter, the time when most people are just getting off work.	6/21/2014 11:47 AM
12004	I have a difficult time switching time. I prefer to stay one time all year round.	6/21/2014 11:47 AM
12005	I don't see the value Daylight Savings time.	6/21/2014 11:46 AM
12006	Daylight savings causes at least a month of disruptions to my school age children schedule as they try to adjust to a new schedule each time the time changes. This is a headache for my family 2x a year!	6/21/2014 11:46 AM
12007	Lets fall back and leave the time alone!!!!!!!!!!	6/21/2014 11:45 AM
12008	I have never found a sufficient benefit to daylight savings time to outweigh the trouble and inconvenience of adjusting sleep schedules twice a year.	6/21/2014 11:45 AM
12009	Changing the clock twice a year is simply annoying. There is no reason to make such adjustments in the world we now live in.	6/21/2014 11:44 AM
12010	Lighter mornings make for happier mornings. The start of my day is critical in shaping my attitude towards the rest of the day. Standard Time helps me wake up and gain clarity for the rest of my day.	6/21/2014 11:44 AM
12011	I would just rather be on the same time schedule and not have it disrupted. I get up when it's light regardless the time and I go to bed after it gets dark.	6/21/2014 11:44 AM
12012	The original intent of daylight savings is make a longer day for farmers in the summer. Our society is now no longer primarily agricultural, and it is in the better interest of the general population to keep the same times, and improve general health and body function. I've lived in Arizona, and the lack of time change is a wonderful thing. While we may not be able to convince the entire nation to do the logical thing, we can do it ourselves.	6/21/2014 11:43 AM

12013	I support discontinuing the use of daylight savings each fall and spring because I lived in Arizona for 5 years, I grew up here in Utah. While I lived there it was such a relief to not have to worry about changing the clocks, to worry all night long of a time change night whether or not you were going to be early or late. It was nice to get up in the morning and not think to myself, just a couple days ago I would have been asleep still. I never noticed a difference in the length of the day while in Arizona, unlike now in the fall when we 'fall back' it seems as though we are losing a large part of the day. I support getting rid of daylight savings observance completely, I am however a little torn on whether it would be better to stay on the same time as Arizona, or if we should create our own, ie 'spring forward'. I think that there are good points to support either one, however, I have chosen to support the 'spring forward' option because I think it will be nice to have that extra hour of daylight in the evenings, during the winter especially. We all know how crappy it is to drive to work in the dark in the morning and in the dark at night going back home, you feel like you never see daylight.	6/21/2014 11:43 AM
12014	Common sense to get rid of it.....cost effectiveness, less confusion and more organized for everyone!	6/21/2014 11:43 AM
12015	I like it and wish to keep it.	6/21/2014 11:43 AM
12016	more daylight in winter afternoons	6/21/2014 11:43 AM
12017	I love the longer evenings of light when I get home from work	6/21/2014 11:42 AM
12018	We should always stay on daylight savings. Having the sun go down at 4:30 in winter is just crazy. Also if we take away daylight savings the sun will be up at 4:30 in morning way toe early. So I vote to leave it the same or change it to always daylight savings	6/21/2014 11:42 AM
12019	It is unnecessary. One hour doesn't make that much difference to the amount of daylight, but it sure does mess with sleep schedules, etc.	6/21/2014 11:42 AM
12020	More daylight at night lets you get more done outside and uses less electricity.	6/21/2014 11:41 AM
12021	I miss that other hour!	6/21/2014 11:41 AM
12022	I think it's time we did away with the outdated practice.	6/21/2014 11:41 AM
12023	It is often cited how "nice" it is to have more daylight hours in the summer. Changing clocks does not provide this extra daylight, though, but the time one goes to work and comes home, goes to bed, and gets up etc. Can we have this time schedule maintained year round? It would mean for most people getting up before the sun in the winter months, but still "more" daylight in the evening. For many people, it may be a question of leaving before light, or coming home after dark. Which is "better"? I'd wager people don't really care that much, but that the summer evening hours are what is really desired. Align the clocks year round and schedule your day, sleep, work so that you can enjoy those summer evening hours.	6/21/2014 11:41 AM
12024	Daylight savings time does naught but confuse us twice a year, while also making us tired for an extra week every year.	6/21/2014 11:40 AM
12025	The switch to DST in the Summer is hard on everyone. Invariably, people are tired for weeks. We have internal time clocks; when that clock is suddenly changed by an hour, we can't get our rhythm. This causes accidents, surliness, and less effective employees. Since we no longer need to conserve candles, DST is not necessary. Saying that we conserve electricity is false; either we have the lights on more at night, or more in the morning, it's that same. When DST goes back to normal MST this fall, we should stay on that time, aligning ourselves with Arizona.	6/21/2014 11:40 AM
12026	Keep the time the same (MST) year round. I HATE the week it takes twice a year to acclimate to the new time.	6/21/2014 11:40 AM
12027	I have never liked it. I don't like being jerked into the changes.	6/21/2014 11:39 AM
12028	I like having the extra daylight after work to get things done.	6/21/2014 11:39 AM
12029	There was once a purpose for daylight savings time. During World War 1, daylight savings time was implemented to save fuel. It was not reinforced until World War 2. It had a purpose when it was implemented, but this issue is no longer relevant. The body functions on a certain sleep pattern and daylight savings time interferes with this. This causes work productivity to decrease after daylight savings time. We need to join Arizona and Hawaii and say goodbye to wasting time and energy on something that is no longer relevant.	6/21/2014 11:38 AM

12030	I enjoy how the time changes impact our length of daylight for the season. I think changing Utah's participation in Daylight savings would have a major impact to businesses. Considering any potential cost for software upgrades. Also, the # of hours of daylight positive or negative could see an impact to local business.	6/21/2014 11:38 AM
12031	Get rid of it	6/21/2014 11:37 AM
12032	It takes a lot of time to change all of our clocks and doesn't seem to make that much difference. We'll deal with the darkness on either side of the day. We might as well join Arizona for consistency.	6/21/2014 11:37 AM
12033	It is a terror to have to do this twice a year with kids, especially during the school year.	6/21/2014 11:36 AM
12034	I have lived in both Hawaii, and Arizona- where neither place does Daylight Savings Time and I loved it.	6/21/2014 11:36 AM
12035	So much better having daylight til 9 in the summer. It is horrible having it get dark at 8 like it does Arizona.	6/21/2014 11:36 AM
12036	Move to permanent DST - no clock changes AND more daylight in summer!	6/21/2014 11:36 AM
12037	I honestly don't care which we do. PLEASE, pick a time zone and stick with it. We are way past the point of needed to make a change twice a year. The purpose for changing does not apply anymore.	6/21/2014 11:35 AM
12038	Having lived in Arizona before moving to Utah two years ago, I really dislike daylight savings. I don't like it being light outside after 9pm or having to adjust an hour forward or back twice a year. I definitely preferred how Arizona did not have daylight savings.	6/21/2014 11:35 AM
12039	I prefer to keep the time we use during summer. Going back and forth does nothing but mess with sleep schedules and mealtimes. The switching back and forth is completely unnecessary in our modern society.	6/21/2014 11:34 AM
12040	I feel like I can accomplish more when it is light later.	6/21/2014 11:34 AM
12041	We aren't farmers anymore. Plus my company is across three time zones and it is a pain to keep track of the time changes across all three.	6/21/2014 11:33 AM
12042	DST was invented by man to help man at a particular time. We DO NOT NEED it anymore. Let us live as nature dictated the sun to rise and fall. Thank you!	6/21/2014 11:33 AM
12043	I love when we spring forward. It gives us more daylight hour's and I believe that its a good thing. I know people have a hard time adjusting as well. I lived in Az for a while and there was not time change, which was nice. But then again there was not 4 season's either.	6/21/2014 11:33 AM
12044	In the Summer months the sun is in the sky later in the day when you want it to be down and down in the Winter months when you want a little more daylight. Nature already adjusts each season and does not need us to "help". Ben Franklin was brilliant to propose this, but that need is far past. DST makes it hard to put kids to bed in Summer, wake them up in Winter, watch 4th of July fireworks earlier, costs more in electricity some times of the year, and on, and on, and on. Please release us from this time-change nightmare. Thanks!	6/21/2014 11:33 AM
12045	Unnecessary in this day and age.	6/21/2014 11:32 AM
12046	Daylight savings time is archaic and no longer necessary.	6/21/2014 11:32 AM
12047	I don't think there's any need for daylight savings in Utah anymore.	6/21/2014 11:32 AM
12048	It throws off my system and takes weeks to recover. No good for your health.	6/21/2014 11:31 AM
12049	As I understand it, the reason daylight standard time was started in the first place (agriculture) does not apply to the vast majority of the state population. As a mother, the time change is very disruptive to the sleep patterns of my child, not to mention mine! I feel this practice should be discontinued.	6/21/2014 11:29 AM
12050	Let's stay in tune with nature. The week after each time change is physically and psychologically draining. Utah is a lot like Arizona in the summer. Wouldn't it save energy to have it be a little cooler when we go to bed at night?	6/21/2014 11:29 AM

12051	I think the extra hour of sunlight in winter afternoons is crucial here in utah for several reasons. Reduces depression, adds vitamin d absorbtion which is critical for health, and stimulates shopping and early evening retail because the sun is still up. Also, for snow removal in the morning, it's not cleared before work anyway so it won't make much difference. For summer hours, we have enough sunlight morning and evening so I don't think it will make a difference one way or the other in summer. But a significant difference in winter.	6/21/2014 11:29 AM
12052	Typically the energy savings in the morning gets canceled out in the evening with extended use of air conditioners in our climate. I also don't like the social jet lag it causes the first week it's implemented. I feel less productive and sluggish. I'd like to have longer evenings throughout the year with more light so that I can get out more for activities such as hiking, biking, skiing, snowboarding, etc.	6/21/2014 11:28 AM
12053	Switching back and forth is a pain and achieves nothing. Yes, it is either lighter earlier or lighter later, but those change with the seasons anyway.	6/21/2014 11:28 AM
12054	This is such an outdated concept we should just do away with it. There really isn't any gain for changing the time back and forth. If a business 'needs more light' then adjust the hours open to reflect that.	6/21/2014 11:28 AM
12055	Just when you get used to the time change, you have to switch over and adjust, it messes with your day so why not just leave it	6/21/2014 11:28 AM
12056	It's easier to adjust personal schedules to manage activities in daylight or dark than for the entire population to make the change twice a year. When I had young children it was SO HARD! As for the option to create a Utah specific change...REALLY??? What are they thinking???	6/21/2014 11:27 AM
12057	I think this would save a lot of time and effort.	6/21/2014 11:27 AM
12058	I would like to join with Arizona because it is more convent for families with children. Daylight savings messes up sleeping patterns, makes it difficult to put kids to bed when it's still light out at night and hard to wake up when it's still dark in the morning. It may sound like silly reasons but they are a BIG deal with my family and many families I know. I am grateful that we are discussing this. I don't like doing thing that don't have a real purpose. It's good to reevaluate this to see if it is still necessary or benificial. Thank you.	6/21/2014 11:27 AM
12059	DST is obsolete. We should not wait for the nation as a whole to catch up to that fact before getting rid of it. Let's join Arizona in the future and not cling to the past with the rest of the nation.	6/21/2014 11:27 AM
12060	Daylight savings is just stupid! Loosing that sleep really messes with our bodies and our schedules, I much prefer we are the same time as Arizona.	6/21/2014 11:27 AM
12061	Daylight savings time is pointless. Please get rid of it.	6/21/2014 11:26 AM
12062	We own a home in St. George, so I feel I have a right to comment also. My husband and I both think that Daylight Savings Time should be active ALL the time. I would love not having to go back and forth with twice yearly time changes. We think it would be more beneficial to have the extra sunlight during the evenings year round.	6/21/2014 11:26 AM
12063	Daylight Savings Time is a very outdated idea. It made perfect sense when farmers needed to work by the light of the sun and our ancestors had to read by candlelight, but with the rise of technology, it has become unnecessary. All it does now is mess up our circadian rhythm for about a week and make us miserable.	6/21/2014 11:25 AM
12064	It's a pain, and I don't see any benefit to switching times twice a year.	6/21/2014 11:25 AM
12065	People like the sun staying out later in the summer so I say keep the 'Spring Forward' time as there is no point in 'Falling back'. Having to change clocks back and forth is pointless.	6/21/2014 11:25 AM
12066	I prefer daylight savings because I work two jobs and love having some time with light at the end of the day.	6/21/2014 11:24 AM
12067	This is increasingly a 24hour society. I see no significant energy savings. There are definitely problems with messing up everyone's sleep clocks twice a year. It's a ridiculous practice and should be stopped.	6/21/2014 11:24 AM
12068	I hate DST, although I think it'd make more sense if the WHOLE COUNTRY discontinued DST and not just Utah.	6/21/2014 11:24 AM

12069	We have lived in both Utah and Arizona. I have witnessed a distinct difference in the quality of life after the time change in Utah and the quality of life in Arizona with no time change. I understand the history of Daylight Savings but I believe the reasons for the time change no longer apply. Our family has an especially difficult time with daylight savings because we have a child with autism and sensory issues. He already struggles in school without the sudden, unexplainable change in schedule. There are many people throughout the state in similar situations. Aligning with Arizona is the best choice.	6/21/2014 11:23 AM
12070	The time change simply cuts off one end of the day and glues it onto the other. There is no use for it. I don't care which direction the vote go as long as there is no time change.	6/21/2014 11:23 AM
12071	DST is antiquated. It needs to be done away with.	6/21/2014 11:23 AM
12072	Lived in Arizona and loved the fact that the time did not change during the year. I don't feel that it is needed!	6/21/2014 11:23 AM
12073	I voted to revert to MST because the option I would pick wasn't offered: that would be to have daylight savings time in the winter when on MST it gets dark at about 4:30.	6/21/2014 11:23 AM
12074	I have never liked DST...I've always wondered what was wrong with the God-given time...we need to stick to Mountain Standard time...it's the best time...we in Utah do not need another hour of daylight...get over it people...people have plenty of time for anything they want....we all have 24 hours a day so plan better...in order to use your daylight hours after work...Just leave the time the way it should be.	6/21/2014 11:23 AM
12075	Love the extra hour of sunlight at the end of the day in summer. If it is done away with I would prefer to keep DST and not go to MST.	6/21/2014 11:22 AM
12076	Let's just pick a time and leave it. I don't care which way it is decided.	6/21/2014 11:22 AM
12077	Springing forward and falling back is very disruptive for families with little children. You might think 'it is only an hour', but it definitely makes a big difference to them.	6/21/2014 11:22 AM
12078	One hour doesn't make that much difference. And I get so tired of having to reset my clocks for one measly hour. Just please stop! It's messing with my circadian rythymns. I'm rather weary of it.	6/21/2014 11:22 AM
12079	Darkness is depressing. The more daylight, the better! It should be Daylight Savings ALL year. Leave it alone.	6/21/2014 11:22 AM
12080	Do one or the other but don't keep switching.	6/21/2014 11:21 AM
12081	I enjoy being able to get out in the evenings but most of all I don't have to close up my house at 5 pm	6/21/2014 11:21 AM
12082	As a parent daylight savings time causes problems for my family. The weeks when the time changes occur my kids are thrown into disarray for no apparent reason. They don't understand that they have to go to bed an hour later/wake up an hour later just because the clock is different, the time of day doesn't really change for them. All summer long the sun is up so late that it affects our bedtime and it's difficult to put our kids down as early as they need when it's still so light outside. I've also had a husband who has worked night shifts and the days when the time change occurs can be problematic for those workers as well. Suddenly their shift is an hour longer/shorter and the accounting for those hours can get confusing. Finally, as a technology professional the time changes can cause problems for backup systems or other time sensitive projects. I'm very much so in favor of Utah getting rid of Daylight Savings Time in favor of sticking with a standard time all throughout the year.	6/21/2014 11:21 AM
12083	There isn't any reason for it. It just makes life more difficult with kids. It takes weeks for them to get used to the changes which makes it harder for them in school. Please just make life simpler for everyone and get rid of it!	6/21/2014 11:21 AM
12084	If there was a time for this process I believe it has gone way past any usefulness to this state. It's costly each fall & spring to change home and business settings. This is an issue that needs to be put to rest finally and give us back a year of season changes how God meant it to be and not manipulate time.	6/21/2014 11:20 AM
12085	Two of our biggest concerns, health and energy, are challenged by DST. We would gain positively in both areas if we stayed on standard time.	6/21/2014 11:20 AM
12086	I prefer light earlier in the day and I prefer the sun going down earlier than 9 pm . Better for me as I need to go to bed before 9 pm. I need to be to work before 6 am.	6/21/2014 11:19 AM

12087	I would rather not change it. I like the time we have now. Simple as that.	6/21/2014 11:19 AM
12088	It is really hard on not only myself but really hard on my kids when the time changes!! They are on a normal bedtime routine, and it's hard for their bodies to switch.	6/21/2014 11:19 AM
12089	I don't care for the changing...standard time is good for the rest of the world why not us. Leave the standard time in place.	6/21/2014 11:18 AM
12090	don't feel that is it beneficial..Hard on parents with small kids	6/21/2014 11:18 AM
12091	Just keep it one way or the other - the change is the problem. And personally I'd rather keep standard time year round.	6/21/2014 11:17 AM
12092	The number one concern is children's sleeping schedules are disrupted by the time change twice a year. The second is the disruption to adults' sleeping schedules. The third is that it is so light in summertime that it doesn't get dark until 9pm, which makes bedtime even later for children. Please align with Arizona! I grew up in Arizona, and I loved never having to worry about changing to DST. Thanks for allowing input!	6/21/2014 11:17 AM
12093	DST doesn't seem beneficial. We basically do what we want/need, when we want/need, regardless of the amount of sunlight. Let's join Arizona and get rid of inconveniences remembering time changes and, a bigger issue, the awful sleep/energy related adjustments.	6/21/2014 11:17 AM
12094	I propose we split the hour, move half an hour in between and just stay there. Why has this option never been aired?	6/21/2014 11:17 AM
12095	Pointless	6/21/2014 11:16 AM
12096	There really isn't a need to change times here in Utah. I'm originally from CA where we changed times. I always hated to spring forward. I then moved to Arizona where there is no time change. It was great. Now I am here in Utah and once again hated to spring forward.	6/21/2014 11:16 AM
12097	You can'tcut the blanket off on one end and sew it on the other end and make it longer. It is so hard for parents to get their children to go to bed when it is still so light outside. We have to keep moving our start time at work to accomidate the time change. I would like it to remain the same time all year.	6/21/2014 11:15 AM
12098	I think it's time to stop messing with our children's natural clocks. It throws them off and it throws us off as well. It's frustrating to have to remember 2 times a year to change the clocks. It is just annoying	6/21/2014 11:15 AM
12099	It's inconvenient. In all my working years, I didn't like it either. When it's light later, it's very difficult and confusing to children and their sleep schedule.	6/21/2014 11:15 AM
12100	I think it was a good idea when it started but is mostly unnecessary now.	6/21/2014 11:14 AM
12101	Daylight Savings Time has become more of an annoyance than anything else. Aligning with Arizona will allow for energy conservation as well.	6/21/2014 11:14 AM
12102	As long as we don't have to change time twice a year I am good.	6/21/2014 11:14 AM
12103	I really don't like the time change and would like to see it removed.	6/21/2014 11:14 AM
12104	I would love to just keep the clock the same all year long!	6/21/2014 11:13 AM
12105	In the agriculture industry the extra light in the evening is nice to help get things done before dark. Agriculture is still a big part of utahs economy and without it there is no food!	6/21/2014 11:13 AM
12106	Time changes are so difficult for our family to adjust to. As a mother to a child with Autism, we thrive on routine. The change throws everything out of balance for a few weeks. I dread the time change every time it comes around.	6/21/2014 11:13 AM
12107	Hate daylight savings time, I honestly don't think I know anyone who likes it	6/21/2014 11:13 AM
12108	I'm not 100% sure what create means: I think Create means to constantly remain forward. Which I am in favor of. Why not just say 'stay on Daylight Savings all year round' ? But I prefer to stay at one constant time the year round, whether it be "normal" or "Spring Forward". STOP SWITCHING.	6/21/2014 11:13 AM
12109	I like it staying light longer so I can take care of my animals in the light when I get home from work. I hate being stuck inside all day and getting home in the dark all winter.	6/21/2014 11:12 AM

12110	In today's society where we conduct business 24 hours a day, arbitrarily changing what the clock says twice a year serves no positive purpose. It does have negative consequences that stem from causing jet lag for everyone in our society at the same time.	6/21/2014 11:12 AM
12111	Changing every 6 months in not only pointless, but disruptive to sleep, kids' schedules, work schedules, and makes for some tired grumpy people. Lets just stay on Mountain Standard Time - that one hour gain/loss is annoying!	6/21/2014 11:12 AM
12112	Please eliminate DST. It is inefficient, unhealthy and dangerous. Thank you.	6/21/2014 11:12 AM
12113	It just makes sense!	6/21/2014 11:12 AM
12114	I think Utah should stay on spring forward time so there is more daylight after work.	6/21/2014 11:12 AM
12115	Semi annual change is a pain. Light in the afternoons is better for all.	6/21/2014 11:11 AM
12116	Daylight savings is an anachronistic policy with no current value.	6/21/2014 11:11 AM
12117	DLT is a antiquated option. It no longer serves the purpose it was intended. Those of us with medical issues can find it difficult to have to change our sleeping habits. Consistency is the only way for me to be able to function effectively. It takes weeks and weeks for me to be able to work through the change.	6/21/2014 11:11 AM
12118	I wasn't sure what the option 'create' meant, but I would love to keep DST all year long, permanently..... Maybe the Gov will set aside a few million $$$ to study it... He can use the Medicaid funds that we are entitled to...	6/21/2014 11:11 AM
12119	Isn't used for what it was made for and only causes me to wake up early.	6/21/2014 11:11 AM
12120	Studies I have seen have shown no economic benefit so what is the point?	6/21/2014 11:11 AM
12121	I would be happy if they would just leave it alone on either time.	6/21/2014 11:10 AM
12122	Daylight saving was a great idea when it was created, but we have electricity now. We don't need it.	6/21/2014 11:10 AM
12123	I hate changing it's too hard to adjust. Time isn't relative. Leave it alone for our bodies to cope with natural yearly cycles.	6/21/2014 11:10 AM
12124	Get rid of it please	6/21/2014 11:09 AM
12125	retaining daylight savings time in Utah creates too long of daylight at the night time. With small children trying to get them to bed anytime before 10 is nearly impossible. Our school just change to year round. This means my children will be going to bed at their school bedtime of 830 while the Sun is still blazin.	6/21/2014 11:09 AM
12126	Daylight savings time is really hard when you have children. Children thrive on consistent sleeping patterns, and the time change makes getting ready for school and switching sleep patterns twice a year really hard.	6/21/2014 11:09 AM
12127	It is pointless to adjust time to help keep the daylight hour the same we have electricity and other means to continue work with out it. Let's not inconvience people anymore by staying the the old ages	6/21/2014 11:09 AM
12128	I have always hated day light savings time. I do not see the point behind it and which Utah would get rid of it.	6/21/2014 11:09 AM
12129	I do not see a purpose for daylight savings time in our current culture. Having children go to school in the dark mornings is crazy. It also takes me a long time to adjust to the time changes.	6/21/2014 11:08 AM
12130	I don't care which one we pick - mountain time or daylight saving time - just pick one and keep it! Changing the clocks doesn't buy extra hours of daylight; it only reaps tired children and cranky adults.	6/21/2014 11:08 AM
12131	We'd have to keep track of the rest of the nation, who will continue on in their DST routine, and it'd be very confusing for them to keep track of us. I personally enjoy brighter nights in the summer, and darker nights in the winter, when it's too cold to be outside late anyway.	6/21/2014 11:08 AM
12132	Lighter later is better. Utah is highly dependant on and renowned for its outdoor activities. It's tough to do them in the dark. Longer light times after working hours, especially during the winter months would be ideal. Even for shopping and other activities it would be beneficial.	6/21/2014 11:08 AM
12133	I love it when my summertime nights are longer with the sun.	6/21/2014 11:07 AM

12134	It doesn't serve a useful purpose and I suspect it costs more money to keep it than to save it.	6/21/2014 11:07 AM
12135	It is hard on the body to keep switching. Kids have a really hard time adjusting and it effects their school work. There is research that proves it is hard on adults and that there are more heart attack around the time of switching.	6/21/2014 11:07 AM
12136	I like leaving work and still having daylight when I get home to go enjoy our beautiful state.	6/21/2014 11:06 AM
12137	I don't believe we should have DST. It causes myself, and many people I know, much grief for several weeks after the change in time trying to adjust to the new schedule. There also is inconclusive evidence if there is a benefit for having DST. As I get up for work at 3 A.M., having daylight savings time does little to curb my consumption of energy while it is in use. I use just as much power in the morning getting ready for work all year round. My work definitely doesn't adjust their energy consumption because of daylight savings time either. The plant has all the lights on all the time during work hours regardless of what is going on with DST. The heating and air system at work is automated as well so it does it's thing no matter if we are on DST or not.	6/21/2014 11:06 AM
12138	it's stupid and unnecessary. PLEASE get rid of it!	6/21/2014 11:06 AM
12139	I don't like the changing of clocks twice a year. I don't feel there is any benefit to changing. It is tough to change your inner clock as you get older. I don't feel that keeping one time throughout the year will hurt anyone or benefit anyone. If parents feel that kids walking to school in the dark is a problem, then find another solution rather than changing to daylight savings and creating other problems.	6/21/2014 11:06 AM
12140	While I don't mind it, there doesn't seem to be a reason for it any longer!	6/21/2014 11:06 AM
12141	We need to stay on daylight savings time year round.	6/21/2014 11:05 AM
12142	People who suffer from depression in the winter need that one extra hour of light in the evening,	6/21/2014 11:05 AM
12143	DST is an archaic approach that causes safety problems without solving the defunct agriculture problem.	6/21/2014 11:05 AM
12144	It would make my life a lot easier	6/21/2014 11:05 AM
12145	My mother grew up in Arizona and never had trouble getting to bed and woke up easily on her own. After moving here her sophomore year, it has always been a rough adjustment. Now as a parent myself, getting kids to bed is awful! 'But the sun is still up!' Several months later my 4 year old is still falling asleep several hours past his bed-time. Same with my special-needs sister-in-law. They don't run off a clock.. They run off daylight and screwing with their sleep doubly impacts ours. Is extra money really a better trade-off to our health?	6/21/2014 11:05 AM
12146	It's a ridiculous practice that actually costs us more in energy production.	6/21/2014 11:05 AM
12147	Please get rid of it! It does no one any favors!	6/21/2014 11:04 AM
12148	Now that I have kids I hate daylight saving time. It is so hard for them to adjust and usually means a loss of sleep for more than a week.	6/21/2014 11:03 AM
12149	Past time to eliminate this relic from the past.	6/21/2014 11:03 AM
12150	It's great in the summer because the sun does not go down until 9:00, leaving plenty of time for yard work, golf, fishing, etc. after work. I would be fine with you keeping it that way, but then in the winter, it's nice to have the sun come up earlier to get that feeling in your face. The period of daylight in the winter is perfect for the ski hours. And work hours. It is all definitely worth the adjustment.	6/21/2014 11:02 AM
12151	I have lived in Southern Utah (St. George or Kanab) all my life and its so hard to constantly adjust for AZ and NV which differ on time zones than UT so I think we should align with one of them.	6/21/2014 11:02 AM
12152	Time changes are especially hard on kids and Utah has a lot of kids. Not changing the time would be best for the residents of this great state	6/21/2014 11:02 AM
12153	Changing times time and routines messes up with sleep patterns, behaviors and emotions. To me it is not worth the trade off. I am a first grade teacher and a mother of four children. Daylight savings time effects children's ability to learn for at least a week at a time each time we change the time. Daylight Savings time is no longer necessary, so why continue?	6/21/2014 11:02 AM
12154	Simplicity of life	6/21/2014 11:02 AM
12155	Keep it how it is right now! Perfect! My family farms and we love it!	6/21/2014 11:02 AM

12156	I don't care for it and don't really see the point in it. I would like to just keep the time the same all year round. It's easier on people's schedules and especially kids. It's very hard on them to adjust to the new time schedule which affects how they do in school.	6/21/2014 11:02 AM
12157	I love DST - I want it year round. I hate when we go back to standard!!!	6/21/2014 11:01 AM
12158	Strongly dislike. Prefer the early morning sun. Prefer early dusk.	6/21/2014 11:01 AM
12159	The time change affects my sleep for days afterwards so I would prefer to always stay on MST.	6/21/2014 11:01 AM
12160	We are not a family of extremely early risers, so to have to sun blaring through the windows at 5 am is bothersome. It also heats up the house much earlier in the day in the summer. I'm not thrilled with children waiting at a bus stop in the dark, and just when it is light at that time of the morning, we have to change our clocks, plunging us back into the dark at that time of the morning.	6/21/2014 11:01 AM
12161	It is just as simple to stay on the same time throughout the whole year. We lived in Arizona for 6 years and found it was very delightful!	6/21/2014 11:01 AM
12162	You cannot make a blanket longer by cutting one foot off of one end and sewing it on the other end.	6/21/2014 11:00 AM
12163	While either non-changing option is preferable to switching twice per year, looking at the data for sunrise and sunset times, it seems creating a permanent "spring forward" time is preferable to aligning with Arizona. For Salt Lake City, data suggests that, on average, the winter sunrise is around 8am and sunset is around 5pm. This puts people going to work and leaving work (in the standard work day) in the twilight or dark hours. Considering most arguments for DST is having daylight later in the day, bumping the winter daylight to 9am to 6pm seems preferable. For myself, DST never bothered me until I had children. Trying to get a baby or toddler to sleep is hard enough without changing the time. For my daughter, we changed her bedtime forward an hour to coincide with DST. As for if changing is beneficial, it seems most people no longer follow set business hours, with many employees in industries that are open various hours of the day, so the time of sunrise and sunset really don't matter much. I am in favor of disposing of DST, and if I had to pick, I'd say create a time to stay on the "spring forward" schedule.	6/21/2014 11:00 AM
12164	I want to enjoy every minute of daylight possible after work... Who cares about light mornings. Kids aren't awake, have it at night when kids enjoy it! 5 pm is too early for sunset! It causes people to hibernate and inactivity. We live in an active state and we should encourage it as much as possible.	6/21/2014 10:59 AM
12165	I think it's an old outdated practice. It totally messes with my kids, and I don't think it's necessary. But I think it should be a worldwide thing.	6/21/2014 10:59 AM
12166	I would like to stay on DST so there will be more daylight later in the winter evenings.	6/21/2014 10:59 AM
12167	Daylight savings was designed for farmers....which most of us are no longer doing for work. I am naturally a night owl (late sleeper), so there is no need for an hour to be taken from me for more than half the year. It disrupts my natural circadian rythm and actually affects my success in maintaining healthy habits by making it more difficult to sleep well and wake up in time to get my exercise for the day in before work. Please consider changing to not adjust for daylight savings in the spring.	6/21/2014 10:58 AM
12168	Standard time in the winter time causes mounds of depression. Leaving it at spring forward would be beneficial for a lot of people.	6/21/2014 10:58 AM
12169	I don't like it at all. My body suffers from lack of sleep with the light longer in the day. Please get rid of it.	6/21/2014 10:58 AM
12170	I moved back to Utah from AZ. I really liked not having a time change while living in Mesa.	6/21/2014 10:58 AM
12171	I prefer how Ariz. does it. Don't care for the abrupt changes twice a year when an hour is added or subtracted..	6/21/2014 10:58 AM
12172	It has served it purpose and needs to be done away with.	6/21/2014 10:58 AM
12173	I am a big fan of keeping it spring forward all year!!! We need the light in the winter!!!!	6/21/2014 10:58 AM
12174	Twice a year our internal clock is at the mercy of man-made daylight savings. It takes weeks to get in sync with the new time. Daylight savings is completely unnecessary.	6/21/2014 10:58 AM
12175	DST Is A Horrific Concept.	6/21/2014 10:56 AM
12176	DST is outdated and no longer necessary!	6/21/2014 10:56 AM

12177	I hate the time change. It makes like hard with kids and to adjust ourselves. Do away with it!	6/21/2014 10:56 AM
12178	I would like Utah to stay on DST all year long.	6/21/2014 10:56 AM
12179	Large scale computer applications, and financial reporting are seriously affected by the time changes, having to create horrible workarounds for these 'missing' hours.	6/21/2014 10:56 AM
12180	We change too early in the year. No one can agree. It is better to remain the same all year. I like the early hours because I can get a lot done. But, when we have to go to work so early, then I can't take advantage of the early hours to accomplish what I want..	6/21/2014 10:56 AM
12181	Absolutely let's align with Arizona and and not change time...	6/21/2014 10:56 AM
12182	I don't understand why anyone would want to go off daylight savings time. I wish we were on it year round. Some mistakenly believe DST is what we are on in the winter. I debate this with people all the time. So they want to get rid of DST so it doesn't get dark so early in the evenings. I hope people aren't voting based on that misunderstanding.	6/21/2014 10:55 AM
12183	I love having more daylight in the evening after my husband comes home. I love that my kids can play outside longer! Sunshine in the morning is wasted on getting kids of to school and dad off to work, and having it shift puts more of that daylight on that evening family time. I don't believe the comments that it causes more accidents. Really people, you can't handle driving a car an hour earlier or later than what you are used to? Should you really be driving if you can be thrown off that much? That sounds ridiculous.	6/21/2014 10:55 AM
12184	It does not make sense to "change the clock". If you don't like Monday, change it to Sunday or Tuesday...it does not make sense. If a company wants to change the hours they work in the difference seasons, OK, but do not change the CLOCKS. It cause so much disruption in bodily functions and schedules. I really struggled when my children were small and my body does not change just because the clock changes. We just get use to one schedule and then we have to change back. There is NO valid reason for the change. It does not save money on utilities and you really do not get an extra hour with your family etc. You still have 24 hours in the day. I don't care if we split the difference, keep Day light Savings or keep Mountain Standard, just QUIT changing it back and forth. The only people who benefit are the Golfers and how many does that help? The farmers prefer the early morning, cooler hours. Children and tired parents stay up until 10 p.m. and later and then have to still get up and go to day care or work. Loss of sleep, tired, grouchy people. Not good for human relations or health. The factory where my Mom worked when I was a children, started at 7 a.m. in the summertime and stopped at 4 p.m. She was fine with that and it did not interrupt the natural schedule of the rest of the family.Industries could do the same, but leave the clocks alone.	6/21/2014 10:54 AM
12185	Switching the clocks in a pain and getting used to it also. We should just leave the clocks the way they are right now. IE stay in this time set and forgo dropping back an hour in the fall.	6/21/2014 10:54 AM
12186	Changing times twice a year creates more problems than it is solving.	6/21/2014 10:54 AM
12187	It's hard on me and my children to adjust to the back and forth schedule. It creates more stress than good.	6/21/2014 10:54 AM
12188	Leave the time & quit changing forward then back. Arizona, Hawaii, & Alaska have the right idea!	6/21/2014 10:54 AM
12189	With people going to work at a variety of times and stores open at all hours I don't feel there is a benefit.	6/21/2014 10:53 AM
12190	Don't like it when it's dark when I leave work during the winter months.	6/21/2014 10:53 AM
12191	I do not like it, never have! It is unpleasant and upsetting.	6/21/2014 10:53 AM
12192	The time change is hard on my kids and even harder on my child with ADD. Focusing in school is a struggle with him, but when his body is getting used to a time change it is even harder.	6/21/2014 10:53 AM

12193	I'm in favor of taking this one more step and moving to UTC. In a global community, it's important to be able to communicate precisely. Too often, people schedule a meeting or an appointment only to find out that they assumed the wrong timezone/DST offset. Almost every Utahn believes we're on "Mountain Standard Time" in Utah. This isn't exactly true. In summer (roughly), we're actually on "Mountain Daylight Time." When auditing server logs and file timestamps, it's easy to neglect the fact that your cloud-based server's timezone is Pacific, because it's sitting in a San Francisco data center... but the backup/failover server's timezone is Central, because it's in a Chicago data center. I'm in favor of simplifying time to a global standard. When America modified Daylight Saving Time in March 2007, there was a lot of additional work in updating servers and PCs to employ the new rules. Old clocks with no option for firmware update became obsolete. I feel strongly that it was more trouble than it was worth. If we're to change again, I want it to be the final, global change that I believe we'll eventually adopt at some point in the future.	6/21/2014 10:53 AM
12194	It's to hard on everyone especially little kids. Just keep it one way. I prefer fall back and no spring forward.	6/21/2014 10:52 AM
12195	I love the long summer days! Losing an hour of daylight while I am still sleeping? NO! My observation as a teacher is that most children adjust very quickly...especially in the fall. I love summertime and I love being able to be outside late into the evening! Don't change it!	6/21/2014 10:52 AM
12196	There is no reason to adjust the time twice a year. It is an outdated concept, and Arizona gets along just fine without it.	6/21/2014 10:52 AM
12197	I prefer to retain DST because I have a child who usually rises with the sun. As it is, in the summer the sun rises at about 5:45, I don't want him waking up at 4:45 in the morning. Furthermore, I find that when school is out, we make more use of that evening time than we do the early morning hours. The adjustment every spring and fall is hard, but I think it is worth it.	6/21/2014 10:51 AM
12198	I don't see the point or a benefit	6/21/2014 10:51 AM
12199	I don't think daylight savings time is needed anymore. I think we should keep the time from getting changed twice a year. I don't see how it is beneficial anymore.	6/21/2014 10:51 AM
12200	.	6/21/2014 10:51 AM
12201	I have eight children ages 14 to 7 months. Switching back and forth from MST to Daylight Saving Time messes up my kids (and my) sleep schedules for at least a week after every switch. While I do appreciate that it allows the kids to go to school in the light instead of the dark, I truly think that the switch is more trouble than it is worth. I vote 100% to switch to MST and just stick with it! Thank you so much for considering this!	6/21/2014 10:51 AM
12202	This was originally done to help farmers. Since we have now gone away from a mostly agricultural society it is time to do away with DST. For kids at school the changes is especially hard!!	6/21/2014 10:50 AM
12203	It seems silly to keep changing all the time when other states are doing just fine without it!	6/21/2014 10:50 AM
12204	I lived in Arizona and liked not changing	6/21/2014 10:50 AM
12205	It is extremely hard to get on any schedule with the time change. It is also difficult to get children to sleep when the sun is still out at 9:30 pm.	6/21/2014 10:50 AM
12206	Keep Daylight Saving Time Year-Round, it will save lives by reducing auto accidents, reduce workplace injuries, and save energy.	6/21/2014 10:49 AM
12207	The economical benefit is minimal or non existent. The disruption in people's lives is unneeded.	6/21/2014 10:49 AM
12208	I feel that falling back during the winter where is gets dark at 5pm is depressing. I like having it stay lighter in the evening. Having kids we have extra activities in the evening time and the day light is beneficial.	6/21/2014 10:49 AM
12209	I feel that changing the time serves no purpose in the current age that we live in. I feel that it is a major distruption to life. It takes our family about a week to adjust to "losing" or "gaining" and hour. I have read reports that accidents actually increase when daylight savings occurs. I believe it will be beneficial to discontinue our use of daylight savings time.	6/21/2014 10:48 AM
12210	I find it difficult to transition each time. Why not keep at standard time. DST doesn't seem to make any difference on utility bills.	6/21/2014 10:48 AM
12211	It is really not necessary	6/21/2014 10:47 AM

12212	I understand why dst was originally implemented; but now that we are no longer an agricultural society in seems to cause mor damage than good. My body has an internal clock and when that is off I don't seem to do as we'll at work and my employer has employees who cannot do their jobs to the best of their abilities.	6/21/2014 10:47 AM
12213	I personally hate it being dark in the fall/winter when I leave work at 5 pm. I think springing forward will help that.	6/21/2014 10:47 AM
12214	Making our bodies adjust to essentially being in different time zones twice a year is unnecessarily and harmful. The reason that daylight saving time was created is no longer valid and we need to stop continuing to force this out dated law on people.	6/21/2014 10:47 AM
12215	I am a software engineer working with data collection systems, and DST has created plenty of problems. I also prefer more evening sunlight the whole year.	6/21/2014 10:47 AM
12216	Standard Time is clearly the inaccurate time if the year. We know use daylight time 8 months if the year and it should be the permanent time without ever moving the clocks. Spring forward one time and never go back. DST year round is the best option	6/21/2014 10:46 AM
12217	There is no longer a need for DLST. All of the arguments for it are rediculous! "but it reduces crime" no it doesn't! Crime will happen no matter what time of day it is. "The farmers need" No they don't they go by the sun. Not the time of day a clock says it is. There simply is no need to have DLST! It screws with people who work for a living. Granted it is only two day a year that we get messed with but People who are out there in the Job force really don't need anymore stress. Just get rid of it!	6/21/2014 10:46 AM
12218	It just makes life eaiser. The day after a time change has some kind of effect. People forget, they are tired, etc.	6/21/2014 10:46 AM
12219	This is a poor survey instrument and will likely provide erroneous information. It is confusing which option to select for those who want Utah to not participate in daylight savings time. To say "ALIGN - Fall back with Arizona..." for those who don't realize that most of Arizona does not participate is confusing. To ignore that part of Arizona does, in fact, participate (the Navajo Nation) disenfranchises that whole group of people, possibly suggesting an anti native American bias.	6/21/2014 10:46 AM
12220	I would like to be on daylight savings time all year around, so the sun is up later in the evening but we don't have any time changes.	6/21/2014 10:45 AM
12221	I know how difficult the time change is for children with sensory disorders	6/21/2014 10:45 AM
12222	For a week after the time change many of us don't feel healthy....why do we need to go through that twice a year. Let's just leave the clocks alone and be done with it. This is totally unnecessary.	6/21/2014 10:45 AM
12223	It's lousy for a day or two... but I wouldn't want the sun to be going down at 11 PM right now...	6/21/2014 10:44 AM
12224	Consistency is a blessing.	6/21/2014 10:44 AM
12225	I think the change in time is disruptive. It's difficult on families with children, and it's unhealthy when we lose an hour in the spring. Just leave it alone. I don't believe it's necessary.	6/21/2014 10:44 AM
12226	I would like to see the back and forth stop. If DST is so wonderful then leave it all year.	6/21/2014 10:43 AM
12227	It is my understanding that the original reason for DST was to preserve resources in lighting and heating. It did this by changing the hours that humans were typically awake coincide more directly with daylight hours. I believe that, although the fuel sources have changed, the benefit remains in changing with the seasons.	6/21/2014 10:43 AM
12228	I just find it a real nuisance to change the time twice a year. I think is an archaic practice and I'm glad we can vote on it. Thank you.	6/21/2014 10:43 AM
12229	I would love to see Utah stay on the same time all year. It would be so nice to have some dark time in the evenings before bedtime. To be able to do some outdoor entertainment with candles lit. Why have such a disruption in our lives twice a year? Sometimes we are the same time as Arizona and sometimes we're not.	6/21/2014 10:43 AM
12230	It's very difficult twice a year for students, workers, parents, and everyone else to try to convince their bodies to realign their natural biological clocks to satisfy the demands of our artificial "time" management. Not positive the Arizona solution is the absolute best choice- but it's bound to be better than what we have. Wondering why those 3 were the only choices. Pretty sure there are other equally valid idea. Sigh....	6/21/2014 10:42 AM

12231	I am alright with daylight savings time. I feel that springing forward is better seeing how in the spring and summer time the sun comes out earlier in the morning and stays out later in the evening and you have more daylight to accomplish things in the yard or do different activities that you can't in the dark. Plus it is safer for drivers because they have more light during the evening and are less likely to get in accidents affiliated with the dark.	6/21/2014 10:42 AM
12232	Daylight Savings is an outdated system, it's original intention hasn't been relevant for a very long time.	6/21/2014 10:42 AM
12233	I do not feel that daylight savings if beneficial. As a parent it is always a struggle for my kids to adjust. They are tired and cranky for some time after each change. Not to mention how much harder naps and bedtime become. I do not feel that it is having us anything. When I was a child I was told we did this for the farmers, but let's be honest, it does not change the number of hours in the day, so I am not sure it is neccessay, or needed at all.	6/21/2014 10:42 AM
12234	Every spring, just as I have begun to enjoy the early morning bike commute, daylight savings hits and I have to wait another month at least before I can enjoy riding my bike to work. I would rather there not be a change.	6/21/2014 10:42 AM
12235	It is an antiquated practice. It has outlived its usefulness.	6/21/2014 10:42 AM
12236	I feel that DST has no use in the modern age. While I understand the merits of daylight savings time I feel as technology changes and society changes sunlight should no longer necessitate a semiyearly ritual of moving the hour forward or back. The idea of energy savings can easily be disputed. Having lived in Arizona for many years and then moving to Utah I have seen no benefit in my personal life. In fact every person that I associate with who have lived in Utah their entire lives are in agreement that it should no longer be in effect.	6/21/2014 10:41 AM
12237	The purpose of the time change has be replaced with a more modern society. Electricity and all that. It is time to just leave the clocks alone and let us get on with life.	6/21/2014 10:41 AM
12238	No need for daylight savings time.	6/21/2014 10:41 AM
12239	I would be so happy if we got rid of daylight savings time. As a parent who has young children it is so hard trying to keep them on schedule when we have to change times. They lose sleep and don't understand the change in time. Having one continuous time thoughout the year would be great.	6/21/2014 10:40 AM
12240	I say we like up with Arizona and leave it alone after that. It is an unnecessary evil.	6/21/2014 10:40 AM
12241	Please get rid of Daylight savings, it takes a week before we as a family can adjust to the time change (grumpy kids and parents) and it is no fun.	6/21/2014 10:40 AM
12242	I feel that it is better to be light in the afternoon than in the morning.	6/21/2014 10:40 AM
12243	It's not worth the toll it takes on people's bodies for an hour of time. I watch my elderly mother struggle every time we turn that clock. As I get older my body is starting to struggle. It's a worthless practice and needs to be done away with	6/21/2014 10:39 AM
12244	In discussing this topic and survey with family and friends I think people are getting mixed up with what "Create" means. I take it to mean that we would create and stay on daylight savings all year long so we have that extra hour of daylight at night and that is what I vote for. But so many of my family and friends think that doing what AZ does means they get that extra hour of daylight at night and just don't have to change times. They are confused. So I'm not sure this is an accurate count of what people really want. I just want to bring that to your attention because the wording 'Create' is a bit confusing.	6/21/2014 10:39 AM
12245	Winters are miserable. Driving home from work feeling like it's time to go to bed is depressing. I would be thrilled if this change takes place.	6/21/2014 10:39 AM
12246	DST ha serves no propose any more. All it does is mess with our bodies. It would be far more beneficial for Utah residents to not have to worry about when the time changes. We have enough other things to worry about; this shouldn't be one of them.	6/21/2014 10:39 AM
12247	I don't like DST. Please get rid of it!! :)	6/21/2014 10:38 AM
12248	I dont like seeing the sun at 9:00 pm at night during the summer. Dont see a need or value of anyone using DST. I am from AZ and in my 6 years in Utah cannot get used to it or understand why it is even done.	6/21/2014 10:38 AM
12249	It would be nice to have extra light in the winter evenings, so I say spring ahead and leave it there. I see no benefits to changing the time	6/21/2014 10:38 AM

12250	It may have been useful in its day but has just become nuisance. I grew up in Arizona and there was no bad side to not having it. With it the children go to school in the dark which is not safe in this day and age. It never did anything to improve or enhance the work day but takes months for your body clock to adjust to the change and is very hard physically to get enough rest. It definitely cannot be healthy.	6/21/2014 10:38 AM
12251	I lived in AZ for 10 years. It was considerably easier and more efficient to not need to make these changes. DST had it's place in history, but today it is merely a nuisance.	6/21/2014 10:37 AM
12252	The change in time doesn't help. It creates drowsy drivers in the spring which leads to more accidents. And in the fall more things are destroyed in homes from hungry pets due to the slip in time. There are no worthwhile gains.	6/21/2014 10:37 AM
12253	More sunlight/daylight please!	6/21/2014 10:37 AM
12254	Daylight savings time has resulted in terrible fatalities during the last 2 consecutive years. The problem is that cars, bikes and pedestrians are occupying the roads at the same time as they were before the time change, but daylight savings time makes it so that it is dark during those times when they are out in the springtime morning. It is also more difficult for bodies to adjust as we get older. Since we all have busy lives that require that we get up when it is still dark outside and we remain awake until after dark in the evening, we aren't using any more electricity than we would if it didn't change, we have only rearranged the usage.	6/21/2014 10:37 AM
12255	Modern times and technology make dst obsloete. I do not see any benefit by switching the clock twice per year and taking several days to adjust to those changes.	6/21/2014 10:37 AM
12256	Not a fan. It seems pointless to keep switching up schedules.	6/21/2014 10:36 AM
12257	I don't like having it mess up my sleeping every six months. Also I don't need the sun in the morning.	6/21/2014 10:36 AM
12258	The time changes are need for our daily life, we must keep them as they are, creating a new spring time could work but its not preferred according to me	6/21/2014 10:36 AM
12259	It messes with everyone.	6/21/2014 10:36 AM
12260	Daylight savings wastes money and kills productivity for a couple weeks twice a year.	6/21/2014 10:35 AM
12261	Daylight Saving Time is just to hard on the body. I get it is better for different times of the year. But from the time you where a child this affected your body. Arizona did away with it years ago and it hasn't hurt them any. Please do away with Daylight Saving Time and just do the Arizona, Mountain Standard Time	6/21/2014 10:35 AM
12262	It stinks! I just don't see the point. Businesses stay open until a certain time anyways. Science has shown we have an internal biologic clock. Trying to reprogram that because the clocks on our walls say so wreaks havoc on our systems. It is especially hard on children. I find that a month prior to time changes, I start adjusting my kids' schedules by half an hour to help ease the transition. It's ridiculous. We aren't farmers anymore.	6/21/2014 10:35 AM
12263	It should only be for the summer months, not into the fall. Should start on the first day of summer and end when summer is over.	6/21/2014 10:34 AM
12264	Arizona does it and survives just fine, so should we. The time changes naturally, why do we still feel the need to change it.	6/21/2014 10:34 AM
12265	Daylight Time is wonderful! It should be Daylight Time 365 days a year. We should not go back an hour for 4 months a year. Daylight Time is Normal Time.	6/21/2014 10:34 AM
12266	Keep the spring forward. The extra light is nice to have!	6/21/2014 10:34 AM
12267	It is unnecessary and pointless. When it is 100 degrees out, I'm ready for the sun to go down. Dinner by candlelight in hot weather is wonderful.	6/21/2014 10:34 AM
12268	I believe we should remain on the summer daylight saving schedule year round. Every fall when we "fall back" we give our selves an extra hour of light in the mornings, and lose an hour in the evenings. But that morning hour is useless to most of us. We are in class rooms or offices, lit artificially and thus that hour of light is wasted. Let us keep that hour if light in the evening when more of us are out of work and can enjoy the option of utilizing that hour of Sun light.	6/21/2014 10:34 AM
12269	Consistency in time will prevent documented sleep disturbances that may cause preventable consequences	6/21/2014 10:33 AM

12270	The natural order of the sun as the earth naturaly changes it's axis to give us the 4 seasons gives us plenty of sunshine in the spring, summer, and early to mid fall months. We don't need to change the natural order of things.	6/21/2014 10:33 AM
12271	I would like to stay on daylight savings time year round to keep the extra light during the summer and not have to switch every fall and spring.	6/21/2014 10:33 AM
12272	I feel we should stop "springing forward" and "falling back" because as a mother, these changes, as well as having the sun shining until 9:00pm reeks havoc on my family's sleep cycles, causing behavioral issue and stressing my children's immune systems due to lack of sleep.	6/21/2014 10:33 AM
12273	I would like to do away with daylight savings to make my life as a mother easier. It is difficult trying to get my kids to sleep earlier/later than they are used to. It seems harder for them to adjust and it really messes up our routine.	6/21/2014 10:33 AM
12274	I'm for no more time changes.	6/21/2014 10:32 AM
12275	I get up at 4am Mon-Fri and can't think of one reason why I'd like to see the "light outside" when I wake up!	6/21/2014 10:32 AM
12276	It's pointless and way more confusing than it needs to be. I understand the need for farmers, but for everyone else, there is absolutely no point. Also, why make a new zone for Utah that is different than AZ? That makes absolutely no sense!	6/21/2014 10:32 AM
12277	I feel like with modern technology daylight savings is no longer necessary or useful.	6/21/2014 10:32 AM
12278	First and foremost I believe that it is inappropriate for a change in an act of nature to be considered a right for legislature or any government group to determine. We shouldn't mess with natural events or ocurrances. Personally, the changes always disturbs my biological clock for a period of time afterwards and it has a negative effect on many aspects of my daily life. The change during the summertime is especially difficult for me as in order to maintain my day time working hours causes me to be in bed around 9:00pm in order to get a decent sleep period. At that time it is still light outside and it is very difficult to go to sleep because it doesn't feel right trying to sleep while the sun is still up and in effect people are still very active and making noise that interferes with my trying to sleep as well.	6/21/2014 10:32 AM
12279	I think that daylight savings was a joke from Benjamin Franklin I just want go back. I think it is hard for me and my family to switch back and forth and I would like to stay consistent.	6/21/2014 10:31 AM
12280	Love having longer days. Darker mornings don't bother me, not even when I had children attending school. it's just nice to have the light when you out and about.	6/21/2014 10:31 AM
12281	I have small children and it takes weeks for them to adjust. Daylight savings time is an outdated practice and needs to go!	6/21/2014 10:31 AM
12282	People think that is will mess up the economy. We have a global economy and deal with time change int the eastern US and the world.	6/21/2014 10:31 AM
12283	I just don't see the point to change, never have.	6/21/2014 10:31 AM
12284	do away with it. it takes too long to adapt and doesn't really bring the benefit it used to, and for the most part, the rest of the modernized world has already stopped using it	6/21/2014 10:30 AM
12285	It has always been hard to adjust to the different time changes every year. I would love to eliminate daylight savings!!! I don't know anyone who likes it, and it just makes life miserable for a few weeks!	6/21/2014 10:30 AM
12286	For those with sensory issues, changing the time is a nightmare. By the time sleep patterns, medication schedules and behavioral issues adjust, we switch again. These individuals and their loved ones and/or caregivers therefore struggle year round. For that reason, I'm in favor of aligning our time with Arizona.	6/21/2014 10:29 AM
12287	Daylight savings was created to benefit the farming and agricultural communities. Now days instead of having whole farming towns we have mostly business and working class. I hate how spring forward disrupts the swing of things in the end of the school year. Let's just pick one and stick with it.	6/21/2014 10:29 AM
12288	Reverse it! I want to keep these awesome summer hours, but I would rather have more Sun in the winter evenings than the winter mornings.	6/21/2014 10:29 AM
12289	I'm from arizona and am used to the time staying the same. I hate having to remember to change my clocks.	6/21/2014 10:28 AM

12290	We should stay on Daylight Saving Time all year. My husband commutes 40 minutes to work every day and in the winter, by the time he gets home at night it's already dark. It would be so nice to have a little light left when he gets home.	6/21/2014 10:28 AM
12291	Keep daylight savings time but use throughout the whole year.	6/21/2014 10:28 AM
12292	It's a struggle with young kids. It's a huge fight twice a year with bedtime!	6/21/2014 10:28 AM
12293	Get rid of it!	6/21/2014 10:28 AM
12294	We don't need it. Keep the time the same all year.	6/21/2014 10:27 AM
12295	I care for my aging Mother, every time the time changes she is tired, can't get used to the new time for months. When she finally does, it's time to change again. Her health declines with each change.	6/21/2014 10:27 AM
12296	I have long felt that DST is an archaic response to a non-problem. With electric light being so ubiquitous, there is little need to "save daylight" and with various people working varying schedules, DST just serves to confuse and annoy people twice a year.	6/21/2014 10:27 AM
12297	I don't think we should do something totally different, so having ours align with Arizona doesn't create another oddity. I don't see where we gain anything from daylight savings time, sure you get the extra hour of sleep in the fall, but you lose one in the spring. The federal government has shrunk the time down anyway to only a few months. Work places that have 24/7 operations always have to adjust for this as well.	6/21/2014 10:27 AM
12298	It's a complete waste of time and energy.	6/21/2014 10:26 AM
12299	I grew up in Arizona and we never had problems with staying the same time then we moved here and even though it's been like 10 years it's still hard to adjust to daylight savings and honestly I don't get the point of doing it.	6/21/2014 10:26 AM
12300	I don't like daylight savings time, but I'd rather stay with our because I like knowing the time differences workout having to keep track if the other party's of the country have shifted times or not	6/21/2014 10:26 AM
12301	DST was brought into being during a time when we were mostly an agrarian and rural society for the majority of the population. We now are a majority of city dwellers with access to reliable alarm clocks and lighting. DST is now more annoyance than benefit.	6/21/2014 10:26 AM
12302	I want Utah to use the current DST (Daylight Saving Time) all year long. This will keep the daylight savings for the agricultural industry during the summer and also provide more daylight in the evenings after work during the winter.	6/21/2014 10:26 AM
12303	Just pick a time and stick with it	6/21/2014 10:26 AM
12304	I hate DST. It's hard getting not only yourself, but school age children aligned to a time change twice a year. It takes a couple weeks before I am not dragging. I don't find it beneficial in anyway. It is an antiquated tradition that needs to go away! My choice would be for Utah to just stay on DST. Not move the clock from the current time and keep it this way all year.	6/21/2014 10:26 AM
12305	I like how it gets darker later,	6/21/2014 10:25 AM
12306	Ever since I was a teenager and understood what DST was, I have always felt it went against my natural body clock. During the spring/summer months I have less energy and feel more tired.	6/21/2014 10:25 AM
12307	I hate switching back and forth twice a year. Just leave it.	6/21/2014 10:25 AM
12308	If I understand correctly, daylight savings time was begun to assist the needs of the farmers and the farming community. Our world has changed enough over time that this change in our schedules is unnecessary and I can't see that it meets it original purpose. It's hard for many people I know to adjust their bodies back and forth between the time changes. We should just pick a time and keep it. Thank you.	6/21/2014 10:25 AM
12309	I don't care what time zone we align with, I just hate adjusting to the change each time	6/21/2014 10:25 AM
12310	Please, for the love, just pick one and stay with it. I don't care which one it is- just stop the time change!! I *HATE* it!!	6/21/2014 10:25 AM
12311	I would like to stay on daylight savings time year round. No more falling back words! I prefer the extra daylight in the evenings.	6/21/2014 10:24 AM

12312	1. We host a daylight saving themed event every year to a sold out audience. A change would hurt our business. 2. Southern Utah gets very hot in the summer, necessitating that tourist recreate earlier in the mornings to avoid the afternoon heat. A change could affect summer tourism trades as those activities would have to start even earlier if daylight savings were eliminated.	6/21/2014 10:24 AM
12313	Changing the clocks is so obnoxious and I wonder if there are more traffic violations when the clock "Springs Forward?" Drivers seem comatose on those first few days.	6/21/2014 10:24 AM
12314	It affects my health. I get sick every time we switch because it messes up my rhythm. My children also contribute because they are difficult to change their times.	6/21/2014 10:23 AM
12315	Keep it all year round!	6/21/2014 10:23 AM
12316	I believe daylight savings time is no longer necessary and would rather not observe it. Thank you!	6/21/2014 10:23 AM
12317	My husband's job is dependent on daylight operating hours. A change would most likely affect us negatively.	6/21/2014 10:23 AM
12318	I understand that it is useful for those who are in the agricultural and construction business. I think that setting their alarms an hour early to make better use of the sunlight would be beneficial for all.	6/21/2014 10:23 AM
12319	I think Utah's situation is unique from Arizona, because of the cold we experience every year. I've lived in Utah most of my life. I do believe we need more light in the winter months. So I think the group meeting together should look at Utah as unique from other states.	6/21/2014 10:23 AM
12320	It literally takes a month to get back into the swing of things after a time change. It's hard on our kids sleep schedules, our health and it just doesnt make sense	6/21/2014 10:22 AM
12321	I have always disliked daylight savings time, but after having a child with autism, I truly hate it. Life is hell for weeks after the change because it throws him off and thus it throws our whole family off.	6/21/2014 10:22 AM
12322	Personally I don't think we should change it, but if it is going to change I'd like to keep it ahead an hour all year long. It is nice to have the daylight span later into the evening like we have it now during the summer time.	6/21/2014 10:22 AM
12323	The reasons for daylight savings time no longer apply to today's society. With the world we live in now, i.e. a global economy, instantaneous communication, etc., it doesn't make sense to be changing times twice a year.	6/21/2014 10:22 AM
12324	I feel that there isn't enough savings in energy for it to be worth the effects it has on people's health and wellness.	6/21/2014 10:22 AM
12325	HATE IT, HATE IT, HATE IT!	6/21/2014 10:22 AM
12326	I think it serves no purpose in the 21st century. Many people including myself think it's a pain.	6/21/2014 10:22 AM
12327	I grew up in Arizona. I never saw the need for it there and I don't see it here. All it does for me is throw my sleep cycles off for several weeks or more.	6/21/2014 10:22 AM
12328	When moving the time it screws up your sleeping, your kids can't adjust to time change and neither can your body.	6/21/2014 10:22 AM
12329	It should be abandoned nationwide	6/21/2014 10:21 AM
12330	I am unconvinced of the issues that people talk about regarding the body clock and the 1 hour change. I believe Daylight Savings Time is beneficial during the summer because of all the activities that Utahn's participate in. We have a very active state and it just seems ridiculous for the sun to rise at 5:00 am and set at 8:00 pm during the summer when most summertime activities are done in the evening. I also believe that the sun rising that early all summer long will do more harm to people's body clocks when everyone is trying to sleep than the 1 hour time change that happens on one day.	6/21/2014 10:21 AM
12331	I don't feel that changing the time twice yearly serves our modern era. I dread it both times, every year. I feel no benefit from it.	6/21/2014 10:21 AM
12332	It's so difficult on my kids to make the switch. Let's just be like Arizona and not practice Daylight Savings time anymore.	6/21/2014 10:21 AM
12333	Life is hard enough without having to program my husband's, our kids and my own internal clock! We ranch and can deserine how to use the daylight for ourselves, we don't need someone to tell us how to make use of it and have us switch our clocks for, really, no good reason!!	6/21/2014 10:21 AM

12334	The saddest day of the year for me is when the time changes back to standard. There is something wonderful about having some light left at the end of the day - especially in this world where so many people have to go to work early and come home late. I can get up while it's dark and be productive, knowing that soon it will be light, but as soon as it starts to get dark outside, the day feels done. I do not have depression, but if I did, I think it would be intensified during the winter aka standard time months.	6/21/2014 10:20 AM
12335	Daylight saving time is wasteful millions of dollars are lost every six months due to lost employee productivity. It also can wreak havoc on those dealing with sleep disorders, it is not necessary and should be gotten rid of completely.	6/21/2014 10:20 AM
12336	I can get more done with the longer daylight hours.	6/21/2014 10:20 AM
12337	Society works around the clock in our day and time, it is not necessary to continue this practice.	6/21/2014 10:20 AM
12338	It is quite difficult to change twice a year. I know it is particularly hard on children to adjust. Just have one time year round. The days will still lengthen and shorten as they've done for thousands of years.	6/21/2014 10:19 AM
12339	Keep the daylight longer in the evenings all year!	6/21/2014 10:19 AM
12340	Nothing is being saved, only shifted. I tell you what, let's set the clocks right in the middle and never have to change anything again.	6/21/2014 10:19 AM
12341	We have enough barriers to regular sleep patterns. The children especially suffer with the change.	6/21/2014 10:18 AM
12342	The reasons for changing time are no longer relevant. Please stop torturing us. Thank you for beginning the process to act on this matter.	6/21/2014 10:18 AM
12343	It is very disruptive to everyone's schedule to go back and forth. It takes several days to get used to the time change. Would be spectacular if it would just stay the same every year	6/21/2014 10:18 AM
12344	No DST	6/21/2014 10:18 AM
12345	Changing sleep patterns reduces productivity, effects health, etc. Arizona is smart - it's time Utahns were.	6/21/2014 10:17 AM
12346	It is difficult on anyone, especially kids to change the internal body clock. It is time for it to go and not continue day light savings out of tradition.	6/21/2014 10:17 AM
12347	Daylight Savings Time is an antiquated idea that no longer has relevance to modern society.	6/21/2014 10:16 AM
12348	I work with individuals with disabilities and families struggle for weeks when the time changes. I struggle for a week or so each time the time changes. It seems like an unnecessary bother.	6/21/2014 10:16 AM
12349	I hate changing back and forth. It messes with sleep schedules and medication timing. I think we should pick one and stick with it.	6/21/2014 10:16 AM
12350	I preferr the current DSL. Do not change it.	6/21/2014 10:16 AM
12351	I personally would like to see Utah stay on Daylight Saving time ALL YEAR! I much prefer light in the evening, after school for kids to play and for adults to have time to accomplish tasks after work. I think the light in the morning is wasted as we all go off to school and work. Let us have the light when we have time to use it and enjoy it.	6/21/2014 10:16 AM
12352	Daylight savings allow more things to do, later in the day. That's important when you work long hours like many people do. If it was dark when I got home from work, we wouldn't have the urge to go out "while there's still daylight." Especially when it's Friday night, it helps make the weekend seem longer!	6/21/2014 10:15 AM
12353	I want one time all year. It messes with my health for a few days every time change.	6/21/2014 10:15 AM
12354	Why would we want to have daylight at 4:00 in the morning? We like having the evening light much better.	6/21/2014 10:15 AM
12355	Changing times is very disruptive to family life and small children's sleep patterns.	6/21/2014 10:15 AM
12356	If it doesn't save energy there really isn't a feasible reason to keep doing it.	6/21/2014 10:15 AM
12357	I have medical issues related to sleep. Spring forward usually results in me taking a few vacation days so I can get used to the time change. Otherwise, my safety and that of other vehicle operators could be at risk because I did not get proper sleep. I love Ben Franklin, but Daylight Saving Time is a failed experiment that just needs to go away.	6/21/2014 10:15 AM

12358	The time change causes so much trouble with children in school and their schedule the used to.	6/21/2014 10:15 AM
12359	Need sunlight hours in the evening in summer	6/21/2014 10:15 AM
12360	No comment	6/21/2014 10:15 AM
12361	Get rid of it	6/21/2014 10:15 AM
12362	It would be easier not to change schedules twice a year. Plus the days are longer during daylight savings during the time of year most individuals stay outside. It would be better to create a new time than lengthening the winter days by going to MST permanently.	6/21/2014 10:14 AM
12363	As a teacher I see how the time change effects the children and I know how it effects me. It throws off sleeping schedules, it off sets good habits, and I can never remember if it's forward or back. It seems to throw everyone off for a couple weeks just to turn around and do it again 6 months later. I lived in Arizona for 18 months and the only down fall of not having it was that you had to know which state you were in the same time zone with (Utah of Nevada). Which wasn't really bad. I'm all for doing away with it, I've read studies and it would be beneficial all around, health, monetary, economical, etc. =D	6/21/2014 10:14 AM
12364	DST is the worst and SO annoying, please make it stop. Thank you!	6/21/2014 10:13 AM
12365	Having seen the effects on people year round from "springing forward" and "falling back" and the continuous battle to keep adjusted to it. I think it's honestly more productive to keep people on the same sleep schedule year round and simply be able to wake up at the same time, not keep changing to be an hour later/earlier than normal. I know personally during the summer there's things that are a LOT easier to do at night than during the day, and a lot more enjoyable at night. Such as fireworks, you can't enjoy them when its still bright out at 11 PM during the summer, so you have to wait til its late and then you lose sleep because you want to enjoy something when its dark. Also another point: now days you see people waking up at 5 or 6 AM when its STILL dark outside. Well, for a lot of people I know it'd be nice to be able to wake up w/ the sun and go to sleep w/ the sun instead of waking up when its dark and going to sleep before sunset during the summer.	6/21/2014 10:13 AM
12366	I think the way the survey is worded is confusing. Many people may not understand the difference between the options. Sample times would help explain it. Such as: Summer sunrise: 6:00am sunset: 10:00pm. Winter sunrise: 8:00 sunset: 6:00pm. And never changing the clocks through the year.	6/21/2014 10:13 AM
12367	I like when we fall back it feels like I get more sleep but I hate to spring forward. Im very irritable and quick to snap at people during the week after springing forward, my preference is to stay the same time all year!	6/21/2014 10:12 AM
12368	Yes it's a pain yet our bodies adjust within a few daya. It's fine talk about grow up and learning to adapt.	6/21/2014 10:12 AM
12369	DON'T FALL BACK!!!! Things would be best if we just stayed Sprung ahead. The Cycle of the sun works best with that. In the Winter it is already getting dark at 5 pm, then we fall back and it is dark at 4 pm... As for the morning it is dark until 8-9 either way...	6/21/2014 10:12 AM
12370	Southwest Utah, in particular the St. George area, seems particularly skewed, as it is so close to the Time Zone border. DST here creates too-late sunsets.	6/21/2014 10:12 AM
12371	I just believe it's more productive to have more light in the evening then the morning	6/21/2014 10:11 AM
12372	I think we should get rid of it. Its such a hassel in the industrdy i work for. We do buisniss all over the workd and you have to take in account wether you are on or off daylight savings. Not fun.	6/21/2014 10:11 AM
12373	I hate daylight savings. It's so depressing in the winter, maybe this would help it feel a little more bearable.	6/21/2014 10:11 AM
12374	For me the depression that comes with the fall back of our clocks is almost unbearable. Darkness at 5:00 pm should never happen.	6/21/2014 10:10 AM
12375	Because it gets so dark so early in the winter.	6/21/2014 10:10 AM
12376	It is time to end this antiquated practice!	6/21/2014 10:10 AM
12377	It is hard to adjust to the time changes.	6/21/2014 10:10 AM
12378	I would like to stay on the summer schedule. Just pick one or the other and quit changing.	6/21/2014 10:10 AM

12379	It takes a couple of weeks every time for my body clock to adjust. I'd rather not go through it anymore.	6/21/2014 10:10 AM
12380	Like the extra daylight in the summer.	6/21/2014 10:09 AM
12381	I see such a huge impact on daylights savings. Its not saving anyone anything we lose sleep kids lose track of things parents struggle to get kids on a new schedule etc. We should just leave SPRING FORWARD there and not fall back.	6/21/2014 10:09 AM
12382	N/a	6/21/2014 10:09 AM
12383	I honestly don't care and I'm don't understand why people complain so much. There are more important issues in my opinion.	6/21/2014 10:09 AM
12384	I feel it is Un natural to do a time change. Our bodies don't cope well. The time change affects my sleep schedule, which is harmful to your overall health.	6/21/2014 10:09 AM
12385	Every 6 months co-workers and customers show up either an hour early or late, often distraught. In St. George specifically we are so close to AZ and NV, with the time change things sure get confused. Teaming up with AZ would be a great move.	6/21/2014 10:09 AM
12386	As a parent, I have noticed it is somewhat hard for children to adjust to time "changing," particularly if one of those children is autistic. With more autistic children being born here in Utah, you would make life easier on parents. Also, the reason daylight savings was created is almost obsolete at this point, with technology at our fingertips.	6/21/2014 10:08 AM
12387	I grew up when there was no Daylight Saving Time. I loved to get up very early in the morning during the summer, before the world had demands on my time. That changed when DST came into effect. As a parent raising children, I dealt with the effects that having daylight so late in the day had on my children. Messing with their rhythms twice a year seems irresponsible, not to mention their safety during October and November when they make their way to school in the dark each morning. I operate better with Mountain Standard Time, and I would love to see Utah make that the Time Standard year round. I feel strongly about this issue.	6/21/2014 10:08 AM
12388	Living in Southern Utah, so much of the travel between Arizona, Nevada, and Utah makes it difficult to worry about changing times from one place to the other.	6/21/2014 10:08 AM
12389	There is no valid reason to have DST and it has been proven that it is harder on the body to switch times like that. It creates more health problems and disrupts sleep patterns. It is time to end this "tradition"	6/21/2014 10:08 AM
12390	I believe the change in time is of no benefit and should remain unchanged each year. I do not like the spring forward and fall back options.	6/21/2014 10:07 AM
12391	I like the extra daylight in the summer.	6/21/2014 10:07 AM
12392	Daylight savings time does nothing but mess with people's biological clocks.	6/21/2014 10:07 AM
12393	Would like to keep the same time through the whole year.	6/21/2014 10:07 AM
12394	I would rather just stay on one time always, it's too hard to get used to the changes.	6/21/2014 10:07 AM
12395	I love it to be light when I get home from work so that we can do stuff outside during the summer. I love it to be lighter later.	6/21/2014 10:06 AM
12396	Daylight savings is counterintuitive. It's confusing and serves no purpose. People around the world do not participate because they know it's pointless and disruptive. It's embarrassing trying to explain daylight savings to a foreigner.	6/21/2014 10:06 AM
12397	Really for me it doesn't matter which way is chosen just one or the other. Quit changing it is all I ask. It's hard on your body and establishing good sleep patterns.	6/21/2014 10:06 AM
12398	It's not good for kids. It throws them off of sleep patterns and makes it still light out when they should be going to bed at night. Also at night it should be dark. Daylight savings is unneeded.	6/21/2014 10:06 AM
12399	daylight savings no longer serves the purpose for which it was intended and should be done away.	6/21/2014 10:06 AM
12400	First choice is to spring forward, but would gladly accept staying constantly on MST.	6/21/2014 10:06 AM
12401	I think it ruins my sleep pattern which affects my long term health. I stay away until 4:00AM or take a prescription sleep aid	6/21/2014 10:05 AM

12402	I like the extra hour of daylight at night during the summer. If i awere to suggest. Any change itwould be to stay on daylight savings time year round	6/21/2014 10:05 AM
12403	Daylight Saving Time is an antiquated notion that makes no sense for our society.	6/21/2014 10:05 AM
12404	Grew up in AZ. Much preferred not changing times. So many reasons!	6/21/2014 10:05 AM
12405	My real preference is pick one, whether MST or MDT, and stick with it all year	6/21/2014 10:04 AM
12406	It just doesn't make sense to keep it anymore.	6/21/2014 10:04 AM
12407	Adjusting little kids' sleep schedules is awful! Stop messing with the clock!	6/21/2014 10:04 AM
12408	This is an old outdated concept. We no longer need daylight savings. It just messes with everyone's sleep and it take 3 weeks to get back to normal.	6/21/2014 10:04 AM
12409	Daylight Saving Time is an antiquated notion that serves no purpose in modern society other than to inconvenience the populace twice a year.	6/21/2014 10:04 AM
12410	Flipping back and forth has been shown to be detrimental to the human body. I personally do not like the stress that puts myself and my family through every single time. Making the adjustment takes weeks for our bodies. Also, if we keep the time at spring forward it won't be so dark in the winter for those coming home at the end of the work day.	6/21/2014 10:04 AM
12411	It's antiquated. There's no longer a need, so it's become an annoyance.	6/21/2014 10:03 AM
12412	Daylight Saving Time more correctly matches the waking hours of the poulation majority when active during summer months.	6/21/2014 10:03 AM
12413	It no longer makes sense to change times in the modern world.	6/21/2014 10:03 AM
12414	I look forward to the date in March on which we change the clocks. Utah is so beautiful and to be able to enjoy its beauty in the late evening is truly a blessing. Tried never to have to do business with Arizona because I could never remember what time it is there. It makes it difficult for tourists and businessmen when states decide to do their own thing as far as time is concerned.	6/21/2014 10:03 AM
12415	It's something we do because it's always been done, not because we actually benefit from it anymore.	6/21/2014 10:02 AM
12416	Daylight savings is annoying and causes headaches for me as a programmer. Since other countries change much later than the US, that causes even more problems. Let the time stay the same and adjust open/close times of stores and schools to compensate. Let's not live in the 1900's	6/21/2014 10:02 AM
12417	Daylight savings is just stupid. There are thousands of hours of productivity lost, and accidents caused every time people switch back and forth. It's time to end the insanity!	6/21/2014 10:01 AM
12418	I've always enjoyed the evening hours after a hot summer day. By the time it cools down, it's too late to enjoy it because the kids need to be in bed and so do I because of my early work schedule. Also, the kids like to play night games and by the time it gets dark enough for a good game of "kick the can", it's too late. I'd love to take them to a drive-in movie or sit under the stars, but daylight savings time changed all that...it's just too late for the kids. Embrace the darkness! Not everyone wants sun 24/7!	6/21/2014 10:01 AM
12419	It would be great if we could stay at one time zone and bot have to gain or loose an hour.	6/21/2014 10:00 AM
12420	I think we should have our own time-zone. We are an hour behind Denver, so we really don't fit with that time zone. I think that Arizona, Utah & Idaho & maybe western Montana should be a separate time-zone.	6/21/2014 9:59 AM
12421	When the time changes whether we fall back or spring forward there is an adjustment period. I'm either staying up later because I'm used to the extra hour, or not getting enough sleep cause I lost an hour. Once I get used to the new time change it starts again. However, I think a study should be conducted to make sure we don't loose money from tourists if we change. Also we should see how many children whould be put at risk if we change. I.e. which children walk to school vs those who take a bus or ride from a parent. There are also lots of safety tips we could teach our children if we change.	6/21/2014 9:57 AM
12422	I like the longer evening daylight hours in the summer. Also I feel our time should be in line with the states that we border and with the rest of the country. Most of the US is on DST.	6/21/2014 9:56 AM

12423	at one time it was said that it saved electricity- but too many Companies now work 24-7. All public transportation, all mines, and most all industry. NO SAVINGS THERE! As a senior is Citizen- it is bad for my sleep>	6/21/2014 9:55 AM
12424	At our age we enjoy the benefits of the longer daylight hours in the evening. Thhe majority of people are above school age and should enjoy all the time outdoors in the evening that they can.	6/21/2014 9:55 AM
12425	I lived in Arizona until I moved here 20 years ago and I still cant get used to it. It takes me all winter to get used to the change and by the time I adjust it is time to go back. I hate it.	6/21/2014 9:55 AM
12426	I hate the "fall back." When it's time to fall back, just keep the clocks the same. I like the summer nights when it's light outside late.	6/21/2014 9:54 AM
12427	I prefer more light in the eveing. I also believe it helps with energy conservation. I would like to remain on daylight saving time year round. I think when people want an end to daylight saving time they are refering to switching back and forth not an end to the spring forward.	6/21/2014 9:54 AM
12428	As the mother of of two children with Aspergers, and all four dealing with anxiety, I can tell you that Spring Forward, Fall Back makes our family life hell for about two weeks every year. All of our body clocks are thrown off. For children with disabilities who thrive on routine, DST is a living nightmare. Sleeping, eating, learning, and all aspects of their lives are thrown off for about two weeks twice a year. This, in turn, affects the way I am able to run my small business; taking time away as I am dealing with them. My husband's effectiveness at work is also affected. As 1 in 88 children in Utah are affected by Autism (not to mention those affected by other neurological disorders such as SPD, Anxiety, Tourette) I would urge you to strongly consider abolishing this outdated, and unnecessary time change. Thank you for your consideration.	6/21/2014 9:54 AM
12429	In the words of a wise Indian Chief, "Only a government would think that cutting one end off a blanket and sewing it on the other end would give you a longer blanket." 1. We do not need the interruption in our sleep cycle every year when the time changes. 2. Personally it takes me at least a week to adapt and adjust to the hour of sleep I lose every spring--consequently, I am much less productive at my endeavors both at home and at work. 3. There is no longer a compelling reason to change from MST to MDT (if there ever was one), and Arizona seems to do just fine without it. Why do we need it again? If there is no real need, then get rid of it--it's just an interruption and an inconvenience in our lives.	6/21/2014 9:53 AM
12430	I would like the "Spring forward" Daylight Savings Time that has been in place for a number of years, to be all year long, because I believe the extra daylight evening hour would always be beneficial.	6/21/2014 9:53 AM
12431	My opinion is that we should side with Arizona. Changing times only adds to confusion twice a year. It never fails to throw off some of our employees and leads to lost productivity. By changing the clocks no one is really fooling the sun. It still will come up and go down the same way it always dones and we really just adapt our work day to the sun and not the clock anyway.	6/21/2014 9:53 AM
12432	The future of daylight savings time? It shouldn't have a future.	6/21/2014 9:53 AM
12433	In the 1970's there was a year we stayed on Daylight savings time. I felt this had a psychological benefit, as driving both to and from work in the dark was eliminated, fighting SAD effects.	6/21/2014 9:52 AM
12434	I hate daylight savings time--especially the dark mornings! There are more school children getting killed when they walk to school in the dark. Also, it always takes me several weeks to get by body's time clock adjusted to getting up an hour earlier--makes me feel tired and head-achy.	6/21/2014 9:52 AM
12435	Picking up students in the dark isn't a safe practice	6/21/2014 9:52 AM
12436	It's something that should have been done away with a century ago. I'm from Arizona and I have a clock in my car that I refuse to change just on principle. I actually own the domain downWithDaylightSavings.com because of how asinine and ridiculous the whole practice is.	6/21/2014 9:52 AM
12437	daylight savings time should become the new standard and not change back and forth each year.	6/21/2014 9:51 AM

12438	I hate DST, and I mean HATE! It serves no purpose, and is a pain in the ***. I hated it when I had to put my kids to bed in broad daylight and I hate it when I have to go to work in the dark. Your comment on DST making the days longer is ridiculous. Nothing we do to the clocks make days longer or shorter. They are what they are, regardless of what the clocks say. If you want to get up earlier, go ahead and leave my clocks alone! If the golf courses and businesses want to stay open longer, what's stopping them? It is especially bad for our students, who work night jobs and have to get up at 4:00 a.m. to go to school. It causes a lot of missed classes, and ineffective learning. When we first switch over, the kids are walking to school in the dark. Every year one or two get hit by cars on the way to school. Is it worth it, just so some people can fish or golf after work. NO!	6/21/2014 9:51 AM
12439	There's no true value in daylight savings time.	6/21/2014 9:51 AM
12440	I don't think anything should change. Dst should stay the way it is.	6/21/2014 9:51 AM
12441	The change is hard for my school aged children, who have gotten into a routine, to adapt to when it suddenly changes, especially in the spring.	6/21/2014 9:50 AM
12442	It is too hard on body clocks and in children to change back and forth	6/21/2014 9:50 AM
12443	I would be happy with the ALIGN or CREATE options. Daylight savings time has outlived its usefulness. It results in reduced productivity and tired children around the time changes.	6/21/2014 9:50 AM
12444	Keep a consistent time year-round!	6/21/2014 9:48 AM
12445	I love the light in the evening. I understand that young kids should not catch the bus in the dark, but other than that I love it.	6/21/2014 9:48 AM
12446	I don't mind what time we choose, aligning with Arizona seems logical. Just get rid of it	6/21/2014 9:47 AM
12447	It always takes me a whole month of exhaustion and sleepiness in the spring to adjust in the spring. I think I drive worse and am a less effective worker during that month.	6/21/2014 9:47 AM
12448	I like having time in the evening for recreation!	6/21/2014 9:47 AM
12449	I feel as if it takes up too much and effort to keep switching back and forth. Once our bodies get used to the change, we need to switch the time again. I love at nighttime in summer when it's 9 pm and still light out. It would be nice if that's how it always was. During fall/winter it's dark by 7 pm and it's frustrating.	6/21/2014 9:46 AM
12450	I think people have forgotten what daylight savings time is for. It's for the farmers! I think ONLY farmers should have a say in weather daylight savings time stays or goes.	6/21/2014 9:46 AM
12451	Please leave it we're it is i like the long days thanks.	6/21/2014 9:46 AM
12452	I like the idea of keeping it at the time we are at now, which is "spring forward". That makes the daylight more in the middle of the day, rather than being all in the early morning during the winter.	6/21/2014 9:44 AM
12453	Too hard to adjust	6/21/2014 9:43 AM
12454	The purpose of DST is to move an hour of daylight to the evening so that people can participate in sports, shopping, whatever they want, in daylight. Arizona does not participate because they do not want daylight: they want darkness, which is cooler. We don't have that need. We benefit (financially and health) by having people out doing things in the evening. We really should stay with the rest of the country. When the whole country is ready to not have DST, then we could also not have DST. There is much travel planning, moving of goods from state to state, etc. that would be disrupted if Utah is not with the rest of the country. Please do not make Utah different from the rest of the country!	6/21/2014 9:43 AM
12455	Making no adjustment to a sleep schedule would definitely less stressful!	6/21/2014 9:42 AM
12456	I don't like to change. Pick one and leave it.	6/21/2014 9:42 AM
12457	Daylight savings is pointless. There is no need for it. Please let's get rid of it. Thanks	6/21/2014 9:41 AM
12458	Daylight savings time seems rather pointless in today's world. We get tired in the spring and a little more rested in the fall.	6/21/2014 9:41 AM
12459	Stay with spring forward and be done!!	6/21/2014 9:41 AM
12460	Keeping the Spring Forward time not only removes the confusion but also doesn't keep us IN THE DARK for half the year!	6/21/2014 9:41 AM

12461	I love dst! It allows me to do more with my family during the summer. If we don't retain dst, let's switch to pacific time!	6/21/2014 9:41 AM
12462	Daylight Saving Time is an antiquated concept that serves no purpose in today's society. Trim the cruft and join Arizona in setting a standard that is forward looking, rather than continuing to burden future generations with unnecessary practices.	6/21/2014 9:40 AM
12463	It affects my ability to wake up in the morning and makes me really tired when we spring forward. It's a pain to remember to reset all the clocks. It seems to be a waste of time and energy for little to no benefit.	6/21/2014 9:40 AM
12464	Daylight savings is an old system that no longer works in our modern time. It disrupts all of our sleeping habits and that causes more stress.	6/21/2014 9:39 AM
12465	Please...Do away with DST---PLEASE----Stop DST	6/21/2014 9:39 AM
12466	It's a pointless anachronism. There's no solid proof that it does anything other than mess with the REM cycles of millions of people. Certainly nothing positive.	6/21/2014 9:39 AM
12467	It does not serve it's intended purpose and is very difficult for many people to adjust to.	6/21/2014 9:39 AM
12468	There are multiple studies showing the negative effect daylight savings has on people's health including: an increased suicide rate, hospitals are busier, and the impact on sleep patterns.	6/21/2014 9:39 AM
12469	I like having long summer days where is light until almost 9 pm.	6/21/2014 9:39 AM
12470	I have never liked the change in time I vote for leaving the time alone it seems to me a mistake to change the time it really does not save energy and the farmers and animals don't change they still want to eat get milked at the same time not what the clock says the dogs still want out at the same time regardless of when the clock says it is.	6/21/2014 9:38 AM
12471	I don't see a use for it anymore. It seems like the reasons it was started instituted aren't relevant anymore. It needlessly throws people off for days and weeks, especially children.	6/21/2014 9:38 AM
12472	My personal view is that DST is a huge waste of time and effort. I get that people want that extra hour of daylight, but for those people, they can just wake up an hour earlier. Arizona and Hawaii don't have DST and their businesses and schools function just fine. It takes about a week for my body to adjust to the time difference and really, I don't think it benefits anyone in the least.	6/21/2014 9:38 AM
12473	Observing DST is too stressful for both people and businesses. Some states do, some don't, some countries do, some don't, and the dates differ. In this "new-ish" global economy, we need to take steps to be more aligned and simple.	6/21/2014 9:38 AM
12474	I think there is no longer a need to continue such practice.	6/21/2014 9:38 AM
12475	I see no positive value for anyone but the recreation industry (and that's suspect), but see some industries adversely affected by the current system of DST.	6/21/2014 9:37 AM
12476	Why change the clocks? It makes no sense to me. Leave the time alone and get rid of daylight savings.	6/21/2014 9:35 AM
12477	It was helpful when we were a country of farmers, but we are not that nation any longer and it just causes you to have to use the lights more and it takes my body weeks to get used to the time change. We need to just go to standard time and live in the modern world. Thank you.	6/21/2014 9:33 AM
12478	I really don't know which "time zone" is closest to when the sun is in the middle of the sky, that is 1200. Pick the time and leave it there. Thanks for asking	6/21/2014 9:32 AM
12479	It doesn't matter which way we go, let's just stay there year round.	6/21/2014 9:32 AM
12480	Switching time zones makes it extremely difficult for school aged children (I have 2) and staff (I have 11 employees) to focus and work effectively. When the time changes and it is dark by 5 pm, it also makes it difficult to walk the dog, get some exercise, or even walk to the store.	6/21/2014 9:31 AM
12481	It is so hard to adjust to the time change, especially on children. We are groggy and our sleep schedule is a mess for the first week. I've lived in Arizona and it is wonderful to stay on the same schedule year round. Please, please get rid of it!	6/21/2014 9:31 AM
12482	It's better to have standard time all year. Less accidents, safety for children going to school.	6/21/2014 9:31 AM
12483	I think that it was a dumb idea in the first place. It is like having a sheet that is to short, so you cut some off the top and sew it on the bottom to cover your toes. In the end you end up losing something.	6/21/2014 9:30 AM

12484	No spring forward or back	6/21/2014 9:29 AM
12485	Daylight later in the day.	6/21/2014 9:29 AM
12486	The back and forth wreaks havoc on everyone's internal clock. It's an unnecessary week twice a year to adjust. People in Arizona do fine without it.	6/21/2014 9:29 AM
12487	Takes a week to adjust every time the change occurs.	6/21/2014 9:28 AM
12488	I dislike Daylight Savings Time completely. it's harder to get my kids to bed especially during school months when they especially need the sleep. it's also harder to get up in the morning. My body doesn't really acclimate to the time shift, instead I go to bed later and get up later which I really don't like. I think it messes with our bodies internal clock and causes more sleep problems. I don't want to just stay on daylight savings time. I want to go back to Standard time and stay there.	6/21/2014 9:27 AM
12489	I personally hate the Fall = Back time change. I'd rather stay on daylight savings all year long. Especially for us that work until 5pm and have very little daylight after work.	6/21/2014 9:26 AM
12490	I hate having to try to deal with the repercussions on my kids sleep schedules. It's ok right now when they aren't going to school but once they start going to school it's going to be even worse.	6/21/2014 9:26 AM
12491	It is an annoyance and unnecessary at this point. We don't work from sun up to sun down anymore. We should be bright enough to stop doing things just because our ancestors did them.	6/21/2014 9:26 AM
12492	If we don't spring forward then it will be getting dark at 4pm in the winter due to the mountains.	6/21/2014 9:25 AM
12493	Easier for grand kids when school is on. It's always takes a week to adjust.	6/21/2014 9:25 AM
12494	We need to stay with Mountain Standard time, and just stay with it.	6/21/2014 9:25 AM
12495	I like having more daylight after I get off work. It would be lovely to have this year round!	6/21/2014 9:25 AM
12496	I've always hated it, I finally live in places that don't have it, but I still deal with it, because my family does. So, it's still annoying. I wish they'd abolish it, internationally.	6/21/2014 9:25 AM
12497	Same time all year. I don't care what the time is just don't change it.	6/21/2014 9:25 AM
12498	Just leave it alone and quit changing it!!!	6/21/2014 9:24 AM
12499	I don't see any benefit to daylight savings time and the adjustment twice a year is a pain	6/21/2014 9:24 AM
12500	We have a winter home in northern Arizona. The time change gets very confusing for us when having appointments in St. George. Seem to never be there on time. Plus when we had small children, their body clocks would be all messed up and confused as to when to go to bed or get up, hated it all my life.	6/21/2014 9:24 AM
12501	I like having daylight longer in the evening, especially in the summer so we can take more advantage of outdoor activities. Since my husband works, he rarely has time to enjoy the outdoors until the later daylight hours in the summer.	6/21/2014 9:24 AM
12502	My main concern with daylight savings is the toll it takes on our health. As a parent, I can tell you that kids and babies have an even harder time than adults adjusting to these time changes. Their difficult time adjusting affects not only the stay at home parent, but the working parent as well. For someone like me who deals with chronic health problems and insomnia, the time change noticeably affects my health for a week or even two. Although I am not sure which time to stick with would be the best, I believe that sticking with one time all year would benefit everyone. I would need to see the pros and cons of which time would be better to maintain year round.	6/21/2014 9:23 AM
12503	It just doesn't make any sense . all it does is get extradaylight for golfer ,etc. The cows can't tell the difference but we sure can ,and it is ridiculus.stop the nonsense now.	6/21/2014 9:23 AM
12504	I think it's good just the way it is. I work 12 hour days and I like to have the extra daylight in the afternoons so I can get some things done a round the house but same goes for winter I don't want my kids walking to the bus stop in the dark. So it works just fine the way it it's. Thanks Josh, Moab	6/21/2014 9:22 AM
12505	Daylight savings time had a purpose once, but now days because of technology and especially electric lighting, it's no longer needed. It's a nuisance to have to switch back and forth. I'm for leaving the time to Mountain Standard Time all year round.	6/21/2014 9:22 AM

12506	My husband has M.S. and changing times twice each year messes up his body-clock! It takes about six weeks for him to adjust. It's extremely hard on both of us and especially adds difficulties to my husbands health! I personally feel that changing our clocks results in us losing almost 1/4 of our year and when you're a 'senior' we cherish every moment of quality time we have together! Please set the time one way and DO NOT keep changing it!	6/21/2014 9:22 AM
12507	It causes more work than it is worth. IT systems are affected, changing every clock you own is not fun, and I don't like going to sleep at night with it so light.	6/21/2014 9:22 AM
12508	I have always hated Daylight Savings. It causes more trouble than it's worth. Regular Standard time has the same amount of daylight, just begins earlier in the day. Please stop this madness.	6/21/2014 9:21 AM
12509	It is difficult twice a year to make useless adjustments to schedules. It is specifically difficult on kids in the spring.	6/21/2014 9:21 AM
12510	It really serves no true purpose. Outdated.	6/21/2014 9:20 AM
12511	Please pass this!!!!!	6/21/2014 9:19 AM
12512	The business industry I am in requires hundreds of telephone calls across the country each day. Changing time zones is already a problem and would require major alterations in order to comply with regulations. Also, those of us who work long hours need to have that extra hour of daylight in the evening to take care of outdoor tasks.	6/21/2014 9:18 AM
12513	I think that it should not be practiced anymore because it is irrelevant for this day and age. It was originally put into effect to help with the planting and harvesting of crops. I do not feel as if we are in need of that any longer.	6/21/2014 9:18 AM
12514	I prefer to have light later into the day. We we stopped switching times I'd like to stay at the "spring forward" stage.	6/21/2014 9:16 AM
12515	I prefer it because of the stress it places on young children and us old people. And it just doesn't make sense. Energy savings are not real.	6/21/2014 9:16 AM
12516	Economically, it doesn't save any money	6/21/2014 9:16 AM
12517	My self, I do not like daylight savings time, it interrupts my life twice a year every year. I hope we can consider this issue seriously and change it. Same time all year round would be great.	6/21/2014 9:14 AM
12518	I feel the changing is unnecessary. It disrupts our natural sleep cycle and there are no longer any real benefits as we've become such a 24/7 type society anyway. I am fine with either not springing forward like Arizona or staying on what is now DST permanently (we would be an hour ahead of the rest of mountain timezone in the winter).	6/21/2014 9:14 AM
12519	I hate the time change. It makes my children's sleep schedule all messed up.	6/21/2014 9:14 AM
12520	I have felt it should be changed for a very long time! I ask everyone every year and no one seems to be fond if it. It makes it darker in the winter, and I feel like we have to adjust, then right when u r on a roll and used to it, it changes again. I think the spring summer time should just stay... Forever!	6/21/2014 9:14 AM
12521	This would just reinforce the image that Utah is backward. It would also impact business that crosses state lines. Please stop.	6/21/2014 9:14 AM
12522	Ideally, I'd like to keep daylight savings time all year round, but overall, I just want to stop changing the clocks every six months! It's hard on everyone to adjust.	6/21/2014 9:14 AM
12523	I would rather it stay Mountain Standard. Daylight in winter is too dark for the morning hours and I can do with one less hour at night better. It would be beneficial to kids going to bed in time to get up for school better. Especially the early track kids, walking to school an hour before the sun. No to mention it's hard for them to get to sleep before it's dark and other older or b-track kids are still playing outside. But it's also easier for me to get up when it's not so dark outside. and get to sleep for the same reasons. It makes for a better mindset in going to school or work, than when it is dark. Also the changes are so disrupting twice a year.	6/21/2014 9:13 AM
12524	Daylight savings is antiquated and adds to unnecessary confusion, both with timelines and making a physical adjustment.	6/21/2014 9:13 AM
12525	Love the longer days.	6/21/2014 9:12 AM
12526	It's very difficult on the students who I teach in the lower grades. We have to spend a week or so reorienting the kids and trying to get them back into a routine. It just doesn't seem worth it to ruin our routine just for extra light at night.	6/21/2014 9:12 AM

12527	Its a waste of energy. It may not be totally inconvenient at this point, but it is totally pointless. I think it'd be awesome if we got rid of it.	6/21/2014 9:12 AM
12528	It's so hard on our bodies and on kids.	6/21/2014 9:12 AM
12529	I love being able to shift the extra daylight that would otherwise occur at 5am during the summer months to nighttime. And I love that my kids don't have to walk to school in darkness ever.	6/21/2014 9:12 AM
12530	Mainly for the sanity of being a parent. Every time we change the clocks it completely throws of the kids. When it's light until 9:30 at night they want to stay up that late. I have a daughter that wakes up at 6:00 because the sun wakes her up! Let's stop changing the time and stay the same all the time. Thank you.	6/21/2014 9:11 AM
12531	Changes times is very hard on all, moms, kids teachers and commuters, etc. I think it is actually dangerous.	6/21/2014 9:11 AM
12532	It just stays light too late, I prefer the standard time year round.	6/21/2014 9:10 AM
12533	I agree that daylight savings can be a bother , and if we are to change then I would rather line up with arizona so that we are atuned to at least another state and not have more times zones to worry about	6/21/2014 9:09 AM
12534	I don't like daylight savings. To me, there seems to be no need. .. just inconvenience.	6/21/2014 9:09 AM
12535	I prefer falling back to align with Arizona (basically, keep the same time as during the winter months) because it is darker when we go to sleep at night and lighter in the morning. Additionally, two of my friends were killed this year on their bicycles while riding to work early in the morning immediately following the time switch in spring. It was significantly darker and I believe that contributed to the tragic accident. One last comment, as an employee in the healthcare industry, I have seen the effects that switching time has on people and there has been a documented increase in the number of hearts attacks experienced when we switch back and forth. Thank you.	6/21/2014 9:08 AM
12536	I fell like it is wasteful use of resources. We have to turn the lights on in the morning, and go to bed when it is still semi light out. I also don't like feeling tired for weeks!!!	6/21/2014 9:08 AM
12537	Our bodies adjust to a schedule and the change in time makes for a very difficult week or two at each change. As a working individual it doesn't matter if there is a little mor light in the day as either way it is dark on the way to work and on the way home the extra light dosen't make a difference as we spend all that time at work in a building.	6/21/2014 9:08 AM
12538	there is no purpose to daylight savings time there never was time to get rid of it.	6/21/2014 9:08 AM
12539	I think you people have better things to do, than worry about the time of day!!!!	6/21/2014 9:07 AM
12540	We like it brighter longer as a family	6/21/2014 9:07 AM
12541	The usefulness of Daylight Saving Time has passed. Let's pick a time and stick with it.	6/21/2014 9:07 AM
12542	Agriculture and Physical Health reasons	6/21/2014 9:07 AM
12543	It's 2014. This spring forward fall back is not applicable anymore! Stop daylight savings time!! You gain nothing by taking from one end and adding to the other	6/21/2014 9:07 AM
12544	Utah needs to ditch the switch. Choose one and keep it.	6/21/2014 9:07 AM

12545	I prefer daylight savings time, because like it or not, businesses operate on times, forcing members of society to deal with those times. I'm 59, and as I have gotten older, I have become more light and sound sensitive, meaning I wake up when it starts getting light (even when wearing a sleep mask) and the birds outside start singing. Without daylight savings time, that means in the spring, summer, and early fall I would be awake so early, that I would be losing that hour in the morning waiting to start work. No matter what the clock says, my body operates by sun time. Without daylight savings time, by the end of the work day, I would be dragging because I have been awake an extra hour. There have been studies that say daylight savings is bad for health during the changes, but those are only for a couple weeks. Where are the studies for people like me that our health would be affected for 6-8 months of waking up too early to go to work, waiting the extra hour (which is basically lost when it is in the morning) to go to work, and by the end of the day are physically tired because of that extra hour of being awake (even if we go to sleep an hour earlier). PLEASE, keep daylight savings time. To not keep it would be bad for my health. My body operates on "sun time" but I am forced by when businesses operate to deal with "their time" be it standard or daylight savings time. If ALL businesses started an hour earlier in the spring and summer, then it wouldn't matter getting up that hour earlier. That won't happen, so please keep daylight savings time for my health, and others like me.	6/21/2014 9:07 AM
12546	The middle of the waking/working day is not 12. The solar day should align with the middle of the waking day, which is about 2 pm. Our current 1:30 solar day median in DST works great. In fact, I would love to see DST all year round.	6/21/2014 9:07 AM
12547	Staying "on" DST would give us more daylight when we need it the most, in winter! It is going to be dark when we get up anyway. After school and on the way home would be safer all the way around!	6/21/2014 9:06 AM
12548	Doesn't serve a purpose in our modern world.	6/21/2014 9:06 AM
12549	Extended light in the evening allows for more outdoor activities and time to enjoy the day for those who work during the day. Also, it is depressing to have dark so early in the day.	6/21/2014 9:06 AM
12550	Go to a different date... 1st Sunday in April and last Sunday in October worked the best for Utah.	6/21/2014 9:05 AM
12551	I prefer to be on Daylight Savings Time year-round. Note on survey: the options in Number 1 are not clear.	6/21/2014 9:05 AM
12552	Switching time back and forth disrupts my sleeping pattern and is hard on my health.	6/21/2014 9:05 AM
12553	It is an outdated manipulation meant to capture the most daylight hours during 'normal' work hours. With around the clock wor shifts there is really no reason to make the change. Just leave it in standard time year around.	6/21/2014 9:04 AM
12554	It just seems silly. We don't really "save" time, it just shifts. The arguments for saving electricity are invalid because, again, the time we use it just shifts.	6/21/2014 9:04 AM
12555	It would be nice tobstay right where we are now, year round.	6/21/2014 9:04 AM
12556	Get rid of daylight savings!	6/21/2014 9:04 AM
12557	I enjoy the extended daylight season for many reasons, not the least of which is the extended time to drive in the light. It expands recreation, dining and shopping time.	6/21/2014 9:04 AM
12558	I hate daylight savings. Partly because every country has their own and when you work internationally you have to research the dates that other countries use and partly because it's a pain to remember and an inconvenience. I think that Arizona has it right!	6/21/2014 9:03 AM
12559	It is ridiculous to change time!!! People can adjust their own schedules as the daylight allows!	6/21/2014 9:03 AM
12560	lighter longer = better	6/21/2014 9:03 AM
12561	I wish you could keep day savings all year around	6/21/2014 9:02 AM
12562	It is beneficial to have longer daylight hours in the summer months.	6/21/2014 9:00 AM
12563	No one wants to spend all day working inside when the sun's up only to have it be down when you're done.	6/21/2014 9:00 AM
12564	I don't like having to change twice a year. I'd prefer to be on standard time all year, like Arizona.	6/21/2014 9:00 AM
12565	I think daylight savings messes with children's sleep schedule. It takes my kids almost a month to get back on track when the time changes.	6/21/2014 8:59 AM
12566	It messes up all schedules for everyone every spring and fall.	6/21/2014 8:59 AM

12567	I believe the time for daylight savings is past. no longer satisfies a need as it did years ago when it was started. Lifestyle changes make it no longer needed. It is very hard on kids to adjust and is not worth it anymore :)	6/21/2014 8:58 AM
12568	It's beneficial to have longer hours of daylight in the summer1	6/21/2014 8:58 AM
12569	I would prefer to stay on one time and not have to switch back and forth. I enjoy having the sun stay up longer allowing for more family time, especially since my husband and I both work full time and the evenings feel so short in the winter time.	6/21/2014 8:57 AM
12570	DST is completely superfluous. There is no rational reason to continue this practice. The whole nation should abolish it.	6/21/2014 8:57 AM
12571	It's a waste and completely unnecessary.	6/21/2014 8:56 AM
12572	I believe in letting our bodies adjust to the natural cycles of the earth.	6/21/2014 8:56 AM
12573	Darker mornings and brighter evenings	6/21/2014 8:55 AM
12574	I'm tired of going backwards and forwards and constantly having to readjust. I think it's unhealthy.	6/21/2014 8:55 AM
12575	I think it's a hassle people are very irritable and seem to stress more before and after daylight savings	6/21/2014 8:55 AM
12576	Daylight savings is unnecessary and I'm sure we can all handle the lack of sunlight during working hours like adults.	6/21/2014 8:55 AM
12577	It's the best, really as children it's fun and exciting. Winter gets cold so when the sun goes down it's time to be in the home relaxing, but more light in the summer is nice to play outside longer	6/21/2014 8:54 AM
12578	No reason to have it now that we are no longer a farm country	6/21/2014 8:54 AM
12579	Changing back and forth is hard on my body and really messes with my little boy's schedule. It's unnecessary.	6/21/2014 8:53 AM
12580	Archaic and unnecessary.	6/21/2014 8:53 AM
12581	I feel that daylight savings time disrupts the sleeping patterns that have already been established. In addition to owning my own business, I am a mother. Trying to get every 'body' in the household to adjust to the new time is difficult. And we lack enough sleep for several weeks sometimes.	6/21/2014 8:52 AM
12582	DST is an antiquated concept. It's easier to just let schools/businesses change their hours if they are so inclined rather than to try and reinvent time itself. Please do away with it (wheter to stay 'back' or 'forward' doesn't really matter to me)	6/21/2014 8:52 AM
12583	Forget DST - Let life happen	6/21/2014 8:52 AM
12584	In my line of work it is so hard on the little ones to a just back and forth and we don't even do it for 6 months. I just don't see the point in putting them and everyone else through the change if it's not going to be for 6 months. The whole thing just seems stupid. People are going to do the tourism stuff regardless of what time it is or how light it is out.	6/21/2014 8:51 AM
12585	Daylight savings time has been around for a century. Sure, it's hard to adapt to the change at first but you get used to it. It doesn't harm our health in my opinion and I'm sure students don't want to walk home in the dark. We don't waste money when we switch to daylight savings time.	6/21/2014 8:51 AM
12586	I don't like having to change my sleep time and the changing messes with my brain.	6/21/2014 8:51 AM
12587	I love to recreate outdoors often and don't need the sun coming up at 5 am in the summer. Daylight savings ensures that the work schedule and daylight schedule better align in the summer. It is worth every bit of inconvenience caused by the adjustment to ensure I have some natural light later in the day to accomplish some things outside before bed time.	6/21/2014 8:51 AM
12588	Leave the time changing alone.It has no use,and messes everyones system(body) up. It serves absolutely no purpose what so ever.	6/21/2014 8:51 AM
12589	It's hard on my system adjusting back and forth to the time change. I'm not alert in the mornings until I get used to the change. I	6/21/2014 8:50 AM
12590	I feel it is unhealthy for the body and difficult to get back into a good sleeping pattern each time it changes.	6/21/2014 8:49 AM
12591	We are close enough to the Pacific time zone to not need the change for longer evening light. I hate the adjustment period when we "spring forward".	6/21/2014 8:49 AM

12592	Daylight savings time is working well. There is no need to change it to satisfy the demands of speical interest groups!	6/21/2014 8:49 AM
12593	You're mostly going to hear from the vocal group that wants to do away with DST.	6/21/2014 8:48 AM
12594	I had a chance to visit Arizona in May, being a morning person, I was very excited about the sunny, very early mornings.	6/21/2014 8:48 AM
12595	It's like having to adjust to a different shift twice a year. My vote is to do away with DAYLIGHT SAVINGS Time and Save the headaches.	6/21/2014 8:48 AM
12596	Please just omit the inconvenient and disruptive changing twice a year!!!!	6/21/2014 8:47 AM
12597	Really don't like daylight saving time. The reason it was originally created (farming) is no longer necessary. Please don't make us change our clocks anymore!!!	6/21/2014 8:47 AM
12598	We really don't need it light at almost ten pm. As a working parent, it's difficult to get my kids settled before nine in the evening, but the they're still up screwing around until it's too dark to see in their rooms. DST messes with sleep patterns as well. It's a ridiculous and antiquated tradition. Please get rid of it after "falling back" this fall.	6/21/2014 8:47 AM
12599	Let's quit doing things just because we've always done them. Get rid of this costly, accident-causing, productivity-reducing practice.	6/21/2014 8:47 AM
12600	I really like having it to stay light later.I think it would help in the winter time with having less car crashes.It would also be good for people who suffer from S.A.D., depression and a lack of vitamin D.Please keep it the way it is now.	6/21/2014 8:46 AM
12601	Takes too much time to adjust to new time. No longer a necessary.	6/21/2014 8:46 AM
12602	I find Daylight Savings Time to be a ridiculous notion. There are the same hours in a day. Daylight Savings Time is nothing more than the arrogance of man trying to manipulate nature. It truly doesn't serve any real purpose, and it's a hassle to deal with twice a year. I don't know anyone who actually likes DST.	6/21/2014 8:46 AM
12603	Daylight savings is incredibly difficult for children on a nap schedule.	6/21/2014 8:46 AM
12604	All of those industries that need more light should use the alarm on their smart phone and get out of bed earlier. Outrageous to force everyone to conform to something that only benefits a few.	6/21/2014 8:45 AM
12605	It is a pointless problem in our lives. It was created for purposes that no longer exist in our modern world and we should get with the times and be done with it. For those of us with chronic diseases, it causes unnecessary stress on our bodies. It also messes up our children's natural body clocks.	6/21/2014 8:45 AM
12606	spring forword is what we are on now and love this time	6/21/2014 8:45 AM
12607	Get rid of daylight savings!	6/21/2014 8:45 AM
12608	Hate day light savings!!!	6/21/2014 8:44 AM
12609	our inner clocks don't change easily, Leave it one way and don't mess with mother nature.	6/21/2014 8:44 AM
12610	Due to the development of outdoor lighting, and the health concerns with messing with everyone's circadian rhythms twice a year, I see no benefit and potential harm in retaining a switch to daylight savings. Since one of our neighboring states has already decided to not participate in this time change, I feel we should align with their clocks in order to keep business transactions as easy as possible. Having had to coordinate business meetings between a Salt Lake City office and an office in Scottsdale, AZ I know how beneficial and convenient it would be to be aligned with their time schedule. It would also be nice to help set an example for the rest of the country to allow the sun to determine the time.	6/21/2014 8:44 AM
12611	I hate winter, because the sun goes before I get home. Giving me an extra hour of sun in the afternoon I might be able to soak in a few more rays before it goes down. I don't care that it doesn't come up until 9am.	6/21/2014 8:44 AM
12612	It's disruptive. Even when we change from DST back to MST with the extra hour's sleep. We don't need it and it has never been proven to help with energy savings which is why it was adopted in the first place.	6/21/2014 8:43 AM
12613	The sun rises too early (and wakes me up) too early without the change.	6/21/2014 8:43 AM
12614	I do not feel that Day light savings has a purpose and that it is difficult to adjust every 6 months.	6/21/2014 8:43 AM

12615	I don't like going back and forth, but I prefer the lighter end of days in the summer, so would prefer the "Spring forward" time all the time.	6/21/2014 8:42 AM
12616	Springing forward is too hard to adjust to. With small children their bodies don't understand why you are waking them up an hour earlier. As an adult I have a hard time adjusting	6/21/2014 8:42 AM
12617	The longer days let's us be able to enjoy out family and be able to do things with them and enjoy the wonederful things in the outdoors we can do here in Utah there is nothing wrong with the time switches it only takes a day or two for the body to get used to it and it is done on the weekend please just leave it alone and put your time to making laws for the protection of our community	6/21/2014 8:42 AM
12618	I am against daylight savings time. It makes it hard to get the kids up for school when they lose that hour. And it throws off many babies feeding schedules.	6/21/2014 8:41 AM
12619	I actually believe that DST should be year round. Would help to combat those dreary winter days here.	6/21/2014 8:41 AM
12620	Changing makes no sense	6/21/2014 8:41 AM
12621	It is hard on your overall health. I hate having to adjust when I wake up early enough as it is and switching times makes it even harder. I feel I get used to getting up on such early hours then I have to switch my clock again. It's a never ending cycle.	6/21/2014 8:39 AM
12622	.	6/21/2014 8:39 AM
12623	Our day starts at 3am. Daylight savings time is very disruptive to our lives.	6/21/2014 8:39 AM
12624	Daylight savings is no longer necessary.	6/21/2014 8:39 AM
12625	My name is Dan; my friends and family joke that when they change clocks to Daylight Savings Time, I 'change' to Dan Standard Time. My body follows the sun, it always has. Currently I don't change the time on my clocks, I stay with MST (as Arizona does). I'm employed and self-employed. I just adjust times of appointments as needed. Modern scheduling systems have made this a bit easier. Even if I were to change the clock, I realize it's just trying to fool my brain that I'm really getting up an hour earlier. So, why not just get up and start work an hour earlier? ...no psychological games to try and fool the mind. One reason I don't change clocks, is it makes the decreasing daylight less noticable in the fall. Seems less pronounced as it doesn't appear to suddenly set an hour earlier; less depressing this way. I've had this discussion with many co-workers over the years. The biggest concern I've heard is that they would loose the hour of daylight in the evening during the summer. (We're not loosing nor gaining anything... there is still only 24hrs in a day! That argument drives me nuts!!!) Easily solved by starting the workday an hour earlier. This could be encouraged by education and public service campaigns. Most agree. Some can't get over the fact they'd have to get up at 6 instead of 7, for example... but, they already do!! They just call it 7 ;-) Imagine how this could ease traffic congestion during 'Rush Hour' as we have a more staggerd work day. My clients feel the stress created on the body as when we, as a society, suddenly tell it to shift its natural functions an hour off each day. It takes time to adjust to such demands. As we live in a worldwide economy, I don't think it matters what time we call it, we still have to adjust work schedules to interact with people that live in other time zones. We'll still have people up at night using electricity, working, reading books, watching TV. So I don't buy the energy savings argument. I just think it would be simpler if we stayed on MST and did away with DST. (Makes dealing with time zone changes on computer configurations much easier too.) So, I'm one citizen that believes it's past time to do away with DST in Utah.	6/21/2014 8:37 AM
12626	Please keep Daylight Savings Time as it is. I love having the daylight in the summer evenings when my family can make memories, work in the yard, etcDo we really want to have to wake up at 4:00 in the morning to have the same amount of hours to be productive outside? I would much rather have the sunlight in the evening hours. In the same way, I would prefer to have the morning light in the winter mornings when people are going to work and school kids are getting to school. If this is about safety, then it is safer to keep it as it is. The reality is that Arizona is much further south, so the swing in daylight is less. Further north in Utah we would not have the same benefits. People need to do what is best for the economy and what is safer. Stop whining when we have to fall back one hour. Go to bed earlier and the problem is solved. Truthfully, I think the legislature is motivated by sending a message that, "We won't conform to the federal government . . . " Oh please! Why hurt Utahns just to send a petty message?	6/21/2014 8:37 AM
12627	Didn't really understand the options above. I think Utah should pick ONE and then stay with it. It doesn't matter to me which one, just one and stay with it.	6/21/2014 8:37 AM
12628	My little children have such a hard when the time changes. That is the main reason I would love to do away with daylight savings time.	6/21/2014 8:36 AM

12629	I believe the disruption in sleep causes many health problems even by just that one hour, I myself enjoy more daylight after work, but I also find the kids walking to school in the dark alarming, so I believe just don't change the time leave it alone and people will adjust to the new challenges with no disruption in sleep, consistent patterns are very beneficial, so I really believe that the change in time is bad in general, just leave it alone and people will accommodate to it.	6/21/2014 8:35 AM
12630	It's a hassle, it disrupts a lot of people who have to conform to being places at certain times. It's a health risk and a security risk to those who get sleep deprived thanks to the change.	6/21/2014 8:35 AM
12631	Change time is useless Arizona has done it for many years	6/21/2014 8:35 AM
12632	I have always hated changing times....please change this daylight savings!!!	6/21/2014 8:35 AM
12633	The extra hour of daylight at the end of the day is great I can do things. If people think that it is hard on their bodies adjusting the hour two thoughts come to mind a) I guess they had better never travel out of the Mountain Time Zone as they would have to change their clocks and b) If your body is having a hard time adjusting wait until it the sun rises at, on a day like today 4:56 am and is dark by 8:30 pm.	6/21/2014 8:35 AM
12634	Switching back and forth is hard on babies and children (and their parents), as well as the elderly. It's extremely difficult for people who have sleeping disorders.It can exacerbate some forms of mental illness like depression and anxiety. It's is really hard on students, as it makes unnecessary demands on their young bodies. It is hard on employees, especially people who work swing and graveyard shifts. Choose one or the other--daylight or standard time--and let's just stick with that. THANKS FOR SERIOUSLY CONSIDERING THIS!	6/21/2014 8:35 AM
12635	Switching times twice a year is unproductive and archaic. There is no need in a modern society to do so.	6/21/2014 8:35 AM
12636	it's hard on everyone, takes the kids weeks to get back on track	6/21/2014 8:34 AM
12637	I Bromsgrove that at some point our global economy will need to move to global time. E.g. earth time on a 24 hour clock. This way when we are coordinating events we will only need to relay a single time for all people around the world. No conversions, no DST, no misunderstandings. 15:30 hours in Utah would be 15:30 hours everywhere on the planet. My assumption is that this time would be based on current GMT. But other calculations could be made to slight it with a given position of the earth in its orbit around the sun.	6/21/2014 8:32 AM
12638	Daylight Saving Time is useless.	6/21/2014 8:32 AM
12639	Daylight Savings is an old practice that had a useful purpose back in the early days of farming without modern technology. These days the only thing it does is cause people to be late for work or have a hard time functioning for a few days. Let Utah be just as free as Arizona on this issue and take the stance that we don't need to participate anymore!	6/21/2014 8:32 AM
12640	DST is very hard on me physically. I usually end up sick the first couple of weeks and lose out on the money I would have made.	6/21/2014 8:31 AM
12641	Springing forward is so hard on kids (and parents) to get used to. It makes for a miserable few weeks until everyone is adjusted. I really don't see the point. We should fall back with Arizona (who seem to get along just fine without DST) and never spring forward again.	6/21/2014 8:31 AM
12642	It's a pain the butt. Just pick and time and stick with it. It's sucks for those of us who work grave yard shifts or shift work period. Also, again, it's STUPID.	6/21/2014 8:30 AM
12643	Stop switching back and forth!	6/21/2014 8:30 AM
12644	From the perspective of an educator, daylight savings is a headache. It reduces the productivity of students (okay, and teachers too.)	6/21/2014 8:29 AM
12645	The evenings are light to late in the summer. Being so close to the Pacific Time zone it just makes sense to stay on our regular time and not spring forward in the summer. AZ has it right and we need to join them	6/21/2014 8:29 AM
12646	It works fine for Arizona. The change twice a year is too disruptive.	6/21/2014 8:27 AM
12647	I would love to get rid of daylight savings time! I see no point.	6/21/2014 8:27 AM
12648	please, please. please .... just pick one or the other. No more changing.	6/21/2014 8:27 AM

12649	Besides messing with the sleep/wake cycle and its side effects in conjunction with fatigue driving and all, it also serves no purpose to use the obsolete daylight savings. Jobs/lifestyles that rely on the suns light have no use for changing the clocks, and the rest of the public consider it a nuisance to change their daily life routines.	6/21/2014 8:26 AM
12650	While DST is good for retailers, the going back & forth is not. Personally, it takes my body's clock about 4 weeks to adjust. That's 4 weeks of lost productivity. I love the longer days. I say once we "spring forward", there is no need to ever "fall back" again.	6/21/2014 8:26 AM
12651	I love the current Daylight Savings time program. Don't change it! I believe that if people just change the clocks and forget about it - they wouldn't even notice, or be affected by the change.	6/21/2014 8:26 AM
12652	I've been driving school bus for fifteen years and have personally seen the effects of daylight savings on school children and it's not positive !!! And I've heard the argument well we live through it ???	6/21/2014 8:26 AM
12653	It makes no sense. We don't need it.	6/21/2014 8:26 AM
12654	Compromise. Turn the clocks 1/2 hour ahead of standard time and leave them there.	6/21/2014 8:26 AM
12655	Please get rid of DST	6/21/2014 8:25 AM
12656	Do not see any savings. Just a hassle to change twice a year. Industrialized World survived and developed just fine without it.	6/21/2014 8:25 AM
12657	In 1998, while serving in the Legislature, Rep. Lowell Nelson ran a bill to get rid of Daylight savings time. An informal survey showed that it was the change that people didn't like. I sugested we do as Nova Scotia has done and go to a system that was in between Standard and Daylight time--that is set our clock half an hour later than Standard (which is half an hour earlier than Daylight Savings). While this may seem a ridiculous solution, it works for our Canadian neighbors.	6/21/2014 8:24 AM
12658	I'm already boycotting DST by not adjusting for it, then adjusting time in my head when dealing with people who are not boycotting DST. It's kind of a pain.	6/21/2014 8:24 AM
12659	Get rid of daylight saving time. It's a pain!!!	6/21/2014 8:23 AM
12660	Daylight Savings makes it so when I get home from work there is enough time before it gets dark to do things with my family and in my yard. I really enjoy this every summer so please keep it this way	6/21/2014 8:23 AM
12661	Changing the time every six months is completely unnecessary. It had reasons that made sense in the past, but today it doesn't do as much good.	6/21/2014 8:22 AM
12662	It always messes with my inter clock. I wish that daylight savings would just go away forever.	6/21/2014 8:22 AM
12663	keep daylight savings in place for the safety reasons it was intended to address also don't confuse the rest of the country about what time it is in Utah, this was a problem when I lived in Arizona.	6/21/2014 8:22 AM
12664	Its outlived it usefulness. Its hard on kids and even animals to keep adjusting to a new time.	6/21/2014 8:21 AM
12665	Please get ride of the insanity.	6/21/2014 8:21 AM
12666	I personally would like to see Utah stay in the Spring-forward mode. As an active duty military family we have lived in both Arizona and Hawaii for ten plus years, neither of which have daylight savings time. We never missed DST and didn't suffer through the sleep withdrawal that is common here.	6/21/2014 8:21 AM
12667	The world runs 24/7, changing time is of no value. Pick a time and stick with it.	6/21/2014 8:20 AM
12668	It is no longer needed	6/21/2014 8:19 AM
12669	It used to be a teacher. Daylight savings time would take two weeks for the children and adults to recover. Children, who were normally well behaved, would through full blown tantrums in the hall before coming in. More then half the class would have melt downs. Research has proven that it is not healthy to mess with sleep times. As well as costing money in productivity. Please, please, please do away with day light savings time. Every time it comes around I honesty curse law makers.	6/21/2014 8:19 AM
12670	I hate having my rhythm screwed with every six months. I lived in AZ for 10 years, and that was the only redeeming factor about living there.	6/21/2014 8:19 AM
12671	Traveled to Arizona and hated that it got dark so early at night and light so early in the morning!	6/21/2014 8:18 AM
12672	I like it lighter in the evening when I get off of work	6/21/2014 8:18 AM
12673	I love the wonderful, long, warm evenings in the summertime!	6/21/2014 8:17 AM

12674	I just don,t see the point in changing it back and forth	6/21/2014 8:17 AM
12675	The change in the hours are only obnoxious for a few days, but then I like that it is brighter later.	6/21/2014 8:16 AM
12676	It is archaic and should be abolished.	6/21/2014 8:16 AM
12677	I would like to see year round DLST. A number of years ago we had an experiment with it for energy saving benefits if I remember correcly.	6/21/2014 8:16 AM
12678	I have young children and it's a pain to reset their sleep schedules twice a year.	6/21/2014 8:16 AM
12679	I do feel that spring forward is beneficial during the spring and summer month as tourism is at its highest this time of year. My suggestion to the state of Utah is to spring forward, and then STAY forward! I absolutely feel strongly that "falling back" is not beneficial at all to our community nor to our lifestyles! It gets dark early in the winter as it is and EVERY year when daylight savings time rolls around, I hear the same complaints, "it feels like it's 10 pm and its only 5!" Or "seriously?! Its completely pitch black by dinnertime!" Also, many times in the healthcare field we work long hours (12+ hours per shift), and I believe its safe to say the general consensus is that of, "It is horrible going to work when its dark and coming home when it's dark! Its so depressing and I feel like the whole entire day is gone!" We definitely (i don't know the numbers offhand, however) get more psych cases of gloom, anxiety, suicide attempts, addictive binges, domestic violence during the winter months, and I have heard and read the same for counseling centers, crisis lines,and dispatch calls for what is being grouped into "seasonal depressive disorder". Yes, it is a real thing! And yes, I am passionate about this! If we know this is going on, why not try to bring a little extra sunshine into the day!? I propose we follow the concept of "no daylight savings" as Arizona has done, but instead we stay an hour ahead as to get most out of our day, all year round!	6/21/2014 8:16 AM
12680	Daylight saving time is a pain. I don't see the point in it. It is hard to adjust to for the next 2 weeks after we switch. I lived in AZ for many years and it was just fine never having to switch forward or back. Please take daylight savings time away!!!	6/21/2014 8:16 AM
12681	The changing is so hard to get used to. Especially for children. I think it's best to just stay at one time schedule all of the time.	6/21/2014 8:16 AM
12682	I hate changing the clocks and losing/gaining an hour makes it hard for my body to adjust.	6/21/2014 8:15 AM
12683	The practice is no longer necessary with the technology we have to light fields being plowed or harvested. The change causes major sleep disruption in a state already heavily medicated by sleeping and depression aids; both of which are proven to be related. We need to end daylight savings.	6/21/2014 8:15 AM
12684	I frankly don't care weather it is retained or not.	6/21/2014 8:14 AM
12685	All daylight savings time does is mess with your body's time clock.	6/21/2014 8:14 AM
12686	Don't like the change... Its hard on the body to get use to every change.	6/21/2014 8:13 AM
12687	I have 5 children and the changes in time are hard on them. They especially hate the spring change and everyone here is cranky for days after while we adjust. I also get headaches when I don't get enough sleep and the change makes me physically ill with headaches, often up to a week or more after the spring change. The fall change puts us back where we usually are and my whole family does much better with that change.	6/21/2014 8:13 AM
12688	There is only 24 hours in a day. In my opinion it doesn't make any sense ti change the time. I have seen how dark it is in the mornings after the time change to daylight savings time & the kids walking to school in the dark.	6/21/2014 8:13 AM
12689	Never did like the idea of day light savings. It has always seemed to be nonsense in my opinion. I would love nothing more than being on Mountain Time permanently.	6/21/2014 8:12 AM
12690	I don't mind the fall DST, that one is fairly easy to adjust to. The spring kills my sleep pattern, even for my child. It takes a good month before we are back to normal sleeping habits. Not to mention not being late for work or other consequences that arise with changing the clocks.	6/21/2014 8:12 AM
12691	Daylight Saving time has no benefit in modern society. In a global market, it's only an annoyance. I have clients and employees and subcontractors in every time zone in the US, in Australia, Phillippines, Bangladesh and India. When I have to set up a meeting, a great deal of time is wasted with misunderstood time changes, and showing up to an online meeting at the wrong time.	6/21/2014 8:11 AM
12692	No more jumping around just pick one and stick with it.	6/21/2014 8:10 AM

12693	Keep the days how they are now. The extra hour of daylight in the afternoon is more beneficial than in the morning.	6/21/2014 8:10 AM
12694	Pick a time and let it alone	6/21/2014 8:09 AM
12695	Leave it alone let it stay as is	6/21/2014 8:09 AM
12696	Recreation time after work	6/21/2014 8:09 AM
12697	I think the notion that daylight saving time brings in more tourist dollars is false. It wouldn't get dark at 6:00 pm in the summer. It's still light until after 8:00 pm. The truth is, daylight saving time is a detriment to health and safety. Just once, let's not harm the citizens of Utah for the almighty dollar. Those states that don't participate are doing just fine. Personally, I go to work very early in the morning. My usual bedtime is around 7:30 or 8:00. It's impossible to do that in the summer. As a result, I typically get about 4 hours of sleep a night during daylight saving time. It takes a massive toll on me. I would just like to see the monetary part of this taken out completely. You cannot put a price on a person's health and well being.	6/21/2014 8:09 AM
12698	It is difficult to send a child to bed at 9:00 when it is still light out!	6/21/2014 8:08 AM
12699	Staying on DST with the spring forward 1 hour permanently because it is better to have more daylight in the evening. This is better for safety reasons as more people drive later in the day than earlier in the day. Whatever happens, stay on one time or the other all year round as changing that hour messes up too much. Thank you	6/21/2014 8:06 AM
12700	By removing disruptive elements like Daylight savings time, we can be more competitive in today's global environment.	6/21/2014 8:06 AM
12701	Check out the Indiana studies from the changes they went through the last decade. DST wastes energy.	6/21/2014 8:05 AM
12702	The change is never fun and from what I have heard from "people" is that we are wasting money with day light saving.	6/21/2014 8:05 AM
12703	I think that Daylight savings should stay in practice. I think it will be hard for those that do construction because of the time change. They need that longer day for the summer jobs. My dad works construction and he already struggles during the winter and i don't think he would have to struggle all year round. So i am against take it out of practice.	6/21/2014 8:05 AM
12704	Changes in time mid-year are difficult adjustments for children and seniors. With advances in technology they do not seem to be as needed as they were in the 50s, 60s, or 70s. Since I cannot vote two ways on the survey, I will do it here. I would prefer either to stay on MST or create a permanent "spring forward" time.	6/21/2014 8:04 AM
12705	Making the time change with children is terrible. They do not understand what is going on and it takes weeks to get them adjusted. We are no longer an agrarian society. With the invention of the light bulb it seems outdated to get up with the sun	6/21/2014 8:04 AM
12706	I'd like it removed as it messed with the general health of those who work rotating shifts.	6/21/2014 8:03 AM
12707	Should be one set time. Longer days in in winter would be better.	6/21/2014 8:03 AM
12708	I think it's a hassle to change the time twice a year. Being an at home parent with young children, I find it disrupts their normal schedule for weeks until they get used to the time change.	6/21/2014 8:03 AM
12709	Please just pick a time and then leave it!	6/21/2014 8:03 AM
12710	As someone with a sleep disorder it is extremely hard to have to keep changing the time. I really don't care which one is chosen but just pick one and keep the time the same year around.	6/21/2014 8:02 AM
12711	i value the additional time dst adds to the evening after a day at the office. this family time is irreplacable.	6/21/2014 8:01 AM
12712	Causes confusion messed up sleeping patterns and is not needed	6/21/2014 8:01 AM
12713	The change over each year is expensive and at time confusing for employees. Stay consistent and leave the clocks alone, stay on standard time.	6/21/2014 8:01 AM
12714	I dont care which, staying standard or moving to what is dst, but choose one and leave it. Studies have shown that vehicle accidents increase around the change to DST. My vote is leave it at the same year round. We can deal with it.	6/21/2014 8:00 AM

12715	DST is disruptive and serves no purpose today. Eliminate this practice and keep our time the same throughout the year.	6/21/2014 7:59 AM
12716	DST is disruptive and serves no purpose today. Eliminate this practice and keep our time the same throughout the year.	6/21/2014 7:59 AM
12717	I prefer spring forward. More daylight when I get off work.	6/21/2014 7:59 AM
12718	As an educator I see first hand how the practice of daylight savings affects my students. It is not beneficial to them in any way.	6/21/2014 7:58 AM
12719	Eliminating daylight savings would allow me to commute to work when it's light for more of the year, and it would be far easier to put the kids to bed before 10:00 at night when it finally gets dark. It would prevent sleep schedules from getting mixed up twice a year as well, which is important to me with children.	6/21/2014 7:58 AM
12720	I prefer light later in the day but really would like to stop changing.	6/21/2014 7:58 AM
12721	It is an outdated, unnecessary program.	6/21/2014 7:58 AM
12722	Daylight savings time needs to end, it's too hard on the children in the summer to put them to bed.	6/21/2014 7:57 AM
12723	I enjoy the extra day light at the end of my day. More time to spend on the patio relaxing, enjoying the summer.	6/21/2014 7:57 AM
12724	I think that daylight savings time was useful many years ago for farming and using the sunlight when needed, but in today's lifestyle it would be much easier to stick to one schedule. I work at a school and to see the kids come after the time change is so hard on them. We start at 7:50 and they are 6 and 7 graders. I would like just to stay at one time schedule.	6/21/2014 7:56 AM
12725	It's too hard on your body to re-adjust to the time change!..it needs to be abolished!	6/21/2014 7:56 AM
12726	Daylight savings time is totally unnecessary. It is very difficult to adjust to the time change.	6/21/2014 7:56 AM
12727	There should be no change in time at any time of the year. The adjustment is pointless. No positives come from it. Only negatives.	6/21/2014 7:56 AM
12728	I feel that we don't need to continue changing back and forth. It messes with everyone and it is especially hard with children. By staying at one time and leaving it I think everyone would be better off.	6/21/2014 7:55 AM
12729	As a teacher I think that the time change messes with student's brains. Lets pick a time and stay with it!	6/21/2014 7:54 AM
12730	It's silly to waste such time, energy and money over an hour! It all comes out the same in the end. I do not believe it affects tourism or any other industry. It's just an hour....society in Utah will survive and adapt.	6/21/2014 7:53 AM
12731	With daylight saving time. At 9:00 at night, it too light out to get to sleep.	6/21/2014 7:53 AM
12732	We need more light I'm morning hours. This would be safer for children going to school in winter months	6/21/2014 7:52 AM
12733	It is hard on kids biological system. Especially now that for the past few years we have only been "falling back" for 4 short months. By the time the child has adapted to the new time change, it's time just to get them back on the old schedule again. It makes sense to stay on one time and leave it.	6/21/2014 7:52 AM
12734	I think that the argument for keeping DST on the basis of more daylight for children who walk to school is invalid. As a teacher, I find myself going to school in the dark and often coming home in the dark.	6/21/2014 7:50 AM
12735	Get rid of daylight savings, it really has no use anymore with technology today.	6/21/2014 7:50 AM
12736	It's always been GREAT to get off work in the summer and have a lot of the daylight left to do all the fun summer things. My other choice would be to consider the DST year round option so that one doesn't go to work in the dark and come home in the dark during the winter. Quit messing around with things that are working fine and have for a number of years! Right now tourists who come into southern Utah from Arizona actually get mad when things are already closed as they didn't realize Az was so dumb about being on DST and they all comment along those lines. Utah does not have to be dumb in yet another way, do we?.	6/21/2014 7:50 AM
12737	In a word: outdated.	6/21/2014 7:48 AM

12738	It is a waste of time and resources. An outdated idea!	6/21/2014 7:48 AM
12739	I have lived in Utah and Arizona both and lived with and without daylight savings. I believe keeping daylight savings will be best for Utah for all the reasons we have it now. changing will cost the state money and hurt tourism whether it be the summer or winter shortened daylight day. Not to mention the farmers who have been able to use this to better their lives by keeping a more normal schedule. I think for all the reasons that all the states except 1 have chosen it we should keep it.	6/21/2014 7:48 AM
12740	The change makes no sense. All can come up with justifications, but at the end of the day, it makes no sense.	6/21/2014 7:47 AM
12741	Daylight savings time was designed to conserve power for the war effort during WWI. Although it still has it's benefits, the negatives out weigh the positives. It needs to go away	6/21/2014 7:46 AM
12742	Keep it	6/21/2014 7:46 AM
12743	Daylight saving time is really hard on small children. Studies have shown that it is also difficult on adults. Our bodies are creatures of habit. Health, stress, and mental health all suffer during the time changes. It is no longer needed and does more harm than good I think.	6/21/2014 7:46 AM
12744	Lets stop fooling Mother nature. Back to what is natural and correct.	6/21/2014 7:46 AM
12745	It is hard to adjust to the change. We already have a hard enough time trying to get the right amount of sleep and then we have to adjust twice a year? Not worth it anymore	6/21/2014 7:45 AM
12746	Seriously people, calm down. Its ONE HOUR! If you can't handle that, don't ever travel out of your time zone for vacation!	6/21/2014 7:45 AM
12747	I have narcolepsy and changing time twice a year really throws me off and I don't see the reason to change time twice a year for no reason	6/21/2014 7:45 AM
12748	Find one time frame and leave it alone. Just leave it the same as AZ. Shift workers hate the change each time.	6/21/2014 7:43 AM
12749	It is disruptive to my sleep pattern. I would love to enjoy my mornings with sunlight & my evenings with a sunset and unwind. I feel as though time has been speeded up. Hurry get up, go to work, go to bed so I can hurry again the next day. Although it's still a 24 hour day, I miss the best hours!	6/21/2014 7:42 AM
12750	Where I live, the sun already rises at 5:30am during the summer. If we do away with DST, that would change to 4:30am. Yuck.	6/21/2014 7:42 AM
12751	Why do we need to change? We do not need a couple of people that don't want DST to decide what's best for our state.	6/21/2014 7:41 AM
12752	I like driving to and from work in the light. I get depressed with the shorter hours of day light.	6/21/2014 7:41 AM
12753	Children going to school in the dark are at risk using day lite savings time and it is hard for our bodies to keep adjusting to the time changes.	6/21/2014 7:39 AM
12754	It's tough on kids...	6/21/2014 7:39 AM
12755	Working in healthcare it seems there is an increase in auto/pedestrian accidents with the change in the spring.	6/21/2014 7:39 AM
12756	DST is antiquated and no longer necessary. Let's leave this ineffective, wasteful system behind.	6/21/2014 7:38 AM
12757	DST is disruptive to sleep schedules. It also makes daylight hours darker when kids are walking to school during spring. I support changing to MST full time with a national goal of moving to two time zones for the entire 48 states. This would improve economic activity because the east and west coasts would be only one hour apart. See maps and details here: http://qz.com/142199/the-us-needs-to-retire-daylight-savings-and-just-have-two-time-zones-one-hour-apart/	6/21/2014 7:37 AM
12758	Daylight Savings are two weeks of the year with higher than average car accidents. Daylight Savings seems to conflict with the big push for no fatalities on Utah's roadways	6/21/2014 7:37 AM
12759	Stay the same...either way...is my voice. MST makes sense but stay same MDT is ok	6/21/2014 7:37 AM
12760	Daylight savings time is a relic from the past which no longer has relevance in today's digital world, where most commerces is done online and does not matter if it's day or night. Therefore, daylight savings time is an irrelevant device that is no longer needed in today's world, plus it financially costs millions of dollars worth of business twice a year moreover can creat health issues on mankind.	6/21/2014 7:37 AM

12761	I love the longer days in summer.	6/21/2014 7:36 AM
12762	I just don't see the point any longer.	6/21/2014 7:36 AM
12763	I feel like RIGHT NOW daylight savings time is a waste. Being so close together...November to April .... It is hard on the body. Four months is barley enough time to adjust and then it's time to start over. Granted there is more time from April to nov, but really it's just not spaced well and can't ever be. As a mom with young kids it is harder on my health as well. It takes weeks of planning and preparing not only myself but my kiddos to be able to adjust... It interferes with the entire daily routine just so the one hour transistion will be easier on them. (which never really is) I think that nature already does the "daylight savings" on it's own and is enough of a difference from summer and fall to be enough.	6/21/2014 7:35 AM
12764	I no longer feel the disruption is worth the perceived benefits.	6/21/2014 7:35 AM
12765	All people in school, teachers and students, lose momentum for a week, sometimes longer, as their bodies adjust to the new setting of the clock. Sufficient logic for self-induced jet lag does not exist to support continuing this practice. Businesses can change their hours of operation if they feel the DST pattern affects them positively. DST does not positively impact education.	6/21/2014 7:35 AM
12766	My 18 yo Daughter, an honors student at the University of Utah has narcolepsy. I see the struggle that she has each fall and spring adjusting to the time changes. As a mother, if you know there is something that would make your child's life better, you want that for them.	6/21/2014 7:34 AM
12767	I heard something once that made a lot of sense to me. Something about an old Indian who said "Only a white man can be fool enough to cut the end off a blanket, sew it to the other end, and think they have a longer blanket." We have DST from March to November. Just keep it the same all year. Makes no sense to change the time for 4 months, only to change back.	6/21/2014 7:33 AM
12768	It doesn't make that much different. But if we do this we need to be in line with the states around us so if every state go off it we will still be inline.	6/21/2014 7:33 AM
12769	HATE IT!	6/21/2014 7:32 AM
12770	Even in a time of continual power, reserving resources is a good idea.	6/21/2014 7:31 AM
12771	Pick one and stick with it. Changing the clock time take at least 3 weeks for a body to adjust to the change. 'Spring forward' creates issues for both young and old. Ask the ER about increase in accidents. If you are tired your judgement is cloudy and you can not think or react quickly . My air conditioner is going to run , if its hot , no matter what the clock time says.	6/21/2014 7:31 AM
12772	No more switching!	6/21/2014 7:30 AM
12773	Daylight savings time is nuts! Paul Harvey said it was only implemented to prove citizens would do things, as told, without logical reason.	6/21/2014 7:29 AM
12774	After living in Arizona for almost 20 years I came to realize how much I really liked not having to turn my clocks forward or back. Also it seems to take me a couple of weeks for internal clock to adjust. I work at an elementary school and it seems to affect the kids behavior for about a week as well as they adjust. It just seems pointless to me.	6/21/2014 7:29 AM
12775	Just not necessary anymore.	6/21/2014 7:29 AM
12776	too early in AM for sun to come up, and too late in PM for kids to go to bed.	6/21/2014 7:28 AM
12777	Changing the clock messes up our bodies natural clock. Once you get used to the new time, it's time to change back and start all over again getting your body to adjust.	6/21/2014 7:28 AM
12778	Having an extra hour of light in the morning allows people to exercise outdoors before starting their day without fearing for their safety. It also makes it easier for parents to have children on an early bedtime, which is in their best interest. It's hard to put kids to bed at 9:00 when it's still light outside.	6/21/2014 7:25 AM
12779	Just leave it one way or the other. It's too hard on the body and system to change.	6/21/2014 7:25 AM
12780	Daylight savings time is an outdated practice at this point. It doesn't save any time and as the saying goes, you can't cut off the top of the blanket, sew it on the bottom, and have a longer blanket.	6/21/2014 7:23 AM
12781	I like day light saving	6/21/2014 7:22 AM
12782	Its absurd to change the time, farmers don't even use it anymore, and I don't think they ever did.	6/21/2014 7:22 AM

12783	Daylight savings is bad for spring skiing since the date was moved up. Data does not support continuation of this outdated practice. With technology, global work operations are 24-7 anyways.	6/21/2014 7:21 AM
12784	DST has outlived it's usefulness. Play areas have lights and it costs millions to "fall back" and "spring forward" each year.	6/21/2014 7:21 AM
12785	Mainly because my children, it's so hard to reset twice a year and get then used to the changes. Also, just for simplicity, I don'tt think it's that beneficial for the adjustment period involved.	6/21/2014 7:21 AM
12786	I feel that we should stay on daylight savings time or stick with what we have. It is very hard in the winter to leave for work in the dark and then come home in the dark at night. I feel that the ones who complain the loudest are people with young kids (who stay at home & adapt easily anyway) or older people (who stay at home & eventually adapt). Why is it that this has become such an issue for people?	6/21/2014 7:20 AM
12787	Question 1 was created with bias. It was not clearly worded because they were afraid the public would reject DST with a clear majority. The option should have been "ELIMINATE - be like Arizona and never have to change your clocks".	6/21/2014 7:20 AM
12788	I hate hate hate daylight savings. I am a lousy sleeper, and it takes me a month to try and adjust both spring and fall. I'm also a morning person, so I like the light in the A.M. I also dislike changing clocks and watches.	6/21/2014 7:19 AM
12789	Trying to teach children the first week after the spring daylight saving switch is the main reason for my opinion. My sixth graders are tired, have headaches, and are difficult to keep awake for the entire week. The students have asked why we have to switch times, and I honestly can't give them a good reason.	6/21/2014 7:18 AM
12790	End daylight savings its an old idea that's not needed any more. It's had for younger children to go to bed at 9 p m in the summertime when its light outside.	6/21/2014 7:18 AM
12791	DST is a major, unnecessary, disruption to to nearly a third of every year for me. My body takes anywhere from 1 to two MONTHS to finally adjust to new sleeping patterns after the time changes. That's up to four months of the year that DST changes disrupt my sleeping. Sleeping is shown more and more to directly impact a person's health; so, this is a direct impact on my health not to mention fighting sleep during my commute from Utah County to Salt Lake County every morning at 5am. This completely ignores the disturbance this causes at work where real time data suddenly appears twice for one hour when the clock is set back an hour or the lost hour of data when the clock moves ahead an hour. For my IT department, DST is a major inconvenience as well.	6/21/2014 7:18 AM
12792	Daylight savings time isn't needed any longer. Day light hours are day light hours, it doesn't matter when it starts or ends it stays the same.	6/21/2014 7:17 AM
12793	I just think it's unnecessary. Does it really accomplish anything? If it serves no purpose then it should be done away with.	6/21/2014 7:17 AM
12794	Any light gained in the a.m. is paid for in the p.m.. Vis a versa not any value for the hassle	6/21/2014 7:17 AM
12795	I love it! More daylight hours to enjoy the summer after I get home from work is a great benefit.	6/21/2014 7:17 AM
12796	As a parent of multi-aged children, changing times twice a year is very difficult. Young children especially do not adjust well to time changes, making it difficult to maintain school schedules, etc. It takes them several weeks to adjust. Several weeks, twice, from every year is a lot of time in transition. Yes, it is only a nuisance, but with babies, toddlers, and school-age children, it is quite frustrating, and I don't feel any benefit from it.	6/21/2014 7:16 AM
12797	It's unnecessary.	6/21/2014 7:15 AM
12798	I feel it is more hassle then good. Let's change it!	6/21/2014 7:15 AM
12799	It plays havoc on the body. We have the same amount of daylight no matter how you manipulate the time. It no longer holds water for agriculture. We are no longer on an agrarian calendar with our schools. In the fall we are still standing in the dark at the bus stops of our kids and in the spring they are affected by this in their end of levels. We don't need to change times. I vote for staying with Arizona. Don't let our government tell us what time it is...	6/21/2014 7:15 AM
12800	I think that there is no longer a need, it is hard on our bodies and our children.	6/21/2014 7:14 AM
12801	It should be dark at night, and light in the morning. I think it would encourage people to get up early, and be productive, rather than staying up late and sleeping in.	6/21/2014 7:13 AM
12802	Longer hours of sunlight. I can't stand when we "fall back" and have it be so dark so early.	6/21/2014 7:13 AM

12803	I don't like daylight saving spring forward throws you off your time for weeks you lose hour of sleep. I hate it when the clock goes back in the fall you wake up too early	6/21/2014 7:13 AM
12804	I've never understood the point of it other than making it difficult for families with kids.	6/21/2014 7:13 AM
12805	Manipulating the time no longer serves the purpose it once did. Be done with it and let's never worry about it again.	6/21/2014 7:12 AM
12806	We don't need it. It is a problem to adjust to every six months. I believe it causes a loss in productivity while people adjust to different sleep patterns.	6/21/2014 7:11 AM
12807	I don't see that daylight savings serves any necessary purpose. I worry about the kids who walk to school in the dark come spring and have noticed more news stories about pedestrian accidents...it would be interesting to see the data.	6/21/2014 7:11 AM
12808	I would just like it to stay one time not good on sleeping habits.	6/21/2014 7:11 AM
12809	I like long summer evenings	6/21/2014 7:11 AM
12810	Lived in Utah for 23 years now live in Arizona. Life is so much easier without daylight savings. No jet lagged feeling at work for a week, no wondering if your clock is right or not. People are on time. I have not met a single person that said they missed it.	6/21/2014 7:10 AM
12811	I think it would be beneficial for kids to not have to adjust their sleep pattern every 6 months	6/21/2014 7:10 AM
12812	I like the more light in the summer so just have one time.	6/21/2014 7:09 AM
12813	Changing my body time...takes longer and as I get older it is much harder to adjust. I have never, never liked the time change, even when I had children in school. No, I don't want Daylight Savings....hopeful, there will be more like me and we can get rid of it.	6/21/2014 7:08 AM
12814	Daylight savings is an outmoded concept that is counterproductive in modern times. Thank you.	6/21/2014 7:08 AM
12815	I don't like it it takes time for your body to ajust I have a son with autism and the time change total messes up his schedule it takes a couple of months for him to adjust and then we change again	6/21/2014 7:07 AM
12816	It is much simpler to keep time the same year round. AZ knows what's up.	6/21/2014 7:07 AM
12817	My job (Healthcare) requires me to start in the early morning hours. During the Summer months, it's extremely difficult to get enough sleep due to the fact that the sun doesn't go down until late in the evening. It' like trying o sleep with all the lights on in the house.	6/21/2014 7:07 AM
12818	Daylight saving time is disruptive and serves no real purpose.	6/21/2014 7:06 AM
12819	It's not healthy and there are studies to prove it. Especially for many of us who are classified as seniors.	6/21/2014 7:06 AM
12820	It does no good to switch twice a year. People will adjust once the time is changed to the light/dark periods of the day which seems to be the biggest concern. I see no difference in economic value.	6/21/2014 7:05 AM
12821	As we are no longer an agrarian society I don't see any need to continue to practice daylight savings. It's disruptive and unnecessary .	6/21/2014 7:05 AM
12822	Daylight saving is no longer needed in today's modern society. It is currently confusing living in S Utah only a few miles from Arizona due to time difference with Daylight Saving. Get rid of Daylight Saving.	6/21/2014 7:05 AM
12823	We should stay the same year around. It is confusing, messes up sleep and un-needed	6/21/2014 7:04 AM
12824	I like how it stays light longer in the evening. It gives more time for family activities.	6/21/2014 7:03 AM
12825	DST disrupts our lives, and the lives of our children, and acclimation can take several weeks depending on the individual. Furthermore, it results in a lost hour of commerce between one of our most prominent trading partners, Arizona for six months of the year.	6/21/2014 7:02 AM
12826	It is very hard to adjust to switching the times back and forth, especially for the young children n school	6/21/2014 7:02 AM
12827	Anyone with kids knows that dst really messes with the kids' sleep. It isn't healthy.	6/21/2014 7:01 AM
12828	I and those in my family have a hard time adjusting or sleeping pattern to DST.	6/21/2014 7:00 AM
12829	Love daylight savings want it to be in effect always	6/21/2014 6:58 AM

12830	I would like it to stay on Mountain Daylight Time year round. Often in the winter, it is dark before I get home from work and limits what I can get done out doors. On the occasion I end up working a graveyard shift, I can go weeks or months without seeing the sun because I'm asleep during daylight hours in the winter.	6/21/2014 6:58 AM
12831	I moved from AZ and do not like having to spring forward and fall back here. Please please drop the daylight savings time nonsense.	6/21/2014 6:56 AM
12832	There are many studies that show there is a substantial increase in accidents, lower productivity, and higher illness in the two weeks following time changes in either direction. There is no logical reason to make the time change any more.	6/21/2014 6:55 AM
12833	I really hate when I leave work at 5pm and it's already dark out. Just leave the time like it is now.	6/21/2014 6:54 AM
12834	I like the spring forward light later in the day. I say leave it like this all the tome	6/21/2014 6:53 AM
12835	I feel it's a waste to change the clock 2x/year, a needless disruption.	6/21/2014 6:53 AM
12836	Changing times serves no purpose and is a needless twice a year burden.	6/21/2014 6:51 AM
12837	I don't like it to be lighter later. I believe it keeps the summer hotter. And it is hard on peoples health. It effects your energy in the day until your body gets adjusted. So please stop this in Utah.	6/21/2014 6:51 AM
12838	Is it really that much of an issue to change just one hour? I think the overall benefit to align as much as possible with daylight is best. We have been doing it for a long time without issues. Why focus on this? I would assume there are more pressing issues in Utah than this.	6/21/2014 6:50 AM
12839	Lets stop the nonsense. Daylight savings saves nothing. It is a huge inconvenience and harmful to peoples health.	6/21/2014 6:49 AM
12840	I look forward to longer days. I do not like when it gets dark early in the evening.	6/21/2014 6:49 AM
12841	Daylight savings is completely unnecessary. Just the change in sleep habits can affect a person for weeks. Do that twice per year and what are you really gaining? I think we are capable human beings who can figure out to move on with life when our schedules have not been altered and our lives maintain whatever sense of "normal" we have. I would also love it if there was more light in the morning. It would be more incentive for me to get out and go for a run in the morning. Studies have shown that exercise in the morning is the best time of the day to do it. Why not start a bit of a "health" movement and encourage the healthy side of it. I see far more benefits to getting rid of daylight savings than keeping it.	6/21/2014 6:49 AM
12842	We no longer need Day Light Savings Time because we have electricity. Most farmers needed this a long time ago because of the lack of electricity but now is not a necessity. Keeping the time of day the same, like Arizona has done, will keep kids and families on the same schedule,. This will help people keep appointments and etc and will not be bothered with the diversion and up hevel Day Light Savings causes. Thanks!	6/21/2014 6:48 AM
12843	Love the long days	6/21/2014 6:47 AM
12844	It is an outdated practice that is extremely difficult to adjust to, especially for small children and those with small children.	6/21/2014 6:47 AM
12845	I don't think it is necessary. In the Spring it always makes it lighter later but it's hard to wake up when it is so dark outside. I saw kids having to wait for a bus when it's darker outside... that's not very safe.	6/21/2014 6:45 AM
12846	The initial reasons for which D ST was created no longer applies. It's time to Do away with an antiquated system that causes more difficulty and problems than it addresses.	6/21/2014 6:44 AM
12847	If daylight savings does get stopped, I would rather it always be kept at the summer hours all of the time. I like the more daylight after the working hours.	6/21/2014 6:43 AM
12848	Stop trying to change Mother Nature! Let things take its natural course! God will take care of the rest! No more Daylight savings!	6/21/2014 6:43 AM
12849	Was originally established to help farmers and I dont think is longer necessary.	6/21/2014 6:42 AM
12850	We are not a farming culture any more. Wasn't this the main reason for the change?	6/21/2014 6:41 AM

12851	I have a house in Az and UTAH. I grew up in Utah and have always hated DST. I hate it more now that I spend time in both states, Az is so smart for realizing that changing the clock doesn't change when the sun comes up or goes down. In AZ we just start work earlier in the summer months, not a big deal. I would LOVE it if Utah would wise up and align with Az and Hawaii and stop this nonsense. When my children were small it was a challenge to switch them to a different bedtime and hard to wake them in the morning when it was dark.	6/21/2014 6:41 AM
12852	N/A	6/21/2014 6:40 AM
12853	It is hard on health to go back and forth	6/21/2014 6:36 AM
12854	Changing every six months is hard to adjust to	6/21/2014 6:36 AM
12855	I want to leave the time like it is now...more daylight is much more beneficial for the majority of people I know and talk to. I HATE changing time, it's depressing to me and my husband...please leave it like it is now .	6/21/2014 6:33 AM
12856	I would prefer no more time changes. Being a parent of a child with health problems that require a dose of medication every 12 hours, it is very difficult adjusting to a new med routine to make sure the medicine is recieved at the right interval. Having a permanent time change would be beneficial for our situation and also better for our young school age children.	6/21/2014 6:33 AM
12857	Daylight Saving Time is not necessary.	6/21/2014 6:32 AM
12858	I think it's silly to keep changing back and forth.	6/21/2014 6:31 AM
12859	Adjusting to the time change affects me for several days. I don't like it.	6/21/2014 6:30 AM
12860	I feel that it is a waste of time and is hard on everyone's health	6/21/2014 6:30 AM
12861	N/a	6/21/2014 6:27 AM
12862	Continuing to "spring forward" and "fall back" serves no purpose at all other than to disrupt people's sleeping patterns.	6/21/2014 6:27 AM
12863	Our teenage children were frustrated with the change in the springtime. Late getting up, late to school, etc. As an amateur astronomer we see people staying up later through the summer, increasing sleepiness and most likely in more danger from traffic accidents when they go home.	6/21/2014 6:27 AM
12864	Children (and to a lesser exten adults) do not function well when their sleep is deviated. It takes several day to adjust each time and valuable instructional time is lost ever spring and fall. Plus, our school is going year round and I expect children to be extra tired if it is light too late in the summer evenings!	6/21/2014 6:24 AM
12865	I would rather just keep the same time.	6/21/2014 6:23 AM
12866	I think it is physically taxing to make the switch twice a year. I lived in AZ for a time and we didn't miss the switch at all. Daylight is naturally longer during summer hours, no need to mess with Mother Nature. Thank you for listening.	6/21/2014 6:21 AM
12867	Having daylight savings time does not add an extra hour to the day. There are the same hours of daylight no matter what time you say it is. Changing back and forth is inconvenient and unnecessary, it causes trouble for children in school as they are tired and need time to adjust to the change and are in more danger at bus stops that are suddenly in the dark, and the hour of electricity we are supposedly saving is the same hour we have to turn the lights on earlier in the morning. I think a permanent change one way or the other would be best.	6/21/2014 6:20 AM
12868	I work for a Utah company that does business with companies all over the US. I think that breaking out of the US norm is confusing for people out of state, and therefore bad for Utah businesses. There is no benefit to breaking from the norm.	6/21/2014 6:19 AM
12869	I would be comfortable with falling back to Mountain time with Arizona or staying forward as long as whatever is chosen stays constant throughout the year. I see absolutely no benefit to the time changes in spring and fall. They disrupt sleep patterns and provide nothing beneficial.	6/21/2014 6:18 AM
12870	pick A time. stick to it, don't change it	6/21/2014 6:17 AM
12871	I have always felt it's unnecessary. I have never understood the reasoning behind it. what is the difference if it gets light one hour earlier. I would rather have one more hour of daylight after work than one hour of light during work.	6/21/2014 6:17 AM
12872	It is useless to go back and forth, I lived in Hawaii and time stays the same there and it works!	6/21/2014 6:17 AM

12873	Where is the option to eliminate daylight savings completely? I assume that the Arizona option is to eliminate it, but not sure.	6/21/2014 6:15 AM
12874	I dislike driving to work in the dark and doing evening chores in the dark	6/21/2014 6:14 AM
12875	Hate it getting dark so early in the winter. Love summer when the sun doesn't go down until 8 or 9 pm.	6/21/2014 6:13 AM
12876	It takes weeks to adjust to the new time and just when my body has adjusted, it changes again.	6/21/2014 6:12 AM
12877	The time change is useless make it end!	6/21/2014 6:09 AM
12878	Get rid of it PLEASE!!!!!	6/21/2014 6:08 AM
12879	With the current technological advancements and the shift schedules that are worked, Daylight Saving Time has outlived it's usefulness. It is time to do away with the concept and take child safety into account. When we change times in the spring, many children are walking to the bus/school in the dark for several weeks.	6/21/2014 6:06 AM
12880	original intent was to save electricity, which it didn't, since work schedules never adjusts accordingly, which means what ever utilities I don't use because it stays light longer, I use up because it's still dark in the am....a blanket doesn't get longer if you take a foot off the top and sew it back on to the bottom of it. stop the nonsense.	6/21/2014 6:02 AM
12881	If it gets dark one hour sooner, the tem. has an added hour to cool down in Dixie.	6/21/2014 6:02 AM
12882	The state does not have the power to legislate the time of day. The state is not God. If they think they can do that, what can't they do?	6/21/2014 5:58 AM
12883	I like the longer daylight hours. P	6/21/2014 5:57 AM
12884	It doesn't feel as though daylight savings is beneficial enough. My biggest complaint is that small children don't understand that it's daylight savings time again so they need to shift their sleep schedule.	6/21/2014 5:55 AM
12885	Not good for body to change times. Children and animals don't get it either.	6/21/2014 5:54 AM
12886	It is my opinion that the change each six months is difficult in individuals health and causes problems with our children's schooling.	6/21/2014 5:48 AM
12887	I just hate making the adjustment twice each year. It's so hard on kids! I'm just beginning to like how much light there is and boom! daylight savings happens and it's dark in the morning again.	6/21/2014 5:46 AM
12888	I HATE the time we spring forward and we list an hour. By the time I get off work at 5:00 it's already dark and I can't get anything done. It feels like it's 10"00 pm at 6:00 cuz there's nothing you can do in the dark. PLEASE LEAVE IT TO THE FALL BACK TIME	6/21/2014 5:44 AM
12889	We need the extra hours of sunlight for the farming community in our state.	6/21/2014 5:38 AM
12890	Should be eliminated. If not align with Arizona.	6/21/2014 5:25 AM
12891	Being adjacent to Arizona makes the transition easier because they've already established a precedent for it. There are a lot of states that want to make this move but are afraid and if they see us make the move they can study the effects and finally take the plunge themselves. All it takes is one state to start a domino effect to end DST. Utah's transition should very simple because unlike Indiana, we don't have a timezone running right down the middle and we could vote to move as a state rather than on a per-county basis—this makes software updates very easy to do.	6/21/2014 5:20 AM
12892	keep it one way or the other. AZ time would be great.	6/21/2014 5:19 AM
12893	I don't like having to adjust twice a year, it's like I'm traveling time zones and I've never left my house!	6/21/2014 5:04 AM
12894	Changing time twice a year disturbs circadian rhythms unnecessarily. It is really only done these days to pander to certain economic interests.	6/21/2014 5:01 AM
12895	more mistakes are made when clocks are set ahead. that hour of sleep lost takes too long to adjust to.	6/21/2014 4:57 AM
12896	As a teacher, I have noticed children take 1 to 2 weeks to adjust. We are wasting time in the classroom.	6/21/2014 4:48 AM
12897	What difference does it make what time the clock says when it gets light or dark. I'm sick of changing twice a year...	6/21/2014 4:26 AM

12898	Stay light longer. A little more sunshine never hurts.	6/21/2014 4:25 AM
12899	Daylight Saving Time is a hassle and causes problems. It does not "save" anything - it even consumes more energy http://www.nber.org/papers/w14429.pdf	6/21/2014 4:23 AM
12900	Why change anything when it's been this way for years! If it's not broken don't fix it.	6/21/2014 4:09 AM
12901	Daylight Savings time is especially hard on my kids. I see no point to it.	6/21/2014 4:09 AM
12902	I have never understood the purpose, it messes with my girls sleeping habits, my family in Arizona love not having day light savings. Those are the reasons behind my vote	6/21/2014 4:07 AM
12903	I feel like it's pointless because we just lose an hour of sleep, it doesn't help with anything else. It can also be confusing on our minds and bodies. We should just use one time year round.	6/21/2014 4:02 AM
12904	I want to just align with Arizona. The switching back and forth is hard on everyone in the household. It doesn't matter if you try to get to sleep early to help yourself adjust. There is still an adjustment period and it plain sucks.	6/21/2014 4:01 AM
12905	Anachronism.	6/21/2014 4:00 AM
12906	I just feel like it's unnecessary, and is more of just an annoyance now.	6/21/2014 3:58 AM
12907	I honestly don't understand why we have to change our clocks twice a year. Arizona doesn't do it and they still get just as much daylight as Utah does.	6/21/2014 3:57 AM
12908	I dislike the changes that my mind and body have to go through. Just leave it alone.	6/21/2014 3:49 AM
12909	I think that we should do away with it! There is no point and no matter what people say, it doesn't "help" our farmers, I know because my husband is a farmer and he HATES daylight savings!	6/21/2014 3:46 AM
12910	I think it is hazardous to our health to keep switching times. It takes too long to get used to a new sleep pattern and too many issues arise with getting everything switched over and over.	6/21/2014 3:40 AM
12911	While the idea of extending DST throughout the year is interesting, the reality of December sunrises coming just before 9am would likely be unacceptable to most of the public. Meanwhile, the status quo has been proven to be harmful, confusing, and has a negative economic impact. Retaining standard time throughout the year makes the most economic sense and would greatly simplify timekeeping.	6/21/2014 3:38 AM
12912	So as not to have to readjust my children's sleep schedule every six months.	6/21/2014 3:36 AM
12913	I am much happier when it is not dark when I get home from work. Switch to daylight savings time and then stick with it.	6/21/2014 3:34 AM
12914	All it does is mess you up for weeks. I don't think we should be changing any times.	6/21/2014 3:23 AM
12915	I have grown up with DST, buy as I have gotten older, I just don't care for it. The time change when we spring forward always take longer to get used to than its worth, losing the hour of sleep. It would just be nice to stay on one time all the time.	6/21/2014 3:17 AM
12916	The frequent re-adjustment takes too much time- sometimes as long as one to two weeks.	6/21/2014 3:16 AM
12917	Just choose one then leave it alone!	6/21/2014 3:16 AM
12918	It is very tough on little kids. When the spring forward happens.	6/21/2014 3:12 AM
12919	Our world has changed drastically since DST was implemented. We are far less dependent on our daily schedules aligning to how long the sun is shining, far more dependent on a good night's rest. I think it's time to move to more reasonable time consistency.	6/21/2014 3:05 AM
12920	Daccommodates those with mental illness, particularly those with depression and Seasonal Affective Disorder (especially in the winter)	6/21/2014 3:04 AM
12921	Daylight Saving Time causes more confusion than good. It simply is not natural for our bodies or minds.	6/21/2014 2:59 AM
12922	I enjoy the extra daylight in the summer!:)	6/21/2014 2:51 AM
12923	There is no value to Daylight Saving Time. The transitions are awful. If you want to have more daylight, start work earlier.	6/21/2014 2:44 AM

12924	No need for it anymore. Work schedules vary greatly now, I doubt there is any savings in power usage - as I understand was one of the original thoughts on its purpose. I deal internationally, and it's a real pain in that sense.	6/21/2014 2:42 AM
12925	well I like daylight savings time for a lot of reasons	6/21/2014 2:40 AM
12926	Daylight savings feels so unnatural... As a working person, it's difficult to adjust and makes the day go by faster... The day only has so many hours, this doesn't change the length of the day, just messes with sleep schedules, I have always hated it...	6/21/2014 2:31 AM
12927	Switching twice a year is hardest on my kids. It is disruptive to their sleep schedules. Matching Arizona makes sense and for me personally makes it feel like the days are longer, even if there is less sunlight at night.	6/21/2014 2:30 AM
12928	Its just kinda annoying to keep switching.	6/21/2014 2:23 AM
12929	ITS A WAST OF OUR TIME AND A REAL INCONVENIENCE FOR EVERYONE	6/21/2014 2:21 AM
12930	It serves no purpose	6/21/2014 2:20 AM
12931	I enjoy the longer day of sunlight during the summer and it doesn't take that long to adjust to the change. It is like jetlag - just let yourself adjust. We have had daylight savings for more than the 40+ years I have been alive - why change it or go away with it??!!??	6/21/2014 2:13 AM
12932	I like having the extra hour of light in the evening and in the winter maybe having one of the drives to work with light would be great.	6/21/2014 2:12 AM
12933	Being a full time student and working full time is hard enough without being worried about the hours changing or stressed about losing sleep even if it's only an hour!	6/21/2014 2:10 AM
12934	I am the mother of a child with a sensory processing disorder. Daylight savings affects my child for over a week. I DREAD IT!!! It takes him weeks to adjust. Affects his behavior, school becomes a nightmare. His medication schedule is thrown off. Please get rid of it if for no other reason then for children with Sensory Processing Disorders and others.	6/21/2014 2:10 AM
12935	I don't really have a preference as to fall back or spring forward I just want one or the other consistently. It is so had for kids to adjust. If business want to change their open/close time that is easy but when school and other times remain the same, the sun's schedule remains consistent but kids have to adjust it is hard on them for over a week to get readjusted.	6/21/2014 2:08 AM
12936	I love when the time changes and it stays light longer.	6/21/2014 2:08 AM
12937	I love when the time changes and it stays light longer.	6/21/2014 2:08 AM
12938	I just want day light savings gone! I feel that it's original purpose had long since expired.	6/21/2014 2:08 AM
12939	Waste of time. Change your own hours to fit your needs and not force others too.	6/21/2014 2:01 AM
12940	I do not see any real benefit in Daylight Savings Time, there are still 24 hours in a day. I actually prefer Mean Sidereal Time.	6/21/2014 2:00 AM
12941	I lived in Arizona for many years, and honestly felt healthier while I lived there due to the fact my sleeping schedule stayed the same. Having to alter my sleeping habits twice a year is not only exhausting but hard on health as well. It is especially bad for our youth, who have to wake up an hour earlier to get to school and studies have proven that sleep is important for children and teenagers with developing brains.	6/21/2014 1:57 AM
12942	It doesn't seam like the time change for day light savings time really helps anything. It is pointless and we don't really need to do it. It has also caused me to be late, or really early, in the past and I am sure I am not the only one.	6/21/2014 1:56 AM
12943	Keep it how it is. :(	6/21/2014 1:55 AM
12944	It is unnecessary and inconvenient for many. Should have been done long ago.	6/21/2014 1:53 AM
12945	We don't care for time change. Prefer to stay same whatever time may be chosen.	6/21/2014 1:51 AM
12946	Waist of time and resources. Hard on children going to school. Takes a toll on the health of the resident Utah. There is zero reason to switch the clocks back and forth. This nonsense needs to end.	6/21/2014 1:51 AM
12947	Utah's economy is heavily dependent on outdoor recreation. Let's give more time to be outdoors after work. Let's stay "spring forward" all the time.	6/21/2014 1:50 AM

12948	There is a fiscal impact on public safety due to the fact that overtime has to be paid for the extra hour worked	6/21/2014 1:50 AM
12949	The advantages of observing DST far outweigh any actual or perceived inconveniences. Longer days during DST promote more active communities and stimulate the local economy. During standard time, we get extra daylight in the morning to deal with winter conditions. The decision to stop observing DST would create permanent confusion and frustration. Consider the impact to SLC international airport - airlines would have to make extraordinary accommodations to update their systems, and inform travelers about Utah's "exception to DST". Same goes for every other party and business who interacts with Utah. We'd be sentencing residents and businesses both within and outside Utah to make huge accommodations and deliver permanent, ongoing training about Utah's exception to observing DST.	6/21/2014 1:42 AM
12950	Complete waste of time (no pun intended). There is absolutely no reason it should still be observed.	6/21/2014 1:39 AM
12951	I like it when it is darker in the morning, I like watching the sun come up as I head to work. Also, I like it to be lighter later in the day. I get more accomplished, and feel better, the longer the sun is up when I get home from work.	6/21/2014 1:38 AM
12952	I feel it no longer serves the purpose it was designed for. I also work with special needs children who are negatively affected by the time change, odd that might seem.	6/21/2014 1:37 AM
12953	I need the longer summer days. My mood changes greatly when the days are shorter.	6/21/2014 1:35 AM
12954	I don't see a need for daylight savings.	6/21/2014 1:33 AM
12955	I have health problems that are made worse every spring with the time change.	6/21/2014 1:32 AM
12956	It's too hard on a body bouncing around.	6/21/2014 1:29 AM
12957	Please take away the time change!!	6/21/2014 1:27 AM
12958	It didnt give me an option to choose NONE. I dont see the point in it	6/21/2014 1:26 AM
12959	Although I don't presently live in Utah, I have for a number of years and expect to move back within the next few years. It is "home" to me. Over the years of living both in the Mountain Time Zone and in the Pacific Time Zone, it has always been the hardest on me and my family to Spring ahead. Fall back has always been MOST welcomed! I've lived in Arizona as well, and that has been most enjoyable not to worry about changing the time of day. Sandra	6/21/2014 1:26 AM
12960	I feel it's an outdated practice and should be done away with	6/21/2014 1:25 AM
12961	falling back leaves me never feeling like I'm getting enough sleep for weeks	6/21/2014 1:22 AM
12962	I don't see the point in it. We can't say it benefits farmers anymore because of all the new technology. It's just a major inconvenience and needs to go away.	6/21/2014 1:19 AM
12963	The entire country uses DST except Arizona. We DON"T want to become more like Arizona!! Utah is already believed to be full of crackpots; and time and money wasting bills like this one from our Legislature support that view. They can't spend money on Medicare or our schools but they have money for this???	6/21/2014 1:18 AM
12964	I think it's waste of time and hard to adjust mentality and health before the body get used to it.	6/21/2014 1:17 AM
12965	I want it to stay light longer. I hate how fast it gets dark in the winter. I say stay on the time schedule we are on now. I don't want to fall back.	6/21/2014 1:17 AM
12966	I believe it's best to align with Arizona time because it's best to maintain one time throughout the whole year without forwarding or falling back. We get more sunlight in the morning which helps on the morning commute.	6/21/2014 1:07 AM
12967	I am not an early riser so I prefer to have the extra hour of light in the evenings year round.	6/21/2014 1:07 AM
12968	I lived in AZ for some time and much prefer NOT changing our clocks	6/21/2014 1:06 AM
12969	Preserve sunlight for when most people are awake	6/21/2014 1:04 AM
12970	It is very difficult to change sleeping patterns for me personally. I gained an unfortunate habit of being able to stay up late but I have a difficult inability to wake up early on a consistent basis. Springing ahead makes it difficult to wake up	6/21/2014 1:04 AM

12971	I fully understand people not wanting to change their clocks twice a year. But most people you talk to will ALSO tell you that they enjoy the extra hour of daylight we get in the summer evenings. There's a simple solution..... KEEP US ON DST all year round!!!!!!! Sit down and calculate the total productivity gain in the winter from having that extra hour of daylight in the EVENING rather than in the MORNING. Run that study.	6/21/2014 1:02 AM
12972	I support leaving the time alone, but would also support leaving it on DST. Either way we only need ONE time standard, the original reason for it (agriculture) is a moot point now, and all other reasoning (saves electricity in the summer) is unproven and just an excuse to keep doing something simply because it's tradition, not to mention we've already extended DST to include a greater portion of the year, keep it that way or don't use it at all the switch is creating a state of "Mini Jet Lagged" citizens twice a year.	6/21/2014 1:02 AM
12973	For many reasons I have always disliked getting used to the new schedule twice a year. As a mother, I hate the effect it has on my children. As a registered nurse, I am aware of the negative impact it has on our health, disrupting our circadian rhythms. Also, I work graveyards, so it throws off our schedule, either shorting us hours or turning a 12 hour shift into a 13 hour shift. Also, it creates hassles with documentation and scheduling medications/treatments that are supposed to be done on a timetable.	6/21/2014 1:01 AM
12974	It throws us off of our scedule	6/21/2014 12:57 AM
12975	It's just an unnecessary transition twice a year. I don't really care if we stay on MST all year or move forward to DST. Either way we should decide what time schedule to be on and then leave it that way rather than change 2x/year.	6/21/2014 12:55 AM
12976	I look forward so much every March to Spring Foward! I hate it to get dark by 4:30-5:00.	6/21/2014 12:55 AM
12977	I love having long summer days. What ever is done I hope that doesn't change.	6/21/2014 12:55 AM
12978	Eliminate daylight savings time.	6/21/2014 12:49 AM
12979	It is too hard to adjust to	6/21/2014 12:47 AM
12980	I don't see the benefits. An old Indian proverb says "only white man believe cutting off top of blanket and sewing onto bottom, make blanket longer"	6/21/2014 12:47 AM
12981	get rid of it	6/21/2014 12:46 AM
12982	It is too hard to adjust to	6/21/2014 12:46 AM
12983	Going back and forth is extremely hard to adjust. Keep day light savings year round!!!!!	6/21/2014 12:44 AM
12984	We don't need the sun up until 10pm in the summer. I don't believe god would of wanted us to mess with how we destingush time..	6/21/2014 12:43 AM
12985	It's hard on kids and I really don't think there is any energy or light savings associated with the practice. Let's just make everyone's life easier and get rid of it.	6/21/2014 12:41 AM
12986	Although we have been doing this for over 2 centuries, I believe it is time that it should be done away with. The reason is simple, we are using the same amount of energy as if it wasn't Daylight Savings. It is now a useless, bland, barren, empty, word-only thing. I say that it is time, the time is now, the time is here, and the time has come, to do away with this. It was good in the past century, but now it has nothing in common with today. Please, I like the standard version of Utah all-year round.	6/21/2014 12:38 AM
12987	Both young children and older people have biological clocks that don't reset easily. It takes more than a few days to readjust to the time change. It affects who families because sleep schedules have to be readjusted. It affects classrooms for several weeks as children readjust to different sleep patterns. Older folks have a particularly difficult time adjusting to the change as their biological clocks are set in stone! Let business, like golf courses, open an hour earlier instead of expecting the entire population to make life altering changes to accommodate the few who like the time change so they can play longer!	6/21/2014 12:37 AM
12988	Pick a time and stay on it, we don't save energy with a 24 hour society.	6/21/2014 12:37 AM
12989	We share children with people who live in AZ. On that personal note, it'd be so much easier to just be on the same time for visitation purposes. Aside from that, DST is more a hassle than it's worth. Thank you for looking into this issue.	6/21/2014 12:37 AM
12990	It's completely useless in this day and age.	6/21/2014 12:37 AM

12991	I think the debate shouldn't really be on whether Utah should abandon DST, but the U.S. as a whole. Since Hawaii and Arizona are the only ones who don't observe it, we should only abandon it if the whole country does.	6/21/2014 12:36 AM
12992	daily schedule gets tampered with needlessly twice a year. It just messes with things that don't need to be messed with. I've heard there are higher incidences of traffic accidents and heart attacks whenever daylight savings time comes around. Maybe we should care more about saving the sanity of the people	6/21/2014 12:34 AM
12993	More light hours in the morning and the night is much safer for people. Keep it just like it is right now . THANKS !	6/21/2014 12:34 AM
12994	There is no benefit to switching times twice a year, and numerous negative effects each time we switch.	6/21/2014 12:32 AM
12995	I hate day light savings. We need to just leave it one way or another. Please take it away.	6/21/2014 12:31 AM
12996	We have evolved as a society beyond the need for a time change.	6/21/2014 12:31 AM
12997	I don't care if we spring forward or fall back just so long as it stays the same time all year.	6/21/2014 12:30 AM
12998	It effects proper rest and creates issues going back and forth with personnel. It should be done away with.	6/21/2014 12:30 AM
12999	I have so very many reasons but one is that it is very hard on children and babies.	6/21/2014 12:29 AM
13000	I grew up in a state that does not have daylight savings time. Things were really all right and people were able to function effectively. I think daylight savings time is a waste of money and energy. The original purpose of the time change does not apply any longer. Currently it is 8 months on daylight savings and 4 months on standard time. Why change the time? Either stay on standard time throughout the year or stay on daylight savings time throughout the year. Just please pick one.	6/21/2014 12:29 AM
13001	I feel that daylight savings time is great. It's the "fall back" that gets me. I am off the opinion that an extra hour of evening daylight in the winter would help save energy, and would be physically and psychologically beneficial.	6/21/2014 12:29 AM
13002	People that have children have a really tough time with the change and how it effects their children. I just don't think it is necessary anymore.	6/21/2014 12:28 AM
13003	I suffer from Seasonal Affected Disorder. When we change to DST and it stays light later, my depression clears up quickly and I am better able to function and do my job.	6/21/2014 12:28 AM
13004	Get rid of it finally!	6/21/2014 12:27 AM
13005	I feel like my children do better in school and work when we fall back, springing ahead is always so hard on them. I'd prefer not to spring ahead.	6/21/2014 12:27 AM
13006	I feel that daylight saving time is just a big waste of time. Having more light in the evening means less electricity needed just to power lights.	6/21/2014 12:27 AM
13007	More light in the morning and more light into the night is much safer	6/21/2014 12:25 AM
13008	I belligerent it's ridiculous to have Daylight savings time soo close to Arizona. I can understand the very Northern part changing, but Southern shouldn't	6/21/2014 12:24 AM
13009	More light in the morning and more light into the night is much safer	6/21/2014 12:24 AM
13010	Spring forward and stay there. It gets dark too early in the winter months.	6/21/2014 12:23 AM
13011	It's an old farming tradition that we frankly don't need anymore. Staying on one time schedule would make scheduling and monitoring of the body clock much better. I think this would be especially beneficial to students of all ages, as the change in time in the middle of the semester makes classes that much harder to attend and pay attention in.	6/21/2014 12:22 AM
13012	It's like cutting one end of a blanket off and sewing it into the other end to try and make the blanket longer.....USELESS	6/21/2014 12:22 AM
13013	Most of the people I know find it more beneficial to have the light in the evening rather than in the morning. Leave the time the way it is now. Do away with setting clocks back an hour in the fall	6/21/2014 12:21 AM
13014	I really don't see the benefit of adapting our reckoning of time, and then undoing the change later in the year.	6/21/2014 12:20 AM

13015	I believe DST to be a complete waste of time and unnecessary adjustment. The earth spins on its axis about the same time. By changing our clocks, we don't really make the day longer or shorter. We just make our schedules longer or shorter.	6/21/2014 12:18 AM
13016	I hate the changing .I like the way it is right now and would really like it to stay that way. Even if it were to go back to the original time it would be better than switching back and forth twice a year. That is just ridiculous.	6/21/2014 12:18 AM
13017	Humans have survived for years without daylight savings and the only thing daylight savings does for our government is cost us more and more money then mountain standard time	6/21/2014 12:17 AM
13018	I tried to see the advantage of DST, but so far I haven't seen any. Even though it is only 1 hour my body has to adapt to it is always a 1-2 week long ordeal in which I feel more tired, and as a result of that more moody. I missed appointments before, and even though this didn't happen very often it still is something that got stuck in my mind and makes me feel very anxious around the time of the time change.	6/21/2014 12:16 AM
13019	I think the reason for it has long since passed. It has now been proven to be harmful to our health, especially the change in the spring.	6/21/2014 12:14 AM
13020	I would prefer that the time stay consistent because I have young children and it is hard to change their awaking time and their bedtimes every six months!	6/21/2014 12:14 AM
13021	I think it's purpose is no longer necessary. Also, it gets dark to early in the winter and too late in the summer. It would be nice to just have it stay steady all year.	6/21/2014 12:13 AM
13022	Before anyone tells us that the change does not bother than, so it shouldn't bother anyone, please take into consideration those of us who are afflicted with serious sleep disorders.	6/21/2014 12:13 AM
13023	It's unnecessarily complex. We're mountain time, but we're not for 1/2 the year. It's lost it's use in the modern era, and it seems that just when I get used to it, it changes again.	6/21/2014 12:12 AM
13024	I suffer from fibromyalgia and each time we make the changes in the spring and fall I go through weeks of a major flare up of symptoms.	6/21/2014 12:12 AM
13025	Get rid of it	6/21/2014 12:10 AM
13026	It is hard for my body to adjust to the time change. I would like to leave it alone and have no more time changes.	6/21/2014 12:06 AM
13027	Life would be better without day light savings time. Please stay with Arizona time, there would far less confusion and we can help show the nation that its a smart option.	6/21/2014 12:06 AM
13028	We should always be on Daylight Savings Time. Never standard time. It is always great to have more daylight. No bouncing back and forth!!!	6/21/2014 12:05 AM
13029	As an Indian proverb states, only white men would take a foot off the bottom of a blanket and put it on the top and think they have a longer blanket. Go back to normal time and leave it there for the year. There is no need in these modern times to keep changing the time, it is unproductive and does no good.	6/21/2014 12:03 AM
13030	every year I can hardly wait for Daylight Savings Time. would love it to be implemented all year round. who would voluntarily chose the early dark dreary winter afternoons of Standard Time?	6/21/2014 12:03 AM
13031	It makes sense based upon our sharing such a long border with Arizona in the south. But the reality is that it actually cost us productivity as we adjust to to the time change. Lets keep the clocks the same and not follow the rest of the country, and lead as Arizona has.	6/21/2014 12:01 AM
13032	Please create a new day light savings of spring forward! It's depressing when it gets dark at 5:00 and it doesn't save energy. We have to use our lights and power longer!	6/21/2014 12:00 AM
13033	It really messes with your circadian rhythm. Plus it takes several weeks to get used to it. It suck because your really groggy for a while. I hate having to wake people because they are late.	6/21/2014 12:00 AM
13034	It's hard on kids. It's hard on the elderly. I can see no use for it in this current day and age. It doesn't save on energy so let's be done with it.	6/20/2014 11:59 PM
13035	Whether we choose to "fall back" or "spring forward" I just want it to be permanent. No more messing with the clocks.	6/20/2014 11:59 PM

13036	Align! ...maybe split the time, fall back 30 min and take the middle ground (never to be moved again). Changing the time has an adverse affect on my sleep cycle, and it is possibly unhealthy to unnecessarily change time like that.	6/20/2014 11:59 PM
13037	Keep Mountain Time. There's such a hassle to get used to the new time twice a year, just choose one and stick with it. SAFETY of the children should be the greatest factor in choosing Mountain Time.	6/20/2014 11:59 PM
13038	It is a waste of time and an antiquated practice that does more harm than good. Few countries even practice it. It disrupts sleep, travel, and international commerce.	6/20/2014 11:58 PM
13039	i just dont think it's worth it, kind of pointless.	6/20/2014 11:58 PM
13040	I think in this day and age dst is no good!	6/20/2014 11:54 PM
13041	It is a bit difficult to adjust to losing or gaining time when you are older. I also don't have a thyroid and I feel it does affect me.	6/20/2014 11:54 PM
13042	I enjoy the spring forward imensly. The extra hour of light in the evening is wonderful. If people felt strongly about not having the change, then I would prefer to have a permanent spring forward. However, the economic impact of being out of step with the other states must be considered. Additionally, I'd bet that most of the participation in this is going to be those who are irritated, which are likely a minority. That must be taken into account.	6/20/2014 11:54 PM
13043	In my opinion we stay on the "spring forward time" for the majority of the year so i don't see the point of "falling back" for the few months that we do. Most of us enjoy the sunlight later in the evening, getting dark at 5:00 pm just isn't conducive to many evening activities. Besides that, wasn't daylight savings made to help save energy? Is so, the "spring forward" makes sense for that as well.	6/20/2014 11:52 PM
13044	Have family in Arizona and with the time difference it's hard to talk to them at night because it's too late for them to call me by time their day is Over!!	6/20/2014 11:51 PM
13045	More sunlight	6/20/2014 11:49 PM
13046	Would like to keep the time the same all year. Changing the time messes with your body. Love day light saving hours. Like the longe r dayskeep it the same all year	6/20/2014 11:48 PM
13047	We should extend DST year round. An extra hour of daylight during the winter would reduce electricity consumption and help those who get the winter blues. It also reduces crime since most are performed after dark	6/20/2014 11:48 PM
13048	Daylight savings used to be wonderful. With modern transportation, sleep is a big factor. Everyone knows drowsy driving is as bad as drunk driving. One day a year, DST negatively effects this serious aspect of modern transportation. Rivaling new years eve. That being said, I am not informed from an agricultural, or similar, standpoint.	6/20/2014 11:48 PM
13049	I have children with disabilities who are sensitive to change. Time changes are extremely difficult in my household.	6/20/2014 11:46 PM
13050	DST destroys my employee productivity for at least 2 days. Worst idea ever. Let's just lock in a time and leave it be	6/20/2014 11:46 PM
13051	I've lived in Arizona for 18 years, & never missed having a time change. I believe it's healthy to pick a time & stick to it.	6/20/2014 11:46 PM
13052	I hate daylight saving time. I wish we would do away with it.	6/20/2014 11:46 PM
13053	I don't enjoy living a week or longer being tired and feeling like always running behind schedule.	6/20/2014 11:45 PM
13054	It creates problems and doesn't give anyone more time since farmers and ranchers get up with a sun not a clock. Doing away with DST will remove confusion. Aligning with AZ instead of creating yet another time zone also minimizes confusion.	6/20/2014 11:45 PM
13055	There is plenty of daylight in the summer without "springing forward." The time changing twice a year right now is hard on the body. Many of the original reasons daylight savings time was created no longer apply.	6/20/2014 11:45 PM
13056	Changing the clocks is annoying and pointless. Businesses have always had the option of changing hours seasonally and can still do so if they want but leave the clocks alone.	6/20/2014 11:43 PM

13057	In our recreation centric culture, Daylight Savings time allows us to be in the outdoors pushing recreational activities we would miss out on if we got off work and it was dark like in the winter. I believe it would hurt the economy due to this as well.	6/20/2014 11:42 PM
13058	In Utah, it stays light very late already. We don't need DST.	6/20/2014 11:41 PM
13059	Hate daylight savings,	6/20/2014 11:41 PM
13060	In Utah, it stays light very late already. We don't need DST.	6/20/2014 11:41 PM
13061	Even though I grew up in the Midwest, I lived in Arizona before moving to Utah. I loved the fact that the time in Arizona was stationary all year and we didn't have the adjustments to make every fall and spring. It would be awesome to see Utah take the same step and do away with DST.	6/20/2014 11:41 PM
13062	It doesn't matter which way the state chooses, just go with one and stay with it. It must be working for Arizona as living in southern Utah, we never hear any complaints from those who live there. Being in the south, the heat factor would be better if the sun goes down earlier than it does on DLS. Just leave it one way or the other. For the south, it would be so much better for us to match Arizona.	6/20/2014 11:40 PM
13063	It is healthier to have time stay the same.	6/20/2014 11:39 PM
13064	Why does the time need to change? It disrupts everything twice a year & it takes time to overcome the change.	6/20/2014 11:39 PM
13065	I prefer having more daylight at night. But, I would just prefer we picked a time and stuck with it year round. If it makes more sense to align with Arizona, lets do it, but I would love staying on the more light at night schedule of DST.	6/20/2014 11:39 PM
13066	I just think it would be easier not to worry about falling back springing forward. I like the extra hr of sun we seem to get in the spring, so it will be interesting to see the outcome.	6/20/2014 11:38 PM
13067	messes with sleep, especially with young children	6/20/2014 11:37 PM
13068	The switch messes up my whole equilibrium. I detest it. Please, please change it.	6/20/2014 11:37 PM
13069	Better for your physical health and mental health to be able to have more daylight, I find more things to do instead of watching t.v.. daylight savings time would be nice year round.	6/20/2014 11:36 PM
13070	Keep it year around	6/20/2014 11:35 PM
13071	do away with it, just keep it the same all year round, it is so stupid,,,,,,,,,,,,, people hate it,,,,,,,,,,just leave the time the same forever, thank you	6/20/2014 11:35 PM
13072	Leave it DST all year round. Just don't ever Fall Back.	6/20/2014 11:35 PM
13073	I think we should fall back to MST. I don't see why we need DST. To me, it's a big waste.	6/20/2014 11:34 PM
13074	It's such a pain to have to remember to change the clocks and get used to it. It's also very hard on my husband to get used to for work. Let's just keep standard Mt time like Arizona has and call it good!	6/20/2014 11:34 PM
13075	There isn't a need for daylight savings time. I would rather adjust naturally to the longer/shorter days than change our clocks	6/20/2014 11:33 PM
13076	I think we should stay in daylight savings time 12months a year. Having it get dark at 5pm in the winter helps nobody, and we could all use the extra vitamin D	6/20/2014 11:31 PM
13077	Get rid of it. Stay on spring forward.	6/20/2014 11:30 PM
13078	The time I goto work doesn't change based on the seasons, DST is just an annoying complication that always makes people more likely to be late to work one day of the year.	6/20/2014 11:30 PM
13079	I prefer NO daylight savings time. I prefer NO change at all. Leave it alone. Thank you.	6/20/2014 11:30 PM
13080	It's time to stop the madness. It no longer serves the purpose it was intended for. The negative impact felt on peoples lives and health far outweigh the positive.	6/20/2014 11:30 PM
13081	I think we all lose at least a week of productivity as we adjust to the time changes. My students at school are very tired the weeks following the time changes. I think it would be in everyone's best interests to align!	6/20/2014 11:30 PM
13082	I feel that the time change causes health problems from sleeping disorders caused by irregular sleep patterns due to the time shift. It causes a "jet lag effect" that can last for days.	6/20/2014 11:29 PM

13083	It's a waste of time and not useful for our state!	6/20/2014 11:28 PM
13084	I don't feel like I ever get use to the switch. I am ready to go to bed and wake up at the same time, but now it's an hour different.	6/20/2014 11:28 PM
13085	It is too hard to adjust to. Please leave it one way or the othet	6/20/2014 11:28 PM
13086	Get rid of daylight saving time. ASAP.	6/20/2014 11:27 PM
13087	I love that it is light later in the summer so the kids can play outside longer!!	6/20/2014 11:27 PM
13088	I think it should remain the same year round. Going forward or back an hour does not change the amount of daylight, so just leave it alone. There's no real benefit.	6/20/2014 11:26 PM
13089	It is obsolete, as it was meant to help the farmers get to market and back during daylight hours. Let's go with a time zone and stay with it. Production will not suffer any longer as people get used to new sleep schedules twice a year.	6/20/2014 11:26 PM
13090	It is frustrating to change and doesn't provide a benefit.	6/20/2014 11:26 PM
13091	I think that daylight savings time serves no real purpose and ends up being an inconvenience for the two weeks it takes to get used to the new time change	6/20/2014 11:26 PM
13092	I don't care what kind of time we keep- other than it remain constant. I do not appreciate changing time.	6/20/2014 11:25 PM
13093	I think it's very hard on school children and shift workers who go to work in the dark and come home in the dark. It's an archaic practice. Better to stay on the same schedule and alleviate the physical and mental stress of adjusting the clock for 3 months out of the year.	6/20/2014 11:24 PM
13094	Daylight Savings in a ginormous pain in the butt! End it now!	6/20/2014 11:24 PM
13095	I think that if we have a more standard time things will run smoother for everyone.	6/20/2014 11:24 PM
13096	Daylight savings is unnecessary	6/20/2014 11:23 PM
13097	I don't see the issue, I would like it to go back to the old dates and not the new ones instituted to help the global warming lie. I like the longer summer nights and being in line with the rest of the country.	6/20/2014 11:23 PM
13098	Its pointless	6/20/2014 11:22 PM
13099	I have lived in Arizona and served in the Army for a few years. I can honestly say there should not be DST in Utah. I think the benefits out weigh the cons personally.	6/20/2014 11:22 PM
13100	Ditch it!!!!	6/20/2014 11:22 PM
13101	Daylight savings is a burden that needs to be left behind.	6/20/2014 11:22 PM
13102	It is really hard on the human body to be jerked around the way DLS does when you are working. Takes till the fall to adapt and then it changes again. Just let our bodies adapt one day at a time for a few minutes at a time. Better health will be achieved.	6/20/2014 11:20 PM
13103	It is just two days out of the year. I don't believe it affects people as much as they claim. I enjoy the extra daylight in the summer and the extra hour of sleep in the fall doesn't hurt either.	6/20/2014 11:20 PM
13104	It's not beneficial to the majority of the people	6/20/2014 11:20 PM
13105	I do not like changing time twice a year.	6/20/2014 11:20 PM
13106	Please stop changing the time twice a year. It is a good idea in theory but in practice is terrible. Please end the madness	6/20/2014 11:20 PM
13107	I would prefer to not have to make the adjustment twice a year. It's hard on the whole family, and I don't see any benefit to keeping the change. It doesn't change the amount of daylight, of course, just when the daylight occurs. It's an outdated tradition. I can see that it would have been useful at one time, but now it is just a thing we do.	6/20/2014 11:20 PM
13108	Do away with it. The days are already getting longer when DST kicks in the spring and vice versus in the fall. It's annoying having to change back and forth. The last change that extended DST was not appreciated.	6/20/2014 11:19 PM
13109	I love daylight saving. I can't wait till it starts every year and love that it stay light longer. Please do not do away with it.	6/20/2014 11:19 PM

13110	DST hasn't really benefited anyone I know personally for many, many years, if ever. It just complicates software and creates confusion. I say let it die. Just my two cents.	6/20/2014 11:18 PM
13111	I feel the practice should be done away with, it is no longer needed and causes way too many issues with people being drowsy. Healthcare workers tend to make more mistakes, more accidents and children have a hard time adjusting so school suffers. Absolutely no reason to keep it. If they want daylight, adjust your schedule accordingly.	6/20/2014 11:18 PM
13112	I think that the original intention of implementing DST for energy savings is outdated and now DST achieves the opposite effect and increases energy usage. Aligning with Arizona would be easiest and I think Idaho, Nevada, and Wyoming may follow our lead.	6/20/2014 11:17 PM
13113	I hate to have to change and get used to the loss of the hour, plus it is so hard to get kids to bed when it is day light so late. Please fall back always. Thank you	6/20/2014 11:17 PM
13114	I don't see the need to change back and forth. I also don't know why we would want to complicate things and make our own time zone. Keep it simple by staying with AZ and no more Daylight Saving time.	6/20/2014 11:16 PM
13115	It's hard on everyone to adjust to the time change and it no longer serves a purpose.	6/20/2014 11:16 PM
13116	Daylight savings and changing the clock is hard on working people. Set the hour and leave it. We are capable of adjusting our own activities and do not need to change the clock.	6/20/2014 11:16 PM
13117	Please stop changing to and from Daylight Saving Time. I hate the change twice a year. It gains nothing. We ALL get 24 hours every day. It's ridiculous changing the clocks twice every year. It gains nothing, saves nothing.	6/20/2014 11:16 PM
13118	Difficult to adjust to and people loose productivity with every change. The need is by-gone from another era.	6/20/2014 11:15 PM
13119	Love day light saving. Love the light in the evening when the kids can play and the day light in the winter morning for driving.	6/20/2014 11:15 PM
13120	Whenever there is the time switch, I feel, I need a week of recovering from the change. I never feel like I have my normal amount of energy.	6/20/2014 11:15 PM
13121	Stop the silliness..leave it mountain time	6/20/2014 11:14 PM
13122	I say create a new time drop back a half hour and leave it there is no more spring forward or fall back set it in the middle and call it good.	6/20/2014 11:14 PM
13123	Daylight Saving Time is an old fashion idea that needs to be done away with.	6/20/2014 11:14 PM
13124	I think the thought process for daylight savings us outdated. Do away with it	6/20/2014 11:14 PM
13125	The change is always difficult and I don't understand the necessity of it.	6/20/2014 11:13 PM
13126	I feel the change every spring and fall is unnecessary. In most American's lives, it serves no purpose, but is instead a disruption in what should be natural routine. For our family, the weeks after Daylight Savings changes in sleep patterns are horrendously hard to get used to, particularly for our children.	6/20/2014 11:12 PM
13127	Remove DST!	6/20/2014 11:12 PM
13128	The constant change is disruptive to families. I am raising three grandchildren and losing an hour of sleep is really hard on them and on me. The reasons for daylight savings time no longer exist and haven't for decades. It is time to end it and join Arizona.	6/20/2014 11:11 PM
13129	I feel it is disruptive and can affect your health and general well being, at least temporarily. Would be nice to have it the same all year round.	6/20/2014 11:11 PM
13130	Truth be told, I am indifferent to whether we go to mountain standard, or create the new way. All I care about is that we stop changing twice a year! Stick with one.	6/20/2014 11:11 PM
13131	I believe in simplicity and makeing things better so stick with Arizona to be simple	6/20/2014 11:11 PM
13132	I have a special needs child and it is always messing with his schedule. He is 23 now, but it is still the same, twice a year, it is a pain. And the older I get, the worst it is gets with my sleeping. Please just keep the time the same!	6/20/2014 11:10 PM

13133	I grew up in Utah with daylight savings time and then lived for several years in Arizona without the change. It is so much more natural without adjusting for DST. I am fully in support of realigning with Arizona to stay on mountain standard time.	6/20/2014 11:08 PM
13134	I like falling back, but springing forward is always a difficult transition. I don't like it at all. I would prefer to stick with MST. Thank you!	6/20/2014 11:08 PM
13135	it is old and out dated, it is to hard to get use to every time we make the change. i know way to many people that get depressed when we change the clocks in the fall, to lose an hour of light in the fall is way to harsh, we just need to do away with it now. its just to bad that utah is so slow and afraid of doing anything before other states do it so we can sit back and see for way to long how it works out for them,we are so afraid of making any changes and when we do its so out dated it just dosent matter. i hope all the othe states hurry up and do it so then we can follow cause were good at that.	6/20/2014 11:08 PM
13136	I lived in Arizona for many years and we did just fine without changing the time I think Utah should be the same way	6/20/2014 11:07 PM
13137	I would like to be done with DST because of health and wellness reasons. The DST greatly affects children (I have 4) and the elderly (I know many) with their internal clock.	6/20/2014 11:07 PM
13138	I don't really see a need for daylight savings. I have small children, and the change in time does nothing but makes them ornery.	6/20/2014 11:06 PM
13139	I believe It is a waste of time, we should just stick to one and leave it that way.	6/20/2014 11:06 PM
13140	There is no value. stop wasting time and money to change clocks and schedules. ridiculous. az has it right.	6/20/2014 11:05 PM
13141	Ben Franklin was wrong.	6/20/2014 11:04 PM
13142	DST is like cutting the top off a blanket, sewing it onto the bottom, and pretending you have a longer blanket! NO TO DST!!	6/20/2014 11:03 PM
13143	it is an old out dated practice that is more hassle than its worth. it always causes problems with sleep schedules which causes heath problems. work schedules because people always forget and then show up to work at the wrong time. simplify every ones lives and do away with it.	6/20/2014 11:03 PM
13144	just keep it the same all year. There is not a need to change the time.	6/20/2014 11:03 PM
13145	I like having the extra long summer nights. Always have, always will	6/20/2014 11:02 PM
13146	DST had its time and place when farming was prevalent. Now that farming is no longer required only during the day time (i.e. modern machinery can be operated at night), lets just stay with one time. I absolutely HATE springing forward and falling backward twice/year.	6/20/2014 11:02 PM
13147	Just seems pointless, and it is harder to put my children to bed in the summer.	6/20/2014 11:01 PM
13148	I have never seen any benefit to it.	6/20/2014 11:01 PM
13149	There is no reason to use daylight saving as we now have electricity.	6/20/2014 11:00 PM
13150	It is so hard on kids to change times twice a year. It takes weeks to adjust and get back on a regular sleeping schedule. I don't have an opinion on whether to stay forward or stay back, I just want to stay somewhere all year long.	6/20/2014 11:00 PM
13151	It is un-natural. It messes with the Seritonan and dopamine in brain balance. Childrens test scores even drop. Children and adults go to bed later in summer due to the time change and therefore loose out on the most benificial sleep-----sleep before midnight. It changes even eating habits with more meals ....particularly breakfast being missed and dinner eaten to late in the night. It is unhealthy and un- natural and health ....both mental and physical should NEVER be sold out for a speculated savings in dollars.	6/20/2014 10:59 PM
13152	It would be confusing unless the rest of the world decided to get rid of daylight savings too.	6/20/2014 10:59 PM
13153	Daylight Saving Time serves no function in daily life today. All it does is cause scheduling nightmares and sleepy employees.	6/20/2014 10:59 PM
13154	It is just another stresser in an increasingly stressful world. Minimizing stress levels would enable better health.	6/20/2014 10:58 PM

13155	I would rather have it be the same year round. I don't feel like there is a benefit with it changing twice every year. If anything it is more of a hassle and something that I hate to deal with especially in the spring.	6/20/2014 10:58 PM
13156	I believe that daylight saving time does save energy, by allowing more light in the evening hours. Daylight Saving Time should be kept as is!	6/20/2014 10:58 PM
13157	As someone who works a lot with kids I see the toll it takes on the utah citizens who have no say. When the time springs forward every spring the children suffer in attitude, focus on school, and other issues. It is not worth any supposed gain. In the long run it causes constant upheaval in the kids lives when stability of routine is so important. Any industry that may be mildly affected can easily adapt. I believe everyone would function better and more consistently in the long run if we aligned with Arizona's time and allowed our natural biological clocks to regulate.	6/20/2014 10:57 PM
13158	I don't feel that there is any good reason to mess with people's sleep/wake schedules twice a year.	6/20/2014 10:57 PM
13159	I'd love to get rid of Daylight Savings Time!	6/20/2014 10:57 PM
13160	I think it is not needed as it was for the farmers. I'm tired of having to have my clocks go forward and back all the time. I like the Standard time better. PLEASE have it stay Standard. Thank you!	6/20/2014 10:56 PM
13161	Standard time. No more silly changing and messing up body schedules for sleeping, etc.	6/20/2014 10:56 PM
13162	I think we should stay on standard time not changing.	6/20/2014 10:56 PM
13163	It causes disruption twice a year that is unnecessary. I would much prefer we align with Arizona.	6/20/2014 10:56 PM
13164	Please, stop the madness! Please!!!	6/20/2014 10:55 PM
13165	I have 4 young kids! Changing their schedules back and forth is so hard. As soon as we get used to one way, it's time to change again. I hate it.	6/20/2014 10:55 PM
13166	Ben Franklin knew what he was doing. DST is best thing we have going. It saves millions and promotes the common good.	6/20/2014 10:55 PM
13167	It's hard on circadian rhythms to switch back and forth as though crossing a time zone, only without the benefit of actually crossing a time zone (and therefore having a different sun cycle). The sun doesn't answer to the clock. Also, it's both annoying and a little dangerous to send our kids to school while it's still dark. Congress made this even worse when they extended DST.	6/20/2014 10:55 PM
13168	Daylight saviving is a waste. I can see how they needed it when we went to war, with the way people live today it's not needed...it's time to do away with it!	6/20/2014 10:55 PM
13169	It's more confusing to switch twice a year, I've lived here my whole life and I still dread the time changes. Let's just set it and forget it!	6/20/2014 10:55 PM
13170	I am a retired elementary teacher and it is very hard on children to change.	6/20/2014 10:54 PM
13171	I think all DST should be abolished, not just in UT.	6/20/2014 10:54 PM
13172	It's pointless. And affects our lives in no way other then being annoying.	6/20/2014 10:54 PM
13173	It is stupid!	6/20/2014 10:54 PM
13174	I look forward to the spring change every year so that I am NO longer driving to and from work in the dark. I also enjoy having the longer light in the evening as it allows me to get outside chores done with out using the headlights of my truck. Having to not reset my antique grandfather clock would also be a serious bonus. My children also dislike the fact it gets dark so early. I exploor our law makers to please abolish dls and give us our own time.	6/20/2014 10:53 PM
13175	I don't like the whole switching back and forth for the Times it's just more trouble then it's worth, it screws everyone up and creates all kinds of problems	6/20/2014 10:53 PM
13176	It's a pain to switch back on forth. The older I get the harder it is for my mind and body to adjust to.	6/20/2014 10:53 PM
13177	Daylight saving time has no proven benefits in modern life. The question is "Why would we continue this practice." It definitely does harm to the parents of young children. Just when our kids are set on a good sleep schedule, we change the time one way or the other. If there is no proven benefit to the practice, it should be eliminated.	6/20/2014 10:53 PM
13178	Please get rid of Daylight Savings Time. It's not necessary anymore and is unhealthy to boot!	6/20/2014 10:52 PM

13179	The changing of time makes no sense any longer and it's very stressful for the elderly in Assisted Living/Nursing Homes. My mom is unable to change the clocks on her own any longer so until someone is able to help her, she misses activities, meals, etc. I don't care if UT has their own 'time' (but I don't see the point of this), as long as we just get rid of the change.	6/20/2014 10:52 PM
13180	It is useless to me and it really doesn't affect tourism that much. If you have time for tourism you are already on vacation and you can just as easily wake up early or stay up late if desired.	6/20/2014 10:51 PM
13181	I don't like that we spring forward in the spring time. During summer, it doesn't get dark until 10pm. Had we kept the time, it would be 9pm when it gets dark.	6/20/2014 10:51 PM
13182	I prefer not to have daylight savings time because it would benefit everyone for the sake of getting enough sleep and performing better throughout the day, daylight savings time has been around for centuries but is it really as effective as it should be ?	6/20/2014 10:51 PM
13183	The change twice a year is disruptive, and leads to statistically significant increases in traffic accidents, among other things.	6/20/2014 10:51 PM
13184	It would be nice to have it light after school in the winter for longer than an hour.	6/20/2014 10:50 PM
13185	DST needs to go away. The disruption of the circadean cycles on the human body are far more destructive than any kind of "loss of energy savings" behind the reasons for the implementation of DST in the first place.	6/20/2014 10:50 PM
13186	It doesnt make sense for us. Keep one time all year long.	6/20/2014 10:50 PM
13187	It is easier for children and families. Plus I do business with other states and I hate figuring out what time Arizona is on vs us. It is a pain. Just leave it one way and save my sanity please	6/20/2014 10:50 PM
13188	It is super hard on little kids to adjust to (mans) idea of moving the clock back and forth. Pick a time and stick with it The Sun still sets the same every day, why make people late for work or school when they loose an hour? Your gardens will get the same amount of day light, your animals will wake up the same. Arizona has the right idea to leave it be, honestly if people want to spring a head and leave it come fall so they automatically get extra light in summer then do it! If people want to fall back in fall and leave it be come spring then do it. My kids when go to bed easier if sun sets at 8 instead of 9. I don't care which they pick,, just pick and leave it! P.s, don't let a child swade the whole state of UTAH again.. Let the people vote this time!	6/20/2014 10:50 PM
13189	There is no savings in Daylight savings, only shifting the clock on one end or the other, like cutting off one end or the other of a tree, it's still the same length, you've just inconvenienced millions of people doing it.	6/20/2014 10:50 PM
13190	Too hard on my kids to adjust to the time changes.	6/20/2014 10:49 PM
13191	I am dangerously tired for 1 -2 days every year when I lose an hour.	6/20/2014 10:49 PM
13192	Adjusting to the different times is too hard on the body.	6/20/2014 10:49 PM
13193	I work in a field that sees many aspects of buildings. The major energy use that I see for equipment does not reflect on time changes. The modern building runs regardless of time changes. I feel like the time change affects many persons well being. Put it in the middle or align with	6/20/2014 10:49 PM
13194	It is really hard to get kids to go to sleep with enough hours when they want to be up because the sun is! The days are long enough in the summer due to the way the earth rotates.	6/20/2014 10:48 PM
13195	I think it's about time to change and get rid of daylight savings time. It's so hard to spring forward then fall back and get used to time change especially with kids. It's hard to get kids to go to bed at 8 and the sun is still shining... I am all in support of staying in the same time zone for all 12 months!!	6/20/2014 10:47 PM
13196	The change is so hard on our family and our schedules. It really affects my older grandparents. It hurts my grandmother's delicate sleep cycle. Please change this old tradition.	6/20/2014 10:47 PM
13197	I don't understand why we push back the time and have then sun out earlier, rather than just letting it stay out later when people actually use it.	6/20/2014 10:47 PM
13198	It's a hassle to switch back and forth. It disrupts sleep patterns and makes it harder for kids to go to bed or do homework while it is still daylight outside.	6/20/2014 10:46 PM
13199	The research shows it is more harmful than helpful. We need to end this antiquated practice. Plus it confuses my dog!	6/20/2014 10:46 PM

13200	Just seems like a hassle and a waste of time and money. Simplify!	6/20/2014 10:46 PM
13201	I hate daylight savings time as I raise my young children. It totally messes with their schedule and makes for a miserable week. I don't think it's needed anymore!	6/20/2014 10:45 PM
13202	I'd be happy with never having to change a clock again. I wouldn't mind MST or MDT.	6/20/2014 10:45 PM
13203	Switching times is of no use and its just a waste of time to keep loosing or gaining an hour. Please just keep it the same.	6/20/2014 10:44 PM
13204	I need the dark later in the summer mornings so I can sleep past 5am and hate the change twice a year. leave us sprung forward permanently.	6/20/2014 10:44 PM
13205	Daylight savings gives people an extra hour after work to recreate or get a project done in the spring and summer	6/20/2014 10:44 PM
13206	Daylight savings are definitely hard on everyone but it's something that we have always been apart of. You can't just rule it out in one state. I think it would be more difficult to go through the trouble of changing daylight savings than just to live with it.	6/20/2014 10:44 PM
13207	Stay with Arizona	6/20/2014 10:43 PM
13208	It is more of a nuisance than a help. It's hard to adjust to. It's an outdated practice that needs to go	6/20/2014 10:43 PM
13209	It would be beneficial to stay light longer all year round!	6/20/2014 10:43 PM
13210	It's an inconvenience. We are on the border of Arizona and most of AZ works in UT so most of them are on Utah time and we have to take Arizona into consideration and vice versa when it comes to business hours. It'd be easier being on AZ mst.	6/20/2014 10:43 PM
13211	Studies show that Daylight Saving Time observance COSTS more money than not observing the time change and keeping the same clock all year long. (Look at Indiana when they changed from not observing Daylight Saving Time to when they started observing in 2008.) Not observing Daylight Saving Time will save Utah residents millions of dollars a year.	6/20/2014 10:42 PM
13212	My son has autism - routine is EVERYTHING for him. Every time the time changes, it throws him off and we have to go through weeks of readjustment. I know other parents of special needs kids who experience the same frustration twice a year.	6/20/2014 10:42 PM
13213	Changing time twice a year messes up everyone's body cloc	6/20/2014 10:42 PM
13214	Why can't we leave well enough alone !	6/20/2014 10:41 PM
13215	Utah still has a large agricultural base, it was designed originally when Agriculture was one of America's largest forms of employ. The concept is beneficial to those who are working full time and the "adjustment" factor is less than the jet lag a person experiences traveling to or from California. Face it, in the winter it's better to have people up when the sun is up, it helps fight off depression, if the sun goes down sooner in the winter (or later in the summer) how will that affect those with poor night vision, or parents trying to keep their teens from making poor choices. The current system is one that works for our locale, simply because a minority of people enjoy complaining isn't reason to adjust how time relates to life for 2,850,000 (2.85 Million) people.	6/20/2014 10:41 PM
13216	get rid of it	6/20/2014 10:41 PM
13217	Switching the time back and forth makes everything harder. I hate it. It's so hard on everyone, especially the kids!	6/20/2014 10:40 PM
13218	It is very difficult to get your body regulated to the changes. It is extremely hard for children. I think it would be better if there were not the changes each Spring and Fall. Thank you!	6/20/2014 10:40 PM
13219	AZ has it right	6/20/2014 10:40 PM
13220	I love daylight savings time, we have more light in the summer when folks need to be outside working.	6/20/2014 10:39 PM
13221	It disrupts sleeping patterns. It takes weeks for most of us to adjust. It is not worth it to me to keep changing.	6/20/2014 10:39 PM
13222	It should be scrapped entirely. Go to what is referred to as "Daylight Savings" time permanently. We are on it most the year anyway. End the change.	6/20/2014 10:39 PM
13223	It's pointless!	6/20/2014 10:39 PM
13224	Get rid of it.	6/20/2014 10:38 PM

13225	I love the fact that it gets dark later in the summertime.	6/20/2014 10:38 PM
13226	i think daylight savings is pointless and boring. thats all i have on the subject.	6/20/2014 10:37 PM
13227	It doesn't help. It was even changed to try to be more beneficial and that also failed. Lights are always on in businesses and schools when ever the doors are open.	6/20/2014 10:37 PM
13228	I feel that it is just plain stupid to do day light savings. It messes with my children's sleeping habits and mine. It will be much easier to not have to do deal with moving the clock forward and back.	6/20/2014 10:37 PM
13229	I like having a longer day like during the summer hours when we are outside more. There is so much more to do during the summer .it doesn't matter during the winter the days are so short anyway	6/20/2014 10:37 PM
13230	I HATE switching back and forth! It's hard on the mind and body	6/20/2014 10:37 PM
13231	Our current practice of daylight savings is outdated and is detrimental to our mental state of kind, as well as our physical well being. Forcing the body to disrupt its natural understanding of time creates, every other time, an hour gap in our sleep schedule, making it harder for children to function properly at school, and adults at work.	6/20/2014 10:36 PM
13232	I work with people with Autism. They thrive on structure. Messing with time, messes with them. I find that with my coworkers and friends, we also struggle with the change in routine.	6/20/2014 10:35 PM
13233	The time change really messes with my head two times a year. My big question is does man keep time or does time keep man? Leave it alone the sun shines for so long every day no mater where you set the clock. I vote to go with AZ it saves me no energy.	6/20/2014 10:34 PM
13234	I wish it stayed lighter later all year round...love the longer days!	6/20/2014 10:34 PM
13235	Daylight savings is a dated policy that does no good and causes a lot of confusion. There is no point to using it.	6/20/2014 10:34 PM
13236	I lived in az for many years and I loved not having to change back and forth	6/20/2014 10:34 PM
13237	As a parent, it is difficult for our children (yeah, ok, me too :)) to adjust back and forth. Especially my school age children. Their sleep gets messed up and almost inevitably, they get sick. It's always been a source of frustration, but I'm getting more and more irritated with it as it disrupts us more and more. Please please, please get rid of it!!!	6/20/2014 10:34 PM
13238	I like the later time for sunset	6/20/2014 10:34 PM
13239	In my opinion, the constant change every 6 months creates unnecessary confusion and loss of productivity. It would be far preferable to keep it the same all year.	6/20/2014 10:33 PM
13240	It's more trouble than it's worth. It interferes with scheduling and is an inconvenience every time it comes around.	6/20/2014 10:33 PM
13241	I prefer when it gets darker later so when I leave my classes at night and walk through the parking lot it's not pitch black.	6/20/2014 10:33 PM
13242	I hate falling back in the winter and springing forward in the spring !	6/20/2014 10:33 PM
13243	I don't believe that switching times twice a year provides much, if any, positive benefit. I understand that there are increased automobile accidents after each change. Additionally, I believe the change causes difficulties for most individuals (the adjustment).	6/20/2014 10:32 PM
13244	Changing is so hard on kids and family and animals. Would prefer not to change time at all	6/20/2014 10:32 PM
13245	Changing the time is a prove , dangerous inconvenience. Our government proclaims interest in safety. This is a simple way to improve citizen safety.	6/20/2014 10:32 PM
13246	I have lived with & without daylight savings. It didn't bother me a lot growing up, but after becoming a parent & seeing the stress it puts on a family with smaller children & sometimes older children, I don't see what benefits come from daylight savings. I have seen more cons than pros. I choose to do as Arizona has. Having lived there for two years, I didn't find any cons of NOT being on daylight savings.	6/20/2014 10:31 PM
13247	Switching times is a waste of money, sleep, and time. It's no longer useful anymore, and the practice should be stopped.	6/20/2014 10:31 PM
13248	Let's get rid of daylight savings and leave it at spring forward time all the time. It's to dark too early during winter and it's depressing.	6/20/2014 10:31 PM

13249	I am more productive and happier on daylight savings time.	6/20/2014 10:30 PM
13250	Please just select one way or the other & leave it alone from there on!	6/20/2014 10:30 PM
13251	I think it is an indication of the hubris of man to tell the sun when to rise.	6/20/2014 10:30 PM
13252	I think it is an outdated practice that does not benefit citizens. It is especially difficult for families with young children or those with disabilities like autism and it is highly disruptive for about two weeks per year.	6/20/2014 10:30 PM
13253	One time all year round would be beneficial to all human beings its very stressful to have to go through the time change twice a year. Thank u for this suggestion.	6/20/2014 10:29 PM
13254	Do away with it I don't see any benefit for it	6/20/2014 10:28 PM
13255	Winter is long and dark so the extra daylight is nice to finish outside work when it cools off, makes evening walks nicer, drivers like getting home before dark, kids enjoy it and everyone I talk to likes Daylight Savings Time. Please keep it.	6/20/2014 10:28 PM
13256	The time change wreaks havoc on the kids I work with, these poor kids lives are falling apart and nothing is constant, why can't time be?	6/20/2014 10:28 PM
13257	I feel that doing away with daylight savings time would be in our best interest. It no longer serves the same purpose it was created for. Now it simply causes stress and frustration. I am begging the powers that be....please be on the same time as Arizona! I lived there for three years and it was great!	6/20/2014 10:28 PM
13258	I would like to see daylight savings time stay year round. Not to change back and forth.	6/20/2014 10:27 PM
13259	There is absolutely no need for a time change. It is so hard to adjust, it has a negative affect on so many aspects; work, school, driving. Pick a time, leave it alone!	6/20/2014 10:26 PM
13260	So hard to get internal clocks changed, especially for kids	6/20/2014 10:26 PM
13261	It makes a lot more sense to just stay at one time throughout the year.	6/20/2014 10:26 PM
13262	I like having more light in the evening. More family time.	6/20/2014 10:26 PM
13263	It seems like nonsense to be switching all the time for something as silly as an hour. Just pick one time and leave it. Work will get done wether it's dark or light.	6/20/2014 10:26 PM
13264	Since daylight saving is only effective during the summer, why do we switch back during the winter months when the daylight hours are very limited no matter what? Let's just switch to daylight time permanently and stay there.	6/20/2014 10:26 PM
13265	There is absolutely no need to do this any longer. It causes accidents and tired driving. For that reason alone it should be stopped.	6/20/2014 10:26 PM
13266	It does not matter if we chose to spring forward or fall back but we should stick to one time. Changing twice a year is confusing and wastes much time changing clocks! One adjusts to a pattern of time whether it is lighter in the morning or evening.	6/20/2014 10:25 PM
13267	It's fine, leave it alone!!!	6/20/2014 10:25 PM
13268	I think we should just keep the time the same all year. As a former rancher it really doesn't make any difference to agriculture.	6/20/2014 10:25 PM
13269	I would love to keep the spring time & not practice DST. I didn't bother me when I was young, but as I get older it is harder to conform to the change. It is also really hard as a parent to get your kids to conform to a new schedule.	6/20/2014 10:24 PM
13270	Having more hours in the day is benificial for Physical and Mental health. You tend to stay out doors longer, and get up earlier to take care of yard work and other things. I dislike getting off work at 5:00 p.m. to have it dark, I feel like I never get to see the light of day except out the windows of my office, and it's depressing. I so enjoy the day light savings like it is now. I can go home after work, make dinner and go outside to walk, work in the garden and just enjoy being outside.	6/20/2014 10:24 PM
13271	Its pointless and only makes for a lowsy day on the first day of "spring forward".	6/20/2014 10:24 PM
13272	The earlier it gets dark at night the more dangerous it becomes as to driving in the dark and walking/ hiking/biking in the evening hours when it's dark outside.	6/20/2014 10:23 PM
13273	I hate daylight savings time I think we (Utah) should leave the time we are in know spring forward ! And quit changing I hate getting used to the changes even though it is just twice a year	6/20/2014 10:23 PM

13274	We were told long ago that the daylight savings would help out the farmers with their work. What a bunch of bull. Farmers work from sun up to sun down....not by the clock.	6/20/2014 10:23 PM
13275	The time change serves no purpose and is difficult to adjust to twice a year. Choose to stick with mountain time or central time and stay there year round.	6/20/2014 10:23 PM
13276	With all the outdoor activities available in Utah, keeping or expanding DST will allow everyone to enjoy the outdoors after work time. This should also increase revenues to the State via taxes from outdoor-related businesses and tourism.	6/20/2014 10:22 PM
13277	Utah's DST creates a very dangerous lighting situation for children going to school in the morning. It is too dark at that hour to be safe for our children walking to the bus stop. There is no reason to have daylight at 9pm in the summer and darkness at nearly 8 am in the Fall.	6/20/2014 10:22 PM
13278	Pick one and stick with it. I don't care which time zone, just stop changing it.	6/20/2014 10:22 PM
13279	Changing the time is just a pain! My kids have a hard time adjusting as do I for a couple weeks. I just don't see why it's necessary to continue the tradition.	6/20/2014 10:21 PM
13280	Daylight savings allows us to experience more light in the winter and summer months. If we do away with daylight savings time and only observe mountain standard time, our energy bills will go up as we will be awake during more of the dark hours of the day while the sunlight is being wasted while we are sleeping. If it is not broke, don't fix it. Our legislators need to quit meddling with things that are unimportant and stick to the issues that they were voted into office to work on.	6/20/2014 10:21 PM
13281	Put it on daylight savings time, then leave it alone. It would be better for work, better for recreation and better for our health.	6/20/2014 10:21 PM
13282	When the time changes in the winter it get dark extremely early. 5Pm too early!	6/20/2014 10:21 PM
13283	Pick a Time Zone and keep it!	6/20/2014 10:21 PM
13284	I think Utah should stay on the time schedule we currently have in the summer. ('spring forward') It gets dark so ridiculously early in the winter, it would be really nice to have one more hour of daylight to run errands at the end of the work day.	6/20/2014 10:20 PM
13285	Whatever we do, we just need to get rid of the changing time. It's bad for us. Automatic jet lag twice a year!	6/20/2014 10:20 PM
13286	Statistics show that it's original purpose, to save energy, it redundant. It is more of an inconvenience. It only makes those in agriculture work longer hours.	6/20/2014 10:19 PM
13287	Although it does take a couple weeks to get used to, daylight savings time is nice to have because it really does preserve the daylight for when we want it...later at night and later in the morning. But, when I was in junior high school my brother was driving me to school just a few days after the daylight savings time switch in the spring and because it was dark outside and the local wildlife don't participate in daylight savings time, we hit a deer. I still have PTSD and am a very stressed night driver, especially when I am on that particular highway.	6/20/2014 10:19 PM
13288	It doesn't seem necessary to have. Kids have a hard time adjusting and it does seem beneficial.	6/20/2014 10:19 PM
13289	It's hard to adjust to. Don't see why it's such a big deal just to set a time and leave it.	6/20/2014 10:19 PM
13290	I hate the time change. It takes me 3 weeks to adjust in November.	6/20/2014 10:18 PM
13291	I see no benefit to DST	6/20/2014 10:18 PM
13292	It's more of a bother than what it's worth. It's supposed to help out with having more hours of daylight, but we don't really have a problem getting enough of that.	6/20/2014 10:18 PM
13293	unnecessary annoyance!	6/20/2014 10:18 PM
13294	Makes more sense.	6/20/2014 10:17 PM
13295	Getting up an hour earlier is always harder but after a month or so my body has adjusted. If we just stayed that way year round then there would be no adjustment and it would still be lighter in the evenings.	6/20/2014 10:17 PM
13296	Without daylight savings time we would lose a lot of revenue. And there is nothing worse than it being dark at 6pm when you get off work in the winter. If it is really such a hassle to switch back and forth then we should just stay on daylight savings all the time and have the extra sunlight in the evening when more people would use it.	6/20/2014 10:16 PM

13297	I really wish we could leave well enough alone. I hate what daylight savings does to me. It takes 3 weeks to get back on track!!	6/20/2014 10:15 PM
13298	There is no need to keep continuing daylight savings. It's annoying, and also hazardous when the time changes and it's so dark in the morning. Every year when the time changes, it seems like more pedestrians are hit and killed in early morning hours. School starts around 7 a.m. and it doesn't even begin to get light until this time. Daylight savings is totally absurd.	6/20/2014 10:15 PM
13299	So sometimes kids get dropped of atty school too early and are left unattended. I have a hard time switching back and forth. Sometimes at school we have kids come to school at the wrong time whenever time switches. It is hard with young children when the time changes. It throws their schedules off and the kids get used to going to bed when it's dark outside during the winter and so they have a hard time when the time changes during the Summer.	6/20/2014 10:15 PM
13300	Changing is confusing and wastes a lot of time changing multiple clocks and devices. People miss meetings, traffic accidents appear to increase, and there may be adverse health consequences. I don't feel strongly whether we spring forward or fall back: either would be preferable to changing the clocks twice year.	6/20/2014 10:15 PM
13301	I would like to stay on Daylight Savings time all year round. I like the daylight later in the evenings for family activities.	6/20/2014 10:14 PM
13302	As an individual with a sleep disorder I cannot begin to express the manitude of the detriment daylight savings has on my health. As an Education major, I express my concerns this change has on our students, and as a concerned citizen, I'd like to point out the outrageously high number of vehicle accidents that take place following daylight savings as workers attempt to adjust their circadian rhythms in an unnatural way to meet deadlines and responsibilities.	6/20/2014 10:14 PM
13303	I absolutely live for summer because of the fact the sun is out till after 9:00 pm! I think it's ridiculous people are pulling the health card and saying everyone will benefit physically from cancelling DST! Just what I want...seasonal depression year round! I wish people complaining about DST would just move to AZ and stop complaining!!!!!	6/20/2014 10:14 PM
13304	Switching time is hard mentally & physically for adults and children. Honestly I say just pick a time and stay with it.	6/20/2014 10:14 PM
13305	It just scews up our body twice a year esp. difficult in spring. Kids are so cranky getting up an hour earlier and it takes a good month or two just to adust. Our bodies get the same amount of light regardless. It just forces our bodies to be adjust when not necessary.	6/20/2014 10:13 PM
13306	I believe the time change is harmful to our children's education. When they lose that hour it takes a while for their bodies to adjust and in the meantime their education suffers.	6/20/2014 10:13 PM
13307	Please, for the love of all that is holy and good, can we do away with the practice of Daylight Savings Time?! Arizona has it right and it would be great to align with that time zone for the purposes of our sanity! The adjustment time from one DLS time to another is brutal on children, elderly, teens, adults and animals alike. It's also difficult on the employer and employee, student and teacher, parent and child relationships. Let's do the right thing Utah, let us DO AWAY with Daylight Saving Time.	6/20/2014 10:12 PM
13308	To much adjustment for people twice a year. I feel it's not worth the hassle. Neither are most people working in farming, which it is supposed to benefit.	6/20/2014 10:12 PM
13309	I see first hand how tired people are in dealing with this silly thing twice a year, this includes me and my wife. I believe we have evolved enough to move on to a more realistic and natural use of time.	6/20/2014 10:11 PM
13310	It is a hard adjustment each time, health wise. Seems unnecessary.	6/20/2014 10:11 PM
13311	It's hard on kids and adults. It is an archaic practice and there isn't a real need for it anymore.	6/20/2014 10:11 PM
13312	It's useless. Where are the savings? The only thing I get out of this is that it's dark in winter by 5.30 pm	6/20/2014 10:11 PM
13313	Working people need the extra daylight to enjoy activities outdoors after work. Some companies do not have flexible work schedules.	6/20/2014 10:11 PM
13314	Daylight savings is outdated and of no real use. We should align with Arizona and not keep changing our time.	6/20/2014 10:11 PM
13315	I do not think there is any value to switching back and forth. We are fine staying with regular MST	6/20/2014 10:11 PM

13316	I have no reason to be switching back and forth, all it does is throw off my sleep schedule, which causes me to lose sleep and go to work tired	6/20/2014 10:10 PM
13317	Utah should how the time is for Summer, Sun Goes Down Later And Comes Up Earlier	6/20/2014 10:10 PM
13318	In my career as a professional driver, I spent time in all the time zones of the lower 48. I made schedule adjustments accordingly. Granted, DST gives golfers a little more time between work and sundown to play 9 holes. I do not see that as an advantage. There are still only so many hours of daylight to do the chores. It should be our individual choice as how to utilize those hours. Leave the clocks set for Standard Time year-round.	6/20/2014 10:10 PM
13319	We don't gain anything from it. You can't take an hour from the beginning and place it at the end, and then claim the day is longer. It just needs to go away.	6/20/2014 10:09 PM
13320	I like it to stay lighter later. As somebody who enjoys sports and the outdoors it's nice to be able to get off work and go to the lake, go hiking, go play volleyball etc.	6/20/2014 10:09 PM
13321	As a mother of young children, it's difficult to adjust their bedtime with school and in the summer when they refuse to go to bed because it's still light outside.	6/20/2014 10:09 PM
13322	Please do away with Daylight Savings Time...I see NO good use for it!	6/20/2014 10:09 PM
13323	Although the difference is only an hour, switching back and forth causes sleep problems for me for at least two weeks. I prefer to keep the same time all year.	6/20/2014 10:09 PM
13324	It's hard to adjust. My family struggles for up to six weeks to adjust sleeping and lifestyle patterns.	6/20/2014 10:08 PM
13325	When I travel getting used to the time change is easy because the sun still rises at a similar time. When Utah changes to DST, it's completely different because the sun rises at a completely different time, making it difficult to get used to. It's especially hard on my kids to change and it takes weeks for them to adjust. I think if Utah joined AZ, other states would consider doing the same. DST is crazy, there's no benefit and lots of drawbacks. I would love to be off it!	6/20/2014 10:08 PM
13326	daylight savings must be kept or at least the spring forward option. I would vote for the spring forward, except it may be too dark in the mornings during the winter months. doing away (aligning with Arizona) would be a huge mistake and would waste valuable light during the warmer months.	6/20/2014 10:08 PM
13327	It takes some time to get used to, and have to make a new routine all over again. When is dark at 5:00pm people are tired and over with the day.	6/20/2014 10:07 PM
13328	I think its better for it to stay lighter longer so kids can be outside and be active and also its bright in mornings when kids gi to school also changing back and forth is hard on our bodies. Plus not having to turn lights on so early.	6/20/2014 10:07 PM
13329	I feel this was for a purpose many years ago but we don't need it now.	6/20/2014 10:07 PM
13330	Golfers would appreciate cooler mornings to golf, and I would appreciate keeping my sleeping schedule, takes weeks to change habits. Tourists from CA and NV would have same time during the summer in Utah. Farmers? All they grow here is alfalfa as a side line. Big deal.	6/20/2014 10:07 PM
13331	I am not convinced in today's society that changing the time in the spring and fall is beneficial to the economy. Today's employment requires people to work all different hours during the entire week.	6/20/2014 10:06 PM
13332	It's unnatural and completely messes with our daily routine. It's also very hard on my kids to go through this. It would be so beneficial on our physical and mental health to get rid of it and not force time change on our bodies.	6/20/2014 10:06 PM
13333	Daylight savings time is just a waste of time. It takes too long to adjust back and forth and it's just not worth it.	6/20/2014 10:06 PM
13334	I would like it to stay in the spring daylight savings time because kids who have to walk to school during the winter months won't have to walk in the dark	6/20/2014 10:05 PM
13335	I don't think people realize that it is done away with it will get dark in the summer at 8pm. I love staying outside to enjoy a cool summer evening and it not getting dark too early.	6/20/2014 10:05 PM
13336	Waste of time and hard on health/sleep habits.	6/20/2014 10:05 PM

13337	I honestly believe that there is not a significant benefit in continuing with daylight savings. It takes most people a few weeks to adjust the new time. Almost every parent i know, especially those with small children, has a very difficult time getting their families adjusted . It might sound like a small or petty thing to worry about but it truly can wreak havoc when your families schedule is messed with.	6/20/2014 10:05 PM
13338	It really isn't necessary anymore. At the time Daylight savings was created there wasn't all the technology in place for lighting so things needed to be done during daylight hours.	6/20/2014 10:05 PM
13339	I don't see a reason to keep it other than it was setup way back in the day and hasn't been changed. There are two states, Arizona/Hawaii, who choose not to participate and haven't seen a reason to go back to it. It was put in place to spring forward to get use out of more daylight which seems more beneficial for farmers and not everyone is a farmer. I think it would be a nice change.	6/20/2014 10:04 PM
13340	It is an unnecessary adjustment to life twice a year. Please do away with it	6/20/2014 10:03 PM
13341	I believe the reasons DST was originally instituted are no longer applicable. In addition DST is disruptive and very difficult to adjust to every 6-7 months.	6/20/2014 10:03 PM
13342	Too hard on the children, adjusting to the time change, getting them to go to bed!	6/20/2014 10:03 PM
13343	I think changing the time does help or make a different any more. I would like to see it standardized with arizona	6/20/2014 10:03 PM
13344	Time changes wreak havoc on small children's sleep schedules. Make it stop please.	6/20/2014 10:03 PM
13345	I think Daylight savings time is silly. I admire Arizona for not participating when everyone else did. There is still only 24 hours in a day, no matter how you slice it.	6/20/2014 10:03 PM
13346	I would love to never change another clock again. Due to the movement of the sun..	6/20/2014 10:03 PM
13347	Daylight Savings is an outdated idea proposed for an era when farming was the predominant occupation. Studies have repeatedly shown that it doesn't actually save money but rather costs a great deal of money and has a negative affect on the workforce and on our children. It results in decreased productivity, increased health risks, and an increase in accidents. Children have a very difficult time adjusting to the time change as most children thrive on routine. School becomes difficult for them until their bodies adjust and those who walk to school often face an increased danger when the clock has them once again walking in very low light situations. There is absolutely no logical reason to maintain this archaic practice.	6/20/2014 10:03 PM
13348	I do like the day light saving time just the way it is. But I would like it left year round in the summer time mode.	6/20/2014 10:03 PM
13349	I have to take Medication’s at the same time's every day and when the time changes it throws My schedule off, Also I just don't like the change, it works in Arizona so t will work here.	6/20/2014 10:02 PM
13350	One time all the time.	6/20/2014 10:02 PM
13351	I feel it is hard on everyone especially spring forward!!!	6/20/2014 10:01 PM
13352	Who wants the sun to come up at 5:00a. in the summer? Rather have the extra hour in the evening!	6/20/2014 10:01 PM
13353	I feel it is no longer necessary with modern electricity and heat.	6/20/2014 10:01 PM
13354	As a mother of a young child I dread it twice a year as daylight savings time approaches. It seems pointless anymore. It would be nice to pick a time and stick with it	6/20/2014 10:01 PM
13355	Please please just pick a time and stick with it! I prefer the spring ahead time. But please just pick one!	6/20/2014 10:00 PM
13356	Doing away with daylight saving would help, it affects your body negatively, it leads to a less productive worker for the few days after the change, and it doesn't really help with energy savings	6/20/2014 10:00 PM
13357	I love DST just the way it is. I look forward eagerly to spring when we can capture all the sunlight possible in our active daytimes.	6/20/2014 9:59 PM
13358	I would love for Utah to get rid of Daylights savings.	6/20/2014 9:59 PM
13359	Leave it alone once decided!	6/20/2014 9:59 PM

13360	I would like to do away with it and have it be the same year around. When the time changes we see an increase of car accidents and work place accidents. I live within 500 feet of a school and a few blocks from a temple and a hospital. Drivers cause more accidents when the time changes. If they are used to the time being the same year around it would decrease the accidents. Also in my field of work employees tend to be tired during the first month of a time change. This effects their productivity as well as there is an increase in work place accidents.	6/20/2014 9:59 PM
13361	Please leave our times alone so we do not have to adjust our family to a crazy issue.	6/20/2014 9:58 PM
13362	I think it is hard on infants, children, and teens thus making it harder than it needs to be on adults....keep the time the same year around...everyone is happy!	6/20/2014 9:58 PM
13363	Eliminate daylight savings and align us with Nevada and California in the summer which is more compatible for recreation/tourism. Hard to change sleep pattern... I still cant get to sleep until 11 and am too tired to get up at 6. The real farmers can just get up an hour earlier if they want to work longer hours. But alfalfa doesn't take a lot of effort... sprinklers do most of the work and Utah doesn't produce much else. Weather is cooler in the morning for activities and work, adding an hour would be useful.	6/20/2014 9:58 PM
13364	Get rid of. It's pointless and can be a hassle. I have personally ended up too early for work and even getting breakfast on the go. I have also had to deal with too many people being late and using it as a perfect excuse. I don't enjoy having to change my sleep routine overnight either. There is no major benefit to keeping it.	6/20/2014 9:58 PM
13365	Having two kids that are too young to understand the importance of sleep. Daylight Savings ends up confusing them and I lose a lot of sleep in the time that it happens. I also see a lot of folks having trouble adjusting causing insomnia. time to get ride of it and just stay on a standard time.	6/20/2014 9:58 PM
13366	I say we lign up with az amd leave it be other than losing an hr of sleep what good does it really do	6/20/2014 9:58 PM
13367	More daylight...it is healthier and also keeps people off the couch!	6/20/2014 9:57 PM
13368	Do away with daylight savings time.	6/20/2014 9:57 PM
13369	I want to keep Daylight Savings! I like having the sun up until 9:00 pm in the summer. If people want to get rid of the time change, we should go to DST and stay there. As a "solar powered person", I much prefer the longer daylight in the evenings.	6/20/2014 9:57 PM
13370	It represents the changing of the seasons. I like it and want to keep it.	6/20/2014 9:57 PM
13371	Staying light later is beneficial. It eliminates SAAD and reduces depression. With the added benefit of being able to accomplish more in the evening	6/20/2014 9:56 PM
13372	I suffer from a sleep disorder and changing time for daylight savings makes it worse. It can take me over a month to get regulated to the new schedule and I am a zombie for that month.	6/20/2014 9:56 PM
13373	It is hard for me to sleep due to health problems and when the time changes it makes it even harder on me. please stop changing it!	6/20/2014 9:55 PM
13374	It's difficult to adjust.	6/20/2014 9:55 PM
13375	I don't mind the time change. I think it is hard to get used to right at first, but I love my longer days in the summer!	6/20/2014 9:55 PM
13376	Daylight savings time year around to give more light after work in the winter	6/20/2014 9:55 PM
13377	I enjoy having more daylight in the evening but abhor changing back and forth. Pick one a leave it alone.	6/20/2014 9:55 PM
13378	I just don't like having day light savings time messing with my sleep!!!!	6/20/2014 9:55 PM
13379	I prefer having the extra light at the end of my day.	6/20/2014 9:54 PM
13380	Spring forward mountain time	6/20/2014 9:54 PM
13381	I am begging you, stop daylight savings! I have kids on the autism spectrum and it takes a couple of months for them to adjust! Utah is twice the national average for autism...no more DLS!	6/20/2014 9:54 PM
13382	Daylight savings was created for the farmer way back in the day. Now with modern technoligy, farmers don't need the extra hour at the end of the day to get things done. I think it needs to be gotten rid of. it hasn't hurt Arizona at all.	6/20/2014 9:54 PM

13383	I hate trying to get used to the change. It makes people tired and cranky. I've actually written to my representatives before regarding the time change issue.	6/20/2014 9:53 PM
13384	Utah should change if all Mountain Time states do the same. Utah and Colorado should be the same.	6/20/2014 9:53 PM
13385	I think we should,just do like Arizona, do away with it all together. Seems we talk about this same topic every year.	6/20/2014 9:53 PM
13386	It's worked fine for years. Leave it alone and let the legislature spend time worrying about something more important.	6/20/2014 9:53 PM
13387	The changing is so disruptive. I wish we could have one or the other and stick with it year round. Why did AZ get so lucky!	6/20/2014 9:52 PM
13388	It just doesn't make sense to hop, skip, and jump around the time. Staying at one set time has proven worthwhile in other states, it can work here also.	6/20/2014 9:52 PM
13389	It so much easier to spring forward and in the winter it would be benificial.	6/20/2014 9:52 PM
13390	I work late it is nice to have some daylight after work	6/20/2014 9:52 PM
13391	It is so hard for kids going to school as well as parents trying to get them up an hour early. Going to work is a joke, you just get used to the daylight and then they change it again. Arizona has a good idea, leave it alone and the people are happier. Tired kids at school just doesn't make a good experience for anyone.	6/20/2014 9:52 PM
13392	longer days	6/20/2014 9:51 PM
13393	Changing the time makes no sense in current times. The sun is up till nearly 9pm. It's hard to get kids to sleep. Fall back and stay there.	6/20/2014 9:51 PM
13394	There is no need for it and it really messes up my child's sleep schedule. Not to mention it messing up mine.	6/20/2014 9:50 PM
13395	we love bring forward, as we hate fallback.	6/20/2014 9:50 PM
13396	The earth rotates time is an illusion we don't need it to change no reason for it	6/20/2014 9:50 PM
13397	I enjoy the longer daylight in the summer time; however, adjusting to a new time schedule is hard on everyone. Whether it be fall back or make a new spring forward, I think it should be a permanent change. I like the idea of a permanent spring forward move, personally.	6/20/2014 9:50 PM
13398	Daylight Savings Time is harmful to one's health. It causes sleep deprivation for several days or weeks. It causes traffic accidents. I am very opposed to changing the times twice per year. We need to keep it the same year round.	6/20/2014 9:50 PM
13399	I think daylight savings is costly and unnecessary.	6/20/2014 9:49 PM
13400	I LOVE DAYLIGHT SAVINGS!!! I get so much more done when it is light longer. It is safer with more light too. PLEASE DON'T TAKE OUR DAYLIGHT AWAY!	6/20/2014 9:49 PM
13401	Arizona does well witout changing and Utah can do just as well without switching back and forth	6/20/2014 9:48 PM
13402	I want to stay in "Spring Forward" and never "Fall Back." I think it may help with seasonal winter depression.	6/20/2014 9:48 PM
13403	I see no point to it. The time it takes to adjust to the time change is not worth it.	6/20/2014 9:48 PM
13404	I detest daylight savings time much too difficult to adjust to.	6/20/2014 9:48 PM
13405	Deer crossing, when we change we seem to get in the pattern with deer crossing highway	6/20/2014 9:47 PM
13406	Daylight Savings time as it now stands is in my opinion irrelevant. We no longer have kids out doing chores on farmland before they go to school in the morning. I find it much more beneficial to have that extra hour of daylight in the evenings for time spent outside, than the flipflopping we do with the current system. I have wanted FOR YEARS to get rid of daylight savings time. I would love to see some resolution on this. I know people who complain about giving up the hour of sleep every spring. I never complain, because I gladly give up the hour to have more daylight time in the evening. I work full-time and that extra daylight time is precious to me and my family.	6/20/2014 9:47 PM
13407	This is an outdated and un needed time change. The crops do not know if the clocks change or not. So it should not matter for us either.	6/20/2014 9:47 PM

13408	I teach students with autism and they really struggle with the time change!	6/20/2014 9:47 PM
13409	I have a difficult time adjusting to the time change. Figure out one time & leave it!	6/20/2014 9:46 PM
13410	I prefer keeping to one time the entire year because I always experience difficulty adjusting to the changes and it seems that we're changing back when I'm finally getting used to the time being one way.	6/20/2014 9:46 PM
13411	The shift between times is difficult, especially in the spring. Studies show that your chances of being in an automobile accident increases for 1-2 weeks after the switch. I think we should pick a time and stay with it.	6/20/2014 9:46 PM
13412	N/a	6/20/2014 9:46 PM
13413	It's hard on everyone. Also, they keep moving the time they do it. It's earlier and earlier in the spring, and later and later in the fall. Have one time, and leave it there.	6/20/2014 9:46 PM
13414	Having lived in AZ and many other states I feel like I have a unique prospective. I think falling in line with AZ will only be a positive thing for us. The time change inevitably causes the first week(s) after the change to be hard (working with kids and for myself) and then we switch again only for a few months...just keep it in line with AZ and make it easier. The amount of daylight doesn't change enough to make a difference.	6/20/2014 9:46 PM
13415	I loved living in Arizona and it was nice to not having to shift my clock back. Daylight savings time needs to go away.	6/20/2014 9:46 PM
13416	please get rid of this it is unsafe for everyone	6/20/2014 9:46 PM
13417	I feel that there was a time when this was needed to help the agricultural industry but with the technology available today this is an unnecessary inconvenience for the rest of the people in the work force.	6/20/2014 9:46 PM
13418	Everyone I know dislikes the changing of time and wants it to end. I personally think it should be the same as Arizona and never change.	6/20/2014 9:45 PM
13419	No point to it at all! Just do away with the time changes and keep one schedule year round.	6/20/2014 9:45 PM
13420	I like the longer days that occur when we "spring forward" and would like to just stay with this time. I feel like I can adjust to the time change it just isn't worth the adjustment for me or my children. The time change makes it hard for everyone involved. Our health and the time adjustment has no potential benefit.	6/20/2014 9:45 PM
13421	Switching us unnecessary. If we had to choose a time I would prefer an earlier time, because I prefer more light later in the day.	6/20/2014 9:45 PM
13422	It is too hard on all people to switch back and forth, and I find the older I get the longer it takes for me to a climate to the change	6/20/2014 9:45 PM
13423	I think any parent will agree that it is a huge inconvience to get kids to sleep an hour earlier. Plus we are all awake during the daylight regardless of when the sun rises and sets.	6/20/2014 9:45 PM
13424	to hard to get used to the change changes sleep patterns	6/20/2014 9:45 PM
13425	Look. I understand Utah doesn't want to be like everyone else. I get it. Leftover pioneer spirit or something. But this will affect everything. Sporting events. TV schedules. Transportion. To flaunt our independece? Enough. In this, you have to go along to get along.	6/20/2014 9:44 PM
13426	The disruption is difficult to adjust to. It attects our aimals. They also are creatures of habit. The are acustomed to eating at 4 a.m. Their internal clock does not change.	6/20/2014 9:44 PM
13427	It's just way too confusing and an outdated method. We don't need it anymore.	6/20/2014 9:44 PM
13428	I am in favor of keeping daylight savings time the way it currently is. It allows the children and my self light after work and school to complete our activities .	6/20/2014 9:44 PM
13429	The time change was implemented when a lot of work was based on agriculture. Not necessary today. Messes up health and physical balance.	6/20/2014 9:43 PM

13430	Daylight Savings was first started to help farmers. In our world now, we don't have many people who farm and those who do will always get up with the sun and go to bed with the sun. It's just how it is. Springing forward and falling back are a hassle to remember. Also, springing forward means we lose an hour of sleep which means we are usually driving drowsy. Driving drowsy causes more accidents. People don't usually think ahead to go to bed an hour earlier than normal to make up for springing forward. On the flip side, falling back means we have an extra hour of sleep. Sleeping too much can cause headaches which then makes people miss work and/or drive distractedly which, again, can cause accidents. It also seems silly to be different from a neighboring state who already has gotten rid of Daylight Savings. We might as well join them to cause less confusion for people changing time boundaries as well as those at the airport and such. Having 2 states right above and below each other having completely different time zones is ridiculous. Just join with Arizona's time.	6/20/2014 9:43 PM
13431	I would prefer doing away with it to let our bodies align with the natural light/dark cycles. I think it's healthier.	6/20/2014 9:43 PM
13432	Daylight savings is no longer beneficial. and really is useless anymore. I would love to see Utah Not participate any longer.	6/20/2014 9:43 PM
13433	I hate changing all the clocks in my house. Like they all say "It's just another dayin the USA!!"	6/20/2014 9:43 PM
13434	It's just an inconvenience to try and remember to turn our clocks and get use to the time change. I actually prefer the spring ahead over the fall back.	6/20/2014 9:42 PM
13435	My family and I love the long and light nights in the summer. It gives us so much more time to spend outside with family members and allows us to finish projects after work as well. Please don't take this away from families.	6/20/2014 9:42 PM
13436	With ubiquitous artificial light, daylight savings time is a solution to a problem that no longer exists. Instead, it interferes with peoples' natural clocks and creates potentially dangerous situations on the road with over-tired drivers.	6/20/2014 9:42 PM
13437	Keep it at spring ahead	6/20/2014 9:42 PM
13438	I raised six kids with DST and I didn't see the problem other people see. I like it, it makes sense I do wish it didn't start so early in the year or last so long. I hate seeing high school kids have to wait at bus stops in pitch darkeness.	6/20/2014 9:42 PM
13439	i just think it is waist the time	6/20/2014 9:42 PM
13440	keep daylight saving. Keep childern safe	6/20/2014 9:41 PM
13441	Daylight savings was a great idea for its day. I feel it has no pace in modern society. It's a week to two weeks of unnecessary jet lag. I have never v seen data that supports the idea that it save money.	6/20/2014 9:41 PM
13442	Keep day light savings	6/20/2014 9:41 PM
13443	I don't like it when it changes.. it's hard to adjust to and for weeks I feel like I am sleep deprived.. whether or not we are adding DST or taking it away..	6/20/2014 9:41 PM
13444	A waste of time, hard for younger children to get used to	6/20/2014 9:41 PM
13445	Falling back is nice, but springing forward is painful and difficult to adjust to.	6/20/2014 9:41 PM
13446	It's a waste of time, energy, and detrimental to health!	6/20/2014 9:41 PM
13447	Get rid of it. The only purpose it serves is to mess up sleep schedules.	6/20/2014 9:40 PM
13448	What a waste of time since the invention of the light bulb. Most kids get a ride to school these days so walking from and to is almost a non-issue. And the time change messes with out internal clocks as well.	6/20/2014 9:40 PM
13449	Just stay with 1 time and leave it .	6/20/2014 9:40 PM
13450	Remove it	6/20/2014 9:40 PM
13451	Disrupts family schedules. It would be nicer to stay on one time year round.	6/20/2014 9:40 PM
13452	Love the time we have right now ... Hate winter when it gets dark so stinking early. Go to work in the dark come home in the dark, really depressing.	6/20/2014 9:40 PM
13453	If we don't switch our children will be waiting for the bus outside in the dark all winter long...	6/20/2014 9:40 PM

13454	We enjoy as much daylight as possible. The switch back and forth is hard on everyone.	6/20/2014 9:39 PM
13455	The time changes disrupt many people's schedules. Studies have shown that changing to Daylight Saving Time causes an increase of energy for lighting, heating and cooling buildings.	6/20/2014 9:39 PM
13456	Just an opinion. ...I hate Daylight savings time.. just keep it on Mountain time and let it be.... the end... the change sucks each year and its just not necessary.	6/20/2014 9:38 PM
13457	The reasons for the time change, to save energy, is stupid and incorrect.	6/20/2014 9:38 PM
13458	I DO NOT LIKE CHANGING BACK AND FORTH DAYS ARE LONG ENOUGH IN SUMMER WITHOUT DAYLIGHT SAVINGS EXTENDED HOURS BENEFIT ONLY CERTAIN GROUPS	6/20/2014 9:37 PM
13459	It's great for kids and for outdoor activities in the summer. My vote is to keep it.	6/20/2014 9:37 PM
13460	It is hard on my health and a waste of time. It takes too long to adjust to the change. Get rid of it!	6/20/2014 9:37 PM
13461	I find that it has become more of a bother than anything. Trying to get your body on the adjusted time is hard and even harder on our kids. You try telling an infant or toddler that they need to go to sleep earlier (or later) just because of the time change!	6/20/2014 9:37 PM
13462	I don't like change my time back and forth it would make more sense to remain the same time all year long	6/20/2014 9:37 PM
13463	We are no longer a farming nation. Doesn't benefit many anymore.	6/20/2014 9:36 PM
13464	Spring forward all the time provides more daylight after work to enjoy the beautiful outdoors year round.	6/20/2014 9:36 PM
13465	I'm not particularly opinionated on the matter. I hate springing forward though and think it silly to go on our own time. Stay with Arizona	6/20/2014 9:36 PM
13466	I hate how hard it is for my body to adjust (days) every time we change time zones. Let's stick to normal MST and get rid of DST.	6/20/2014 9:36 PM
13467	It throws my whole family off for an entire week every change. I don't see the point in the change, I don't care which schedule we use, I am just tired of the change.	6/20/2014 9:35 PM
13468	I don't believe that the benefits outweigh the problems it creates.	6/20/2014 9:35 PM
13469	I dread the time change each time it happens, it takes a few weeks to get used to the new time and get everyone back on a normal sleep schedule.	6/20/2014 9:35 PM
13470	I think it was beneficial back in the day but in modern times doesn't provide the benefits it used to. Now there are only drawbacks.	6/20/2014 9:35 PM
13471	Please have daylight savings time year round. By the time I get home from work, I need the extra hour to do my yard work or relax in the yard. I don't need the light to drive to work.	6/20/2014 9:35 PM
13472	Trying to get children acclimated to the new schedule is a nightmare. It takes them weeks, to adjust. It's hard enough for adults, but I think it's worse for children.	6/20/2014 9:34 PM
13473	This going back and forth is stupid. Just pick a time and leave it alone! I would rather keep the long days but if it goes the other way, so be it. Either way just stop switching it back and forth.	6/20/2014 9:34 PM
13474	What ever you do do it year round. No springing or falling. I don't really care other than that.	6/20/2014 9:34 PM
13475	It really has an effect on my mental health. I feel it does with most people. It is totally unnecessary.	6/20/2014 9:34 PM
13476	I like how it adds light to the end of the day.	6/20/2014 9:34 PM
13477	What am I missing? You gave us an option to "CREATE" a new DST for Utah, but there aren't any details. Do you just mean that we will "Spring Forward" one last time, and stay there? I voted to retain. I really appreciate the extra hour of daylight for 6 months during the year. I might change my vote if there was more information about the "Create" option, but right now it's too vague. My family doesn't experience any ill side-effects from DST. It's a smooth adjustment. Sometimes we tweak the children's bedtimes a little, but it really isn't a big deal.	6/20/2014 9:34 PM
13478	Don't "fall back" in the fall.	6/20/2014 9:34 PM
13479	When I finally get home from work I would prefer a few hours of daylight, since I am outside working on my small farm.	6/20/2014 9:34 PM

13480	It is not necessary in this day and age. What is the point or benefit these days? It might have had a benefit a long time ago, but not anymore. All it does is disrupt our lives, from health to sleep, to productivity. Its even worse for kids and animals to completely change their schedules.	6/20/2014 9:33 PM
13481	It would be easier on everyone who lives in Utah and more benificial as well.	6/20/2014 9:32 PM
13482	It's a pain to keep changing all the clocks. When I worked for the school dist. In salt lake it took over a half a day to change them in one school. Take that times. 30	6/20/2014 9:32 PM
13483	I seen no need to change the time.	6/20/2014 9:32 PM
13484	I enjoy having more time to do fun things in the evening. People who get upset about it are nuts.	6/20/2014 9:32 PM
13485	Please kill DLS! It's a drain!	6/20/2014 9:32 PM
13486	I love daylight saving time. Leave it the way it is. No reason to change it.....	6/20/2014 9:32 PM
13487	It was originally for the farmers. And we still have a few, but most of us work a normal job. And don't need daylight until 9:30p.m. Hopefully the legislature will seriously think about this and make the change	6/20/2014 9:31 PM
13488	It's been proven that DLST causes loss in produtivity, increases accidents and even causes medical problems.	6/20/2014 9:31 PM
13489	There is no reason for daylight savings time. Only a person with half a brain would believe that if you cut a blanket in half and sew the bottom half to the top portion you would end up with a longer blanket.	6/20/2014 9:31 PM
13490	For High School Spring sports, daylight savings time is essential, baseball games can start later with less missed time for students. It's already difficult as it is. Leave it alone, its worked forever and extra daylight at night in summer is a good thing.	6/20/2014 9:31 PM
13491	Like it for camping family get togethers because the kids can play outside while the adults visit in the house	6/20/2014 9:31 PM
13492	to remove the need of changing time twice a year. There is not a good reason for doing so anymore.	6/20/2014 9:31 PM
13493	I don't enjoy driving home in the winter at 5pm in a snowstorm and slick roads and it's dark!!! I don't think we're saving anything by having DST, just leave the time alone and stop changing it.	6/20/2014 9:30 PM
13494	DST was created by a U.S. president because he wanted more time to play GOLF. Time to end this travesty.	6/20/2014 9:29 PM
13495	Too hard to adjust to time changes. Waste of time.	6/20/2014 9:29 PM
13496	what's the point of it? So people can get an extra hour of sleep once a year?	6/20/2014 9:29 PM
13497	I love the longer light hours in the summer, but hate moving the clock back in the year for only five months. Keep it the same year round.	6/20/2014 9:29 PM
13498	It is a huge hassle, it is especially hard on our bodies, and even harder on our kids! Please get rid of it!	6/20/2014 9:29 PM
13499	It needs to go. I like the idea of fall back and then keep it that way. Even if it's spring foward, then stay. Either way let's get rid of daylight savings	6/20/2014 9:28 PM
13500	They should do away with it.	6/20/2014 9:28 PM
13501	With conservation, cfl's, energy efficient technology, daylight is no longer necessary.	6/20/2014 9:28 PM
13502	It is a waste of time and energy. We spend more money than we "save". It is counterproductive to monkey with our clocks twice a year. Stop the madness.	6/20/2014 9:27 PM
13503	I would love not to have it at all but I would rather go forward than back due to staying lighter longer would be nice	6/20/2014 9:27 PM
13504	Daylight savings in todays world seems outdated. It is always difficult to adjust when we "spring ahead" or "fall back". It would be better to remain on standard time year round.	6/20/2014 9:26 PM
13505	Wait all year to enjoy long days of mood-elevating light & warmth! Please don't change!	6/20/2014 9:26 PM
13506	It messes with everyone's biological clock. I think kids are affected the worst.	6/20/2014 9:26 PM
13507	It does nothing for us, except make us tired and throw off our bodies clock	6/20/2014 9:26 PM

13508	I honestly don't care if we join with Arizona or constantly spring forward as long as we no longer change. It messes with my children's schedules and makes life more difficult. I also taught school and you loose more time then you think as the kids adjust to the time change.	6/20/2014 9:26 PM
13509	I think it is an antiquated practice that needs to be stopped. No one benefits from DST.	6/20/2014 9:26 PM
13510	As an Arizona transplant, I can say the benefits of one year round time are many. Children don't have to struggle to adjust to varying bedtimes. Energy costs don't fluctuate because of time changes, etc. The down side? Your TV shows sometimes flip flop if they come from time zones observing daylight saving. I found that one con easy to live with. I vote for Mountain Standard, Year Round.	6/20/2014 9:25 PM
13511	I think we should discontinue day light saving time. Arizona does fine without it.	6/20/2014 9:25 PM
13512	We dont need it its terrible, bad on the body and unnecessary! Leave the clock alone!	6/20/2014 9:24 PM
13513	Do away with it.	6/20/2014 9:23 PM
13514	We need the extra daylight in the evening for children's sporting such as baseball (no light on most fields), golf for working people to enjoy the later light which brings income for cities & counties. We really love the change!!	6/20/2014 9:23 PM
13515	There may have been an advantage to DST at one time but I don't see that there is anymore. Please rescind it.	6/20/2014 9:22 PM
13516	I hate it. My children have a terrible time adjusting to it.	6/20/2014 9:22 PM
13517	It is too hard to adjust to the time change. I don't think it is needed any more.	6/20/2014 9:22 PM
13518	Unlike previous generations, we now live in a 24 hr culture. The need to shift no longer exists. By the way, it was stupid in the first place.	6/20/2014 9:20 PM
13519	Please leave it at normal time like AZ. We wake up in the dark and go to bed in the light. No energy savings and only lost sleep.	6/20/2014 9:17 PM
13520	please just set it and forget it once and for all. changing times causes accidents and doesn't do anyone any good.	6/20/2014 9:13 PM
13521	I love daylight savings time. Who wants it to be light at 3:30 in the morning? Try having a neighborhood block party then and see how it flies. We raised 5 kids and it was never an issue... Attitude is everything folks. Keep my long summer evenings!!!!	6/20/2014 9:12 PM
13522	The days are longer. More light gets in.	6/20/2014 9:11 PM
13523	It's hot during the summer and who needs more sun during the hot months. It also throws off my bedtime, especially when it's still light at 9:30 p.m.	6/20/2014 9:11 PM
13524	If we try to change the Winter schedule in an attempt to have more evening daylight, it will create an unsafe condition for our schoolchildren	6/20/2014 9:09 PM
13525	My choices in order of preference would be: 1. Create new DST (spring-forward all year) 2. Retain existing scheme 3. Align with Arizona	6/20/2014 9:06 PM
13526	Just isn't relevant anymore	6/20/2014 9:06 PM
13527	I would much rather have an hour of sun in the evening, than one to sleep sleep through	6/20/2014 9:02 PM
13528	Day light savings time needs to go. My health depends on me staying on a schedule. The time changes are hampering my ability to take my medications and exercise on a consistent basis. Add into that equation working full time and an hour long commute to and from.	6/20/2014 9:00 PM
13529	I love the extra evening daylight in the summer, and I hate turning the clock back in the fall. I say we spring it forward and leave it.	6/20/2014 8:57 PM
13530	We need to end daylight savings time, it's a really big waste of time.	6/20/2014 8:56 PM
13531	There was a time for this, and this used to be useful for working out in the fields etc. We are not primarily a crop State and there is no longer a use for this.	6/20/2014 8:55 PM
13532	My body gets used to one sleep cycle and then the time change throws it off and struggles to get used to the new schedule. I grew up in Arizona and never struggled like I have for the 20 yrs I've been here. Every year I say "I wish they'd do away with DST".	6/20/2014 8:53 PM

13533	I simply hate to worry about changing my clock around twice a year. It just throws everyone for an unnecessary loop, especially children! Let's make our lives easier and get rid of it for heck sakes.	6/20/2014 8:52 PM
13534	Hopefully Utah will let us have the same time as AZ. I don't know anyone that likes to change the time twice a year. Thanks	6/20/2014 8:52 PM
13535	Winter in Utah can be long and cold. When we "fall"back, within 30 days we are waking up in the dark. Driving to work in the dark. Driving home from work in the dark. Unloading kids and groceries in the cold and dark. Let's face it, we look forward to Spring because we FINALLY get to see the sun and it improves our mood, energy and our productivity. I have always been in favor of having the extra hour of daylight in the evenings when we "spring" forward a permanent decision. I have always maintained the extra light during the winter would also help with depression. My husband, myself and our family are active people. We appreciate being able to be outside 365 days a year as long as possible whether we are snowmobiling, skiing, 4 wheeling, camping, playing competitive sports and gardening. Our family supports making a new Daylight Savings time."	6/20/2014 8:48 PM
13536	Many of the arguments for DST have simple solutions. Farmers get up with the sun, regardless of the time. Granted many get up sooner. Tourists get up when they feel like it, mainly because they are on vacation and can be lazy if they want to be. As an IT guy, whether the sun is up or not doesn't matter. When technology breaks I have to take care of it, regardless the time. If I don't, bad things happen in the world. Aligning with AZ will put UT back into their geographic universal time slot of -7. It would keep things less confusing traveling between AZ and UT and makes the most sense in general.	6/20/2014 8:45 PM
13537	My body never adjusts to DST!	6/20/2014 8:45 PM
13538	I think that it would be better for all if we left the time alone. It's hard getting your body to change its way of doing things every 6 months. I just don't think it is very healthy.	6/20/2014 8:44 PM
13539	I think either the option to align with Arizona or make our own Spring forward time would be better because switching times twice a year can become very confusing and as a stay at home parent it throws my kids off of their schedules for a good week which is very hard on me.	6/20/2014 8:40 PM
13540	I think DST is unnecessary and outdated. I would love to stay with one time all year-round.	6/20/2014 8:40 PM
13541	It is really hard to keep kids on a schedule when you loose or gain an hour	6/20/2014 8:36 PM
13542	Its really hard on the kids each time we change the time. We get used to walking to school and then the time changes and its dark outside again. 2 weeks of cranky kids, confused animals that get fed at certain times is not worth it in this house hold.	6/20/2014 8:35 PM
13543	I come from a farming family & I know daylight savings was meant to be a tool to help farmers get their crops in. I WOULD PREFER TO HAVE EXTRA LIGHT IN THE EVENINGS. A LOT OF SPORTS ACTIVITIES ARE PLAYED IN THE EVENINGS. Also, I believe it is GOOD FOR OUR ECONOMY. (More people go out (shopping, sports, etc.) when it's daylight than when it is too dark. Also, I believe it helps people like me who suffers from SAD	6/20/2014 8:34 PM
13544	Stick with az they seam to make it work.	6/20/2014 8:33 PM
13545	Summer activities would be cut short due to changing the schedule we have at this time. It gets colder when the sun goes down earlier. I also feel this would cause people to not go out at night after work in the summer as much, which would in turn decrease our economic benefit of the summer months.	6/20/2014 8:30 PM
13546	I prefer the extra daylight in the afternoon/evening. This gives me going home light after work during the winter months.	6/20/2014 8:29 PM
13547	It is such an interruption to my sleep cycle when I have to change my clock. People who forget to change their clock stress out the next day when they have to go to work being an hour late. Then they be dragging their behinds during work because they are tired from getting up an hour early.	6/20/2014 8:28 PM
13548	I have always hated DTS, I has always messed with my sleep. The days get longer without "adding" and hour to the daylight time. I have never understood the purpose for it. If AZ can live without it we can too! End DTS!!!!!!	6/20/2014 8:28 PM
13549	It would stop the time for changing back-and-forth and missing people up	6/20/2014 8:26 PM
13550	Lots of extra time to spend with my children doing healthy things after work	6/20/2014 8:26 PM
13551	I'd like to spring forward — but we'll just stick out. If we ALIGN first and have a condition in the bill that if X other Mountain Time states spring forward, we will, too.	6/20/2014 8:24 PM

13552	Not only is it a cost factor, but its a health factor. Lets all get on the same page when t comes to DST.	6/20/2014 8:24 PM
13553	Once the sun finally sets, it's almost time for bed! Never have liked daylight savings. I enjoy more night time hours personally.	6/20/2014 8:24 PM
13554	Don't like the change. Feel like jet lag for a week after change. Stay with spring forward always and stop the nonsense.	6/20/2014 8:23 PM
13555	More daylight for family activities after work..an extra hour to bike, boat, walk, little league, hike, garden..Full Time Day Light Savings equals more daylight for family activities equals healthier kids, more family oriented children, parents and siblings..	6/20/2014 8:21 PM
13556	Winter in Utah can be long and cold. When we "fall"back, within 30 days we are waking up in the dark. Driving to work in the dark. Driving home from work in the dark. Unloading kids and groceries in the cold and dark. Let's face it, we look forward to Spring because we FINALLY get to see the sun and it improves our mood, energy and our productivity. I have always been in favor of having the extra hour of daylight in the evenings when we "spring" forward a permanent decision. I have always maintained the extra light during the winter would also help with depression. My husband, myself and our family are active people. We appreciate being able to be outside 365 days a year as long as possible whether we are snowmobiling, skiing, 4 wheeling, camping, playing competitive sports and gardening. Our family supports making a new Daylight Savings time. Thank you for allowing us to voice our opinion! Sherman and Gretchen Carter and Family.	6/20/2014 8:21 PM
13557	I would prefer staying on Daylight Savings time permanently (not falling back to Standard time in the fall).	6/20/2014 8:20 PM
13558	The time change is a disruption to sleep patterns, and is hard to adjust to for adults and children. Either of the non DST options would be preferred over the current version although I like the early time best.	6/20/2014 8:19 PM
13559	It is healthier for our bodies.	6/20/2014 8:18 PM
13560	As much as I hate the idea of aligning with AZ on much of anything, I definitely want to end DST but as a resident of St George, I do not think it'd be a good idea to create something new so I vote: Align with AZ.	6/20/2014 8:18 PM
13561	I want to creat the new daylight time, and stay on that all year, because ?I much prefer having daylight during the hours when I am home. My place of business will have the lights turned on no matter what time work starts but I get much better sleep in the dark (early morning hours of the summer would be very bright if we aligned with Arizona) and I am much happier when I come home from work and have daylight to use as I complete errands, housework, and yard work in the evenings (in the winter, on standard time, it is dark before I get home most times). In short, I would rather work under the fluorescent lights and have it be dark outside in the mornings but have daylight still shining when I get done at the end of the day. I think this change would go a long way toward reducing the incidence of Seasonal Affective Disorder suffered by many, including myself, during the winter. If I had to make a second place choice, it would be to stay as we are. Going to Standard time with AZ all year would be my last choice. Thank you for the opportunity to share my opinion and thoughts.	6/20/2014 8:17 PM
13562	I believe it's way too damaging to children and families. They get used to one way then they have to switch. It's also bad for health. I think it's ridiculous how late the sun stays up in the summer. It's almost impossible to get children to be. It discourages productivity. We need structure. Our and Arizona's tourism is similar and would help tourists to not have a time change when both our states lie about the same east to west.	6/20/2014 8:14 PM
13563	It is past the need for time changing. Keep time constant year round.	6/20/2014 8:12 PM
13564	It takes my body several days to recover every time we switch. It does not benefit me or any of my family members.	6/20/2014 8:12 PM
13565	I don't see any of the benefits of DST affecting us today as it did in the past. Living on the state boarder in Southern Utah and only 3 miles away from the Arizona time zone has only created confusion and hassle when two communities (Kanab and Fredonia) are trying to coordinate schedules. Only 5 months out of the year do our times match up and by the time we get used to it, it's time to switch again! It's hard on the communities, it's difficult on the children and in my opinion is bad for our health to have to keep switching our internal clocks forward and back. I never look forward to DST, it makes me sick.	6/20/2014 8:12 PM
13566	Like the idea of a new daylight savings for 12 months.	6/20/2014 8:10 PM

13567	DST saves energy by shifting daylight time to late evening when lights can be left off, rather than having early morning daylight be wasted when most people are asleep. DST also allows for outdoor evening activities where lighting would be impractical or expensive, such as school sports events and outdoor concerts and gatherings.	6/20/2014 8:09 PM
13568	Please stop this ignorant activity and leave the clocks alone.	6/20/2014 8:07 PM
13569	The amount of hours the sun is up cannot be controlled by us humans adjusting our clocks. If you want to have more daylight for your work, get up at the appropriate time and sleep at the time that best suits your schedule. It's just logical that we adjust as the seasons change. But why make it so that Everyone has to change their clocks to make an adjustment that they might not need? If business owners find that people will be coming in at different times during the summer than in the winter for business, Then why not change the hours they chose to be open? Its really not that difficult! For many people I know, all DST seems to do is throw their bodies' sleeping pattern out of whack, and it takes a while for their bodies to adjust. Please get rid of DST!	6/20/2014 8:05 PM
13570	Changing times is really hard on kids and families. There is really no point to it. All it does is mess with body clocks and schedules.	6/20/2014 8:01 PM
13571	The changing of hours is disruptive and unnecessary.	6/20/2014 8:01 PM
13572	It is horrible! Especially for those of us in the southern part of the state. It also has a negative impact on schools. Kids are walking or catching buses to school in the dark! Please align with Arizona!	6/20/2014 7:59 PM
13573	Changing time just always messes with your internal clock. It is bad for parents with babies and it is even hard on my pooches. It takes good wee or two to adjust to something that just does NOT have to be.	6/20/2014 7:57 PM
13574	The jumping forward and backward twice a year has never made sense to me. Please just stay year round on Mountain Standard time.	6/20/2014 7:55 PM
13575	The extra daylight in the summer makes it easier to enjoy the beautiful state we live in!	6/20/2014 7:55 PM
13576	Aligning time with Arizona is best because, one, DST needs to be discontinued (it is disruptive to daily life and our health twice a year), and two, if we create our own DST we would be a full two hours ahead of Pacific Standard Time. This could be extremely problematic and confusing for the general population and especially tourists and visitors. For these reasons we should align ourselves with Arizona where DST is concerned.	6/20/2014 7:55 PM
13577	Would be so much nicer to get work done in the winter time with the extra hour of light.	6/20/2014 7:53 PM
13578	In months that we are forced to fall back we travel to work in darkness and return in darkness. Utah's winter gray and gloomy air inversions compound the problem.	6/20/2014 7:53 PM
13579	I don't like changing clocks back and forth. Let's just keep it in one mode or the other year round.	6/20/2014 7:53 PM
13580	It's too hard on me and my students and pets to make these adjustments	6/20/2014 7:50 PM
13581	I have a really difficult time changing time. While my children were living at home they also had a hard time during the first month of change. It is difficult for young children to adjust to the change.	6/20/2014 7:46 PM
13582	I enjoy the extra time in the day	6/20/2014 7:44 PM
13583	Daylight savings time no longer serves any useful purpose, the only thing is does is mess up the sleep cycle of everyone. Our children perform more poorly in school until they can adjust. I perform more poorly at work as I adjust. More people have health problems as they are forced to adjust. And there is no need for it. It's a waste of time and money.	6/20/2014 7:43 PM
13584	I feel the current system is outdated and obsolete. It has a negative impact on my school aged kids, and affects me as a local driver in my town. Fatigue is always an issue each time the clock changes for dst.	6/20/2014 7:42 PM
13585	I think Daylight Saving Time should be eliminated. It would eliminate the whole confusion on when the changes happen. By aligning with Arizona, there's no need to burden computer programmers with the creation of a special time zone only for Utah. Besides, studies have proven that during Daylight Saving Time, MORE electrical power is used, not less. Therefore, it could be a cost savings, as well as reduce the burden on the electrical grid.	6/20/2014 7:37 PM
13586	Being a parent of three children with special needs the time change is horrid for medications, their bodies, mental/physical fatigue. It would save money not seeing Drs due to the time change.	6/20/2014 7:34 PM

13587	In the world we live in, with people sleeping with the phones, waking to music, working from home etc there is no need to change the clock. If a school wants to set their start time later or earlier let those families decide. If you want to get up early get up early. Leave the clock alone.	6/20/2014 7:34 PM
13588	As a teacher I have observed that the transition from MST to Daylight Savings Time is extremely stressful on students at school. Each time the time changes the students get agitated and there appears to be more sickness because they aren't getting a proper night's sleep. Also, my nephew was struck and killed by a car, two years ago, a week before the time was changed back to MST because the car could not see him in the early morning dark. Please, let us be smart like Arizona and leave the clocks alone. Thank you for considering this change. Sincerely, Rebecca Scano, Sped Teacher	6/20/2014 7:33 PM
13589	I would like to see no savings sort of time just leave the time as it is in summer with all states not changing from time the way we have it in summer.	6/20/2014 7:23 PM
13590	there just seams to be no real purpose, in switching back and forth anymore	6/20/2014 7:15 PM
13591	I'm a father of 3, the kids don't adjust very well to changes in the time schedule. Parents are already sleep deprived. Also summers stay to light for too long and winters are too dark very early.	6/20/2014 7:11 PM
13592	All my life in Utah, I was indifferent to the time change. It didn't matter a whole lot to me other than remembering to change the clocks. As soon as I became a parent, I quickly grew to hate daylight savings time. Twice a year it messes up young kids' routines which takes weeks to "reset". Also it is light so late in the summer, bedtime is even harder.	6/20/2014 7:05 PM
13593	Daylight ssavings time is out dated. If longer days are the more desirable for most people, then stay with that. If not, then align with AZ. The 2 changes each year cause too much adjustment for everyone --for no good reason!!	6/20/2014 7:05 PM
13594	It is to hard on the elementary students. Every time the time changes you see the students and grades drop because they are tired. Please just leave it alone!	6/20/2014 7:02 PM
13595	What's the point? More heart attacks in the Spring? Tired teenagers grades suffering while they adjust to new schedules?	6/20/2014 7:02 PM
13596	Daylight savings time no longer has any purpose. Modern technology has terminated its need	6/20/2014 6:52 PM
13597	It messes up people's sleeping patterns and lack of sleep causes stress, so daylight savings time stresses people out.	6/20/2014 6:45 PM
13598	I don't like the disruption when the time changes. I prefer morning light.	6/20/2014 6:41 PM
13599	I feel it would make the winter hours in the day to where we have more light in the evenings.	6/20/2014 6:34 PM
13600	when we "fall back" then we have the sun come up the earliest in our schedule. i feel that the morning sun increases productivity, and having lived in several areas of the nation, our morning sunlight time is limited compared to other places i have lived.	6/20/2014 6:26 PM
13601	More sunlight in the morning helps me awake feeling refreshed & energized, giving me a more productive work day.	6/20/2014 6:16 PM
13602	Like daylight savings. Don't take the light away after work	6/20/2014 6:13 PM
13603	DST disrupts circadian rhythms and upsets household schedules (especially with young children) without any material offsetting benefit	6/20/2014 6:06 PM
13604	We should stay on daylight saving time; it makes more sense than standard time and is confusing to switch back and forth.	6/20/2014 6:00 PM
13605	Given that we are not an farming based society anymore and that it has been shown in study after study that it hurts productivity for a minimum of 6 weeks and that it doesn't save energy because more people utilize air conditioners, drive around, etc. It is as silly as saying that a blanket is too short for a bed, so let's cut a foot off the bottom and add it to the top.	6/20/2014 5:59 PM
13606	Leave it alone. It doesn't really hurt anyone, even though a few complainers are tired for a few days. I love it still being light fairly late into the evening, but in the winter, I wouldn't want it to be so dark in the morning (if we were to keep MDT) as the time year round. It works, don't mess it up.	6/20/2014 5:58 PM
13607	I like the option of splitting the difference and being 30 min different that everywhere else. I think that this 30 min shift should be done nationwide.	6/20/2014 5:57 PM

13608	I want Daylight Savings Time to become our standard time, year round, forever, always. In winter, kids and adults (those who work during the day shift) go to school and work in the dark (or mostly dark). The kids generally get out of school in daylight, but most adults are coming home in the dark. if Daylight Savings Time were year-round, both kida and day-shift-working adults would get some daylight time. Adults who go out to exercise (running walking, cycling) or anyone taking the family dog for a walk before dinner, would be able to do it in daylight or dusk, instead of pitch darkness.	6/20/2014 5:56 PM
13609	I feel it makes the day too long. If we keep it, i think it would ve prudent to change the times.	6/20/2014 5:44 PM
13610	DST simply creates more problems than it solves.	6/20/2014 5:43 PM
13611	I dislike the time switch twice a year. I grew up in Arizona, and never felt the lack of daylight savings, or the need for it.	6/20/2014 5:42 PM
13612	My personal body clock has great difficulty adjusting to the clock on the wall. I feel brain dead for about a month after the change, whether in the spring or fa.	6/20/2014 5:38 PM
13613	Just leave it with AZ, no more changes twice a year	6/20/2014 5:32 PM
13614	Just pick a time & stay with it!	6/20/2014 5:28 PM
13615	I prefer it to stay on daylight savings all year round. I don't like it when it gets dark early.	6/20/2014 5:23 PM
13616	It would be difficult to change the habits of people in order to take fuller advantage of the sunlight. Therefore, I am a proponent of year-round daylight savings time, which would give families more time to pursue daytime activities after school and work in the winter.	6/20/2014 5:22 PM
13617	I would prefer to always be on MDT. I want to keep our summer day light hours the same, but no more moving back and forth. It is very hard on young children and therefore on parents.	6/20/2014 5:21 PM
13618	Just leave it one way or the other. It is either go out in the dark or come home in the dark. Just leave it one way.	6/20/2014 5:21 PM
13619	It takes two weeks to get used to the new time. I also am much more likely to get a cold right after the time change.	6/20/2014 5:20 PM
13620	I think it is a waste of time and never made sense from the beginning. Take us back to real time and leave it alone	6/20/2014 5:20 PM
13621	Love it keep it all year.	6/20/2014 5:19 PM
13622	I'm from Arizona, living in Utah, and find DST to be outdated and inconvenient.	6/20/2014 5:17 PM
13623	Please keep daylight savings time as it currently is. It is so nice to have that extra hour of daylight in the evenings to work in the yard and garden after getting home from work. Having the extra hour of daylight early in the morning when people are asleep makes no sense. Daylight savings time saves energy as there is no need to turn on the interior lights as early in the day. This is going to be more important given the President's war on coal. Daylight savings time reduces auto accidents, especially collisions with deer, which are more common in the evening. I will not vote for and will actively campaign against any member of the legislature who votes to change daylight savings time.	6/20/2014 5:14 PM
13624	Just get rid of it.	6/20/2014 5:14 PM
13625	My children wait for the bus to school in the dark while my teenagers drive to school in the dark. Disrupting our sleep schedule twice a year makes us susceptible to colds and flu; it seems several of us succumb to a virus within 5 days of either end of daylight savings time.	6/20/2014 5:13 PM
13626	I don't like going home in the dark in the winter--even at 5:00 p.m. I don't feel there is any good reason for it. It's an inconvenience.	6/20/2014 5:13 PM
13627	Daylight savings is stupid.	6/20/2014 5:10 PM
13628	I would perfer Utah remain on "spring forward" year round. The extra light in the evening allows for a more productive work schedule.	6/20/2014 5:10 PM

13629	Given all the "Studies" that confirm an Increase in Heart Attack deaths for a 10 period at the time change times, and the Increase of Vehicle Crashes and Deaths, all of which is directly attributable to the "Time Changes," It seems this should be a "No Brainer" and that it should be a practice that is "Immediately" discontinued never to be instituted again. One Death attributable to such a practice is one hundred too many! Economically, it has also been studied and proven to be "Not worth the Effort." End the Practice!	6/20/2014 5:07 PM
13630	Having the extra hour in the evening during daylight savings allows me to accomplish items around the house and spend more quality time outdoors during the summer months	6/20/2014 5:05 PM
13631	I think the idea has been great for a long time but as with other antiquated programs that were suited to past societies, ours no longer meets the same requirements that once justified this practice.	6/20/2014 5:05 PM
13632	Disrupts my family's rhythm for at least a week each time change. Waste of health and effort, with little (no?) real benefit.	6/20/2014 5:05 PM
13633	Daylight savings time is beneficial and should be kept for all 12 months. The changing back-and-forth of the current system causes problems and frustrations. Set for all 12 months and leave it – nothing to remember. As long as it's a state option forget trying to match to another state.	6/20/2014 5:03 PM
13634	I like the extra daylight in the winter. I don't mind going to work in the dark and coming home with some light. Additionally it would make it so that Skiers aren't competing with morning commutes to get to the resorts. In my opinion, we should spring forward and stay there.	6/20/2014 5:02 PM
13635	Daylight Saving creates problems that don't need to exist.	6/20/2014 5:01 PM
13636	It's an inconvenience changing the time twice a year.	6/20/2014 5:00 PM
13637	Frankly, I don't care what time the clock says it is, so long as it advances consistently. The arguments for adjusting the time (DST) just don't pan out in today's modern world. Individuals, schools, businesses, and other organizations can (and many already do) adjust schedules seasonally based on daylight, tradition, and opportunity. Doing this makes more sense than moving clocks ahead or back. This is, of course, just my opinion but, since I'm always right...	6/20/2014 4:59 PM
13638	While I enjoy the extra sunlight during the summer, from what I have read there is no concrete correlation to economic benefits. Aligning with Arizona may allow for some benefits with trade and commerce since Utah has some affinity for Arizona and Nevada.	6/20/2014 4:59 PM
13639	I like Daylight Saving Time, please leave it as it is. This time of year it is so nice to have daylight at the end of the day for so many reasons for my family.	6/20/2014 4:58 PM
13640	It is great for the summer but it takes a week to settle into a new time when it is being switched twice a year.	6/20/2014 4:58 PM
13641	Both of the adjustments on the spring and fall are a difficult adjustment on sleeping schedules and emotional/physical well being. I don't really see the point in changing the time and would like to do without any time changes.	6/20/2014 4:57 PM
13642	I find a number of groups that prefer to keep daylight savings time. I also hear from people who want to do away with it but of those about half would prefer to go to daylight savings time year round.	6/20/2014 4:53 PM
13643	Daylight savings is too hard on babies, children and the elderly. There are more crashes on the road because of it. We need to do away with it.	6/20/2014 4:53 PM
13644	There are several reasons, but one that may not be mentioned much is the readapting of children to the new time. I'm a mother of 4 and my kids are used to a schedule of sleeping, playing, working, etc and every time the time changes it takes a bit for m kids to adapt. I'm of the opinion "early to bed, early to rise," and I feel Daylight Savings is catering to people who like to sleep in and stay up later.	6/20/2014 4:44 PM
13645	With the technology of today it is even easier to not worry about resetting watches, clocks etc. Appointments are kept on our phones, ipads, computers etc. Being able to have daylight longer is great for business!!	6/20/2014 4:43 PM
13646	Please stop daylight savings time.	6/20/2014 4:43 PM
13647	I will not like Utah to be out of sync with the Rest of the USA and I love long Daylight hours in the Afternoon and Lets Keep it on Daylight Saving Time all year round or keep Daylight Savings Time the way it is	6/20/2014 4:39 PM

13648	We live on the border of Arizona/Utah state line by Lake Powell and the time difference is a constant problem for us and our guests. We ignore the Utah time and follow Arizona.	6/20/2014 4:38 PM
13649	YeeeeeeeeehAAAA!	6/20/2014 4:34 PM
13650	Longer daylight hours allow us to enjoy the natural wonders of Utah longer!	6/20/2014 4:33 PM
13651	Simply because it makes sense. Time to change a decision made during wwII to save fuel.	6/20/2014 4:32 PM
13652	I find it ridiculous that our lawmakers continue to use the old system of "springing forward" or "falling back". That concept was developed during an era when there was a need. Today's society no longer has that same need. Just set the time and keep it the same year round! The time program that would give the most sunlight year round at the end of the day would be my vote! Either way, make it so we don't have to continually re-adjust to a different time frame twice a year.	6/20/2014 4:25 PM
13653	Keep the Tim the same year around	6/20/2014 4:23 PM
13654	Daylight savings time is the worst when working a 9 to 5 job. It makes the changing of the seasons feel exhausting and is unnecessarily confusing.	6/20/2014 4:22 PM
13655	Changing the time is disruptive and, from my point of view, it has no beneficial implications.	6/20/2014 4:21 PM
13656	I like that Arizona does not go to daylight savings, it aligns better with Southern Utah	6/20/2014 4:20 PM
13657	Messing with our clocks twice a year is an infuriating, OBSOLETE, and totally unnecessary hassle which results in unnecessary personal and family stress. Both employers and employees DREAD the twice a year clock hassle and no matter how hard we all try, timekeeping mistakes are inevitable (one clock is always missed or we don't realize we missed a clock and end up being misled by it). Simplify everyone's lives and end this obsolete and unnecessary practice.	6/20/2014 4:17 PM
13658	Lets stay on Day Light Savings all year round ! There is a benefit for Daylight Savings. Lets just leave it there and stop changing it.	6/20/2014 4:16 PM
13659	Stop the madness. We're all having to adhere to a policy that may have worked 100 years ago but is no longer relevant. Eliminate DST!	6/20/2014 4:15 PM
13660	I would really prefer to stay on it or stay off of it for the entire year. This spring forward and fall backward is silly	6/20/2014 4:10 PM
13661	It no longer serves a purpose, and is disruptive to family life. Sleep schedules are interrupted for small children and those who are in school. It takes weeks for human bodies to adjust to loss of sleep.	6/20/2014 4:07 PM
13662	I prefer the option above due to daylight's savings time's impact on student safety and end of year testing for students of all ages.	6/20/2014 4:06 PM
13663	It is difficult to adjust to different times twice a year. It is also difficult to do business with Arizona. I also believe that Daylight Savings Time is no longer an energy saving measure.	6/20/2014 4:03 PM
13664	I feel Daylight savings time is a vastly outmoded concept that needs to fall by the wayside, being a vestige of a time in which industry was primarily agricultural	6/20/2014 4:03 PM
13665	DST is a great plus. Please keep it. We also need to stay on the same time as Idaho, Wyoming and Colorado. We live in Grand County.	6/20/2014 4:01 PM
13666	I can't believe you are considering this for a second. Daylight Saving Time is wonderful. I am the Mayor of Logan and will fight tooth and nail any attempt to eliminate daylight saving time.	6/20/2014 3:58 PM
13667	My sister in law lives in Arizona and she loves that there is no daylight savings. I think daylight savings is a waste of time. It's confusing and really just pointless	6/20/2014 3:56 PM
13668	I see no benefits to DST whatsoever, but see many detriments to it. As a network and computer engineer, it is disruptive to computer logs and record keeping to change times, and the changing of times can be very costly in labor. As a person, changing our internal clocks has been shown to have ill effects on health, especially in mental acuity, which causes us to be be less productive in general, and make worse decisions overall. In summary, I am against DST. It doesn't matter to me whether we stay with MST or MDT, as long as we stop cycling between them. Thank you.	6/20/2014 3:55 PM
13669	DST - lots of effort for no benefit	6/20/2014 3:53 PM
13670	I like it later in the evenings so a spring forward time all year round would give us longer lighter evenings. Darker mornings are better than darker evenings.	6/20/2014 3:52 PM

13671	I think Daylight Savings is fine the way it is. It was formulated a certain way and should stay that way. I don't see a problem with it.I have immediate family is three different time zones from my current one and we never have a problem with it. It makes sense on how it is set up and I like the idea of gaining an hour anytime I go down to AZ. Sure I lose one coming back but I plan accordingly. Thank you.	6/20/2014 3:50 PM
13672	DST has outlived any usefulness it might have once had. Having lived in Hawaii, Arizona and Indiana (back when they didn't observe DST), I can tell you that summers are much better when you don't mess with the sun.	6/20/2014 3:49 PM
13673	Please keep Daylight Savings Time year round. The "longer" days help Utah tourism and increase productivity in the workplace. The early, dark winter nights exacerbate mental health conditions (such as SAD) and terrible air quality we must endure. Utah (as well as Colorado) have unusually high suicide rates. Weather, air quality, elevation sunlight all affect the health of citizens. Some of those we can't change, but those that we can change, we should. The amount of daylight for citizens to enjoy outside of normal work hours (8-5) should be maximized if possible. Thanks for taking a look at this issue.	6/20/2014 3:49 PM
13674	I have never seen a real benefit to daylight savings time and prefer to not upset my body clock twice a year.	6/20/2014 3:47 PM
13675	get rid of it.	6/20/2014 3:46 PM
13676	It wastes money to switch back an forth. Just stay on Mountain time all year.	6/20/2014 3:46 PM
13677	i belive that we no longer need it, it would be nice if it did not get so dark early in the winter the days seem so long and cold it would be nice to have day time longer	6/20/2014 3:39 PM
13678	I don't think it is necessary. There is only a few months when we are off daylight savings time and I don't think we need to continue changing back and forth. I think we need to stay on one time year round like Arizona does.	6/20/2014 3:36 PM
13679	1 of my daughters has moderate autism, 2 of my daughters have mild autism. The time switch twice a year is hard enough on me, but for them, it's an almost insurmountable challenge, that I would prefer to not have to face. When the change was first suggested by Ben Franklin, it may have made sense, but the technology is there now, and things have changed enough now that it really is not a necessary thing anymore. Lets stay on the same time all year long.	6/20/2014 3:33 PM
13680	DST dates back to a time when it our society was chiefly agrarian. This is no longer the case today, and therefore DST is an out-dated system that we can clearly get along without. See: AZ.	6/20/2014 3:32 PM
13681	I think it is confusing and unnecessary.	6/20/2014 3:32 PM
13682	There is no reason to move the time anymore; this had a purpose at one time and that time has passed; please set the time back to standard time and leave it. Thank you!	6/20/2014 3:22 PM
13683	I absolutely hate changing the clocks all the time-it screws up yours bodies time clock. I've loved outside the country and never missed changing the clocks. I would prefer to align with Arizona but really wouldn't care either way as long as we left it the same all the time. I'm so glad someone is finally looking at this !	6/20/2014 3:20 PM
13684	Daylight savings doesn't really apply to people in this day and age. I think it's an outdated practice that should done away with.	6/20/2014 3:19 PM
13685	I hate changing the clocks twice a year. It is a total waste. Please, Mountain Standard Time or Day Light Savings time, either one, doesn't matter to me as long as it stays the same throughout the year.	6/20/2014 3:17 PM
13686	Lets get with the times, this whole thing is just annoying	6/20/2014 3:17 PM
13687	I don't care which DST option it is - just leave it the same all year. I hate the change - it completely tips me over every year!	6/20/2014 3:14 PM
13688	I find it annoying to change times. It is hard adjusting my kids to the new time as it changes.	6/20/2014 3:11 PM
13689	I like the adjustment to my body.	6/20/2014 3:09 PM
13690	I hate daylight savings time and feel it is a drain on people as they struggle to recover twice a year from the change.	6/20/2014 3:09 PM
13691	We live in a society now which is not dependent on daylight for productivity. Daylight Saving Time only introduces confusion and temporal ambiguity.	6/20/2014 3:07 PM

13692	Hopefully the rational of a 13 year old boy who argues "the lights will be on longer" won't stop this from happening again.	6/20/2014 3:03 PM
13693	Daylight Savings time is simply unnecessary.	6/20/2014 3:00 PM
13694	Either springing forward or falling back is preferred to changing twice per year. Morning light seems to be a more productive mode than evening light.	6/20/2014 2:58 PM
13695	Many businesses in Southern Utah rely on tourism. Southern Utah has become renowned globally as a unique recreation destination. The extra hour that DST provides is essential to helping keep our communities vibrant as a special unique recreation location for tourism. To remove the extra hour of sunlight we have in the evenings provided by DST would be doing Utah Tourism a huge disservice.	6/20/2014 2:58 PM
13696	It's dated and no longer applies.	6/20/2014 2:58 PM
13697	Either Mountain Standard or permanent daylight savings time, just quit changing twice a year.	6/20/2014 2:56 PM
13698	Having the day start/end earlier relative to the sun is preferable to me.	6/20/2014 2:53 PM
13699	There just is no way to make a day longer. But the sudden time change isn't healthy. It takes time for the body to adjust and productivity is lost.	6/20/2014 2:53 PM
13700	I would prefer the spring forward so that in the summer you have the most light possible and it would stay that way 12 months. Otherwise I would prefer to align with Arizona on MST.	6/20/2014 2:52 PM
13701	The cost to the economy of changing our time for no apparent reason than "because the government says to" is far too high. Arizona got it right when they declined to play this game with DST. Utah should join ranks with Arizona. We should invite Idaho, Wyoming and Montana to join in to stay on MST year-round. Colorado can do as they please.	6/20/2014 2:52 PM
13702	I like more daylight at end of day	6/20/2014 2:51 PM
13703	As a violin teacher I see the children struggle every spring to adjust. It is a failed policy. Just leave the time the same all year round. Both adults and children have trouble adjusting in the spring. Thanks for letting us have a chance to comment. This has bothered me for years.	6/20/2014 2:51 PM
13704	I actually think it would be better to just meet in the middle at the half hour mark between the two times, if we can't stay on the same time all year long. Switching twice a year just makes everyone have to adjust their schedules twice a year. I haven't heard a single case for keeping it the way it is.	6/20/2014 2:51 PM
13705	I think daylight savings time is an antiquated system that should be abolished nation wide. Until more states abolish it, I think Utah should stay with what we do now. Changing and being on a different system than most of the country will most likely create unnecessary confusion.	6/20/2014 2:50 PM
13706	I love turning the clocks forward in the spring, and hate turning them back in the fall. For our area, the Day Light Savings time seems to be a better fit allyear around	6/20/2014 2:46 PM
13707	I love turning the clocks forward in the spring, and hate turning them back in the fall. For our area, the Day Light Savings time seems to be a better fit allyear around	6/20/2014 2:46 PM
13708	Mountain Standard Time provides additional cool morning time in the summer for outside activities.	6/20/2014 2:44 PM
13709	I think it is good for energy savings and the overall well being of human kind.	6/20/2014 2:43 PM
13710	Align or create is fine - I would like time to remain the same. I lived in two states that do not change time and industries that found it beneficial just changed their operating hours. Many children and adults have a hard time with time change.	6/20/2014 2:39 PM
13711	We like the daylight continuing into the evening! No changes, please!	6/20/2014 2:38 PM
13712	By changing the time twice a year we create some of the most non-productive periods of the year. Family and employee attitudes are poor & everyone is tired during that period of one to two weeks after the change. Kids have to walk home in the dark after school..... it is way past it's time of value.	6/20/2014 2:38 PM
13713	2 comments: 1. I dislike the time change in the spring and fall. It messes me up. I actually get physically ill sometimes when the time changes. 2. I like having more daylight in the evening. When we have to "fall back" in the fall, it's a real bummer. It seems like the only time I see my yard in daylight is on the weekends.	6/20/2014 2:36 PM

13714	So that it will be light when I get home during the winter months. And more light in the evening during the summer months	6/20/2014 2:35 PM
13715	I prefer the long daylight hours of summer.	6/20/2014 2:34 PM
13716	It is CRAZY to change our time with daylight savings. It has no benefit whatsoever.	6/20/2014 2:32 PM
13717	My first preference would be to use UTC everywhere for everything - NO POSSIBILITY TO GET IT WRONG. But if I can't have that then might as well make it as consistent as possible - so stick with Standard time, PLEASE!	6/20/2014 2:30 PM
13718	I like having a little more daylight after work. I don't like to drive in the dark, so I am limited as to what I can do during that time. It is also nice to e able to leave work in the daylight.	6/20/2014 2:30 PM
13719	I feel that it would be beneficial to align with Arizona and do away with the spring forward, fall back daylight savings time.	6/20/2014 2:29 PM
13720	I work with children after school and the two weeks after the time change I see A LOT of tears and no new information is assimilated	6/20/2014 2:28 PM
13721	Doing business is best when our time zone is easy to understand. I think there are some energy consumption improvements and as long as research continues to show that is beneficial I want to keep it for that reason as well.	6/20/2014 2:26 PM
13722	Our employees often try to get in some exercise in the evening after work. That's very difficult in the winter when the sun sets at 1730. It would be much better if we simply stayed on DST. We're on it for 2/3rds of the year (8 months) as it is. Why not just stay on it the other four? If it's an issue with kids going to school in the dark, start school an hour later.	6/20/2014 2:26 PM
13723	I have always wished during the winter that we were on the schedule that we have in the summer to allow it to get darker a little bit later. On the current shedule we lose an hour in November and then with the days being shorter it gets dark too early.	6/20/2014 2:26 PM
13724	I don't care as much about whether or not we match the surrounding states, I just find the idea of falling back and springing forward annoying and unnecessary. I hate that it gets dark at 5pm in the winter.	6/20/2014 2:25 PM
13725	I think it used to be beneficial but now it is more of a nuisance. Older people have a hard time adjusting along with children. No real need for it.	6/20/2014 2:22 PM
13726	I prefer that there is daylight in the afternoon as opposed to the morning	6/20/2014 2:22 PM
13727	Just don't like changing back-and-forth from Daylight Savings Time to Mountain Standard Time. Leave it one way or the other year around!	6/20/2014 2:21 PM
13728	Daylight Savings time is a colossal schedule interruptor. In the modern economic environment the original need for daylight savings has become antiquated and obsolete.	6/20/2014 2:21 PM
13729	I love daylight savings. Wouldn't change it.	6/20/2014 2:20 PM
13730	I grew up in Arizona and appreciated not having Daylight Savings Time. I would appreciate doing away with it in Utah. Thank you.	6/20/2014 2:19 PM
13731	As a resident who enjoys the beautiful geography and scenery of Utah, I would like to see daylight savings time be retained in Utah. I believe that extended daylight in the summer months is ideal for Utah residents who want to enjoy as much of the outdoors as they can, in the light. Changing the current daylight savings time practice serves no useful purpose, in my mind. I would urge those in a position to influence a decision on this matter to retain our current daylight savings policy. Thank you for the opportunity for input into the matter.	6/20/2014 2:19 PM
13732	It's not a huge deal. But I would prefer getting rid of daylight savings time.	6/20/2014 2:16 PM
13733	DST needs to go and I feel we should align with another state that has already gotten rid of it. This will make it easier on commerce and just in general as there will be fewer competing time zones for this region.	6/20/2014 2:15 PM
13734	I believe the time change is disruptive. It takes a week to get re-adjusted to the new time, interrupting our work as we consume more coffee trying to keep awake and become productive. I suggested aligning with AZ because conducting business would be easier and maybe the rest of the states on MST would align, and eventually the nation will be on the "fall-back" time.	6/20/2014 2:14 PM
13735	Keep it simple.	6/20/2014 2:13 PM

13736	We need the daylight in the summer so that more fields are available for youth soccer. Thousands of kids play on fields that don't have lights every night. Getting rid of an hour a day would effect a lot of play.	6/20/2014 1:49 PM
13737	I am tired of the change in time. I no longer see the benefit and think we should be with AZ on this.	6/20/2014 1:43 PM
13738	I think it is a waste of time for us to keep going around and changing clocks timers and all other items that use the time. Should just stay the same.	6/20/2014 1:33 PM
13739	Please just choose one and let stand.	6/20/2014 1:29 PM
13740	We don't need daylight savings time in Utah. We should be the same as Arizona.	6/20/2014 1:23 PM
13741	It doesn't add anything and is unnecessary. Life, society, business etc will go on normally without it, probably better.	6/20/2014 1:14 PM
13742	I believe that having as much daylight as possible is the best way to let Utahns accomplish as much as possible, both work and recreation-wise.	6/20/2014 1:13 PM
13743	There are thousands of families with children in youth sports during the spring, summer and fall. Because most parents work, they are able to watch/coach in the evening because of daylights savings. Take that away and it will effect a lot of families. Hopefully, we will think about the children who benefit from daylight savings because they are doing an outside activity.	6/20/2014 1:13 PM
13744	Go to Mountain Standard Time and stay there permpermanently	6/20/2014 1:12 PM
13745	DST has a negative effect on the health of many persons, including myself. During the change there is also decreased productivity because our circadian rhythms are affected.	6/20/2014 12:45 PM
13746	If the legislature insists on changing the status quo, we should make daylight savings time permanent.	6/20/2014 12:40 PM
13747	Having more day light in the day time, allows me to work all day, and get home to my family and still do things. More daylight the better!!	6/20/2014 12:35 PM
13748	I have always enjoyed our Spring ahead every year. I enjoy the added sun light at the end of the day. I don't have a problem with adjusting time twice a year.	6/20/2014 12:29 PM
13749	Daylight savings needs to be retired. Go on standard time year 'round.	6/20/2014 12:26 PM
13750	I have strong concerns about the psychological and physiological side-effects of changing the clocks every year, particularly the studies that have indicated that there is a greater risk of heart attack the Monday after setting the clocks back than any other day of the year.	6/20/2014 12:17 PM
13751	I like longer days in summer.	6/20/2014 12:05 PM
13752	Daylight savings causes negative consequences and is not necessary in today's world. The sleep disruptions it causes my family is hard, especially when life for me and my family is crazy, busy and tiring already. Please end Daylight Savings and let us stay on MST all year long.	6/20/2014 11:51 AM
13753	I don't care if we create a new time, or go with Arizona, my concern is that we STOP changing time. The change over causes problems for everyone. It takes a long time to get adjusted and is not good for our bodies. Studies have shown that changing time, as with DST, is harmful and causes accidents and an increase in injuries.	6/20/2014 11:32 AM
13754	I much prefer Daylight Savings Time and if I had my own preferences I'd actually like to have it year round. However, I realize that it could be difficult for some important reasons, one being getting kids off to school when it's dark an extra hour. I think that the DST/MST seasonal switch is a reasonable and rational response to the changing day length and so I voted for that option.	6/20/2014 11:32 AM
13755	I think is very important that we stay consistent with the whole country. The majority of the people in Utah have no problem with daylight savings time as it presently exists. Don't make something that isn't broken.	6/20/2014 11:00 AM
13756	I think is very important that we stay consistent with the whole country. The majority of the people in Utah have no problem with daylight savings time as it presently exists. Don't make something that isn't broken.	6/20/2014 10:56 AM

13757	I'm generally not a fan of DST. I tend to think that fiddling w/ the clocks is a rather silly and antiquated practice. In considering whether or not to retain, align or create, many scientific claims will be made, however, the most comprehensive review of the literature -- a 2008 peer-reviewed article, "Effect of daylight saving time on lighting energy use: A literature review," by Myriam B.C. Aries, Guy R. Newsham that appeared in the journal ENERGY POLICY -- found concluded that our knowledge of the effects of DST are quite limited. I'd draw your attention to the article's conclusions: -- "The existing knowledge about how DST affects energy use is limited, incomplete, or contradictory. Many conclusions are the result of expectations alone, are based on constrained assumptions, or are older than 25 years." -- "Energy use and human behavioural patterns have changed substantially since the first introduction of DST. These are likely to have a major influence on the effect of DST on energy use." -- "Economical, geographical, and climatological factors have major effects on electricity end use. Studies should always correct for such factors." -- "Even if overall energy use is unchanged by DST, hourly energy use is changed, affecting electricity demand profiles." -- "Effects of DST on lighting energy use are mainly noticeable in residential buildings." The article's authors ultimately suggest "energy policy decisions regarding changes to DST be preceded by high-quality research based on detailed analysis of prevailing energy use, and behaviours and systems that affect energy use." I encourage policy makers to heed the above advice: don't simply rely on expectations when making your decision. I'd suggest enlisting the assistance of researchers at Utah's universities to employ Aries and Newsham's suggestion that policy makers "undertake a comprehensive, parametric study [utilizing simulations] to inform decisions concerning which DST options should be adopted in the future, and for what reasons. This should include a comparison between the costs and benefits of DST vs. other energy efficiency or demand response programs...All assumptions should be supported by empirical data, and the simulations should also be calibrated and validated by empirical data." Put simply, TIME IS MONEY, and policy makers should base their decisions regarding DST not merely on expectations but on empirical evidence, as they have w/ so many other social programs -- and to be sure, changing the clocks is a social program -- including pre-K funding, funding for childhood autism treatment, etc. A link to the above referenced article: http://www.sciencedirect.com/science/article/pii/S0301421507002273	6/20/2014 10:54 AM
13758	Only in Utah (and Arizona) would such nonsense be an issue. What's next -- studying the value of clean water, sewer systems or vaccines? I wish our legislature would get some brains.	6/20/2014 10:34 AM
13759	Thank you for seeing input from the citizens of Utah.	6/20/2014 10:16 AM
13760	Beneficial for recreation and tourism.	6/20/2014 9:04 AM
13761	Test	6/20/2014 8:52 AM
13762	There's got to be a significant expense associated with moving to a different system. I can't imagine it would be worth it.	6/19/2014 4:10 PM