Dear Colleagues,

March 20, 2018

Address by the President of the PSWTC by internet via the Nuc. Gang Website. Delivered from the Presidents’ office situated close to the nearest nuclear reactor in the area.

Dear Colleagues,

Are you feeling a bit run down lately? More tired than usual? Lost that hitch in your giddy-up? If so you may be suffering the effects of adjusting to Daylight Saving Time. That tradition most states follow twice a year. On March 11 in California we turned our clocks ahead one hour. Thanks to Ben Franklin for this. He originated the idea in an effort to conserve candles. Ben had many good ideas. This one maybe not so much. By the way, the correct term is Daylight Saving Time, not Daylight Savings Time. A subtle difference and probably not important but I thought I would mention it anyway.

Not every state practices DST. I knew there was a reason I had such affection for the great states of Arizona and Hawaii. Arizona being part of our PSWTC and Hawaii participating in our meetings. Neither state springs ahead or falls back. I have been in Arizona and have lived in Hawaii and the people in both states seem happier. I think a case can be made for not messing with people’s circadian rhythms’.

So why am I all over DST? For one thing I am not a fan. For another, to extend an apology to our colleagues in Arizona and Hawaii who will be attending the Cedars meeting this weekend either in Los Angeles or at an offsite location who will have to deal with time changes and their circadian rhythms.

More bad news. DST can affect your health. A 2013 study published in the journal Open Heart found a 25% increase in heart attacks the day after a spring ahead. Fatigue and decreased productivity are more common. Some kindly advice to all of you techs who start early or come in on-call at all hours of the night. Pay attention and take more care in what you are doing. You are not functioning at your best. The last thing you need to ruin your blissful switch to DST is to make a mistake.

There is some good news about DST. A 2015 paper published by the Brookings Institute found there was a 27% decrease in robberies with the extra hour of daylight that springing ahead gives us.

Here’s to DST, or not.

Dave