

# Today's letters

## Indiana is in the wrong time zone

Dear Editor,  
While Hoosiers are seeking ways to save money, it should be noted that they are already paying a price for the lack of morning daylight due to our abnormally late sunrises.

Not only are there the criminal events and

accidents, but there is a hidden (in the short run) cost to placing most citizens into a "shift worker" status.

How is that possible you may ask?

Indiana is on the eastern side of the Central Time Zone (82.5, 97.5 W). By adding DST, we

move to two hours of daylight and thus frequently wake before sunrise to begin our day.

Thus, not only do we confuse our circadian clock but we sleep less and are less alert while awake (CNRS (Delegation Paris Michel-Ange, 2009, June 26).

Furthermore, deprivation of sleep is linked to heart and kidney disease.

For a more natural sleep/wake cycle, we should be moved to our correct time zone: Central.

**CHERYL GETTELFINGER**  
*Carmel*

## Reader: We are in wrong time zone

Your Article "Indiana is in the wrong time zone"

I agree - Indiana needs to be in the central time zone, We need to protect our Children - too many attempted abductions at bus stops when it's still

dark. Too many school delays because it is not

daylight yet. The schools could use the extra hour to make a better decision to delay or not. The citizens of Indiana would be better served if Indiana was in the Central Time Zone.

**BOB FREELAND**  
*Sheridan*