



MISSOURI HOUSE OF REPRESENTATIVES
WITNESS APPEARANCE FORM

BILL NUMBER: HB 265		DATE: 4/19/2023	
COMMITTEE: Emerging Issues			
TESTIFYING: <input checked="" type="checkbox"/> IN SUPPORT OF <input type="checkbox"/> IN OPPOSITION TO <input type="checkbox"/> FOR INFORMATIONAL PURPOSES			
WITNESS NAME			
INDIVIDUAL:			
WITNESS NAME: ANN OLSEN		PHONE NUMBER:	
BUSINESS/ORGANIZATION NAME:		TITLE:	
ADDRESS:			
CITY:		STATE:	ZIP:
EMAIL: midwifeann@pm.me		ATTENDANCE: Written	SUBMIT DATE: 4/19/2023 4:36 PM
THE INFORMATION ON THIS FORM IS PUBLIC RECORD UNDER CHAPTER 610, RSMo.			



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WITNESS NAME			
INDIVIDUAL:			
WITNESS NAME: APRIL PHILLIPS		PHONE NUMBER:	
BUSINESS/ORGANIZATION NAME:		TITLE:	
ADDRESS:			
CITY:		STATE:	ZIP:
EMAIL: aap6df@gmail.com	ATTENDANCE: Written		SUBMIT DATE: 4/19/2023 7:02 PM
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WITNESS NAME			
INDIVIDUAL:			
WITNESS NAME: ARNIE C. "HONEST-ABE" DIENOFF-STATE PUBLIC ADVOCATE		PHONE NUMBER:	
BUSINESS/ORGANIZATION NAME:		TITLE:	
ADDRESS:			
CITY:		STATE:	ZIP:
EMAIL: arniedienoff@yahoo.com	ATTENDANCE: Written		SUBMIT DATE: 4/19/2023 11:56 PM
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I am in Support of this Bill. Abolish "Day-Light Saving!"



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WITNESS NAME			
INDIVIDUAL:			
WITNESS NAME: CARLA K.		PHONE NUMBER:	
BUSINESS/ORGANIZATION NAME:		TITLE:	
ADDRESS:			
CITY:		STATE:	ZIP:
EMAIL: carla.kroll@eldonmustangs.org	ATTENDANCE: Written		SUBMIT DATE: 4/19/2023 6:57 PM
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WITNESS NAME		
INDIVIDUAL:		
WITNESS NAME: CYNDIA HAGGARD		PHONE NUMBER:
BUSINESS/ORGANIZATION NAME:		TITLE:
ADDRESS:		
CITY:		STATE: ZIP:
EMAIL: vcrcmo@gmail.com	ATTENDANCE: Written	SUBMIT DATE: 4/17/2023 12:26 PM

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We are sooooo past the point where this back and forth nonsense needs to end. Move to daylight savings and leave it there.



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WITNESS NAME			
INDIVIDUAL:			
WITNESS NAME: SEAN MARTIN		PHONE NUMBER:	
BUSINESS/ORGANIZATION NAME:		TITLE:	
ADDRESS:			
CITY:		STATE:	ZIP:
EMAIL: simplem9@yahoo.com	ATTENDANCE: Written		SUBMIT DATE: 4/19/2023 8:54 PM
THE INFORMATION ON THIS FORM IS PUBLIC RECORD UNDER CHAPTER 610, RSMo. It just makes sense!			



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WITNESS NAME		
INDIVIDUAL:		
WITNESS NAME: ANGELA MILLER		PHONE NUMBER:
BUSINESS/ORGANIZATION NAME:		TITLE:
ADDRESS:		
CITY:		STATE: ZIP:
EMAIL: amiller1011@yahoo.com	ATTENDANCE: Written	SUBMIT DATE: 4/15/2023 1:37 PM
THE INFORMATION ON THIS FORM IS PUBLIC RECORD UNDER CHAPTER 610, RSMo.		

Why would we elect for 8:30 am sunrise in the coldest weeks of the year when we can legally just opt out of DST time changes like AZ and HI? This doesn't make any sense to me. And there is no way to delay school start times to accommodate this late sunrise unless a 9:30 am start is feasible (which takes the school day to beyond 4p). Rural bus routes can be over an hour long for the earliest pickups (my son's was 65 min). How many people really seek to be outside after work in January when air temp is in the 20s or lower? If we seek an end to clock change then just opt out of DST as HB 157 now accomplishes. And please pay heed to history. This was done in 1974 and dropped for very human reasons. We generally dislike waking in the dark. It's not a comfortable existence. It's why winter is difficult. Why elect to make that worse? Please speak to sleep doctors before repeating bad history.



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WITNESS NAME		
INDIVIDUAL:		
WITNESS NAME: ERIK HERZOG		PHONE NUMBER:
BUSINESS/ORGANIZATION NAME:		TITLE:
ADDRESS:		
CITY:		STATE: ZIP:
EMAIL: herzog@wustl.edu	ATTENDANCE: Written	SUBMIT DATE: 4/18/2023 7:24 AM
THE INFORMATION ON THIS FORM IS PUBLIC RECORD UNDER CHAPTER 610, RSMo.		

Permanent Standard Time, not DST, will benefit MO businesses and citizens. It is safer and healthier than pDST. In MO, we would have over 100 more days of sunshine during the morning commutes during pST compared to permanent DST.



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WITNESS NAME			
INDIVIDUAL:			
WITNESS NAME: EVAN BUCHANAN		PHONE NUMBER:	
BUSINESS/ORGANIZATION NAME:		TITLE:	
ADDRESS:			
CITY:		STATE:	ZIP:
EMAIL: kingdomofwynfield@gmail.com	ATTENDANCE: Written		SUBMIT DATE: 4/18/2023 10:22 AM
THE INFORMATION ON THIS FORM IS PUBLIC RECORD UNDER CHAPTER 610, RSMo.			

Out of the three options regarding time (status quo of switching clocks, permanent standard time, permanent daylight saving time), medical organizations unanimously support permanent standard time as the scientifically healthiest for society. Take a look at pubmed: <https://www.ncbi.nlm.nih.gov/pmc/?term=Daylight+Saving+Time> Some specific studies: <https://pubmed.ncbi.nlm.nih.gov/36156090/> <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9208433/> <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7205184/> <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7954020/> <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7302868/> <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6692659/>



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WITNESS NAME			
BUSINESS/ORGANIZATION:			
WITNESS NAME: JAY PEA		PHONE NUMBER: 415-484-3458	
BUSINESS/ORGANIZATION NAME: SAVE STANDARD TIME		TITLE: PRESIDENT	
ADDRESS: PO BOX 18170			
CITY: FOUNTAIN HILLS		STATE: AZ	ZIP: 85269
EMAIL: jay@SaveStandardTime.com	ATTENDANCE: Written	SUBMIT DATE: 4/17/2023 7:44 PM	

THE INFORMATION ON THIS FORM IS PUBLIC RECORD UNDER CHAPTER 610, RSMo.

No on HB 265 – Permanent DST costs lives and money. Amend to Standard Time. Dear Honorable Representatives, Please oppose HB 1422, permanent Daylight Saving Time (DST, false time), which has repeatedly failed with loss of money and lives. Please amend to permanent Standard Time (natural time, God’s time), for health, safety, education, economy, and civil liberties of schoolchildren, farmers, and commuters. Scores of organizations—representing millions of researchers, physicians, teachers, parents, journalists, and community leaders—oppose permanent DST and endorse permanent Standard Time. Among these are the Missouri Sleep Society, Southern Sleep Society, American Medical Association, American Academy of Neurology, American College of Chest Physicians, National Safety Council, American Academy of Sleep Medicine, National PTA, American College of Occupational & Environmental Medicine, Start School Later, Canadian Sleep Society, Association of Canadian Ergonomists, editorial boards of Bloomberg, Star Tribune, Oregonian, Sun Sentinel, writers from Cato, Daily Wire, Breaking Points, and many more. Permanent DST would delay sunrise in Missouri past 8am (when most school/work begins) for over three months (as late as 8:45am). It increased deaths and sexual assaults of children when last attempted in the US. It would force constituents to wake an hour early relative to solar time every weekday all winter. Support for permanent DST reverses into opposition when experienced. Americans rejected it in 1974 upon learning its misery, and it has failed several other times and places. It is prohibited by the Uniform Time Act (15 USC §260a); it cannot end clock change quickly, as most voters wish. It would deprive morning light needed by farmers, construction workers, and other outdoor laborers. Its morning darkness would revert benefits of starting school later. It would delay radio broadcasts of morning news until most people have begun work. It would increase need for morning heat and evening air conditioning in homes. It would disrupt worship for those who pray daily at sunrise. Moving clocks to DST acutely deprives sleep. Leaving clocks on DST chronically deprives sleep (average 19 minutes nightly). DST’s delayed sunrise significantly increases accidents, disease (cancer up 12–36%), and healthcare costs. It significantly decreases learning, productivity, and earnings (wages down 3–5%). It’s not just clock change that harms, but also DST’s forced early waking. Permanent Standard Time instead would keep sunrise before 8am for health, safety, and prosperity. It is approved by the Uniform Time Act; it can end clock change quickly. Professional polling shows most people consistently support permanent Standard Time. Permanent Standard Time has been observed in Arizona, Hawaii, all five US territories, and most nations for decades. Most of Mexico restored permanent Standard Time last year, and more states have permanent Standard Time bills than ever before. Permanent Standard Time protects start times for schoolchildren and blue-collar workers, by letting most sleep naturally past dawn year-round. Its benefits to circadian health improve immunity, longevity, mood, alertness, and performance in school, sports, and work. It can prevent traffic deaths, lower crime, and reduce chronic illnesses. Standard

Time is the natural clock, set to the sun. Please hear the nonpartisan consensus of history and science. Save time, money, and lives. Please oppose HB 265 and urge its amendment to permanent Standard Time. Sincerely, Jay Pea President jay@savestandardtime.com Sources at savestandardtime.com or by request.



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WITNESS NAME		
INDIVIDUAL:		
WITNESS NAME: MATTHEW STEEN		PHONE NUMBER:
BUSINESS/ORGANIZATION NAME:		TITLE:
ADDRESS:		
CITY:		STATE: ZIP:
EMAIL: matthewasteen@gmail.com	ATTENDANCE: Written	SUBMIT DATE: 4/18/2023 9:33 PM
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I'm writing to strongly urge you to **OPPOSE** HB 265 for permanent Daylight Saving Time (DST). Year-round DST would be worse for our health and safety than keeping biannual clock changes. The US tried it in 1974 and it cost lives and was quickly repealed after public outcries. Permanent Standard Time (as proposed in the amended HB 157) is the best way to end clock changes because it aligns with our circadian clock, is better for our health and safety (more morning light for commuting to school and work), is Federally pre-approved by the Uniform Time Act of 1966, and is endorsed by doctors (American Medical Association) and teachers (National Parent Teacher Association) among many others. I have memories of biking to work at the Missouri Botanical Garden and school at UMSL in the morning darkness during the winter months. Year-round DST would extend morning darkness endangering Missourians during their morning commute. Thank you for considering this important issue that affects such a fundamental part of all of our lives. Sincerely, Matt Steen



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WITNESS NAME		
INDIVIDUAL:		
WITNESS NAME: MICHAEL GARRAHAN		PHONE NUMBER:
BUSINESS/ORGANIZATION NAME:		TITLE:
ADDRESS:		
CITY:		STATE: ZIP:
EMAIL: mgarraha@yahoo.com	ATTENDANCE: Written	SUBMIT DATE: 4/19/2023 2:18 PM
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Year-round daylight saving time would harm Missouri residents by making winter sunrises unnaturally late. Daylight can only be added to the afternoon hours by subtracting it from the morning hours. The US tried winter DST in 1974 and found it unsafe. Experts on sleep and circadian rhythm agree that morning light is vital for healthy mental and physical function. Winter mornings are tough enough in standard time. Please do not pass HB 157.



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WITNESS NAME			
INDIVIDUAL:			
WITNESS NAME: SUSAN GIBSON		PHONE NUMBER:	
BUSINESS/ORGANIZATION NAME:		TITLE:	
ADDRESS:			
CITY:		STATE:	ZIP:
EMAIL: Onesuegibson@protonmail.com		ATTENDANCE: Written	SUBMIT DATE: 4/15/2023 1:29 PM

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It would be preferable to eliminate daylight savings time and use standard time year round.