



MISSOURI HOUSE OF REPRESENTATIVES
WITNESS APPEARANCE FORM

BILL NUMBER: HB 1471		DATE: 2/21/2024
COMMITTEE: Government Efficiency and Downsizing		
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: ADAM BROOKS		PHONE NUMBER:
BUSINESS/ORGANIZATION NAME:		TITLE:
ADDRESS:		
CITY:		STATE: ZIP:
EMAIL: brooksadam68@gmail.com	ATTENDANCE: Written	SUBMIT DATE: 2/9/2024 3:11 PM
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Tired of the time change it's easier on the body to adjust to 1 time



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WITNESS NAME		
INDIVIDUAL:		
WITNESS NAME: ANTONIA G VIENS		PHONE NUMBER:
BUSINESS/ORGANIZATION NAME:		TITLE:
ADDRESS:		
CITY:		STATE: ZIP:
EMAIL: toni.viens@appraisal-education.org	ATTENDANCE: Written	SUBMIT DATE: 2/13/2024 9:20 AM

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Staying on one time during the year will reduce the confusion that results from changing the time every six months.



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WITNESS NAME		
INDIVIDUAL:		
WITNESS NAME: ARNIE C. "HONEST-ABE" DIENOFF-STATE PUBLIC ADVOCAT		PHONE NUMBER:
BUSINESS/ORGANIZATION NAME:		TITLE:
ADDRESS:		
CITY:		STATE: ZIP:
EMAIL: arniedienoff@yahoo.com	ATTENDANCE: Written	SUBMIT DATE: 2/21/2024 11:40 PM

**THE INFORMATION ON THIS FORM IS PUBLIC RECORD UNDER CHAPTER 610, RSMo.
Abolish "Day-Light Savings" Once and For ALL!**



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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: 2/14/2024 12:04 AM
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I am in Support of this Bill. Abolish "Daylight Saving Time!"



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WITNESS NAME		
INDIVIDUAL:		
WITNESS NAME: BONNIE VOLKER		PHONE NUMBER:
BUSINESS/ORGANIZATION NAME:		TITLE:
ADDRESS:		
CITY:		STATE: ZIP:
EMAIL: bltb@rocketmail.com	ATTENDANCE: Written	SUBMIT DATE: 2/10/2024 9:44 AM
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WITNESS NAME		
INDIVIDUAL:		
WITNESS NAME: CARL G CALCARA		PHONE NUMBER:
BUSINESS/ORGANIZATION NAME:		TITLE:
ADDRESS:		
CITY:		STATE: ZIP:
EMAIL: carlgc54@gmail.com	ATTENDANCE: Written	SUBMIT DATE: 2/21/2024 1:55 PM
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No longer needed.



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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: CATHY TULLY		PHONE NUMBER:
BUSINESS/ORGANIZATION NAME:		TITLE:
ADDRESS:		
CITY:		STATE: ZIP:
EMAIL: getfit4life@yahoo.com	ATTENDANCE: Written	SUBMIT DATE: 2/8/2024 10:39 PM
THE INFORMATION ON THIS FORM IS PUBLIC RECORD UNDER CHAPTER 610, RSMo.		



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WITNESS NAME		
INDIVIDUAL:		
WITNESS NAME: CECILIA WILLIAMS		PHONE NUMBER:
BUSINESS/ORGANIZATION NAME:		TITLE:
ADDRESS:		
CITY:		STATE: ZIP:
EMAIL: ceciliawilliams791@yahoo.com	ATTENDANCE: Written	SUBMIT DATE: 2/10/2024 11:16 AM
THE INFORMATION ON THIS FORM IS PUBLIC RECORD UNDER CHAPTER 610, RSMo.		

When I think about daylight savings time I'm reminded of all the years I worked the midnight shift and how the time change is so unfair because companies do not pay for that extra hour, and it just made for a longer than should be night.



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WITNESS NAME		
INDIVIDUAL:		
WITNESS NAME: DEBRA		PHONE NUMBER:
BUSINESS/ORGANIZATION NAME:		TITLE:
ADDRESS:		
CITY:		STATE: ZIP:
EMAIL: dbennett@changecomesnowfl.org	ATTENDANCE: Written	SUBMIT DATE: 2/9/2024 12:09 PM
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I fully support HB 1471



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WITNESS NAME		
INDIVIDUAL:		
WITNESS NAME: DON BICKHAUS		PHONE NUMBER:
BUSINESS/ORGANIZATION NAME:		TITLE:
ADDRESS:		
CITY:		STATE: ZIP:
EMAIL: doniibecky@yahoo.com	ATTENDANCE: Written	SUBMIT DATE: 2/17/2024 5:12 PM
THE INFORMATION ON THIS FORM IS PUBLIC RECORD UNDER CHAPTER 610, RSMo.		

I agree.



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WITNESS NAME		
INDIVIDUAL:		
WITNESS NAME: ELIZABETH HAWKINS		PHONE NUMBER:
BUSINESS/ORGANIZATION NAME:		TITLE:
ADDRESS:		
CITY:		STATE: ZIP:
EMAIL: eahawkins3@me.com	ATTENDANCE: Written	SUBMIT DATE: 2/21/2024 9:57 PM
THE INFORMATION ON THIS FORM IS PUBLIC RECORD UNDER CHAPTER 610, RSMo.		

I am in support of eliminating the Daylight Saving Time completely please and thank you!



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WITNESS NAME		
INDIVIDUAL:		
WITNESS NAME: EVELYN ERICSON		PHONE NUMBER:
BUSINESS/ORGANIZATION NAME:		TITLE:
ADDRESS:		
CITY:		STATE: ZIP:
EMAIL: evelyn.ericson@gmail.com	ATTENDANCE: Written	SUBMIT DATE: 2/9/2024 7:22 AM
THE INFORMATION ON THIS FORM IS PUBLIC RECORD UNDER CHAPTER 610, RSMo.		

I have hoped for this change to be made for years. As a teacher, the disruption of time changes negatively affects learning. As a parent and grandparent, the impact of more morning daylight hours in winter is minimal. As much of the earliest morning driving to jobs and school is already done in the dark, even under the current time zone, the few days of added morning light does not offset the loss of evening light. Young students benefit from "outside" time at the end of long days after sitting in classrooms. Obviously extended evening daylight also benefits afterschool sports - and those team building activities have a positive impact on children. I wholeheartedly support this bill and appreciate that is being considered!



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WITNESS NAME		
INDIVIDUAL:		
WITNESS NAME: GEORGE HRUZA		PHONE NUMBER:
BUSINESS/ORGANIZATION NAME:		TITLE:
ADDRESS:		
CITY:		STATE: ZIP:
EMAIL: ghruza@gmail.com	ATTENDANCE: Written	SUBMIT DATE: 2/10/2024 10:50 PM

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

I am a physician and former president of the American Academy of Dermatology and Missouri State Medical Association and Adjunct Professor of Dermatology at St. Louis University speaking as an individual in support of HB 1471. The change to daylight savings time in the Spring has negative health effects with increased risk of heart attacks, strokes and automobile accidents. The solution is to have the same time year-round. It could be either standard time or daylight time. Both options have benefits and disadvantages. I believe that having an extra hour of daylight in the evening would be beneficial to add an hour to outdoor activities with salutary health effects. Here are a few papers on the negative health effect of the switch to DST: J. Clin. Med. 2019, 8(3), 404
<https://doi.org/10.3390/jcm8030404>
<https://doi.org/10.1016/j.sleep.2016.10.009>;
<https://doi.org/10.1016/j.cub.2019.12.045> support HB 1471 as a beneficial change with positive health effects on Missouri residents.



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WITNESS NAME		
INDIVIDUAL:		
WITNESS NAME: HALEIGH VAN DYNE		PHONE NUMBER:
BUSINESS/ORGANIZATION NAME:		TITLE:
ADDRESS:		
CITY:		STATE: ZIP:
EMAIL: haleighvandyne@gmail.com	ATTENDANCE: Written	SUBMIT DATE: 2/11/2024 9:36 AM
THE INFORMATION ON THIS FORM IS PUBLIC RECORD UNDER CHAPTER 610, RSMo.		

I am a highschool student . I hate having to adjust my schedule, for cheer and school and the bus. And having to wait longer to get lunch. It's too much stress.



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WITNESS NAME		
INDIVIDUAL:		
WITNESS NAME: HUNTER VAN DYNE		PHONE NUMBER:
BUSINESS/ORGANIZATION NAME:		TITLE:
ADDRESS:		
CITY:		STATE: ZIP:
EMAIL: Vandynehunter2@gmail.com	ATTENDANCE: Written	SUBMIT DATE: 2/11/2024 6:31 PM
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I'm a high school and day light saving just mess with my sleep schedule. Day light saving is unnecessary and will be alot simpler to just get rid of it.



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WITNESS NAME		
INDIVIDUAL:		
WITNESS NAME: JAMES COURTNEY		PHONE NUMBER:
BUSINESS/ORGANIZATION NAME:		TITLE:
ADDRESS:		
CITY:		STATE: ZIP:
EMAIL: jrcourt99@aol.com	ATTENDANCE: Written	SUBMIT DATE: 2/21/2024 5:06 PM
THE INFORMATION ON THIS FORM IS PUBLIC RECORD UNDER CHAPTER 610, RSMo.		



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WITNESS NAME			
BUSINESS/ORGANIZATION:			
WITNESS NAME: JAMES W ROY, M.D., PH.D.		PHONE NUMBER: 205-514-2513	
BUSINESS/ORGANIZATION NAME: ROY SLEEP MEDICINE		TITLE: CEO/PRESIDENT- ROY SLEEP MEDICINE	
ADDRESS: 1011 CORONADO AVE SE			
CITY: HUNTSVILLE		STATE: AL	ZIP: 35802
EMAIL: jwroymd@roysleepmedicine.com	ATTENDANCE: Written	SUBMIT DATE: 2/15/2024 1:29 PM	

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

Dear Honorable Legislators, I am a Board Certified Sleep Medicine physician for nearly 20 years (as well as a Board Certified Internist and Pediatrician). I have been licensed to practice medicine in Missouri since 2013. Permanently keeping the clocks “ahead” one hour will reduce risk of seasonal affective disorder, anxiety, depression, rates of suicide, and will greatly improve resultant costs in mental health and hospitalizations. It will also reduce electric bills due to the availability of sunlight later in the day and the reduced need for lights in the home and work. Further, with the sun shining later in the day, kids can have the opportunity to be outside longer after school, which will not only keep them out of trouble, but will also increase their exercise and overall health, reducing obesity and reducing their associated costs. Therefore for all these reasons, please vote: NO to permanent Standard Time (HB 1607) YES to PERMANENT DAYLIGHT SAVINGS TIME (HB 1471 and HB 1797) - help keep our kids safe and families protected. Unfortunately, I am unable to attend the live committee meeting. However, I would be honored if you contacted me with any questions or concerns. Thank you! Sincerely, James W. Roy, M.D., Ph.D. CEO/President - Roy Sleep Medicine Board Certified in Sleep Medicine Board Certified in Internal Medicine Board Certified in Pediatrics



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WITNESS NAME		
INDIVIDUAL:		
WITNESS NAME: JANET L. SANDER		PHONE NUMBER:
BUSINESS/ORGANIZATION NAME:		TITLE:
ADDRESS:		
CITY:		STATE: ZIP:
EMAIL: sanderjlb@msn.com	ATTENDANCE: Written	SUBMIT DATE: 2/8/2024 6:01 PM
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I prefer not to change my clocks twice a year. Also, for some reason I had a more difficult time adjusting to the change in time this year,



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WITNESS NAME		
INDIVIDUAL:		
WITNESS NAME: JANIS HULL		PHONE NUMBER:
BUSINESS/ORGANIZATION NAME:		TITLE:
ADDRESS:		
CITY:		STATE: ZIP:
EMAIL: jan@hulco.com	ATTENDANCE: Written	SUBMIT DATE: 2/21/2024 1:53 PM
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Yes, we need to adopt one time and stop changing twice a year.



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WITNESS NAME		
INDIVIDUAL:		
WITNESS NAME: JOHN CASWELL		PHONE NUMBER:
BUSINESS/ORGANIZATION NAME:		TITLE:
ADDRESS:		
CITY:		STATE: ZIP:
EMAIL: hjhomebuilders@gmail.com	ATTENDANCE: Written	SUBMIT DATE: 2/10/2024 8:55 PM
THE INFORMATION ON THIS FORM IS PUBLIC RECORD UNDER CHAPTER 610, RSMo.		

Daylight savings is not a good idea for construction workers it really doesn't give them a lot of time for working it's light before the work starts and dark before they are done and get home to there families.



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WITNESS NAME		
INDIVIDUAL:		
WITNESS NAME: JUDY HENDERSON		PHONE NUMBER:
BUSINESS/ORGANIZATION NAME:		TITLE:
ADDRESS:		
CITY:		STATE: ZIP:
EMAIL: Jhenderson0701@gmail.com	ATTENDANCE: Written	SUBMIT DATE: 2/8/2024 8:35 PM

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It is much more enjoyable to have a longer evening of light. When daylight savings time changes each year it makes citizens more depressed. Daylight, sunshine makes moods much better. It's much safer for children to play outside. Farmers can be outside longer.



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WITNESS NAME		
INDIVIDUAL:		
WITNESS NAME: JULIE		PHONE NUMBER:
BUSINESS/ORGANIZATION NAME:		TITLE:
ADDRESS:		
CITY:		STATE: ZIP:
EMAIL: julie.nead@icloud.com	ATTENDANCE: Written	SUBMIT DATE: 2/8/2024 8:59 PM
THE INFORMATION ON THIS FORM IS PUBLIC RECORD UNDER CHAPTER 610, RSMo.		



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WITNESS NAME			
INDIVIDUAL:			
WITNESS NAME: KAREN CASWELL		PHONE NUMBER:	
BUSINESS/ORGANIZATION NAME:		TITLE:	
ADDRESS:			
CITY:		STATE:	ZIP:
EMAIL: karen.bruce@hotmail.com		ATTENDANCE: Written	SUBMIT DATE: 2/10/2024 8:52 PM
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I'm in favor of this



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WITNESS NAME		
INDIVIDUAL:		
WITNESS NAME: KAREN E SIEBER		PHONE NUMBER:
BUSINESS/ORGANIZATION NAME:		TITLE:
ADDRESS:		
CITY:		STATE: ZIP:
EMAIL: karensieber2238@gmail.com	ATTENDANCE: Written	SUBMIT DATE: 2/8/2024 6:43 PM

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

"It's too disruptive changing the time 2x a year. It take me and many others several days to adjust. You have to remember to change the clock either forward or back. When it gets dark early working people have no light driving home and are not able to do outside activities such as yard work, walking in the neighborhood cause it's getting dark. Most states (26) have daylight savings time.



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WITNESS NAME		
INDIVIDUAL:		
WITNESS NAME: KELLY HANRATTY		PHONE NUMBER:
BUSINESS/ORGANIZATION NAME:		TITLE:
ADDRESS:		
CITY:		STATE: ZIP:
EMAIL: kmhanratty@gmail.com	ATTENDANCE: Written	SUBMIT DATE: 2/8/2024 8:49 PM
THE INFORMATION ON THIS FORM IS PUBLIC RECORD UNDER CHAPTER 610, RSMo.		

I want Sander HB 1471 Daylight saving time bill to be voted into law in Missouri . I do not like the changing time twice a year and want permanent daylight savings time that does not ever switch any part of the year because it negatively impacts my health. I feel jet lagged for weeks after each change . It makes me unable to sleep for days. The clocks all need to be changed. It is annoying and unnecessary.



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WITNESS NAME		
INDIVIDUAL:		
WITNESS NAME: KRISTEN ADAMS		PHONE NUMBER:
BUSINESS/ORGANIZATION NAME:		TITLE:
ADDRESS:		
CITY:		STATE: ZIP:
EMAIL: LuvThoseBowls@startmail.com	ATTENDANCE: Written	SUBMIT DATE: 2/8/2024 6:53 PM

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I would love for this to be the last time we have to change our clocks. It is such a hassle. Keeping it permanent daylight savings time would still be a benefit to farmers. Changing time is physically and emotionally difficult to adjust to for many of my family and friends. Young children can have a tough time adjusting for that first week after the time change.



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WITNESS NAME			
INDIVIDUAL:			
WITNESS NAME: LEA MITCHELL		PHONE NUMBER:	
BUSINESS/ORGANIZATION NAME:		TITLE:	
ADDRESS:			
CITY:		STATE:	ZIP:
EMAIL: mittchell.lea310@gmail.com		ATTENDANCE: Written	SUBMIT DATE: 2/8/2024 11:24 PM
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WITNESS NAME		
INDIVIDUAL:		
WITNESS NAME: LORIN ADCOCK		PHONE NUMBER:
BUSINESS/ORGANIZATION NAME:		TITLE:
ADDRESS:		
CITY:		STATE: ZIP:
EMAIL: lorin.a@sbcglobal.net	ATTENDANCE: Written	SUBMIT DATE: 2/12/2024 12:05 PM
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Please consider the health of people and their pets and stop the practice of changing the clocks.



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WITNESS NAME		
INDIVIDUAL:		
WITNESS NAME: NICKI ELLEN JANUSIK		PHONE NUMBER:
BUSINESS/ORGANIZATION NAME:		TITLE:
ADDRESS:		
CITY:		STATE: ZIP:
EMAIL: nejanusik49@gmail.com	ATTENDANCE: Written	SUBMIT DATE: 2/9/2024 7:33 PM
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BILL NUMBER: HB 1471		DATE: 2/21/2024
COMMITTEE: Government Efficiency and Downsizing		
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: NICOLA JOE		PHONE NUMBER:
BUSINESS/ORGANIZATION NAME:		TITLE:
ADDRESS:		
CITY:		STATE: ZIP:
EMAIL: joenicola@aol.com	ATTENDANCE: Written	SUBMIT DATE: 2/8/2024 5:11 PM
THE INFORMATION ON THIS FORM IS PUBLIC RECORD UNDER CHAPTER 610, RSMo.		

I am in favor of this Bill and of keeping our time on Daylight Savings Time. Changing our clocks twice a year is very inconvenient and cause undue burden on our people. The several days that it takes for your body to adjust, the lost sleep and anxiety it causes is not worth any perceivable benefit.



MISSOURI HOUSE OF REPRESENTATIVES
WITNESS APPEARANCE FORM

BILL NUMBER: HB 1471		DATE: 2/21/2024
COMMITTEE: Government Efficiency and Downsizing		
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: PATRICIA VAN DYNE		PHONE NUMBER:
BUSINESS/ORGANIZATION NAME:		TITLE:
ADDRESS:		
CITY:		STATE: ZIP:
EMAIL: luckypurple@charter.net	ATTENDANCE: Written	SUBMIT DATE: 2/8/2024 5:54 PM

THE INFORMATION ON THIS FORM IS PUBLIC RECORD UNDER CHAPTER 610, RSMo.
Changing the time back & forth is unnecessary, just leave it on Daylight Saving time



MISSOURI HOUSE OF REPRESENTATIVES
WITNESS APPEARANCE FORM

BILL NUMBER: HB 1471		DATE: 2/21/2024
COMMITTEE: Government Efficiency and Downsizing		
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: PETER C VOLKER		PHONE NUMBER:
BUSINESS/ORGANIZATION NAME:		TITLE:
ADDRESS:		
CITY:		STATE: ZIP:
EMAIL: pvolker@charter.net	ATTENDANCE: Written	SUBMIT DATE: 2/10/2024 9:47 AM

THE INFORMATION ON THIS FORM IS PUBLIC RECORD UNDER CHAPTER 610, RSMo.
I am in full support of enacting permanent (year-round) daylight saving time in Missouri.



MISSOURI HOUSE OF REPRESENTATIVES
WITNESS APPEARANCE FORM

BILL NUMBER: HB 1471		DATE: 2/21/2024
COMMITTEE: Government Efficiency and Downsizing		
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: PRESTON SMITH		PHONE NUMBER:
BUSINESS/ORGANIZATION NAME:		TITLE:
ADDRESS:		
CITY:		STATE: ZIP:
EMAIL: pvsmith@sbcglobal.net	ATTENDANCE: Written	SUBMIT DATE: 2/12/2024 1:11 PM

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

I would like to speak in favor of HB 1471, which I see is the same bill as 1797 by Rep. Gragg. Both would make daylight savings time the new permanent standard time. I would not be in favor of HB1607, which would set our clocks back to standard time. Let me explain why daylight savings time is better than standard time: State legislatures have considered at least 550 bills and resolutions in recent years to establish year-round daylight saving time as soon as federal law allows it. Much of the legislation would stop the disruption-causing, twice-yearly clock switching. Inherent in the debate is whether to enact either permanent standard time or permanent daylight time. The federal Uniform Time Act allows the former option but not the latter. In the last five years, 19 states have enacted legislation or passed resolutions to provide for year-round daylight saving time, if Congress were to allow such a change, and in some cases, if surrounding states enact the same legislation. Because federal law does not currently allow full-time DST, Congress would have to act before states could adopt changes. The 19 states are Colorado and Kentucky (resolution) (2022), Alabama, Georgia, Minnesota, Mississippi and Montana (2021). Idaho, Louisiana, Ohio (resolution), South Carolina, Utah and Wyoming (2020). Delaware, Maine, Oregon, Tennessee and Washington (2019). Florida (2018; California voters also authorized such a change that year, but legislative action is pending so it is not counted). Some states have commissioned studies on the topic including Massachusetts (2017) and Maine (2021). Daylight Saving Time is not a new concept, and the idea behind it is a simple one. During the warmer months, there is more sunlight during the day. Consequently, with more sunlight during the day, there is less need for electric lights, so energy is conserved. In 1974, Congress, in response to the 1973 Arab Oil Embargo, extended DST to 10 months and in 1975, DST lasted eight months. The impact on energy conservation was encouraging. Based on consumption figures for 1974 and 1975, the Department of Transportation reported that observing daylight time in March and April saved the equivalent of 100,000 barrels of oil each day; a total of 6,000,000 barrels in each of those two years. The extension of DST will do more than merely save energy. The Department of Transportation estimated that 50 lives were saved, 2,000 injuries prevented, and \$28 million saved in traffic accident costs due to an extension of DST in the study years. More daylight means fewer car accidents because more people are driving when the sun is out, which is safer. Retail, golf, barbecue and candy (think Halloween) businesses benefit from longer daylight hours during the eight months of DST and speak out in favor of the shift to permanent daylight time. Daylight savings time saved \$59M per year in avoided social costs by reducing the number of evening robberies. Robbery rates didn't increase in the morning, even though those hours were darker—apparently, criminals aren't early risers. Furthermore, in The Review of Economics and Statistics, shifting daylight from the morning to the early evening caused robbery rates for the entire day to fall an average of 7 percent, with a much larger 27 percent drop during the evening hour that gained some extra sunlight. Changing back and forth the times is harmful, and all three proposed bills would end time-changing. The American Psychological Association that discovered

more injuries to miners on the Mondays following the time switch. Researchers in Indiana (where only a few counties observe the time change) looked at 10 years of SAT scores in public high schools across the state, and found that DST-observing counties had average scores 16 points lower than those of the counties that don't spring ahead. An Economist/YouGov poll of 1,500 U.S. adult citizens in November 2021 found that 63% wanted to stop clock changing, 16% wanted to keep the current system and 23% were unsure. Were clock switching to be eliminated, 48% of respondents favored permanent daylight time, while 29% preferred permanent standard time. A CBS News poll in 2022 showed more people in favor of DST than standard time. Here's a study on DST and heart attacks. ScienceDirect research shows that a significant increase in traffic accidents is related to the time shift. Another study says crime increases after the spring time shift. Still another finds that sunshine is good for your mental health. Finally, I will say that I don't have any specialize expertise in daylight savings time analysis, but I am a good researcher and this is the information that I have been able to pull together about these three bills.



MISSOURI HOUSE OF REPRESENTATIVES
WITNESS APPEARANCE FORM

BILL NUMBER: HB 1471		DATE: 2/21/2024
COMMITTEE: Government Efficiency and Downsizing		
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: PRESTON SMITH		PHONE NUMBER:
BUSINESS/ORGANIZATION NAME:		TITLE:
ADDRESS:		
CITY:		STATE: ZIP:
EMAIL: pvsmit@sbcgloba.net	ATTENDANCE: In-Person	SUBMIT DATE: 2/9/2024 2:17 PM

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

The State of Missouri needs to eliminate daylight savings time. This practice does nothing in our modern society that it was originally intended to do when Ben Franklin suggested it in the 1700s. I will offer about 2-3 minutes of comments when I appear in person at the hearing.



MISSOURI HOUSE OF REPRESENTATIVES
WITNESS APPEARANCE FORM

BILL NUMBER: HB 1471		DATE: 2/21/2024
COMMITTEE: Government Efficiency and Downsizing		
TESTIFYING: <input checked="" type="checkbox"/> IN SUPPORT OF <input type="checkbox"/> IN OPPOSITION TO <input type="checkbox"/> FOR INFORMATIONAL PURPOSES		
WITNESS NAME		
REGISTERED LOBBYIST:		
WITNESS NAME: RICH AUBUCHON		PHONE NUMBER: 573-616-1845
REPRESENTING: MISSOURI STATE MEDICAL SOCIETY		TITLE:
ADDRESS: 112 E HIGH ST		
CITY: JEFFERSON CITY		STATE: MO
		ZIP: 65101
EMAIL:	ATTENDANCE:	SUBMIT DATE: 2/21/2024 12:00 AM
THE INFORMATION ON THIS FORM IS PUBLIC RECORD UNDER CHAPTER 610, RSMo.		



MISSOURI HOUSE OF REPRESENTATIVES
WITNESS APPEARANCE FORM

BILL NUMBER: HB 1471		DATE: 2/21/2024
COMMITTEE: Government Efficiency and Downsizing		
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: ROBERT SIEBER		PHONE NUMBER:
BUSINESS/ORGANIZATION NAME:		TITLE:
ADDRESS:		
CITY:		STATE: ZIP:
EMAIL: robsieber23@gmail.com	ATTENDANCE: Written	SUBMIT DATE: 2/8/2024 6:44 PM
THE INFORMATION ON THIS FORM IS PUBLIC RECORD UNDER CHAPTER 610, RSMo.		

Changing our clocks twice a year has very little benefit and several disadvantages. I support adopting DST over Central Standard Time year-round. If we chose to use CST year-round, it would get light at 4:15am in late Spring and early summer. Those daylight hours would be wasted for 95% of the population. While neither option is perfect, I think that DST fits more people's schedules.



MISSOURI HOUSE OF REPRESENTATIVES
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BILL NUMBER: HB 1471		DATE: 2/21/2024
COMMITTEE: Government Efficiency and Downsizing		
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: ROBERTA D STANFORD		PHONE NUMBER:
BUSINESS/ORGANIZATION NAME:		TITLE:
ADDRESS:		
CITY:		STATE: ZIP:
EMAIL: bertieds@gmail.com	ATTENDANCE: Written	SUBMIT DATE: 2/14/2024 9:24 AM
THE INFORMATION ON THIS FORM IS PUBLIC RECORD UNDER CHAPTER 610, RSMo.		

Please keep DST year round. Switching back and forth is no longer necessary. Thank you!



MISSOURI HOUSE OF REPRESENTATIVES
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BILL NUMBER: HB 1471		DATE: 2/21/2024
COMMITTEE: Government Efficiency and Downsizing		
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: RYAN MURRAY		PHONE NUMBER:
BUSINESS/ORGANIZATION NAME:		TITLE:
ADDRESS:		
CITY:		STATE: ZIP:
EMAIL: ryanpmurray87@gmail.com	ATTENDANCE: Written	SUBMIT DATE: 2/9/2024 9:36 AM
THE INFORMATION ON THIS FORM IS PUBLIC RECORD UNDER CHAPTER 610, RSMo.		

This needs to be taken up and passed now. Stop the debates and get it done.



MISSOURI HOUSE OF REPRESENTATIVES
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COMMITTEE: Government Efficiency and Downsizing		
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: SHARON K SMITH		PHONE NUMBER:
BUSINESS/ORGANIZATION NAME:		TITLE:
ADDRESS:		
CITY:		STATE: ZIP:
EMAIL: Ssmithcsa@gmail.com	ATTENDANCE: Written	SUBMIT DATE: 2/21/2024 7:48 PM

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The winter months are so limited in the number of daylight hrs that it won't impact those months much anyway. But to not have to adjust to switching back and forth will impact many!



MISSOURI HOUSE OF REPRESENTATIVES
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COMMITTEE: Government Efficiency and Downsizing		
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: SUSAN KENSINGER		PHONE NUMBER:
BUSINESS/ORGANIZATION NAME:		TITLE:
ADDRESS:		
CITY:		STATE: ZIP:
EMAIL: skensinger0614@yahoo.com	ATTENDANCE: Written	SUBMIT DATE: 2/21/2024 3:03 PM
THE INFORMATION ON THIS FORM IS PUBLIC RECORD UNDER CHAPTER 610, RSMo.		

Keep daylight savings time



MISSOURI HOUSE OF REPRESENTATIVES
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BILL NUMBER: HB 1471		DATE: 2/21/2024
COMMITTEE: Government Efficiency and Downsizing		
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: SUZANNE MCGINNIS		PHONE NUMBER:
BUSINESS/ORGANIZATION NAME:		TITLE:
ADDRESS:		
CITY:		STATE: ZIP:
EMAIL: suzmas4@yahoo.com	ATTENDANCE: Written	SUBMIT DATE: 2/14/2024 7:56 AM
THE INFORMATION ON THIS FORM IS PUBLIC RECORD UNDER CHAPTER 610, RSMo.		

I would love to spring forward and leave our clocks alone. Going back and forth is not good for anyone. Having the clocks stabe with natural reduction of daylight will be helpful.



MISSOURI HOUSE OF REPRESENTATIVES
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COMMITTEE: Government Efficiency and Downsizing		
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: THOMAS J. HARROLD		PHONE NUMBER:
BUSINESS/ORGANIZATION NAME:		TITLE:
ADDRESS:		
CITY:		STATE: ZIP:
EMAIL: thomas.harrold@icloud.com	ATTENDANCE: Written	SUBMIT DATE: 2/21/2024 2:47 PM

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

I support mission critical public safety systems. I can assure you that time change costs money, time and resources. Please end the obsolete practice of time changes.



MISSOURI HOUSE OF REPRESENTATIVES
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BILL NUMBER: HB 1471		DATE: 2/21/2024
COMMITTEE: Government Efficiency and Downsizing		
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: TIM THURBER		PHONE NUMBER:
BUSINESS/ORGANIZATION NAME:		TITLE:
ADDRESS:		
CITY:		STATE: ZIP:
EMAIL: tim@76fireworks.com	ATTENDANCE: Written	SUBMIT DATE: 2/9/2024 11:29 AM
THE INFORMATION ON THIS FORM IS PUBLIC RECORD UNDER CHAPTER 610, RSMo.		

I am in support of this bill fully. Chris is doing great work for the state!



MISSOURI HOUSE OF REPRESENTATIVES
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BILL NUMBER: HB 1471		DATE: 2/21/2024
COMMITTEE: Government Efficiency and Downsizing		
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: TOM CONGER		PHONE NUMBER:
BUSINESS/ORGANIZATION NAME:		TITLE:
ADDRESS:		
CITY:		STATE: ZIP:
EMAIL: congertj@yahoo.com	ATTENDANCE: Written	SUBMIT DATE: 2/8/2024 6:33 PM
THE INFORMATION ON THIS FORM IS PUBLIC RECORD UNDER CHAPTER 610, RSMo.		



MISSOURI HOUSE OF REPRESENTATIVES
WITNESS APPEARANCE FORM

BILL NUMBER: HB 1471		DATE: 2/21/2024
COMMITTEE: Government Efficiency and Downsizing		
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: TONI OLDHAM		PHONE NUMBER:
BUSINESS/ORGANIZATION NAME:		TITLE:
ADDRESS:		
CITY:		STATE: ZIP:
EMAIL: inotoldham@gmail.com	ATTENDANCE: Written	SUBMIT DATE: 2/21/2024 6:42 AM
THE INFORMATION ON THIS FORM IS PUBLIC RECORD UNDER CHAPTER 610, RSMo.		



MISSOURI HOUSE OF REPRESENTATIVES
WITNESS APPEARANCE FORM

BILL NUMBER: HB 1471		DATE: 2/21/2024
COMMITTEE: Government Efficiency and Downsizing		
TESTIFYING: <input type="checkbox"/> IN SUPPORT OF <input checked="" type="checkbox"/> IN OPPOSITION TO <input type="checkbox"/> FOR INFORMATIONAL PURPOSES		
WITNESS NAME		
INDIVIDUAL:		
WITNESS NAME: ANDREW LUEHRS		PHONE NUMBER:
BUSINESS/ORGANIZATION NAME:		TITLE:
ADDRESS:		
CITY:		STATE: ZIP:
EMAIL: andrewluehrs@gmail.com	ATTENDANCE: Written	SUBMIT DATE: 2/9/2024 9:22 AM

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

I am writing in opposition to the proposal to make DST permanent in Missouri. Beginning with facts specific to my city of Springfield, if permanent DST was to be enacted, we would spend almost a quarter of the year experiencing sunrise after 8:00am, with the latest sunrises in midwinter pushing almost to 8:30am. The end result is the great majority of our citizens making their commute to work in the dark, children waiting for school buses in the dark. and work/school beginning after dark (for the school year this becomes an even more significant percentage, as nearly 90 days would experience sunrise after 8:00am. (By contrast, during standard time, the latest sunset is just shy of 5:00, and sunset only occurs before 5:00 for less than a month.)While the goal of ending the system-shocking time changes in spring and fall is laudable, permanent DST is precisely the wrong way to do it. The facts cited above illustrate the dangers to individual and public safety as more of our mornings are plunged artificially into darkness. Dozens and dozens of studies have reached the same conclusion: human beings are tuned to the natural rhythms of sunrise and sunset, and artificially shifting our clocks back by an hour disrupts these rhythms in increasingly harmful ways. Later light in the evenings causes us to stay up later, and later sunrise prompts us to sleep later; however, our social schedules do not adjust, resulting in lost sleep and numerous health detriments that lost sleep inflicts. Morning grogginess from these effects as well as arriving at work before sunrise also results in lost productivity. Energy costs are increased, not decreased, under DST; any gains in "evening light" are offset by increased need for light in the mornings, and lighting costs are negligible at this point. However, pushing the heat of Missouri summer afternoons further into the evening (especially the post 5:00 period when people are returning home) drives up costs for air conditioning in homes. These are but a few of the negative effects of DST. Furthermore, it is difficult to find any benefits from DST to place against these detriments. Almost any outdoor activity that would supposedly benefit from delayed sunsets can take place under artificial lighting (indeed, many summer activities extend beyond sunset regardless of when it occurs), and as noted already, delayed sunsets do not present significant energy savings, especially in an era when energy-efficient LED bulbs have become widely available. Farm work must follow the sun no matter what time is assigned to it, so shifting sunsets against the clock is of no practical benefit. Is an extra hour of post-work golf worth the widespread and numerous negative effects? Eliminating the time change is a worthy goal, but making the shift permanent is absolutely the wrong way to do it. It has been tried before, including in the US in 1974, and every time is swiftly revoked once the public experiences winter mornings in artificial darkness. Let us learn from history and not repeat the mistake of permanent DST.



MISSOURI HOUSE OF REPRESENTATIVES
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BILL NUMBER: HB 1471		DATE: 2/21/2024
COMMITTEE: Government Efficiency and Downsizing		
TESTIFYING: <input type="checkbox"/> IN SUPPORT OF <input checked="" type="checkbox"/> IN OPPOSITION TO <input type="checkbox"/> FOR INFORMATIONAL PURPOSES		
WITNESS NAME		
INDIVIDUAL:		
WITNESS NAME: ANGELA D MILLER		PHONE NUMBER:
BUSINESS/ORGANIZATION NAME:		TITLE:
ADDRESS:		
CITY:		STATE: ZIP:
EMAIL: amiller1011@yahoo.com	ATTENDANCE: Written	SUBMIT DATE: 2/8/2024 6:09 PM
THE INFORMATION ON THIS FORM IS PUBLIC RECORD UNDER CHAPTER 610, RSMo.		

This bill is like beating a dead horse. How many times is he going to file legislation that is directly forbidden by federal law? Why file legislation that forces us to wait on action from the federal government. If time change is the enemy we want to see defeated, then opt out of Daylight Saving Time as Arizona and Hawaii already do. This action is permitted. I further don't understand why any legislator would support a law that shifts morning sunrise to nearly 9am in January, our coldest month, for any portion of the state. That's what would happen here should this ever come to pass. Finally, DST in the winter has been done before. It was swiftly reversed. Humans need morning light. It's what shifts our hormones for sleep each evening and maximizes hormones for happiness (and why light therapy is prescribed for mornings). Sunrise after 8:30 would rob so many Missourians of access to sunlight before work and force the morning commute in the coldest portion of a dark morning. This is a dangerous and thoughtless approach to ending clock change.



MISSOURI HOUSE OF REPRESENTATIVES
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TESTIFYING: <input type="checkbox"/> IN SUPPORT OF <input checked="" type="checkbox"/> IN OPPOSITION TO <input type="checkbox"/> FOR INFORMATIONAL PURPOSES		
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: 2/21/2024 7:43 AM
THE INFORMATION ON THIS FORM IS PUBLIC RECORD UNDER CHAPTER 610, RSMo.		

We should not be attempting to bring sunrise to any Missourian after 8:30 and as late as 9a. That's what this bill would accomplish. It was done before in the US and swiftly reversed due to popular outcry. This bill would preclude our family from hobby farming since January sunrise would be two hours after when we would need to deal with the frozen water. It would just refreeze. Please consider ag interests that are not big corporations when you mess with sunrise. Sunset is irrelevant to farmers. Sunrise time in January makes work difficult as it is and this would make it so many times worse.



MISSOURI HOUSE OF REPRESENTATIVES
WITNESS APPEARANCE FORM

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COMMITTEE: Government Efficiency and Downsizing		
TESTIFYING: <input type="checkbox"/> IN SUPPORT OF <input checked="" type="checkbox"/> IN OPPOSITION TO <input type="checkbox"/> FOR INFORMATIONAL PURPOSES		
WITNESS NAME		
INDIVIDUAL:		
WITNESS NAME: ANTHONY (TONY) GRANILLO		PHONE NUMBER:
BUSINESS/ORGANIZATION NAME:		TITLE:
ADDRESS:		
CITY:		STATE: ZIP:
EMAIL: granillo327@gmail.com	ATTENDANCE: Written	SUBMIT DATE: 2/21/2024 9:15 AM
THE INFORMATION ON THIS FORM IS PUBLIC RECORD UNDER CHAPTER 610, RSMo.		

Health hazard with too much darkness in the mornings during winter months. Instead, we need to go to Standard time only. Arizona is already there; I believe at least one other state too. Let's not be leaders on a mistake, Daylight Savings time was a mistake from the beginning. Follow the lead of those state(s) who have it right already.



MISSOURI HOUSE OF REPRESENTATIVES
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TESTIFYING: <input type="checkbox"/> IN SUPPORT OF <input checked="" type="checkbox"/> IN OPPOSITION TO <input type="checkbox"/> FOR INFORMATIONAL PURPOSES		
WITNESS NAME		
INDIVIDUAL:		
WITNESS NAME: BRENDAN LUCEY		PHONE NUMBER:
BUSINESS/ORGANIZATION NAME:		TITLE:
ADDRESS:		
CITY:		STATE: ZIP:
EMAIL: luceyb@wustl.edu	ATTENDANCE: Written	SUBMIT DATE: 2/12/2024 7:36 PM
THE INFORMATION ON THIS FORM IS PUBLIC RECORD UNDER CHAPTER 610, RSMo.		

Dear Honorable Legislators, I am asking you to vote no on permanent daylight saving time. As a practicing sleep medicine physician, I know the negative effects of daylight savings time such as adverse effects on health and safety of children and elderly, accident risk for commuters and outdoor laborers. We also want to avoid a repeat of the 1974 disaster when permanent daylight savings time. Thank you very much for reading my perspective, Brendan Lucey, MD



MISSOURI HOUSE OF REPRESENTATIVES
WITNESS APPEARANCE FORM

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TESTIFYING: <input type="checkbox"/> IN SUPPORT OF <input checked="" type="checkbox"/> IN OPPOSITION TO <input type="checkbox"/> FOR INFORMATIONAL PURPOSES		
WITNESS NAME		
INDIVIDUAL:		
WITNESS NAME: CAMERON MCMILLAN		PHONE NUMBER:
BUSINESS/ORGANIZATION NAME:		TITLE:
ADDRESS:		
CITY:		STATE: ZIP:
EMAIL: br.timothy.osb@gmail.com	ATTENDANCE: Written	SUBMIT DATE: 2/10/2024 7:13 PM

THE INFORMATION ON THIS FORM IS PUBLIC RECORD UNDER CHAPTER 610, RSMo.
Permanent Standard Time is the healthiest, most natural option.



MISSOURI HOUSE OF REPRESENTATIVES
WITNESS APPEARANCE FORM

BILL NUMBER: HB 1471		DATE: 2/21/2024	
COMMITTEE: Government Efficiency and Downsizing			
TESTIFYING: <input type="checkbox"/> IN SUPPORT OF <input checked="" type="checkbox"/> IN OPPOSITION TO <input type="checkbox"/> FOR INFORMATIONAL PURPOSES			
WITNESS NAME			
BUSINESS/ORGANIZATION:			
WITNESS NAME: JAY PEA		PHONE NUMBER: 602-492-8462	
BUSINESS/ORGANIZATION NAME: SAVE STANDARD TIME		TITLE: PRESIDENT	
ADDRESS: PO BOX 18170			
CITY: FOUNTAIN HILLS		STATE: AZ	ZIP: 85269
EMAIL: jay@savestandardtime.com	ATTENDANCE: In-Person	SUBMIT DATE: 2/16/2024 5:45 PM	

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

Re: Yes on HB 1607, No on HB 1471, No on HB 1797 – End clock changes the quick, healthy, proven way. Dear Honorable Legislators, Please support HB 1607, permanent Standard Time (natural time), for the health, mood, safety, education, and economy of schoolchildren, commuters, farmers, construction workers, and more. Please oppose HB 1471 and 1797, permanent Daylight Saving Time (fast time), which has repeatedly failed, has cost lives, and is federally prohibited. Scores of organizations and hundreds of researchers, physicians, teachers, parents, religious leaders, and journalists on the left and right oppose DST and endorse permanent Standard Time. Among these are the Southern Sleep Society, American College of Lifestyle Medicine, 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 Standard Time is approved by the Uniform Time Act; it can end clock change quickly, as most voters wish. It can do so without delaying sunrise, for well-being and prosperity. Permanent Standard Time has been observed for decades in Arizona, Hawaii, all five US territories, and most nations. Most of Mexico restored permanent Standard Time in late 2022, and more American states have permanent Standard Time bills than ever before. Permanent Standard Time would protect start times for schoolchildren and essential workers (farmers, police, firefighters, commercial drivers, transit operators, healthcare personnel, teachers) by letting most sleep naturally past sunrise most days. Its benefits to circadian health would 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 (also known for this reason as God's time). Permanent DST instead is prohibited by the Uniform Time Act; it cannot end clock change quickly. It would delay sunrise in Missouri past 8am (when most school/work begins) for two to three months, as late as 8:45am. It increased deaths and injuries, especially 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. Missouri rejected permanent DST in 1974, and it failed in several other years and places. It would deprive morning light needed by farmers, construction workers, and other outdoor laborers. It 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. DST's delayed sunrise significantly increases accidents, disease, and healthcare costs. It significantly decreases learning, productivity, and earnings. Please hear the nonpartisan consensus of history and science. Save time, money, and

lives. Please support HB 1607, and please oppose HB 1471 and 1797. Ditch DST and restore permanent Standard Time.Sincerely,Jay PeaPresidentjay@savestandardtime.comSAVE STANDARD TIME



MISSOURI HOUSE OF REPRESENTATIVES
WITNESS APPEARANCE FORM

BILL NUMBER: HB 1471		DATE: 2/21/2024	
COMMITTEE: Government Efficiency and Downsizing			
TESTIFYING: <input type="checkbox"/> IN SUPPORT OF <input checked="" type="checkbox"/> IN OPPOSITION TO <input type="checkbox"/> FOR INFORMATIONAL PURPOSES			
WITNESS NAME			
BUSINESS/ORGANIZATION:			
WITNESS NAME: JAY PEA		PHONE NUMBER: 602-492-8462	
BUSINESS/ORGANIZATION NAME: SAVE STANDARD TIME		TITLE: PRESIDENT	
ADDRESS: PO BOX 18170			
CITY: FOUNTAIN HILLS		STATE: AZ	ZIP: 85269
EMAIL: jay@savestandardtime.com		ATTENDANCE: In-Person	SUBMIT DATE: 2/10/2024 4:22 PM

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

Re: Yes on HB 1607, No on HB 1471, No on HB 1797 – End clock changes the quick, healthy, proven way. Dear Honorable Legislators, Please support HB 1607, permanent Standard Time (natural time), for the health, mood, safety, education, and economy of schoolchildren, commuters, farmers, construction workers, and more. Please oppose HB 1471 and 1797, permanent Daylight Saving Time (fast time), which has repeatedly failed, has cost lives, and is federally prohibited. Scores of organizations and hundreds of researchers, physicians, teachers, parents, religious leaders, and journalists on the left and right oppose DST and endorse permanent Standard Time. Among these are the Missouri Sleep Society, Southern Sleep Society, American College of Lifestyle Medicine, 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 Standard Time is approved by the Uniform Time Act; it can end clock change quickly, as most voters wish. It can do so without delaying sunrise, for well-being and prosperity. Permanent Standard Time has been observed for decades in Arizona, Hawaii, all five US territories, and most nations. Most of Mexico restored permanent Standard Time in late 2022, and more American states have permanent Standard Time bills than ever before. Permanent Standard Time would protect start times for schoolchildren and essential workers (farmers, police, firefighters, commercial drivers, transit operators, healthcare personnel, teachers) by letting most sleep naturally past sunrise most days. Its benefits to circadian health would 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 (also known for this reason as God’s time). Permanent DST instead is prohibited by the Uniform Time Act; it cannot end clock change quickly. It would delay sunrise in Missouri past 8am (when most school/work begins) for two to three months, as late as 8:45am. It increased deaths and injuries, especially 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. Missouri rejected permanent DST in 1974, and it failed in several other years and places. It would deprive morning light needed by farmers, construction workers, and other outdoor laborers. It 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. DST’s delayed sunrise significantly increases accidents, disease, and healthcare costs. It significantly decreases learning, productivity, and earnings. Please hear the nonpartisan consensus of history and science.

Save time, money, and lives. Please support HB 1607, and please oppose HB 1471 and 1797. Ditch DST and restore permanent Standard Time. Sincerely, Jay Pea, President Save Standard Time
Timejay@savestandardtime.com <https://savestandardtime.com/>



MISSOURI HOUSE OF REPRESENTATIVES
WITNESS APPEARANCE FORM

BILL NUMBER: HB 1471		DATE: 2/21/2024
COMMITTEE: Government Efficiency and Downsizing		
TESTIFYING: <input type="checkbox"/> IN SUPPORT OF <input checked="" type="checkbox"/> IN OPPOSITION TO <input type="checkbox"/> FOR INFORMATIONAL PURPOSES		
WITNESS NAME		
INDIVIDUAL:		
WITNESS NAME: JENNIFER SIDOR		PHONE NUMBER:
BUSINESS/ORGANIZATION NAME:		TITLE:
ADDRESS:		
CITY:		STATE: ZIP:
EMAIL: mrs.sidor2015@gmail.com	ATTENDANCE: Written	SUBMIT DATE: 2/11/2024 11:23 PM
THE INFORMATION ON THIS FORM IS PUBLIC RECORD UNDER CHAPTER 610, RSMo.		

**Permanent Standard Time is medically proven to be more beneficial for physical and mental health.
Permanent Daylight Savings Time has been tried before and failed with sun rises not occurring until
after 9am part of the year!**



MISSOURI HOUSE OF REPRESENTATIVES
WITNESS APPEARANCE FORM

BILL NUMBER: HB 1471		DATE: 2/21/2024
COMMITTEE: Government Efficiency and Downsizing		
TESTIFYING: <input type="checkbox"/> IN SUPPORT OF <input checked="" type="checkbox"/> IN OPPOSITION TO <input type="checkbox"/> FOR INFORMATIONAL PURPOSES		
WITNESS NAME		
INDIVIDUAL:		
WITNESS NAME: LYNNE SHIELDS		PHONE NUMBER:
BUSINESS/ORGANIZATION NAME:		TITLE:
ADDRESS:		
CITY:		STATE: ZIP:
EMAIL: lshields53@gmail.com	ATTENDANCE: Written	SUBMIT DATE: 2/9/2024 11:36 AM
THE INFORMATION ON THIS FORM IS PUBLIC RECORD UNDER CHAPTER 610, RSMo.		

I oppose both of these bills (1471 & 1796), as they would set daylight savings time as the standard. First, research on human 'clock' cycles has established that standard time supports human functioning more than does daylight savings time. Second, I believe that setting daylight savings time around the calendar is against federal law, and hence, makes no sense.



MISSOURI HOUSE OF REPRESENTATIVES
WITNESS APPEARANCE FORM

BILL NUMBER: HB 1471		DATE: 2/21/2024
COMMITTEE: Government Efficiency and Downsizing		
TESTIFYING: <input type="checkbox"/> IN SUPPORT OF <input checked="" type="checkbox"/> IN OPPOSITION TO <input type="checkbox"/> FOR INFORMATIONAL PURPOSES		
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: 2/12/2024 12:37 PM

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

Permanent Daylight Saving Time, as proposed by HB 1471, would be worse for Missourian's health and safety than keeping biannual clock changes. The US tried it in 1974 and it was repealed early after public outcries about the late winter sunrises, which is an important detail that most of us forget. Many of us are used to and enjoy the late summer sunsets, myself included. However, early morning light is more important than later evening light because of its effects on our biology (circadian rhythm). Early morning light is beneficial to all of us, whereas later evening light only benefits a few and often just the economic interests of specific industries. Permanent Standard Time, as proposed by HB 1607, is the best option for ending biannual clock changes because it's more closely aligned with the sun and our biology, and is better for our health and safety as evidenced by a large body of research and support from by physicians (American Medical Association, American Academy of Pediatrics), teachers (National PTA), and many other organizations.



MISSOURI HOUSE OF REPRESENTATIVES
WITNESS APPEARANCE FORM

BILL NUMBER: HB 1471		DATE: 2/21/2024
COMMITTEE: Government Efficiency and Downsizing		
TESTIFYING: <input type="checkbox"/> IN SUPPORT OF <input checked="" type="checkbox"/> IN OPPOSITION TO <input type="checkbox"/> FOR INFORMATIONAL PURPOSES		
WITNESS NAME		
INDIVIDUAL:		
WITNESS NAME: NIKHIL LOKESH		PHONE NUMBER:
BUSINESS/ORGANIZATION NAME:		TITLE:
ADDRESS:		
CITY:		STATE: ZIP:
EMAIL: nikhil@wustl.edu	ATTENDANCE: Written	SUBMIT DATE: 2/13/2024 11:33 AM
THE INFORMATION ON THIS FORM IS PUBLIC RECORD UNDER CHAPTER 610, RSMo.		



MISSOURI HOUSE OF REPRESENTATIVES
WITNESS APPEARANCE FORM

BILL NUMBER: HB 1471		DATE: 2/21/2024
COMMITTEE: Government Efficiency and Downsizing		
TESTIFYING: <input type="checkbox"/> IN SUPPORT OF <input checked="" type="checkbox"/> IN OPPOSITION TO <input type="checkbox"/> FOR INFORMATIONAL PURPOSES		
WITNESS NAME		
INDIVIDUAL:		
WITNESS NAME: SANDRA KAY WINGO		PHONE NUMBER:
BUSINESS/ORGANIZATION NAME:		TITLE:
ADDRESS:		
CITY:		STATE: ZIP:
EMAIL: sggwingo@mchsi.com	ATTENDANCE: Written	SUBMIT DATE: 2/8/2024 5:09 PM
THE INFORMATION ON THIS FORM IS PUBLIC RECORD UNDER CHAPTER 610, RSMo.		

No to daylight savings.



MISSOURI HOUSE OF REPRESENTATIVES
WITNESS APPEARANCE FORM

BILL NUMBER: HB 1471		DATE: 2/21/2024
COMMITTEE: Government Efficiency and Downsizing		
TESTIFYING: <input type="checkbox"/> IN SUPPORT OF <input checked="" type="checkbox"/> IN OPPOSITION TO <input type="checkbox"/> FOR INFORMATIONAL PURPOSES		
WITNESS NAME		
INDIVIDUAL:		
WITNESS NAME: TIFFANY WALLACE		PHONE NUMBER:
BUSINESS/ORGANIZATION NAME:		TITLE:
ADDRESS:		
CITY:		STATE: ZIP:
EMAIL: hippiespawn79@yahoo.com	ATTENDANCE: Written	SUBMIT DATE: 2/9/2024 9:47 AM
THE INFORMATION ON THIS FORM IS PUBLIC RECORD UNDER CHAPTER 610, RSMo.		

We should stay on standard time all year, daylight savings has no purpose anymore. "Springing forward" has been shown to cause more car accidents and heart attacks as people's brains and bodies struggle to adjust. I was in a multi car accident as a direct result of the time change in March of 2016. There is no benefit and much detriment caused by daylight savings time.



MISSOURI HOUSE OF REPRESENTATIVES
WITNESS APPEARANCE FORM

BILL NUMBER: HB 1471		DATE: 2/21/2024
COMMITTEE: Government Efficiency and Downsizing		
TESTIFYING: <input type="checkbox"/> IN SUPPORT OF <input checked="" type="checkbox"/> IN OPPOSITION TO <input type="checkbox"/> FOR INFORMATIONAL PURPOSES		
WITNESS NAME		
INDIVIDUAL:		
WITNESS NAME: YO-EL JU		PHONE NUMBER:
BUSINESS/ORGANIZATION NAME:		TITLE:
ADDRESS:		
CITY:		STATE: ZIP:
EMAIL: juy@wustl.edu	ATTENDANCE: Written	SUBMIT DATE: 2/8/2024 11:13 PM
THE INFORMATION ON THIS FORM IS PUBLIC RECORD UNDER CHAPTER 610, RSMo.		

As a sleep medicine physician and scientist, I oppose having permanent daylight savings time. This was actually done at the federal level in 1974 and repealed within a year, due to concerns of increased traffic accidents (and decreased public support) due to dark winter mornings. Permanent STANDARD time is the best option in terms of health outcomes such as motor vehicle accidents, cardiovascular health, student academic performance, and other metrics.



MISSOURI HOUSE OF REPRESENTATIVES
WITNESS APPEARANCE FORM

BILL NUMBER: HB 1471		DATE: 2/21/2024
COMMITTEE: Government Efficiency and Downsizing		
TESTIFYING: <input type="checkbox"/> IN SUPPORT OF <input type="checkbox"/> IN OPPOSITION TO <input checked="" type="checkbox"/> FOR INFORMATIONAL PURPOSES		
WITNESS NAME		
INDIVIDUAL:		
WITNESS NAME: DON BICKHAUS		PHONE NUMBER:
BUSINESS/ORGANIZATION NAME:		TITLE:
ADDRESS:		
CITY:		STATE: ZIP:
EMAIL: doniibecky@yahoo.com	ATTENDANCE: Written	SUBMIT DATE: 2/10/2024 5:50 PM
THE INFORMATION ON THIS FORM IS PUBLIC RECORD UNDER CHAPTER 610, RSMo.		

Cannot support or oppose this bill. It is worded in a confusing way.