



MISSOURI HOUSE OF REPRESENTATIVES
WITNESS APPEARANCE FORM

BILL NUMBER: HB 1607		DATE: 2/14/2024
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: 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 support of the proposal to standard time permanent in Missouri. Eliminating the twice-yearly system shocks of the abrupt shift in sunrise and sunset times is a laudable goal, and eliminating DST altogether is the best and most natural way to do it. 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. Later sunsets in the summer also cause trouble for families with young children, who typically have earlier bedtimes; in the height of summer, with sunsets in much of the state pushing past 8:30, winding down for sleep becomes extremely challenging for children and adults alike. By contrast, without DST sunsets in July are still well past 7:30, by which point most summertime activities have either already concluded or would indeed prefer darkness (imagine being able to start 4th of July fireworks at 8:00 instead of 9:00!). 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. 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? Public opinion is overwhelmingly in favor of ending the time change, and opposition to permanent DST can be seen in the last time it was tried in the US in 1974: initially greeted positively by those who enjoyed late summer nights, support took a sharp downturn once Americans experienced their first winter with mornings plunged into darkness. Thus the simplest answer to eliminating the time changes is to eliminate what made them necessary in the first place: DST itself. Eliminating the time change is a worthy goal, and humankind flourishes when our civic life follows the natural cycle of the sun and seasons. Therefore, let us learn from the great bulk of our history, and make standard solar time permanent.



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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 6:03 PM
THE INFORMATION ON THIS FORM IS PUBLIC RECORD UNDER CHAPTER 610, RSMo.		

If Missouri seeks to STOP CLOCK CHANGE, then this is the only approach that makes any sense. Why waste time and resources debating about how to get around the Uniform Time Act? This bill allows us to immediately take action that we can directly control and that's to opt out of DST, which is allowed by the UTA; two other states already do it. Please put this forward so we can simplify life for everyone and maintain morning sunrises as they are. DST in January would delay sunrise until nearly 9a in the northwest portion of the state. That must be avoided at all costs. (And DST in January has been done before to disastrous and deadly results).



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WITNESS NAME		
INDIVIDUAL:		
WITNESS NAME: ANNE HANEY CROSS MD		PHONE NUMBER:
BUSINESS/ORGANIZATION NAME:		TITLE:
ADDRESS:		
CITY:		STATE: ZIP:
EMAIL: crossa@wustl.edu	ATTENDANCE: Written	SUBMIT DATE: 2/13/2024 4:28 PM
THE INFORMATION ON THIS FORM IS PUBLIC RECORD UNDER CHAPTER 610, RSMo.		

I support NOT changing the time twice per year. This is in support of HB1607.



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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

THE INFORMATION ON THIS FORM IS PUBLIC RECORD UNDER CHAPTER 610, RSMo.
I am in Support of this Bill. Abolish "Daylight Saving Time!"



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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 yes on permanent standard 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. I strongly endorse permanent standard time. Thank you very much for reading my perspective, Brendan Lucey, MD



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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.



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WITNESS NAME		
INDIVIDUAL:		
WITNESS NAME: DAVE WEBSTER		PHONE NUMBER:
BUSINESS/ORGANIZATION NAME:		TITLE:
ADDRESS:		
CITY:		STATE: ZIP:
EMAIL: dwebster30@comcast.net	ATTENDANCE: Written	SUBMIT DATE: 2/14/2024 3:32 PM

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

I don't care if we stay in standard time or DST. Get rid of the 2X a year time change. In the US there are an increasing number of states that don't want it. World-wide more and more countries are doing away with it.



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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: 2/10/2024 5:50 PM

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I agree...we need to stop changing our clocks around; it always has been and always will be a stupid thing to do.



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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/>



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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 11:21 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!**



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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.		



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WITNESS NAME		
INDIVIDUAL:		
WITNESS NAME: LAWRENCE M. LEWIS		PHONE NUMBER:
BUSINESS/ORGANIZATION NAME:		TITLE:
ADDRESS:		
CITY:		STATE: ZIP:
EMAIL: llewis1951@gmail.com	ATTENDANCE: Written	SUBMIT DATE: 2/9/2024 10:10 AM
THE INFORMATION ON THIS FORM IS PUBLIC RECORD UNDER CHAPTER 610, RSMo.		

I do not believe that Daylight Savings Time helps save energy or has any other positive aspects and transitioning is problematic for many folks. I would support abolishing DST in Missouri. Thank you.



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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 11:26 AM
THE INFORMATION ON THIS FORM IS PUBLIC RECORD UNDER CHAPTER 610, RSMo.		

I support this bill as it has been demonstrated that Stsndard time is best suited to human functioning. Changing time twice each year causes many difficulty in adapting to the change.



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WITNESS NAME		
INDIVIDUAL:		
WITNESS NAME: MARY BARGERON		PHONE NUMBER:
BUSINESS/ORGANIZATION NAME:		TITLE:
ADDRESS:		
CITY:		STATE: ZIP:
EMAIL: marybargeron@hotmail.com	ATTENDANCE: Written	SUBMIT DATE: 2/11/2024 11:56 AM
THE INFORMATION ON THIS FORM IS PUBLIC RECORD UNDER CHAPTER 610, RSMo.		

I support HB 1607 and permanent standard time because I understand the science tells us it is better for human health. I ask you to please oppose permanent daylight savings time.



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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: 2/12/2024 12:40 PM

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

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. Permanent Standard Time does not require Federal approval, like permanent Daylight Saving Time does.



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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 11:32 AM
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WITNESS NAME		
INDIVIDUAL:		
WITNESS NAME: PRADEEP K SAHOTA		PHONE NUMBER:
BUSINESS/ORGANIZATION NAME:		TITLE:
ADDRESS:		
CITY:		STATE: ZIP:
EMAIL: sahotap@missouri.edu	ATTENDANCE: Written	SUBMIT DATE: 2/12/2024 9:41 AM

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

Significant data shows health issues that emerge from the twice an year change of time.2ndly, pros and cons of Daylight Savings time vs Standard natural time show clear benefit of STANDARD NATURAL TIME. In the interez of health of Missourians, I strongly urge our state legislators to adopt Standard Natural time.



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WITNESS NAME			
REGISTERED LOBBYIST:			
WITNESS NAME: RICH AUBUCHON		PHONE NUMBER: 573-616-1845	
REPRESENTING: MO STATE MEDICAL SOCIETY		TITLE:	
ADDRESS: 112 E HIGH ST			
CITY: JEFFERSON CITY		STATE: MO	ZIP: 65101
EMAIL:	ATTENDANCE:	SUBMIT DATE: 2/14/2024 12:00 AM	
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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 5:08 PM
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I do not want daylight saving time.



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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

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As a sleep medicine physician and scientist, I support having standard time year-round. Scientific data clearly show poor health outcomes related to changing to/from daylight savings time. 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.



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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 12:08 PM
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For the purpose of public safety, Missouri needs to remain on standard time.



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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
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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.