

To: Senate Committee on Federal and State Affairs

From: Jim Benage, Mayor, City of Bel Aire

Date: January 24, 2025

RE: Written Only Testimony in Favor of SB 1

I want to thank Chairman Thompson and the members of the Committee for affording me the opportunity to provide testimony in support of SB 1.

This bill would put Kansas on Central Standard Time year-round starting in November 2025. We applaud that effort. The bill then says that once Congress allows, Kansas will be on year-round Daylight Savings Time. This is also good since both options keep us from the bi-annual changing of clocks.

However, I would like to remind the Kansas Legislature that in the 1970s Congress attempted the year-round Daylight Savings Time and people hated it so much that Congress reverted to the current law.

As such, I support year-round Central Standard Time (CSD) but will accept year-round Daylight Savings time (DST) if that is the will of the people and the Kansas Legislature. Mexico stopped observing Daylight Savings Time (DST) a few years ago.

I had actually drafted the following proposal to consider. I am hopeful the legislature will enact something that will put a stop to this twice-yearly ritual that only causes disruption in everyone's lives.

Trigger Law Proposal for ending Time Switch (CST to CDT)

The biannual switching of time from Central Standard Time (CST) to Daylight Savings Time (CDT) has been documented to increase health risks (heart attacks, strokes, etc.) and higher incident of traffic accidents (some fatal). These are costly issues for Municipalities in Kansas for EMS, Police, Fire and Health Care Facilities. We support discontinuing this practice either by opting out of CDT as currently allowed under the Uniform Time Act or the Passage of a trigger law matching that passed in Missouri, Oklahoma, Colorado, and/or Nebraska where Kansas would only require a similar matching law in Missouri, since Colorado has already passed such a law. Nebraska and Oklahoma have considered similar trigger laws. 19 States have already passed such trigger laws.

The following are research references in support of this proposal:

“A bigger criticism of daylight savings time, however, is what it does to sleep patterns. Changing clocks can mess with our bodies' circadian rhythm, or simply, our body clocks. The loss of an hour of sleep, disrupting the body's daily patterns, is thought to trigger symptoms of mental illnesses and lead to lethargy. These symptoms, however, are believed to fade as the body adapts to the time change.”

“The American Academy of Sleep Medicine in 2020 called for the United States to abolish daylight saving and switch to a permanent standard time.”

Gabriela Velasquez is a planner and audience engagement specialist based out of Columbia, Mo. You can find her on Twitter [@not_gabriela](#).

On April 14, 2021, the Missouri House gave preliminary approval to a bill that would establish permanent daylight saving time in the state—under the condition that three of our eight border states do the same.

From Reuters Nov 5, 2022

Supporters also argue that if approved, the so-called Sunshine Protection Act would allow children to play outdoors later, and reduce seasonal depression. It would also prevent a slight uptick in car crashes that typically occurs around time changes -- notably crashes with deer.

They also point to studies suggesting a small increase in heart attacks and strokes soon after the time change and argue the measure could help businesses like golf courses draw more customers into the evening.

Critics, including the National Association of Convenience Stores, say it will force many children to walk to school in darkness during the winter, since the measure would delay sunrise by an hour in some places.

On Sunday, Mexico rolled back its clocks one last time after the passage of a law last week to abolish daylight-saving time. Some northern towns will continue to practice the time change come spring, however, likely due to their ties with U.S. cities across the border.

The move, long sought by President Andres Manuel Lopez Obrador, was based on backing by voters as well as negligible energy savings and negative health effects from the time change, officials said.

From Instagram, March 11, 2023

The [Uniform Time Act](#) was adopted in 1966, basically, to stop states from doing their own daylight savings time schedules.

The trick with the Uniform Time Act is states don't *have* to observe daylight saving time - and two states, Arizona and Hawaii, don't, instead staying on the permanent "fall back" timeline.

But you can't go in the opposite direction - staying permanently on daylight saving time an hour ahead - without Congress' blessing.

From the Oklahoman, March 2, 2023

Oklahoma state senators approved Senate Bill 7 on Tuesday, which would stop Oklahomans from needing to change the clock twice a year.

Senator Blake Stephens, R-Tahlequah, wrote SB 7 to "[lock the clock](#)" in [Daylight Saving Time \(DST\)](#) year-round. This is a "trigger law," which would go into effect once the [Sunshine Protection Act](#) was passed by Congress.

According to Sen. Stephens, the bill relies on the Sunshine Protection Act to be passed at the federal level before it can be enacted in Oklahoma. The Act gives states authorization to decide to permanently adopt DST or to keep standard time.

Officials say almost half of the states have already decided to stop their clock, with 19 choosing DST.

SB 7 will now go to the House of Representatives for further review.

From The Center Square, Nov. 4, 2022

Missouri legislators worked to make daylight saving time permanent in January but stopped when the U.S. Senate passed a bill to stop changing clocks twice each year.

“By the time we got (**House Bill 822**) to a committee, the U.S. Senate sent a bill to the House to make daylight savings time permanent,” Rep. Michael O’Donnell, R-Oakville, said in an interview with The Center Square. “The bill is still there and hasn’t moved. We’re not sure why it didn’t move. Obviously, it’s not going to move before the election, but we’re hoping it’s something they can pick up and quickly pass in a lame duck session.”

The nation will resume standard time at 2 a.m. on Sunday and remain on standard time until Saturday, March 11, 2023.

In March, the U.S. Senate passed the **Sunshine Protection Act of 2021**, making daylight saving time permanent throughout the country in 2023. Sen. Marco Rubio, R-Florida, was a sponsor of the bill and urged passage so states with laws making the change would be allowed to do so. A media release from Rubio’s office stated 19 states passed similar laws, resolutions or voter initiatives – Alabama, Arkansas, California, Delaware, Georgia, Idaho, Louisiana, Maine, Massachusetts, Minnesota, Mississippi, Montana, Ohio, Oregon, South Carolina, Tennessee, Utah, Washington, and Wyoming.

“We’re still bound by federal law, so essentially what we’re doing is sending a message to Congress that we’re interested in going full time to daylight Saving time,” O’Donnell said.

The Missouri State Medical Association testified in favor of the change.

“Multiple studies have demonstrated an increased risk for heart attacks, strokes, and fatal car crashes as negative health consequences of moving the clock forward in the Spring for daylight savings time,” Dr. David Kuhlmann wrote in submitted testimony to the Downsizing State Government Committee. “The American Academy of Sleep Medicine officially recognizes daylight savings time as a public health problem. Not only is it detrimental to health, it is

unpopular. In a survey of 2,000 adults, 63% supported or strongly supported the elimination of a seasonal time change in favor of a national, fixed, year-round time with only 11% opposed.”

MOST Policy Initiative, a nonprofit organization aimed at bringing scientists and policymakers together to improve conditions for people and communities, submitted research on the subject. It found an approximate 5% increase in the risk of a heart attack in the first week after entering daylight saving time, and the risk of stroke was 8% higher during the first two days of the change. It cited research on year-round daylight saving time reducing pedestrian fatalities by 170 per year and motor vehicle fatalities by 195 per year. The research found little evidence as to whether daylight saving time decreases or increases energy use.

From Nebraska Examiner – Feb 8, 2023

LINCOLN — After years of trying, the Nebraska Legislature appears poised to pass a first step toward ending the twice-a-year tyranny of changing the clock.

Legislative Bill 143 had its hearing Wednesday before the Government, Military and Veterans Affairs Committee.

“It seems everyone in the state hates changing their clocks twice a year,” Briese said. “This practice, the changing of our clocks, is actually hurting and killing people.”

Researchers have blamed the annual shifts between standard time and daylight savings time for increased numbers of car crashes, heart attacks, workplace injuries and medical dosage mistakes.

Add to that the general disdain toward time changes from parents with young kids and workers who are cranky about lost sleep, and you have a recipe for change, Briese said.

Beyond that, Briese and supporters argue that adding another hour of sunlight to the day through the winter months has potential economic benefits. Chief among them: People might shop more.

Briese cited a JP Morgan study that found people put nearly 2% more purchases on their credit cards in cities that had an additional hour of daylight during the winter.

Consumers spend about \$80 billion a year in Nebraska, he said, so the state's retailers, businesses and tax coffers could see the impacts of people spending an additional \$530 million.

Joe Kohout of the Nebraska Golf Alliance said an extra hour of daylight in the evenings means more people would play golf at Nebraska's 300-plus 9- and 18-hole courses.

LB 143 continues to garner bipartisan support, including from Sen. Megan Hunt of Omaha, Sen. Danielle Conrad of Lincoln, Sen. Lou Ann Linehan of Omaha and Sen. John Lowe of Kearney.

Hunt said the push to stop changing the clocks generates more calls of support than any other issue. The public wants the change, she said, and so does she.

"It's a real bipartisan bill," Hunt said.

In written testimony, the committee received 22 letters in support, nine opposed and one neutral.

What's different this year is the momentum from 19 other states that have passed similar laws, Briese said.

LB 143 requires two things to happen before Nebraskans can stop changing clocks.

First, Congress must pass a bill giving states the flexibility to choose to keep daylight saving time year-round. Currently, federal law allows states to either change clocks or choose standard time.

Congress has proposed several bills in recent years to do so, Briese said, and the likelihood of passage goes up each time a new state like Nebraska weighs in.

The Senate passed a bill last year allowing the change in March 2023, but the House did not.

Second, LB 143 requires three neighboring states to pass a similar law. Wyoming and Colorado already have, so it's down to Iowa, South Dakota, Missouri or Kansas.

All four [introduced legislation last year](#) to adopt the change, but like Nebraska, they have yet to pass it.

June 3, 2022

Colorado bill makes daylight saving time permanent, but hurdles remain

The death of Colorado turning time back and forth an hour is greatly exaggerated despite Gov. Jared Polis signing a bill to dispense of the controversial clock change.

The governor signed the Daylight Saving Time Year Round measure, HB22-1297, into law Thursday. Still, two other hurdles remain to permanently keep daylight saving time and eliminate standard time in the state.

The measure easily won approval in the Colorado Legislature with the Senate voting 27-7 in favor and House 50-12.

But nothing has ever been simple when the topic is time change, which has flip-flopped numerous times over the last century.

First, the federal government must enact a law to allow states the option to choose if they want to go on permanent daylight saving time or opt to standard time. Second, at least four other states in the Mountain Time Zone must choose year-round daylight saving time for the Colorado law to go into effect.

The U.S. Senate passed the Sunshine Protection Act, which would make daylight saving time permanent starting in November 2023, unless states opt out. The U.S. House of Representatives has not yet taken up the bill.

Montana, Wyoming and Utah have all passed permanent daylight saving time measures in recent years in the Mountain Time Zone. Arizona is on permanent standard time and New Mexico opted this year to keep both times.

Southern Idaho has not yet voted on the measure. Northern Idaho is in the Pacific time zone.

House bill sponsor Cathy Kipp, a Democrat from Fort Collins, said she isn't tied to either daylight saving time or standard time, but believes most people are simply tired of the time change.

"Our bill is more a pressure point for the federal folks," she said. "I think people are sick and tired of the piecemeal of clock changing that we have now."

Many states grappling with the same time issues

Denver resident Scott C. Yates is founder of the LocktheClock movement.

Yates said he has worked on legislation to stop clock changes in 22 states. He said he usually advises states to opt for permanent daylight saving time, which is more popular, but that standard time also has merits depending on where a state is located in the nation's zones.