



SAVE STANDARD TIME

2025 January 26

The Iowa Legislature
1007 East Grand Avenue
Des Moines, Iowa 50319

Re: **No on HF 66**. Amend to permanent Standard Time, as federally approved, best for school and farming.

Dear Honorable Legislators,

Please oppose HF 66, a bill to extend Daylight Saving Time (fast time) permanently into winter. Please amend to permanent Standard Time (natural time), which is the quickest, healthiest, safest, fairest, most economical, and most lasting way to end disruptive, deadly clock changes, as supported by history, science, first principles, and federal law.

Permanent DST would be worse than the status quo. It would put sunrise past 8am for 3–4 months, to nearly 9am. It has failed repeatedly, sometimes with loss of life. DST is a fast clock, set an hour ahead of Standard Time. Moving clocks to DST acutely deprives sleep; leaving clocks on DST chronically deprives sleep. DST's circadian misalignment increases accidents, illnesses, and health costs. It decreases learning, productivity, and earnings. Permanent DST would mandate constituents to wake an hour early all winter in cold darkness. It would deprive sunlight from mornings, when it's needed most. It would revert benefits of starting school later. It would delay morning news broadcasts until most people begin work. It would increase residential heating and air conditioning. It would disrupt sun-timed prayers. Fewer states have permanent DST bills than before, and federal bills for permanent DST have fewer sponsors. Anyone who wants DST can simply wake earlier.

Permanent Standard Time instead is the only federally approved way to end biannual clock changes, as most people wish to do. Standard Time is the honest clock, set to the sun; it is also known for this reason as natural time or God's time. Standard Time balances morning and evening sunlight fairly. Its benefits to circadian health naturally improve immunity, longevity, mood, alertness, and performance in school, sports, and work. Standard Time protects start times for schoolchildren, commuters, outdoor laborers, and service personnel. It lets most people sleep naturally past sunrise most days, and it makes bedtimes easier for families. Permanent Standard Time has been observed without incident 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 also reduce the length and complexity of state law.

Scores of organizations and thousands of researchers, physicians, teachers, parents, religious leaders, and journalists on the right and left oppose DST and endorse permanent Standard Time. Among these are the Sleep Research Society, Society for Research on Biological Rhythms, National Sleep Foundation, American Academy of Sleep Medicine, American Academy of Neurology, American Thoracic Society, American College of Chest Physicians, National Safety Council, American College of Occupational & Environmental Medicine, editorial boards of *Bloomberg*, *Orlando Sentinel*, *Minnesota Star Tribune*, *Oregonian*, *South Florida Sun Sentinel*, *Daytona Beach News-Journal*, contributors to Daily Wire, PragerU, Human Events, Cato, *Breaking Points*, John Locke Foundation, and many more.

Please hear the nonpartisan consensus of history, science, and first principles. Save time, money, and lives. Join the growing movement to ditch DST and restore natural permanent Standard Time.

Sincerely,

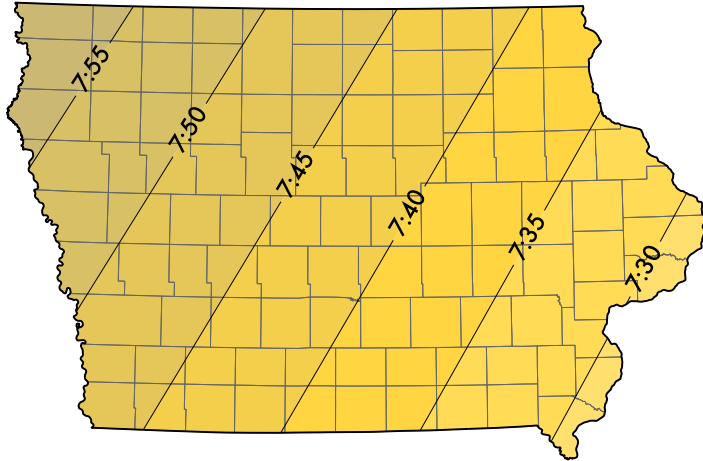
Jay Pea
President

jay@savestandardtime.com

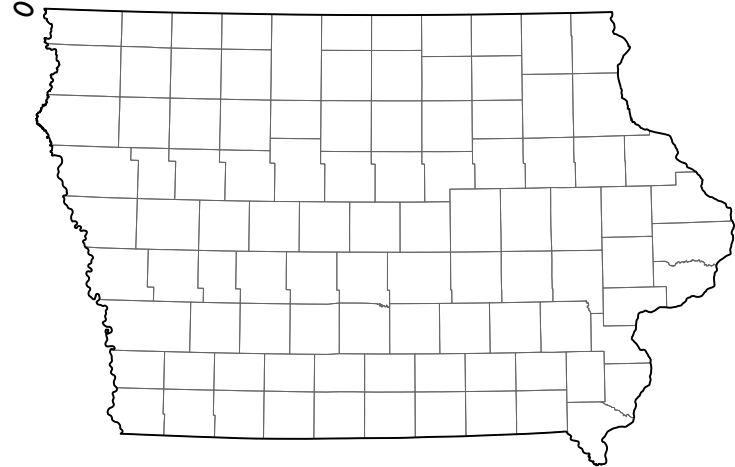
Citations: savestandardtime.com/summary

PERMANENT STANDARD TIME (NATURAL TIME) PRESERVES MORNING LIGHT

Time of Latest Sunrises

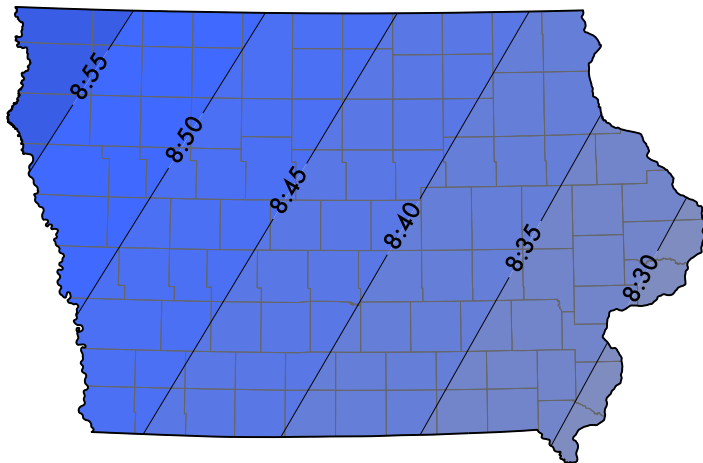


Days with Post-8am Sunrise

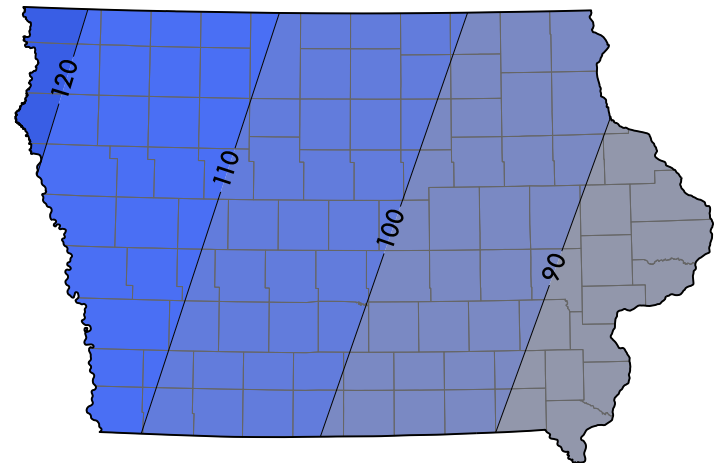


PERMANENT DAYLIGHT SAVING (FAST TIME) MAKES SUNRISE TOO LATE

Time of Latest Sunrises



Days with Post-8am Sunrise

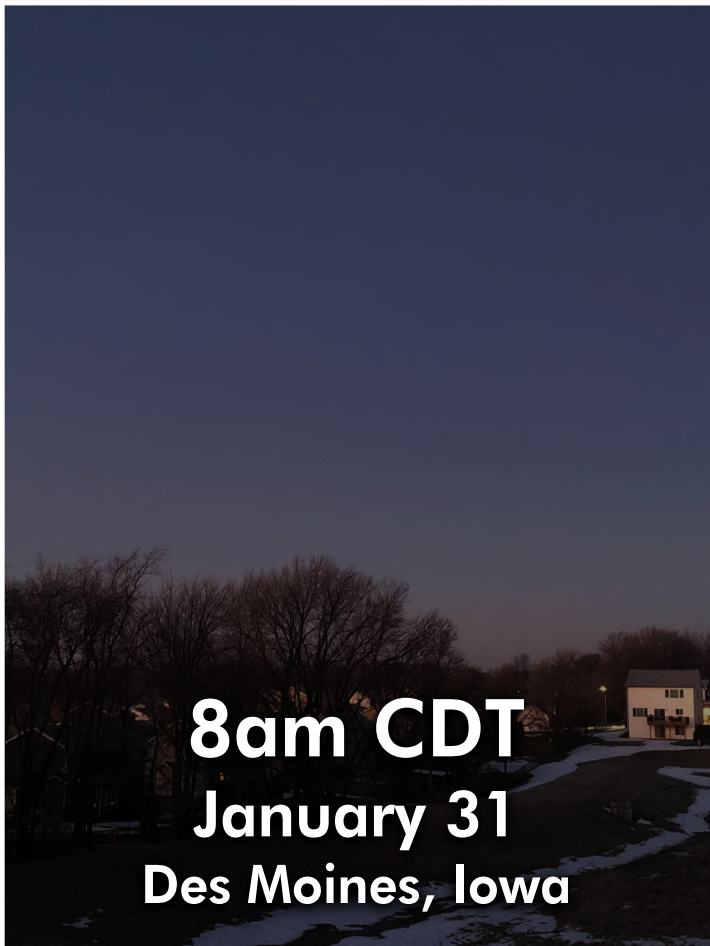


Morning sunlight is essential to health, mood, safety, learning, and productivity. Most work and school days in the United States start at or before 8am. Latest winter sunrises occur from late December to mid-January.



**PERMANENT
DAYLIGHT SAVING TIME
(FAST TIME)**

**PERMANENT
STANDARD TIME
(NATURAL TIME)**



**DST is a mandate to set alarms
an hour early every day.**

**Permanent DST would force
most work and school
to start before sunrise.**

**Standard Time balances
morning and evening sunlight.**

**Permanent Standard Time
keeps sunrise before most
work and school starts.**

Median work arrival time is 7:55am nationwide, per the US Census Bureau in 2014.
fivethirtyeight.com/features/which-cities-sleep-in-and-which-get-to-work-early/

Average school start time is 8:03am nationwide, per the Centers for Disease Control & Prevention in 2015.
cdc.gov/mmwr/preview/mmwrhtml/mm6430a1.htm



PERMANENT DAYLIGHT SAVING TIME COST LIVES & MONEY IN 1974

Schoolgirl Hurt; Accident Blamed On Time Change

ARDMORE (AP) — Daylight Saving Time was blamed Wednesday for the injury of a 7-year-old girl. School superintendent Bill Ware said Faritta Gates was struck by a car as she ran across a street to catch a school bus at 8 a.m. The driver of the car said he didn't see the girl in the darkness. Ware ordered classes started a half hour later beginning Monday. The girl was reported doing well at a local hospital with head and arm injuries and a broken leg.

Bids to kill daylight time heard

By **ALBERT SEHLSTEDT, JR.**
Washington Bureau of The Sun
Washington—There were serious moves in Congress yesterday to repeal year-around daylight saving time, which went into effect only three weeks ago as an energy-saving measure. Congressmen in both houses expressed concern over school children who have been endangered on roads and highways during the dark morning hours of winter.

Children's deaths spur bid to repeal daylight saving

DAYLIGHT, from A1 one-day session solely to deal with the daylight saving time issue. In the United States Senate, Marlow W. Cook (R., Ky.) rose in support of repealing the year-round daylight saving plan, cleared by Congress December 14, and cited the Florida deaths, plus a reported increase in sexual assaults on youngsters in Minnesota and problems in other states. Senator Dick Clark (D., Iowa), sponsor of one of the bills to repeal the daylight measure, said it was the No. 1 issue he confronted when traveling in his home state during the Christmas recess. "I think it's time we recognize we may well have made a mistake," Senator Clark told his colleagues.

School children, workers

Daylight saving move leaves many in dark

Darkness reigned for an extra hour this morning on the first work day under new daylight saving hours invoked Sunday to conserve the nation's energy. For day-shift workers who normally rise at 6 a.m. to begin work at 7 a.m. there was little difference. Industries here reported no more than the usual Monday morning absenteeism and lateness. Children, however, had to meet their school buses in darkness, confronting traffic still relying on headlights. School officials said there were no accidents, school buses were on time and their fears of trouble were unfounded-for today at least.

Robert W. Maroni, assistant superintendent of North Adams schools, said there has been an intensive safety campaign at all schools in preparation for the time shift because officials "are deeply concerned" about traffic dangers in the darkness.

Business at all the morning coffee shops was normal except at the Dunkin' Donuts shop on Union Street where a spokesman said, "It's been one of the worst days we've ever had." Or so it seemed until he checked cash sales which were only slightly below normal rates for a Monday. He said,

In Florida, a special session was called to consider repealing the law.

8 bills in House

Senator Robert Dole (R., Kan.), also sponsoring a repealer, said the daylight bill passed in December had little in-depth study.

The majority leader, Senator Mike Mansfield (D., Mont.), said he was appalled by the Florida deaths and urged the Senate Commerce Committee to give repeal legislation its immediate consideration.

On the House side of the Capitol, there are eight bills before the Commerce Committee calling for the repeal of daylight saving time.

DST BRINGS SWITCH

Road Crews Start One Hour Later

The midwinter switch to Daylight Saving Time has forced county road-building crews to start their work later than usual.

Commissioners Richardson and Lynch said Thursday crews began work later than usual working in the dark.

Time Change

Not Seen

— A Cimarron commissioner said today there was a fellow commissioner from Centennial Time to Time to Time, although a resident had suggested out some people," Lynch said, "but we can't make a time change."

Richardson said his crews are starting to work at 8:30 a.m. instead of 7:30 as they have in the past.

Can't Work in Dark

Lynch said his men had come to work at 8 a.m. until Monday, but they now begin at 8:30.

"They can't work in the dark," Richardson said. "They work around heavy equipment and sometimes work in traffic."

"We don't want to get someone killed because a driver couldn't see them in the dark."

"And it's no good having them sit in the yards until it gets light. That costs the county money. So we just rescheduled their working hours," he said.

Employees Complain
Lynch said private road contractors will probably change the working hours for their employees also if they haven't already done so.

Lynch said many construction employees are complaining about driving to work in the dark also but

Girl, 6, Critically Injured in Accident

A 6-year-old Tulsa girl was struck by a car and critically injured Wednesday as she neared a school bus stop at Virgin Street and Trenton Avenue in Daylight Saving Time dark.

Kelly Hines, daughter of Beverly Williams of 2133 N. St. Louis Ave., remained in the intensive care unit of Hillcrest Medical Center Wednesday night.

She received a fractured leg, internal and head injuries when struck by a car driven by Charles K. Smith, 23, of 1401 E. Seminole St., police said.

The accident prompted renewed efforts by a group of parents to get flashing school warning signs at two intersections near Woods Elementary School, 1661 E. Virgin St.

ALTHOUGH THE GIRL resides in the Woods district, she is bused to Springdale Elementary, 2510 E. Pine St., as part of an integration program.

The accident occurred about 7:50 a.m., shortly before she was to board a bus for Springdale.

Police said Smith was traveling east on Virgin when the accident occurred.

Smith, traveling between 25 and 30 mph, was hit by a car.

in the area of the accident, the girl was taken to Hillcrest Medical Center. Police said the accident occurred at 7:50 a.m. on Wednesday.

Police said Smith was traveling east on Virgin when the accident occurred. Smith, traveling between 25 and 30 mph, was hit by a car.

Police said Smith was traveling east on Virgin when the accident occurred. Smith, traveling between 25 and 30 mph, was hit by a car.

ago after two children were killed and two others injured by cars near Woods.

NEWSPAPER FILES AND Traffic Engineering Department records show that a 5-year-old boy was killed near the Trenton-Virgin intersection in May, 1972, and that there have been two other pedestrian accidents in the vicinity of the intersection since 1970.

The word "School" was stenciled in large letters on pavement in two places near the intersection after the petitions were submitted, Mrs. Wright said.

She said she feels increased auto traffic from nearby Washington High School, increased bus traffic due to school integration and steep hills near the school require the flashing signs.

City Traffic Engineer Bill Thomas said such signs are used in areas where speed limits must be reduced to 25 mph from higher limits. Virgin and Trenton already have 25 mph limits, he said.

SCHOOL WARNING SIGNS are located on Virgin east and west of the Woods School.

However, like all school warning signs in the city, they are nonreflective. Nonreflective signs are used because until winter Daylight Saving Time was adopted this year, they were not needed during hours of darkness, Thomas said.

He said the traffic engineering department has requested funds to replace the nonreflective signs with reflective signs, but replacement could not be made until this summer.

Wednesday's accident was the second pre-dawn injury here to a school child since DST was adopted nationally Jan. 6 at the urging of President Nixon.

A 14-year-old boy was hurt Jan. 21 when hit by an auto in the 9400 block of East 51st.



were submitted to the office of

The People Speak

School Children Exposed to Danger

TO THE EDITOR:

Like most Americans, I can accept the restrictions to conserve our country's energies.

But for the life of me, I am unable to figure out how this daylight savings time can be of any benefit.

As a former student of the Oklahoma drivers training program, we were taught from the drivers manual that dusk-to-dawn driving is the most dangerous. This is a fact!

This time change has put many more drivers on the roads in the dark. These people, on the old time, drove in the full light in order to be to work at 8 or 9 a.m. This makes accident probabilities much higher.

Children are walking in school, or waiting for buses in the dark, thus exposing them to the danger of drivers. This adds one more worry for parents; who are burdened and worried with day to day living and jobs they may or may not be able to keep.

Why in the world does the time change have to be...

Praise Electricity

TO THE EDITOR:

I'm sure there are a lot of folks just like me who are real thankful for our electric lights this morning. We can see our way to get around, what with this new time and all.

There's a school right across from my house and they have their lights shining brightly for the children. Then, too, our cars have their lights on bringing youngsters to school and that yard-long bus looks like a Christmas tree!

How the new time will help the energy crisis I don't know.

Hazel B. Caruthers, Cushing

Two Crises Exist

TO THE EDITOR:

John Q. Public is accustomed to injustices. His motor vehicles have been swallowed up by emission control devices which not only reduce fuel consumption from 7 to 20 percent but in terms of dollars and cents cost him in the neighborhood

Change Backwards

TO THE EDITOR:

It seems that our lawmakers in Washington have done it again. They have changed our clocks to fit their needs—protesting to save fuel. But as anyone knows, it is backwards. To start with we are turning our thermostats up an hour earlier each morning. This will use more fuel because it is always coldest from about 4 a.m. until 7 a.m. (Suntime).

Now everyone gets off work one hour earlier (by Suntime) so they have one more hour to drive around each evening before dark, using more fuel.

We are helping the energy crisis like a hole in the hand or as on California politician said a while back, "This time change causes the sun to shine on his lawn an hour longer each day."

Every politician should be voted out, and replaced with some hard working farmers who understand nature, and I believe we could get things straightened out to a

MORE AT NEWSPAPERS.COM/PROFILE/SAVESTANDARD





SAVE STANDARD TIME

POSITION STATEMENTS

American Academy of Sleep Medicine

The United States should eliminate seasonal time changes in favor of permanent Standard Time, which aligns best with human circadian biology... Evidence supports the distinct benefits of Standard Time for health and safety, while also underscoring the potential harms that result from seasonal time changes to and from Daylight Saving Time...

Bloomberg

Standard Time is better aligned with the position of the sun and human nature. It generally synchronizes waking with sunrise and bedtime with darkness, in accordance with circadian rhythms. It enables children and adults to go to school and work in daylight. Daylight Saving Time effectively does the reverse...

Canadian Sleep Research Consortium

Natural time, defined by the sun, is the best option for health, mood, safety, education, and productivity. Why abolish Daylight Saving Time and maintain Standard Time? The issue of time change is complex, but the evidence is clear: It is in the best interests of public health to abolish time change and maintain Standard Time permanently...

Canadian Sleep Society

Optimal sleep and optimal alignment of the human circadian clock with daytime activities is achieved with Standard Time. Not only does Daylight Saving Time induce sleep deprivation at its inception in the spring, but it enforces later darkness during the summer, favoring delayed bedtime, social jet lag, and more sleep loss...

Canadian Society for Chronobiology

Standard Time puts the social clock closer to our intrinsic body clock, our circadian rhythm, which is set by the dawn. Daylight Saving Time moves dawn later, and creates social jet lag due to mismatch between our biological drive to wake up near dawn and the social demands for us to stay up later...

The Minnesota Star Tribune

To make Daylight Saving Time permanent would be a mistake... Standard Time is the clear choice. It provides more early daylight and most closely aligns with the body's natural wake-work-sleep rhythms. Misalignment has been linked to "increased cardiovascular disease risk, metabolic syndrome, and other health risks"...

National Sleep Foundation

Daylight Saving Time forces biological clocks out of sync with the rising and setting of the sun. The link between our biological clock and the sun is crucial to health... Seasonal time changes are disruptive. Evidence supports permanent Standard Time because of its alignment with our circadian biology and relevance to sleep health and safety...

The Oregonian

For Oregonians, keeping clocks on Daylight Saving Time year-round would mean sunrise after 8am for 106 days each year... Make sure Oregon remains in Standard Time. The marginal benefit of an extra hour of light during a limited number of summer evenings is not worth spending a third of the year's mornings in darkness...

Sleep Research Society

Daylight Saving Time causes sleep loss, circadian misalignment, dysregulation of melatonin and cortisol, stress, altered metabolism, and inflammation. This would occur year-round if Daylight Saving Time were permanent. The evidence supports abolishing Daylight Saving Time and adopting permanent Standard Time...

Society for Research on Biological Rhythms

Based on comparisons of large populations living in Daylight Saving Time or Standard Time, or on western versus eastern edges of time zones, the advantages of permanent Standard Time outweigh switching to Daylight Saving Time annually or permanently... If we want to improve human health, we should not fight against our body clock...

South Florida Sun Sentinel

We agree Congress should end the twice-a-year annoyance of changing clocks. The loss of an hour from the shift to Daylight Saving Time is especially hard. The better change, though, would be to make Standard Time—what farmers once called "God's Time"—permanent. As experts pointed out, it's the natural way to go...

MORE AT [SAVESTANDARDTIME.COM/STATEMENTS](https://www.savestandardtime.com/statements)



SAVE STANDARD TIME

Endorsements of Permanent Standard Time as the Best Year-Round Clock

The following endorse permanent Standard Time (natural time), not permanent Daylight Saving Time (fast time), as the best way to end clock change. This list is non-comprehensive. More at: savestandardtime.com/endorsements

Health

Alabama Board of Medical Examiners & Licensure
Alliance for Headache Disorders Advocacy
American Academy of Cardiovascular Sleep Medicine
American Academy of Dental Sleep Medicine
American Academy of Neurology
American Academy of Otolaryngology–Head & Neck
American Academy of Sleep Medicine
American Association of Public Health Physicians
American Association of Sleep Technologists
American College of Chest Physicians
American College of Lifestyle Medicine
American Medical Association
American Society for Metabolic & Bariatric Surgery
American Thoracic Society
California Medical Association
California Sleep Society
Canadian Sleep Research Consortium
Canadian Sleep Society
Canadian Society for Chronobiology
Capitol Neurology
Dakota Sleep Society
Hampden District Medical Society
Indiana State Medical Association
Kentucky Sleep Society
Kimmey Lab, University of California, Santa Cruz
Massachusetts Medical Society
Michigan Academy of Sleep Medicine
Missouri Sleep Society
Montana Sleep Society
National Sleep Foundation
Northwest Noggin Neuroscience
Rhode Island Medical Society
San Diego Academy of Child & Adolescent Psychiatry
San Diego Psychiatric Society
Sleep Research Society
Society for Light Treatment & Biological Rhythms
Society for Research on Biological Rhythms
Society of Anesthesia & Sleep Medicine
Society of Behavioral Sleep Medicine
Southern Sleep Society
Tennessee Sleep Society
Wisconsin Sleep Society
World Sleep Society

Education & Families

Anne Arundel County Public Schools
Colorado Parent–Teacher Association
Florida Parent–Teacher Association
League of Women Voters of Delaware County
Maryland Association of Boards of Education
National Parent–Teacher Association
Regional Adolescent Sleep Needs Coalition
Start School Later

Safety & Labor

American College of Occupational/Environmental Med
Association of Canadian Ergonomists
B-Society
Daylight Academy
Good Light Group
National Safety Council
Solaris Fatigue Management
USA Weather, Dallas–Fort Worth, Texas

News Editorial Boards

Bloomberg Opinion
The Daytona Beach News–Journal
Minnesota Star Tribune
The Oregonian
Orlando Sentinel
South Florida Sun Sentinel

General

Agudath Israel of America
Agudath Israel of California
Agudath Israel of Maryland
California Islamic University
Campaign to Opt Out of Daylight Saving Time in Texas
Cuyahoga Astronomical Association
Gulf Coast Fabrion
Ohio Bicycle Federation
Rabbinical Council of America
Rabbinical Council of California
Working Time Society
Yes Watch

Endorsement of permanent Standard Time policy is not endorsement of Save Standard Time Inc.