

Permanent Standard Time needs to be observed all year.

For years we have been on this eight months on and four months off system, this has made this very annoying and hard to get used to. Some people adjust to the time changes in one day, some take almost a month to adjust. The current DST system is misaligned with the seasons. Does not follow either the summer or winter solstices, the "spring forward" occurs eleven days before the spring equinox and the fall back occurs roughly six weeks after the fall equinox and that is almost six weeks in front of the winter solstice. The reason for the late "fall back" in November, after Halloween was the candy lobby thought that DST was going to save trick or treating. We need to stay in Standard Time which is often referred to as "Natural Time" which is better for our health and well-being, we need to end the cycle of twice a year clock changes. This practice has been deemed obsolete by many. Also the claims that DST saves energy have also been disproven. As for Time changes with border states, this doesn't seem to be a problem with Arizona which ended this practice for years. North Dakota can lead the way by ending this unhealthy practice and encourage more states to opt out of this.