

Greetings Mr./Madam Chair and members of the Committee, I'm Kathrin Volochenko from Kief, North Dakota.

I request that this committee bring this bill to the floor with a **“Do Pass”** recommendation for **House Bill 1259**.

It's very difficult for the body's circadian rhythm to adjust to a one hour time adjustment twice per year. People have been living, working, and playing using “standard time” for millennia.

Personally, as we age, even in retirement, it's more difficult to mentally and physically adjust. Just the act of manually moving the clocks one hour forward or backward is effort enough on some days.

I for one am more enthusiastic about waking up when there is more daylight in the morning. I'm sure that it's been medically proven that a person is more mentally acute when they must wake up early in the morning versus waking up when it's still dark.

22 states have seen legislation at the local level aimed at switching away from Daylight Savings Time.

Those states are: Oregon, Washington, Idaho, Montana, Wyoming, Utah, Colorado, Tennessee, Louisiana, Alabama, Maine, Florida, South Carolina, Oklahoma, Minnesota, [Illinois](#), Ohio, Kentucky, Mississippi, Georgia, Maine, and now North Dakota. As you can see, we are not alone in wanting to change the status quo in order to reduce the stress in the vast majority of our lives.

In conclusion, once again I respectfully ask that you recommend a **“Do Pass”** recommendation for HB1259.

Thank you for your time and attention.