

Please do not approve HB 1259, do not eliminate daylight savings time!

As a constituent who lives in rural Cass County, I am writing to express my support for keeping daylight saving time in North Dakota. I strongly believe that continuing with this system offers significant benefits for our state and its residents.

One of the most important reasons to keep daylight savings time is its positive impact on the state's economy. Longer daylight hours in the evening promote consumer spending, tourism, and outdoor activities, which are vital to North Dakota's businesses. The extended daylight provides more opportunities for people to shop, dine, and engage in recreational activities after work, which boosts local economies and supports small businesses.

Moreover, maintaining daylight savings contributes to the health and well-being of residents. The extra daylight in the evening encourages outdoor exercise, which is essential for physical and mental health. With the long, harsh winters in North Dakota, the additional daylight in the warmer months allows people to make the most of the daylight hours, improving quality of life and providing a much-needed break from the darker days of winter.

Additionally, daylight savings time ensures better alignment with neighboring states, which helps reduce confusion for both individuals and businesses. Synchronizing with other states that observe daylight savings time streamlines communication, travel, and scheduling. Industries that rely on interstate coordination, such as agriculture, transportation, and telecommunications, benefit from the consistency provided by daylight savings time.

Finally, the clocks changing twice a year has become a part of the rhythm of daily life for many people in North Dakota. The clock changes are widely understood and integrated into daily routines. The benefits of maintaining daylight savings time, such as extended daylight hours for family activities, outdoor events, and community engagement, outweigh the drawbacks of the time change itself.

For these reasons, I urge you to vote No on HB 1259. By doing so, we can continue to reap the economic, health, and social benefits that come with extended daylight hours, all while minimizing disruptions to our daily lives.

Thank you for your time and consideration.

Sincerely,
Jeana Marshall
Prosper, ND