

March 26, 2025

To whom it may concern,

As a family who works, plays and enjoys the outdoor setting, we are very strongly opposed to HB 1259. Staying on standard time would have a negative effect on the many daily activities through the spring, summer and fall months in ND. Living in the north our enjoyable weather season is very short. The lack of sun in the winter puts us at a risk for seasonal depression and vitamin D deficiencies. We spend so many months of the year inside with colder weather that when it is nice outside, we want to take 100% full advantage of it.

We are a ranching/farming family and work outdoors every single day of the year. Many times, in the spring and fall our children come home from school and will help work on the ranch. We can utilize that extra hour of daylight to complete many tasks. Just to name a few things, like hauling hay home during daylight hours in the fall and being able to see cows in the pasture to heat check females that are AI bred in the spring and of course the time sensitive harvest season.

When we are not working, we spend our time outdoors enjoying things like horseback riding, evening outdoor walks, rodeos and horse club activities as soon as the snow melts off in the spring through the late fall before snowfall. All of these activities are done with daylight and can continue through dusk. By eliminating the daylight savings that will eliminate an extra hour where we can do these enjoyable outdoor activities. Many children are already spending too much time inside watching tv, playing video games, etc. It seems that this new proposal would only add to the problem of families not being active and outdoors more often throughout the spring thru fall. Especially families with a workday that ends at 5pm. Long commutes are very common for many rural ND working families. They may end a work shift at 5 pm but may not get home until 6pm or later.

With everything there comes good and bad. One can argue that it is inconvenient to have to re-set clocks twice a year. Fortunately, most digital clocks will do that on its own and I personally would rather take a few minutes twice a year to manually update a few clocks vs losing an hour each evening during our enjoyable weather months here in ND. Another disadvantage could be dealing with sluggish kids or disruptive sleep patterns for a few days. Again, a few days of adjustment seems quite small compared to the many months where we get to enjoy our beautiful ND evenings for an extra hour.

I believe that enjoying more daylight in the spring thru fall is very important to our overall mental and physical wellbeing. I truly think that more daylight at 4 am will NOT be utilized like it would be in the evening and after work hours. My family and I strongly urge you to vote "NO" on HB 1259 and keep Daylight Savings Time in ND.

Thank You,

Leah Hager and Family

Karlsruhe, ND