

March 26, 2025

To: Senate State and Local Government Committee

From: Josh and Carrie Herberg

Regarding: Opposition to HB1259

Dear Committee Members,

We're writing to ask you to vote no on House bill 1259, the repeal of daylight savings time. We want to bring forward a variety of negative scenarios this change will cause:

1. Disruptive impact to border cities.
  - a. Those who live in one state and work in the other will have to constantly move between time zones and adjust work and personal schedules to accommodate this change.
  - b. All businesses that are spread across the border cities will need to navigate two times zones on a daily basis.
  - c. All those traveling between border cities for medical appointments, daycare, religious services/activities, volunteering, etc. will be impacted.
  - d. When comparing the elimination of daylight savings time to AZ, please note that AZ major metropolitans are not located on state lines like in ND. This difference would impact thousands of people traveling within our metros for the reasons mentioned above. AZ also borders the Pacific Time zone, so it is easier for them to "adjust" into Pacific Time vs. being the island that we would create in ND.
  
2. If we move forward with this time change while our neighboring states do not, circadian rhythms could be impacted multiple times per year instead of twice per year:
  - a. The Fargo/West Fargo/Moorhead metro frequently hosts tournaments for area youth across state borders. Those traveling to MT, SD, and MN to participate in various tournaments, such as hockey, football, dance, baseball, speech, etc. may need to adjust their sleep schedules in the spring/summer/fall to accommodate different time zones.
  - b. Families who travel to their lake homes/cabins or vacation in neighboring states may also need to adjust sleep schedules.
  
3. Outdoor sports and evening activities will be cut short for the spring/summer/fall.
  - a. To accommodate shorter evenings, game times will need to be moved up, perhaps causing parents/family to miss games or leave work earlier, especially in

the spring/fall when sunsets will be extra early (these adjustments typically aren't necessary until September, when shorter evenings are more noticeable).

4. Studies have shown that nature improves health and well-being. Will more people benefit from an additional hour of sunlight in the morning when the sun rises before 5:00 AM, or in the evening?
  - a. Our neighborhood is very active in the spring/summer/fall evenings when the weather warms and we have more daylight -- people are out walking, running, roller blading, riding bike and talking with one another until dusk or later.
  
5. Here are some new sunrise/sunset times to consider
  - a. Dickinson — June 20: Sunrise 3:56 AM / Sunset 7:49 PM. August 8: 4:40 AM / Sunset 7:12 PM
  - b. Fargo — June 20: Sunrise 4:32 AM / Sunset 8:25 PM. August 8: 5:15 AM / Sunset 7:48 PM
  
6. Bismarck and Mandan were in different time zones for several decades, but in the end, there were more benefits of moving the border cities to same time zone. As a result, the time zone was adjusted for additional reasons: news and radio broadcasts, bus and rail services, where businesses ship/deliver goods, etc.

Please consider how this bill would not only impact North Dakota, but the entire region. We ask you to vote no on HB 1259.

Thank you for your time.