

I am not in favor of this bill for two reasons.

1. In North Dakota, we are more at risk for being Vitamin D deficient due to our geographical location. Not meeting the recommended daily amount means we are more likely to suffer from mental health issues and chronic diseases such as osteoporosis, heart disease, and cancer. Decreasing an hour of sunlight in the summer evenings is detrimental, especially to our youth.

2. Our most populous cities reside on the borders of North Dakota. We already struggle being in Mountain Time and Central Time! Now, youre going to add difficulty to even more individuals? Again, this is counterproductive. When I went to school at UND in Grand Forks, I worked in East Grand Forks - I cant imagine navigating the time differences on a daily basis. Please, dont make this difficult for those residents living on the border.

Dr. Rachael Fix