

2025 HOUSE TRANSPORTATION

HB 1259

2025 HOUSE STANDING COMMITTEE MINUTES

Transportation Committee Room JW327E, State Capitol

HB 1259
1/23/2025

Relating to daylight saving time.

3:23 p.m. Chairman D. Ruby opened the hearing.

Members Present: Chairman D. Ruby, Vice Chairman Grueneich, Representatives Christianson, Dressler, Frelich, Johnston, Kasper, Koppelman, Maki, Morton, Osowski, Schatz, Hendrix
Members Absent: Representative Finley-DeVille

Discussion Topics:

- War Time Defense
- Time boundaries
- Dairy farm schedules
- Circadian rhythms
- Public safety

3:24 p.m. Representative Maki, District 26, ND Legislative Assembly, introduced the bill and submitted testimony #30997.

3:31 p.m. Carel Two Eagles, farmer (retired), testified in favor.

3:35 p.m. Clair Burslem testified in favor and submitted testimony #31171.

3:38 p.m. Recess

3:52 p.m. Chairman D. Ruby reconvened the meeting.

3:55 p.m. Representative Frelich moved to adopt amendment LC #25.0767.01001.

3:55 p.m. Representative Johnston seconded the motion.

3:55 p.m. Voice vote - motion passed.

3:55 p.m. Representative Koppelman moved a Do Pass as Amended.

3:55 p.m. Representative Morton seconded the motion.

Representatives	Vote
Representative Dan Ruby	Y
Representative Jim Grueneich	Y
Representative Nels Christianson	Y
Representative Ty Dressler	Y

Page 2

Representative Lisa Finley-DeVile	AB
Representative Kathy Frelich	Y
Representative Jared Hendrix	Y
Representative Daniel Johnston	Y
Representative Jim Kasper	Y
Representative Ben Koppelman	Y
Representative Roger A. Maki	Y
Representative Desiree Morton	Y
Representative Doug Osowski	Y
Representative Mike Schatz	Y

3:58 p.m. Motion passed 13-0-1.

3:58 p.m. Representative Morton will carry the bill.

Additional written testimony:

Senator Jeffery Magrum, ND Legislative Assembly, submitted testimony in favor #30153.

Christine Miller, Mother, submitted testimony in favor #30662.

Andrew Bornemann, small business owner, submitted testimony in favor #30893.

Doug Sharbono, citizen, submitted testimony in favor #31031.

Jay Pea, President, Save Standard Time, submitted testimony in opposition #31063.

3:58 p.m. Chairman D. Ruby closed the meeting.

Janae Pinks, Committee Clerk

Sixty-ninth
Legislative Assembly
of North Dakota

PROPOSED AMENDMENTS TO

*JB 1-23-25
102*

HOUSE BILL NO. 1259

Introduced by

Representatives Maki, Hauck, Heilman, D. Ruby, M. Ruby

Senator Magrum

1 A BILL for an Act to create and enact a new section to chapter 1-08 of the North Dakota Century
2 Code, relating to requiring the state to observe standard time year round; and to repeal section
3 40-01-20 of the North Dakota Century Code, relating to daylight saving time.

4 **BE IT ENACTED BY THE LEGISLATIVE ASSEMBLY OF NORTH DAKOTA:**

5 **SECTION 1.** A new section to chapter 1-08 of the North Dakota Century Code is created
6 and enacted as follows:

7 **Year-round observance of standard time.**

- 8 1. Under 15 U.S.C. 260(a), the state and all political subdivisions of the state are exempt
9 from the establishment of daylight saving time and must observe standard time year
10 round.
- 11 2. The official standard time for the portion of the state in the central time zone is ~~five~~six
12 hours slower than Greenwich time, based on the mean solar time of the ~~one hundred~~
13 ~~and fiftieth~~ninetieth degree of longitude west from Greenwich.
- 14 3. The official standard time for the portion of the state in the mountain time zone is
15 ~~six~~seven hours slower than Greenwich time, based on the mean solar time of the one
16 hundred and ~~fiftieth~~fifth degree of longitude west from Greenwich.
- 17 4. This section may not affect the standard time established by United States law
18 governing the movements of common carriers engaged in interstate commerce or the
19 time for performance of an act by an officer or department of the United States, as

JB 2022

1 established by a statute, lawful order, rule, or regulation of the United States or an
2 agency of the United States.

3 **SECTION 2. REPEAL.** Section 40-01-20 of the North Dakota Century Code is repealed.

**REPORT OF STANDING COMMITTEE
HB 1259**

Transportation Committee (Rep. D. Ruby, Chairman) recommends **AMENDMENTS** ([25.0767.01001](#)) and when so amended, recommends **DO PASS** (13 YEAS, 0 NAYS, 1 ABSENT AND NOT VOTING). HB 1259 was placed on the Sixth order on the calendar.

Senator Jeffery J. Magrum
Senate District 8
Testimony for HB 1259

Many Constituents in my Legislative District 8 as well as folks around the state are in favor of staying with one time year round. Standard time makes sense. I humbly ask for a do pass on HB1259

Mr. Chairman, and Members of the Committee,

My name is Christine Miller. I reside in Bismarck, ND. I am testifying in support of HB 1259

My children are grown now, but I'd like to share with you one of the most dreaded times of the year for mothers of infants and small children. You've probably guessed it. Fall Back and Spring Ahead. Why do most mothers loathe these two yearly rituals? Its because they spend months teaching and training, hoping and praying to get their babies and youngsters on a life-sustaining, sanity-preserving, circadian rhythm worthy sleep schedule.

I'll give you an example. My youngest child was a morning person from birth. He was an up-for-the-day at 5 a.m. kind of morning person. What do you think my household was like the morning after Spring Ahead? You guessed it! My little man was up for the day at 4 a.m.! Have you ever taken a red eye flight? Well, these mama's along with the rest of the household are signed up and registered for a red- eye flight every morning of their lives for as long as it takes their loud mouthed, but very cute little Juniors, to adapt to the new time schedule. Some never do. But, fall is coming, right? Except, that's 8 months away!

Should the Legislature and the state of ND consider or care about the plight of mothers raising small children through two time changes per year? Yes, they should. I'll tell you why. Time changes effect the young and old alike, and the effects are both physical and mental.

"A growing number of experts say the act of moving our clocks forward in the spring is ruining our health. Studies over the last 25 years have shown the one-hour change disrupts body rhythms tuned to Earths rotation, adding fuel to the debate over whether having Daylight Saving Time in any form is a good idea. ("Permanent Daylighg Savings Time will Hurt Our Health, Experts Say, By Sandee LaMotte, CNN) 11/6/22

I personally experience this every Spring when the clock moves ahead. For months I feel tired (even if I adjust my sleep to the new time), depressed, and just out of sorts in a way I can't explain. I get a lot of headaches and generally just don't feel well for a few months.

From the same article refrenced above, Dr. Elizabeth Kierman, a professor of Neurology in the division of sleep medicine at Harvard, states. "Our body clock stays with (natural) light not with the clock on your wall, Klerman said. And theres no evidence that your body fully shifts to the new time.

Also from the same article, "Dr. Phyllis Zee, director of the Center for Circadian and Sleep Medicine at Northwestern Universitys Feinberg School of Medicine in Evanston, Illinois, also opposes Daylight Saving Time. She says, "Between March and November your body gets less morning light and more evening light, which can throw off your circadian rhythm, and, "Standard time, which we enter when we move our clocks back in the fall, is much closer to the suns day and night cycle, Zee said. This cycle has set our circadian rhythm, or body clock, for centuries."

I've felt this for most of my life. My health and overall wellness declines every Spring when the clock moves ahead, and I feel 10 years younger every Fall when it returns to Standard Time.

Here's the link to the CNN article:

<https://www.google.com/amp/s/amp.cnn.com/cnn/2022/11/06/health/permanent-daylight-savings-health-harms-wellness>

According another article (linked below), "Daylight Savings Time and Your Health, from Nortwestern Medicine," sleep physicians question the impact of daylight savings time and various health outcomes including depression, slowed metabolism, weight gain, cluster headaches, cardiovascular disease and increased heart attacks, injuries due to increase in car accidents, strokes, mental health and cognitive issues, and digestive and immune-related diseases such as colitis.

So, it's not just mothers and their sleep-deprived, screaming-two-hours before-dawn infants who suffer from the artificial one hour leap of time every Spring. It's humans of all ages who suffer the mental and physicsl consequences. Our

bodies are meant to function on standard time because it's morning light that guides our circadian rhythm.

<https://www.nm.org/healthbeat/healthy-tips/daylight-savings-time-your-health>

Please do pass HB 1259. The fine folks of ND will sleep better, feel better, and have improved mental and physical health if we remain on Standard Time year round.

Thank you,

Christine Miller

HB 1259
Testimony in favor.

Mr. Chairman and members of the House Transportation Committee.

I am writing to you to respectfully request a Do Pass recommendation from this committee on House Bill 1259.

Growing up on a small dairy, the issue of Daylight Savings Time was always an annoyance to me. Twice a year, I would have to slowly adjust my milking schedule over a week or so to get all the cows adjusted to the "new" milking time. Now, while I am not currently milking, I am still annoyed by the change of time with the operation of my small business. I would very much prefer to stay on a dedicated time schedule than trying to readjust everything twice a year for no good reason.

Please help end the madness, and vote for a "Do Pass" recommendation from this committee.

Sincerely,

Andrew Bornemann
Kintyre, ND

1243
Roger
Maki

Representative Roger Maki,

I am writing this letter to you in hopes that this will assist in ending North Dakotas switching between Standard and Day Light Savings. This issue has been brought before our state legislature in 2021, but was unsuccessful as it required our neighboring states of Montana, Minnesota, and South Dakota to pass similar bills. From what I was able to find through research, Montana, Minnesota, and eighteen other states have passed legislation that would keep daylight saving time year round if approved by congress. I believe it is time that North Dakota joins these states in ending this unnecessary time changing.

North Dakota is somewhat unique in the fact that we do observe both Central and Mountain time zones, and that could be a reason why we have hesitated on moving forward. This does seem to be the case as only five of the fourteen states that observe two time zones have approved moving towards ending time changes.

Many sleep studies have been performed and have shown that there is no medical benefit in observing the time change and have furthermore shown that doing so adversely affects our circadian rhythms and sleep-wake cycles. These changes can take several weeks to adjust to, and often put citizens into a "sleep debt" causing mental and physical fatigue. Studies have also shown that ending the observance of standard time would allow for more exposure to natural light throughout the year.

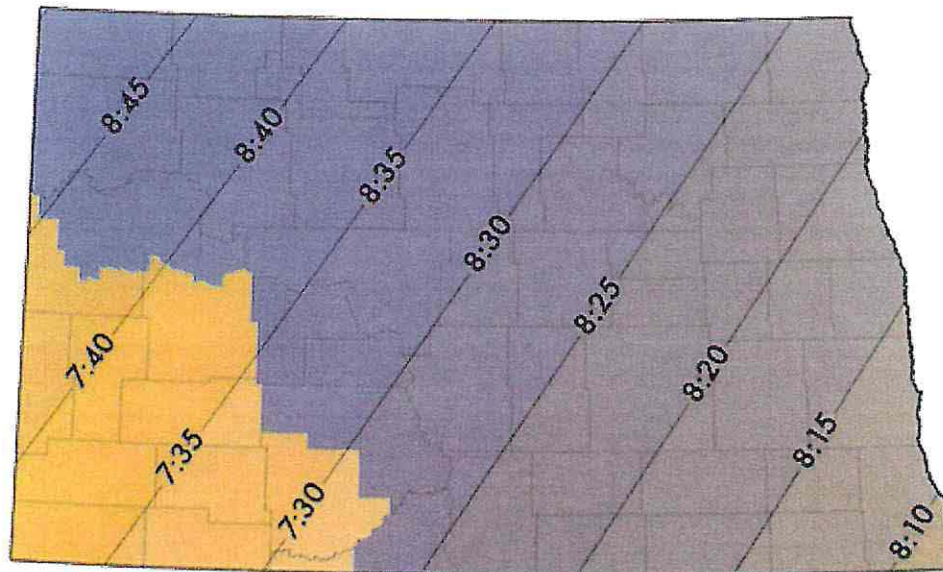
Recent polls taken across the country indicate that approximately sixty-three percent of Americans support ending the switching between times and that number is increasing each year. Again, I believe that it is time that North Dakota stands with the growing number of citizens and states, and moves towards ending the changing of time between Standard and Daylight Savings.

Thank you for your service to this great state and for your time in considering this issue.

Respectfully,
Brady Beyer

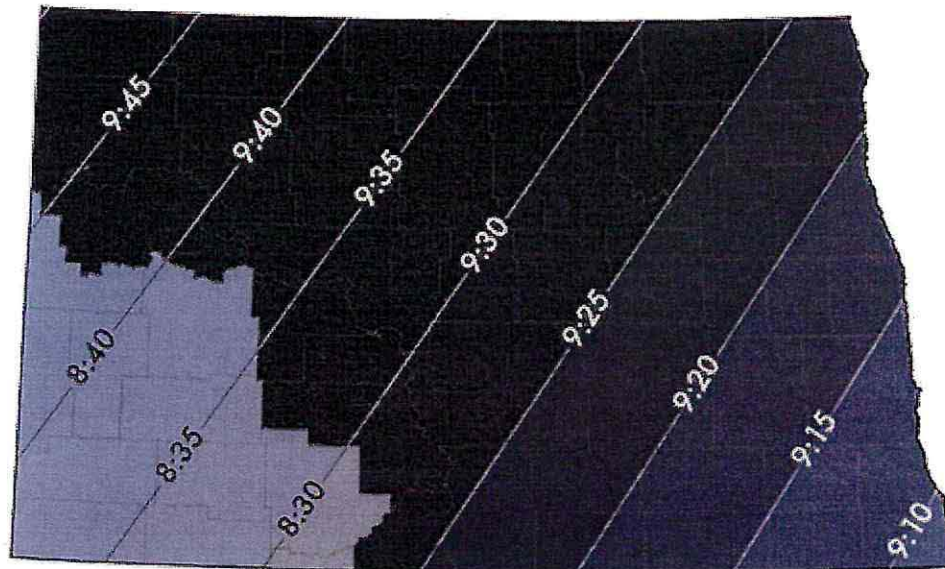
PERMANENT STANDARD TIME (NATURAL TI

Time of Latest Sunrises



PERMANENT DAYLIGHT SAVING (FAST TI

Time of Latest Sunrises



Morning sunlight is essential to health, mood,
Most work and school days in the United States start at or before 8am. Lat

SAVESTANDARDTIME.COM • 602-492-8462
INFO@SAVESTANDARDTIME.COM



SAVE STANDARDA

**Do Pass Testimony
of Doug Sharbono, citizen of North Dakota
on HB1259
in the Sixty-ninth Legislative Assembly of North Dakota**

Dear Chairman Ruby and members of the House Transportation Committee,

I am writing as a citizen and believe HB1259 good legislation. This legislation will provide better regularity to schedules and is a step towards nationally eliminating Daylight Savings Time.

Daylight Savings Time was invented at a time when people operated with mostly natural lighting and was considered an energy saving measure. In this day and age, this consideration no longer applies, and we have continued the practice of throwing off our sleep schedules twice a year. We need to eliminate this requirement. Other states have adopted a Standard Time reference year-round. We can do it too.

I would offer a couple of needed amendments in this bill. In Section 1, Subsection 2 and 3, it references the "mean solar time of the one hundred and fiftieth degree of longitude west from Greenwich." This meridian defines one of the time zones in Alaska, and I believe it is an error. The reference meridian numbers in HB1259 should be 90 degrees West for CST and 105 degrees West for MST.

Please give HB1259 a Do Pass.

Thank you,
Doug Sharbono
1708 9th St S
Fargo, ND 58103



SAVE STANDARD TIME

2025 January 23

North Dakota Legislative Assembly
600 East Boulevard Avenue
Bismarck North Dakota 58505

Re: **No on HB 1259 as Filed. Yes as Amended.** Eliminate DST, as federally approved and best for health/safety.

Dear Honorable Legislators,

Please oppose HB 1259 as it was filed, and please support its proposed amendments. Regrettably the filed version contains numerical errors in time zone offsets and longitudinal meridians that are self-contradictory. The proposed amendments rectify the errors and enable elimination of Daylight Saving Time (fast time) and restoration of permanent Standard Time (natural time). This is the quickest, safest, and most lasting way to end disruptive clock changes.

Permanent Standard Time is the only federally approved way to end biannual clock changes, as most people wish to do. Standard Time is the honest clock, set to the sun; it is also known for this reason as natural time or God's time. Standard Time balances morning and evening sunlight fairly. Its benefits to circadian health naturally improve immunity, longevity, mood, alertness, and performance in school, sports, and work. Standard Time protects start times for schoolchildren, commuters, outdoor laborers, and service personnel. It lets most people sleep naturally past sunrise most days, and it makes bedtimes easier for families. Permanent Standard Time has been observed without incident for decades in Arizona, Hawaii, all five US territories, and most nations. Most of Mexico restored permanent Standard Time in late 2022, and more American states have permanent Standard Time bills than ever before. Permanent Standard Time would also reduce the length and complexity of state law.

Some might consider permanent DST, but that would be worse than the status quo. It would put sunrise past 8am for 4–5 months, as late as 9:45am. It has failed repeatedly, sometimes with loss of life. DST is a fast clock, set an hour ahead of Standard Time. Moving clocks to DST acutely deprives sleep; leaving clocks on DST chronically deprives sleep. DST's circadian misalignment increases accidents, illnesses, and health costs. It decreases learning, productivity, and earnings. Permanent DST would force constituents to wake an hour early all winter in cold darkness. It would deprive sunlight from mornings, when it's needed most. It would revert benefits of starting school later. It would delay morning news broadcasts until most people begin work. It would increase residential heating and air conditioning. It would disrupt sun-timed prayers. Fewer states have permanent DST bills than before, and federal bills for permanent DST have fewer sponsors. Anyone who wants DST can simply wake earlier.

Scores of organizations and thousands of researchers, physicians, teachers, parents, religious leaders, and journalists on the right and left oppose DST and endorse permanent Standard Time. Among these are the Sleep Research Society, Society for Research on Biological Rhythms, National Sleep Foundation, American Academy of Sleep Medicine, American Academy of Neurology, American Thoracic Society, American College of Chest Physicians, National Safety Council, American College of Occupational & Environmental Medicine, editorial boards of *Bloomberg*, *Orlando Sentinel*, *Minnesota Star Tribune*, *Oregonian*, *South Florida Sun Sentinel*, *Daytona Beach News-Journal*, contributors to Daily Wire, PragerU, Human Events, Cato, *Breaking Points*, John Locke Foundation, and many more.

Please hear the nonpartisan consensus of history, science, and first principles. Save time, money, and lives. Join the growing movement to ditch DST and restore natural permanent Standard Time.

Sincerely,

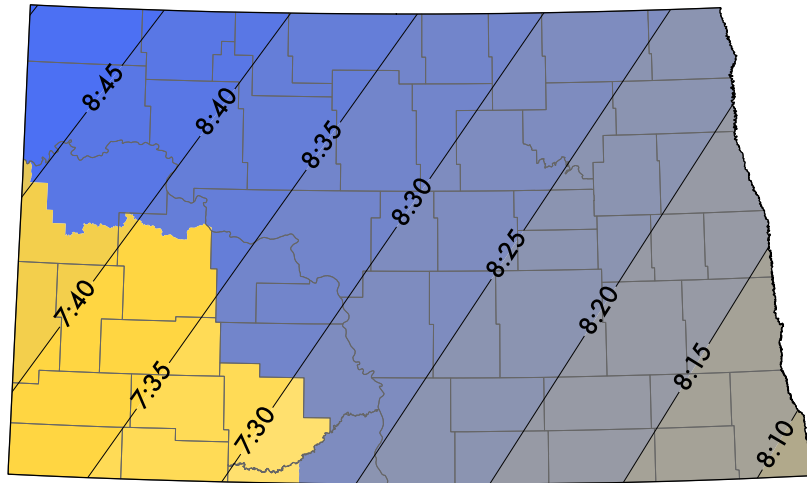
Jay Pea
President

jay@savestandardtime.com

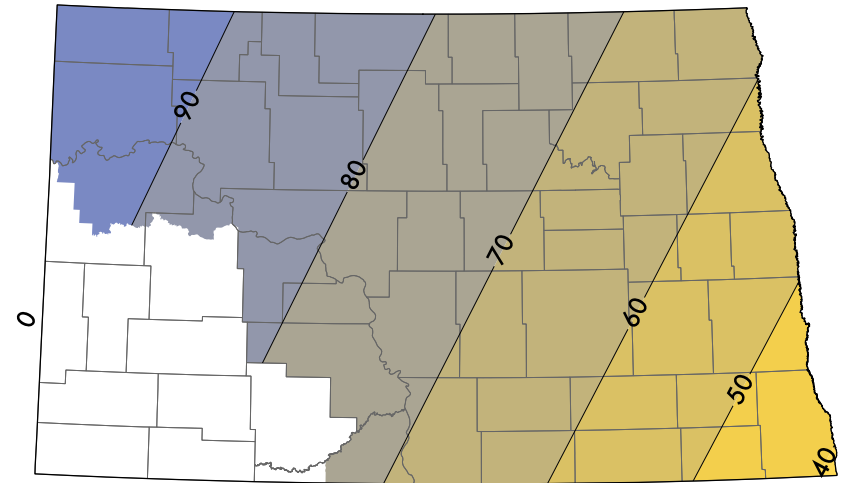
Citations: [savestandardtime.com/summary](https://www.savestandardtime.com/summary)

PERMANENT STANDARD TIME (NATURAL TIME) PRESERVES MORNING LIGHT

Time of Latest Sunrises

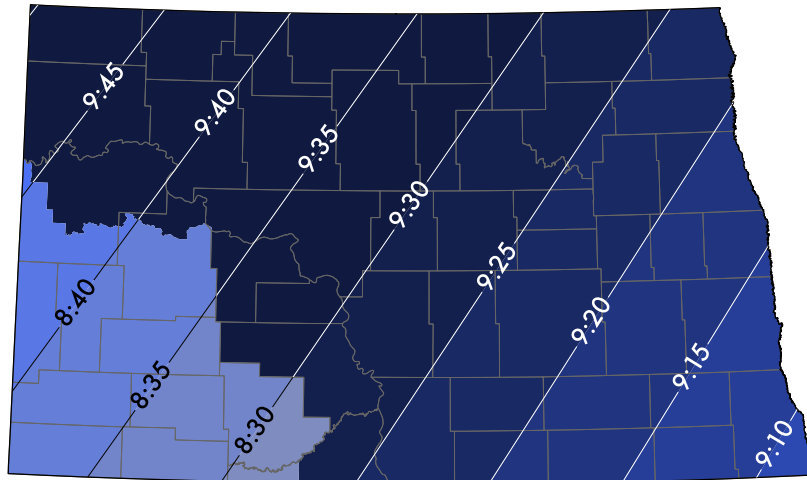


Days with Post-8am Sunrise

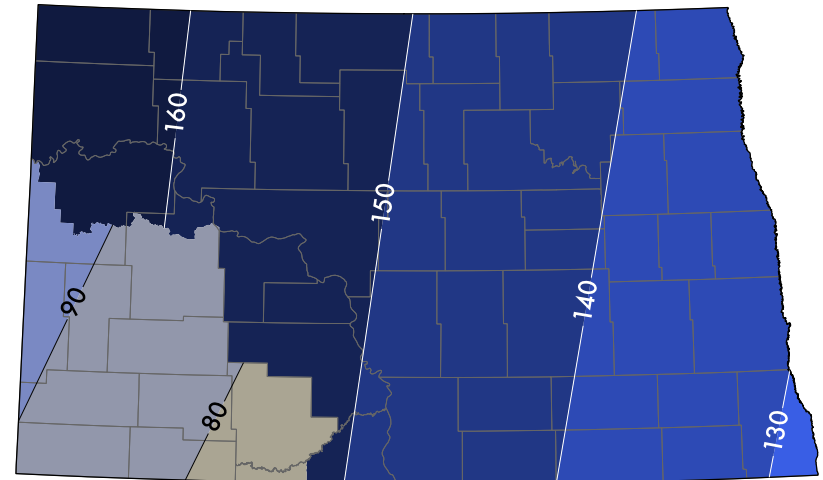


PERMANENT DAYLIGHT SAVING (FAST TIME) MAKES SUNRISE TOO LATE

Time of Latest Sunrises



Days with Post-8am Sunrise



Morning sunlight is essential to health, mood, safety, learning, and productivity.

Most work and school days in the United States start at or before 8am. Latest winter sunrises occur from late December to mid-January.



**PERMANENT
DAYLIGHT SAVING TIME
(FAST TIME)**

**PERMANENT
STANDARD TIME
(NATURAL TIME)**



**DST is a mandate to set alarms
an hour early every day.**

**Permanent DST would force
most work and school
to start before sunrise.**

**Standard Time balances
morning and evening sunlight.**

**Permanent Standard Time
keeps sunrise before most
work and school starts.**

Median work arrival time is 7:55am nationwide, per the US Census Bureau in 2014.
fivethirtyeight.com/features/which-cities-sleep-in-and-which-get-to-work-early/

Average school start time is 8:03am nationwide, per the Centers for Disease Control & Prevention in 2015.
cdc.gov/mmwr/preview/mmwrhtml/mm6430a1.htm





SAVE STANDARD TIME

POSITION STATEMENTS

American Academy of Sleep Medicine

The United States should eliminate seasonal time changes in favor of permanent Standard Time, which aligns best with human circadian biology... Evidence supports the distinct benefits of Standard Time for health and safety, while also underscoring the potential harms that result from seasonal time changes to and from Daylight Saving Time...

Bloomberg

Standard Time is better aligned with the position of the sun and human nature. It generally synchronizes waking with sunrise and bedtime with darkness, in accordance with circadian rhythms. It enables children and adults to go to school and work in daylight. Daylight Saving Time effectively does the reverse...

Canadian Sleep Research Consortium

Natural time, defined by the sun, is the best option for health, mood, safety, education, and productivity. Why abolish Daylight Saving Time and maintain Standard Time? The issue of time change is complex, but the evidence is clear: It is in the best interests of public health to abolish time change and maintain Standard Time permanently...

Canadian Sleep Society

Optimal sleep and optimal alignment of the human circadian clock with daytime activities is achieved with Standard Time. Not only does Daylight Saving Time induce sleep deprivation at its inception in the spring, but it enforces later darkness during the summer, favoring delayed bedtime, social jet lag, and more sleep loss...

Canadian Society for Chronobiology

Standard Time puts the social clock closer to our intrinsic body clock, our circadian rhythm, which is set by the dawn. Daylight Saving Time moves dawn later, and creates social jet lag due to mismatch between our biological drive to wake up near dawn and the social demands for us to stay up later...

The Minnesota Star Tribune

To make Daylight Saving Time permanent would be a mistake... Standard Time is the clear choice. It provides more early daylight and most closely aligns with the body's natural wake-work-sleep rhythms. Misalignment has been linked to "increased cardiovascular disease risk, metabolic syndrome, and other health risks"...

National Sleep Foundation

Daylight Saving Time forces biological clocks out of sync with the rising and setting of the sun. The link between our biological clock and the sun is crucial to health... Seasonal time changes are disruptive. Evidence supports permanent Standard Time because of its alignment with our circadian biology and relevance to sleep health and safety...

The Oregonian

For Oregonians, keeping clocks on Daylight Saving Time year-round would mean sunrise after 8am for 106 days each year... Make sure Oregon remains in Standard Time. The marginal benefit of an extra hour of light during a limited number of summer evenings is not worth spending a third of the year's mornings in darkness...

Sleep Research Society

Daylight Saving Time causes sleep loss, circadian misalignment, dysregulation of melatonin and cortisol, stress, altered metabolism, and inflammation. This would occur year-round if Daylight Saving Time were permanent. The evidence supports abolishing Daylight Saving Time and adopting permanent Standard Time...

Society for Research on Biological Rhythms

Based on comparisons of large populations living in Daylight Saving Time or Standard Time, or on western versus eastern edges of time zones, the advantages of permanent Standard Time outweigh switching to Daylight Saving Time annually or permanently... If we want to improve human health, we should not fight against our body clock...

South Florida Sun Sentinel

We agree Congress should end the twice-a-year annoyance of changing clocks. The loss of an hour from the shift to Daylight Saving Time is especially hard. The better change, though, would be to make Standard Time—what farmers once called "God's Time"—permanent. As experts pointed out, it's the natural way to go...

MORE AT [SAVESTANDARDTIME.COM/STATEMENTS](https://www.savestandardtime.com/statements)



SAVE STANDARD TIME

Endorsements of Permanent Standard Time as the Best Year-Round Clock

The following endorse permanent Standard Time (natural time), not permanent Daylight Saving Time (fast time), as the best way to end clock change. This list is non-comprehensive. More at: savestandardtime.com/endorsements

Health

Alabama Board of Medical Examiners & Licensure
Alliance for Headache Disorders Advocacy
American Academy of Cardiovascular Sleep Medicine
American Academy of Dental Sleep Medicine
American Academy of Neurology
American Academy of Otolaryngology–Head & Neck
American Academy of Sleep Medicine
American Association of Public Health Physicians
American Association of Sleep Technologists
American College of Chest Physicians
American College of Lifestyle Medicine
American Medical Association
American Society for Metabolic & Bariatric Surgery
American Thoracic Society
California Medical Association
California Sleep Society
Canadian Sleep Research Consortium
Canadian Sleep Society
Canadian Society for Chronobiology
Capitol Neurology
Dakota Sleep Society
Hampden District Medical Society

Indiana State Medical Association
Kentucky Sleep Society
Kimmey Lab, University of California, Santa Cruz
Massachusetts Medical Society
Michigan Academy of Sleep Medicine
Missouri Sleep Society
Montana Sleep Society
National Sleep Foundation
Northwest Noggin Neuroscience
Rhode Island Medical Society
San Diego Academy of Child & Adolescent Psychiatry
San Diego Psychiatric Society
Sleep Research Society
Society for Light Treatment & Biological Rhythms
Society for Research on Biological Rhythms
Society of Anesthesia & Sleep Medicine
Society of Behavioral Sleep Medicine
Southern Sleep Society
Tennessee Sleep Society
Wisconsin Sleep Society
World Sleep Society

Education & Families

Anne Arundel County Public Schools
Colorado Parent–Teacher Association
Florida Parent–Teacher Association
League of Women Voters of Delaware County

Maryland Association of Boards of Education
National Parent–Teacher Association
Regional Adolescent Sleep Needs Coalition
Start School Later

Safety & Labor

American College of Occupational/Environmental Med
Association of Canadian Ergonomists
B-Society
Daylight Academy

Good Light Group
National Safety Council
Solaris Fatigue Management
USA Weather, Dallas–Fort Worth, Texas

News Editorial Boards

Bloomberg Opinion
The Daytona Beach News–Journal
Minnesota Star Tribune

The Oregonian
Orlando Sentinel
South Florida Sun Sentinel

General

Agudath Israel of America
Agudath Israel of California
Agudath Israel of Maryland
California Islamic University
Campaign to Opt Out of Daylight Saving Time in Texas
Cuyahoga Astronomical Association

Gulf Coast Fabrian
Ohio Bicycle Federation
Rabbinical Council of America
Rabbinical Council of California
Working Time Society
Yes Watch

Endorsement of permanent Standard Time policy is not endorsement of Save Standard Time Inc.



SAVE STANDARD TIME

	Permanent Daylight Saving Time (Fast Time)	Permanent Standard Time (Natural Time)
Morning Sunlight	Forces most people to start school or work before sunrise in winter.	Lets most people see light in morning (when biology needs it most) year-round.
Circadian Alignment	Misaligns clocks from circadian rhythms.	Aligns clocks to circadian rhythms.
Sleep Health	Forces most people to wake by alarm before dawn in autumn, winter, and spring. Dark mornings make waking harder. Light at night makes sleep harder.	Lets most people sleep naturally past dawn year-round. Bright mornings make waking easier. Darkness at night makes sleep easier.
Mental & Physical Health	Increases depression, substance abuse, obesity, high blood pressure, stroke, heart disease, diabetes, and cancer.	Improves mood, neurological health, stress resilience, weight balance, heart health, immunity, and longevity.
Safety & Crime	Increases accidents and injury recovery times.	Improves alertness and decision-making.
Education & Economy	Impairs school performance. Decreases workplace productivity and wages.	Improves school performance. Increases workplace productivity and wages.
Farmers & Construction Workers	Shortens morning light needed for outdoor labor and all-day alertness.	Preserves morning light needed for outdoor labor and all-day alertness.
Energy & Environment	Darker mornings increase demand for morning heat. Brighter evenings increase demand for evening A/C.	Balances the sun's light and heat between morning and evening, for less demand, less expense, and less waste.
Radio Broadcasts	Dark mornings impair radio. News broadcasts would be delayed until most people have begun work.	Preserves morning light needed for radio broadcasts of morning news and traffic reports.
Religious Rights	Unfairly overlaps work hours with morning prayer times of observant worshippers.	Many faiths call Standard Time "God's Time" for its connection to the natural world (to creation).
Federal Law	Prohibited by the Uniform Time Act (15 USC §260a).	Approved for states by the Uniform Time Act (15 USC §260a).
Lasting Public Support	Repeatedly tried and reverted after winter is experienced in the US and other nations.	Observed in Arizona, Hawaii, all five US territories, and most nations for many decades.

Testimony in favor of HB 1259

Hi my name is Clare Burslem. I am testifying in favor of House Bill 1259. This is because permanent standard time is not only convenient, but healthier and safer. After looking into various studies, I found research showing that observing daylight savings is negative to the body's natural circadian rhythm. This is because daylight in the morning is significantly better at waking up the body naturally compared to dark mornings. Likewise, the delayed darkness in the evening makes it harder for the body to naturally fall asleep. (I got this research from the journal of clinical sleep medicine.)

When thinking about safety, permanent standard time allows for more light in the mornings which increases visibility for people driving, at bus stops, or walking. It is also safer for children going to school in the morning to have more light. Increased daylight in the morning also decreases car accidents because of better visibility. In addition, people tend to be more awake when it is lighter outside which reduces safety risks and incidents.

Because of all these reasons, it would be in the public's best interest to get rid of daylight savings and promote schedule consistency, sleep health, and safety with permanent standard time. Thank you for listening, and I stand for questions at this time.

When answering questions: Chair, vice-chair, members of the committee, member who asked the question...

2025 SENATE STATE AND LOCAL GOVERNMENT

HB 1259

2025 SENATE STANDING COMMITTEE MINUTES

State and Local Government Committee Room JW216, State Capitol

HB 1259
3/27/2025

Relating to requiring the state to observe standard time year round; and to daylight saving time.

10:43 a.m. Chair Roers called the hearing to order.

Members Present: Chairman Roers; Vice Chair Castaneda; Senators: Barta, Braunberger, Lee and Walen.

Discussion Topics:

- Recreational activities
- Triggers for surrounding states
- Seasonal work
- Psychological time

10:43 a.m. Representative Maki, District #26, introduced the bill and submitted testimony #44274.

10:49 a.m. Jay Pea, President Save Standard Time, testified in favor and submitted testimony #43714.

10:58 a.m. Andrew Alexis Varvel, historian, testified in favor and submitted testimony #44254.

11:03 a.m. Dr. Seema Khosla, ND Center for sleep, testified in favor and submitted testimony #43816.

11:05 a.m. Arik Spencer, President & CEO Greater North Dakota Chamber, testified in opposition and submitted testimony #44181.

11:07 a.m. Jim Upgren, private citizen, testified in opposition and submitted testimony #43830.

11:09 a.m. Cole Higlin, Public Policy Chair ND Recreation & Park Association, testified in opposition and submitted testimony #43654.

11:12 a.m. Jonathan Malaterre, Minot, testified in opposition.

11:19 a.m. Cale Dunwoody, Vice President of Public Safety FMWF Chamber, testified in opposition and submitted testimony #44250 and #44268.

11:22 a.m. Barry Wilfahrt, President The Chamber GF/EFG, testified in opposition and submitted testimony #44227.

11:23 a.m. Tara Felice, Lobbyist Mandan Baseball Club, testified in opposition and submitted testimony #44246.

11:25 a.m. Terry Effertz, Tech ND and Fargo, testified in opposition.

11:26 a.m. Russ Hanson, Associated General Contractors of ND, testified in opposition and submitted testimony #43783.

11:27 a.m. Rick Clayburgh, President and CEO ND Bankers Association, testified in opposition.

11:28 a.m. Laura Lacher, Economic Development Association of ND, testified in opposition and submitted testimony #44199.

11:29 a.m. Ryan Skor, Bismarck, testified in opposition and submitted testimony #43674.

Additional written testimony:

43823, 43833, 43866, 44035, 44189, 44191, 44237, 44241, 44243, 44258, 44262, 43413, 43428, 43433, 43459, 43460, 43461, 43601, 43650, 43673, 43691, 43698, 43760, 43772, 43776, 43785, 43788, 43803, 43813, 43829, 44127, 44128, 44131, 44139, 44141, 44155, 44158, 44174, 44187, 44193, 44196, 44206, 44214, 44221, 44229, 44230, 44231, 44236, 44238, 44242, 44244, 44251, 44260, 44264, 44267

11:30 a.m. Chair Roers closed the hearing.

Susan Helbling, Committee Clerk

Thank you for your time in reading this letter. I live in Hettinger (Adams County), in the very SW corner of our State. I am writing in opposition to HB1259, although I acknowledge and understand the hardship changing time can be. My personal reasons for the opposition are mostly due to my location. To the East of Hettinger, 25 miles, is Lemmon SD, we have a lot of people coming from Lemmon to work at our local hospital, WRRMC. To the South of Hettinger, 4 miles) is the SD State Line, which we also have several employees working in Hettinger from various rural farms, etc. To the West is the Montana State line, about 75 miles, we have several people that work right across the Montana State border. Bowman County, being closer to Montana, will also have shared employees going both ways. I feel we need to work with our neighboring states before eliminating daylight savings time. As a small rural community, we work very closely with our neighboring states for employment, emergency services, etc. I believe being on a different time zone will cause confusion and disruption in our efforts to work together

Thank you for your time and consideration

Krista Faller

March 21, 2025

I am opposed to this bill as presented. As someone who works in parks and recreation, staying on standard time would have a negative affect on recreational activities in the summer months. We currently schedule a lot of activities, youth and adult, that rely on the later sunsets in order to allow us to get everyone scheduled. With the sun setting an hour earlier, we may have to limit the number of people who can participate. We are unable to start these programs earlier as parents, kids, and other adults work during the day. I also see no benefit to a sunrise at 4am. There is a great benefit to the active Bismarck community with the later sunset.

On a personal note, I love our summers in North Dakota. I love the 5am sunrises and 10pm sunsets. I feel it makes up for the horrendous winters we often endure. A 4am sunrise and 9pm sunset would have a detrimental impact on me personally. I don't mind the time change, even if it takes a couple days to get used to, and I would prefer to continue with established practice.

RaNae Jochim

South Bismarck

Testimony of Kevin Klipfel
Bismarck Parks and Recreation District
To Senate State and Local Government Committee
In Opposition to HB 1259
March 21, 2025

Chairman Roers and Members of the Senate State and Local Government Committee. My name is Kevin Klipfel, and I am executive director of the Bismarck Parks and Recreation District (BPRD). I would like to express our concerns about eliminating Daylight Saving Time in North Dakota, which would significantly impact outdoor activities during the spring, summer and fall months for users of BPRD's parks, trails and facilities.

Most of BPRD's outdoor spaces, such as parks, trails, volleyball courts, soccer fields, golf courses, and baseball and softball fields do not have lights. Installing lights can be expensive and is not an option in many of these areas.

Losing an hour of daylight would negatively impact BPRD's outdoor programs and participants. For example, BPRD's adult summer sand volleyball program starts May 18 this year and runs into early August. This program operates Sunday through Thursday starting at 6 p.m. each evening. The last game of the night starts at 8:15 p.m. so it is finished by sunset. Shifting to Permanent Standard Time would mean eliminating one game per night and most likely reducing the number of teams that could play each summer and therefore opportunities for people to be active and outdoors.

This same impact would extend to all BPRD evening youth and adult outdoor programs, as well as those of our many partner groups who use our facilities, including baseball, golf, pickleball, softball, tennis, and volleyball. Outdoor space is at a premium in our community, and eliminating an hour of daylight during the spring, summer and fall would result in fewer youth and adults being able to participate in these activities.

Reducing the opportunity for people to be outdoors and active during the spring, summer and fall months is the wrong direction for our community.

I urge a do not pass recommendation on HB 1259. Thank you for your consideration.



PO Box 2846
FARGO, ND
58108-2846
Phn: 701-277-1225

PO Box 1254
BISMARCK, ND
58502-1254
Phn: 701-223-6695

PO Box 1035
DICKINSON, ND
58602-1035
Phn: 701-225-5197

Greg M'Cormick, President/CEO
Molly Barnes, Executive Vice-President

March 24, 2025

State and Local Government Committee. Thank you for allowing me to present this testimony in opposition to HB 1259.

My name is Molly Barnes. I am a fourth generation owner of Northern Improvement Company. Although we work all over the state, we have offices in Fargo, Bismarck and Dickinson North Dakota.

I am writing to express my concern about HB 1259. This bill would eliminate the time change.

I have read some of the testimony where claims have been made that the elimination of daylight savings time will be beneficial for construction workers, this couldn't be further from the truth. It will cost construction companies and workers lost revenue and lost wages due to less available daylight working hours. As it is now the sun will rise at 5:49 am on June 21, 2025, in Bismarck, ND and if we eliminate daylight savings time, the sun will rise at 4:49 am on that same day. Both the Cities of Bismarck and Fargo do not allow contractors to work in city limits prior to 7:00 am. Under this bill, we have now lost an hour of working daylight. Now the sunset will also come early, so we will lose another hour of daylight working toward the end of the day. That is two hours of working time we have lost. If we don't change the clocks ahead in the spring, we will lose two hours of working daylight all summer long. This is especially important considering most contractors in ND do seasonal work (6-7 months) due to our climate. It is also unlikely that Bismarck of Fargo or any other larger city is going to approve earlier start times because of this law change.

Let's say the cities repealed the 7 am start time. Can you imagine the fury of that would result in hearing backup alarms and construction equipment moving around at 5 am? I can just imagine the social media posts.

Well, if this bill passes one of two things must happen, either the contractor loses an hour of work or the contractor starts an hour earlier and causes loud noises when more people will still be sleeping. All of this doesn't even consider the fact that there will be one less hour of daylight in the evening for anyone to enjoy summer activities with family and friends.

As the Executive Vice President of Northern Improvement Company, a contractor with over 400 employees who need to earn their wages when the sun shines, I respectfully ask that you vote NO on this bill. Thank you for taking the time to read my request and please feel free to contact me if you have any questions.

Respectfully submitted,

Molly Barnes

mbarnes@nicnd.com



**Testimony of Dennis Nybo, Superintendent of Parks and Recreation,
Devils Lake Park District
To Senate State and Local Government Committee
In Opposition to HB 1259
March 24, 2025**

Chair Roers and members of the Committee,

On behalf of the Devils Lake Park District and the following organizations, we are in strong opposition to HB 1259, which proposes to eliminate daylight savings time and move our state to permanent standard time. We are concerned about the harmful impact it will have on outdoor recreation and the overall health and well-being of North Dakotans.

As organizations that rely on outdoor recreation and activities in our state parks, we believe the loss of extended daylight hours will significantly reduce opportunities for participation in youth and adult sports leagues, recreational activities like hiking, biking, and fishing, and many other community programs. Shortened daylight hours will also make these activities less safe, particularly for those who engage in evening recreation.

Additionally, if the state shifts to standard time permanently, the reduction in daylight hours will increase the demand for artificial lighting. The increased need for lighting will come at a higher cost to park districts. The additional financial burdens could limit our ability to maintain and improve parks and recreation spaces and programs for the public.

Many of the sports, programs, leisure activities, and special events rely on the extra extended daylight hours such as baseball, softball, sand volleyball, golfing, theatre performances, arts in the park, etc. just to name a few.

We urge the committee to carefully consider the wide-ranging consequences this bill would have on community access to outdoor spaces and recreation. We respectfully request that you oppose HB 1259 to preserve the benefits of daylight savings time for our residents and visitors.

Thank you for your time and consideration.

Organizations Joining in Opposition:

- | | |
|---|--------------------------------|
| 1. Devils Lake Baseball Boosters | 5. Devils Lake Sand Volleyball |
| 2. Devils Lake Creel Bay Golf Men's
and Women's Golf Leagues | 6. Frisbee Golf Enthusiasts |
| 3. Devils Lake Legion Baseball | 7. Arts in the Park |
| 4. Lake Region Softball Association | 8. Fort Totten Little Theatre |
| | 9. Pickleball Enthusiasts |



Steve M^cCormick

P.O. Box 1254 Bismarck, ND 58502-1254
Phone: (701) 223-6695 Fax: (701) 224-0937

March 21, 2025

State and Local Government Committee. Thank you for allowing my testimony on this matter in opposition to BH1259.

I am writing to express my concern about HB 1259. This bill eliminates day light savings time. As an owner of a golf course, this would cause us to lose daylight for playing golf. As it is now the sun will rise at 5:49 am on June 21, 2025, in Bismarck, ND and if we eliminate daylight savings time, the sun will rise at 4:49 am on that same day. This means it will also set an hour earlier. Essentially, unless players are willing to play at 4:49 am, we will lose two hours of daylight play time. This would apply to every golf course in the state.

This would also apply to every type of outdoor recreation the state has to offer. Hiking, boating, fishing, hunting, etc. I imagine this could be bad for the economy and tourism.

If we don't change the clocks ahead in the spring, we will lose an hour of working daylight all summer long. We have such a short season for outdoor recreation, why would we want to eliminate any of it?

On behalf of all golfers in North Dakota, I ask that you please vote NO on this bill.

Sincerely,

Steve M^cCormick, Sr

I am very, very strongly opposed to HB 1259.

HB 1259 would severely limit outdoor recreation for the average working person. We may have enough daylight during most of June and early July without daylight savings time for evening outdoor activities but late April, all of May, and from mid July to October evening outdoor activities would be quite limited.

A person with a typical weekday job may get off work around 5 pm. By the time they get home from work and have a quick supper it would be too late to take part in much outdoor activity before dark.

They would not have time to shoot a round of golf, go fishing, play a tennis match, go for a long bike ride, enjoy the park with their family, etc.

If passed, for about four of the months between April and October this bill would limit many outdoor activities for the person with a typical work schedule to just the 2 weekend days per week instead of the current 7 days.

Many softball leagues have 2 games scheduled on a weekday evening. Many of these fields do not have lights. During May and mid July to September it may be quite difficult to get both games in before sundown. The same goes for tennis leagues and many other scheduled outdoor activities.

A family gathering for a picnic at the park would be affected. They may arrive at the park by around 6 pm but by the time they have put out the food and ate their meal there would not be much daylight left for the children to enjoy the park equipment.

Although oil is now a significant part of the ND economy, agriculture still remains high. Even with daylight savings time for 2+ months of the summer there is enough light for a farm worker to start work at about 6:30 am. Without daylight savings time I doubt many employees would want to wake up at about 4:30am so they can get to work an hour earlier at 5:30 am. It is much easier for a farmer to keep an employee working until around 9 pm during the busy times with daylight savings than it would be to get that same employee to arrive at work by 5:30 am.

A farm with high school children that help on the farm after school would probably have the daily time they could assist with harvesting cut from four hours to three hours without daylight savings.

Many children are already spending too much time inside watching tv, playing video games, etc. Without daylight savings time in the approximate 4 months when it would be getting dusk around 8 pm children who would normally be involved with outdoor activities until 9 pm would be forced to go inside an hour earlier.

One weak benefit I have heard from some who support HB 1259 is that without daylight savings we would no longer have the hassle of changing clocks twice a year. Many clocks now change the time on their own and this trend will continue. The average household might spend 5 minutes twice a year to manually change the clocks that do not set themselves. If we do not have daylight savings I feel the confusion many citizens will have when dealing with surrounding states or any of the 47 other states that would have daylight savings is a much greater concern than taking 5 minutes twice a year to change the clocks.

I feel that for every person who this bill would benefit there would be about ten who would be adversely affected.

For the benefit of the majority of the ND citizens you serve I strongly urge you to vote "NO" on this bill.

Thank You!
Darcy Hanson
Wildrose, ND

Date: March 24, 2025

To: Senate State and Local Government

From: Kirby Evanger

Subject: Strong opposition to HB1259

My name is Kirby Evanger and I live at 8042 White Oak Loop, Bismarck which is in District 8. I ask that you oppose HB 1259 which would end Daylight Savings Time. I think I speak for the vast majority of people who dislike time changes twice per year. I do not like the time changes either, but if we make a change, please change it to remain on Daylight Savings Time year around, NOT standard time. When you think about it, we are currently on Standard Time only about 4 months of the year and we are on Daylight Savings time for about 8 months of the year. Why change to what we currently observe for only one third of the year?? Instead, it would make so much more sense to change to what we currently observe for two thirds of the year.

As North Dakotans, we cherish our spring, summer, and fall months after being on lock-down much of the winter due to the extreme cold. **When do people enjoy the VAST MAJORITY of their time outside? Clearly that answer is in the evening and to a much lesser degree, in the morning.** Compared to what we are used to with Daylight Savings Time, HB 1259 would add another hour of daylight in the morning hours and take away a precious hour of sunlight in the evening hours when so many people are outside with their kids, walking, going on wagon rides, fishing, hunting, boating, biking, hiking, exercising, gardening, motorcycling, attending ballgames, etc. **My neighborhood is a buzz of activity in the evening, with very little activity in the mornings.** In the mornings, people are busy getting ready for work, getting the kids ready for school/daycare, and commuting. An extra hour of daylight in the morning will NOT result in nearly the amount of time and enjoyment of our outdoors as evenings do. People enjoy their evenings much more than their mornings because they have commitments and deadlines in the mornings. That is not the case in the evenings.

Do we really want first light in June at around 4:15 AM? Official sunrise on June 1st is at 5:50 am under Central Daylight Savings Time, but it would be **sunrise at 4:50 am if we no longer observe Daylight Savings Time.** The summer solstice is the longest day of the year on June 20th with sunrise at 5:46 am if observing DST and 4:46 am if not observing DST. First light is typically about 30 minutes before sunrise so **we will have first light around 4:15 AM.** I'm not sure very many people will be taking advantage of that extra hour of sunlight during most of our summer months, and instead, will likely have trouble getting

a good night's rest when it is light out so early. Conversely, gaining that **little used extra morning hour of sunlight** in North Dakota's prime months of spring, summer, fall will come at the expense of the evening time when the vast majority of North Dakotans are enjoying their respite from the grasp of winter. If we no longer observe Daylight Savings Time, our latest sunset of the year on June 20th will be at 8:42 pm. In April, our sunsets will be around 7:30 pm instead of 8:30 pm. In October, our sunsets will be at around 6:00 pm instead of 7:00 pm.

I am an avid waterfowl hunter and am very concerned about the impact on hunting for any game that requires scouting in the evenings. Even with Daylight Savings Time, it is difficult in later October to finish the workday and scout that same evening in preparation for the next day's hunt. **Eliminating Daylight Savings time takes that precious hour of sunlight away, forcing hunters to leave work early or forego hunting the day after a work day. This is a big deal for hunting and it will only lead to further decline in the hunter participation rates in our great state.** Many people are not able to leave at 3:00 or 3:30 pm on a workday to go scouting before sunset that evening. If you cannot scout the evening before, many hunts the following day cannot happen, especially for waterfowl whose feeding area changes daily.

Most people despise changing the clocks twice per year and I think that is why there was support in the House to pass this bill. I also despise changing clocks twice per year, but I cherish more daylight in the evenings after a long winter when it is dark by the time you leave work at 5:00 pm. **That is why I oppose HB 1259 strongly!** I would be in support of eliminating the clock changes twice per year by adopting Daylight Savings Time year round, and I think if that bill would be proposed, you would have emphatic support from the vast majority of North Dakotans.

Thank you for considering my stance and the stance of most North Dakotans on this. **I ask that you oppose HB 1259, and as an alternative, adopt Daylight Savings Time year round.** Thank you for representing us. We appreciate you.

Sincerely,

Kirby Evanger

8042 White Oak Loop

Bismarck, ND 58501

**Testimony of Cole Higlin
North Dakota Recreation & Park Association
To Senate State and Local Government Committee
In Opposition to HB 1259
Thursday, March 27, 2025**

Chair Roers and members of the Committee, my name is Cole Higlin, and I am the public policy chair of the North Dakota Recreation & Park Association (NDRPA). We represent more than 900 members, primarily park districts, and work to advance parks, recreation and conservation for an enhanced quality of life in North Dakota.

I am here today in opposition to House Bill 1259, which proposes the transition to permanent standard time for the state and political subdivisions. If North Dakota shifts from daylight savings time to standard time, several sports and outdoor activities would be negatively impacted due to reduced evening daylight. Sports such as football, soccer, and baseball often rely on later game times, which would be constrained by earlier sunsets. Recreational activities like running, biking, hiking, golf, tennis, and pickleball, commonly enjoyed after work, would also face shorter daylight hours, limiting participation. Youth sports leagues and amateur sports leagues, which typically take place in the late afternoon or evening, would be affected by the reduced daylight, requiring earlier start times or fewer events. Overall, the change would shorten the available time for outdoor activities, impacting sports, community engagement and public physical and mental health.

Moreover, with the reduction in daylight hours, there would be an increased reliance on artificial lighting. The added cost of lighting public parks, sports fields and recreational areas would place an additional financial burden on park districts and taxpayers. These increased costs could divert funds from other critical services and infrastructure improvements.

Parks and recreation are also an important driver of tourism and economic activity in our state. Shorter daylight hours could discourage visitors, reducing revenue.

For these reasons, we urge you to oppose HB 1259. Maintaining daylight savings time is essential for the safety, health and enjoyment of our communities, as well as for minimizing unnecessary costs. Thank you for your time and consideration.

Testimony in Opposition to HB 1259

Derek Arndt, President of the Bismarck Youth Football League

Good morning, Madam Chair and members of the committee, my name is Derek Arndt, and I serve as the president of the Bismarck Youth Football League. We are the primary youth football program in Bismarck and the surrounding areas, consisting of 34 teams and approximately 750 players ranging from 3rd to 6th grade. Our league is the only program in the area offering full-contact football for youth prior to junior high.

To accommodate these 34 teams, we require green space—fields for practices and games. In Bismarck, green space is limited and highly competitive. We share field space with soccer, baseball, and other activities, as well as with junior high, high school, and college football programs. Since our players are too young to drive, evening practices are essential. This timing allows parents to transport their children after work and ensures fields are available once school teams finish.

While I personally understand and agree with some of the reasoning behind this bill, I must express my strong opposition due to its severe impact on youth sports. One of the primary concerns raised by opponents of this bill is the loss of the extra hour of daylight during Daylight Saving Time (DST). For the Bismarck Youth Football League—and all other fall outdoor sports—that extra hour is absolutely critical.

Our season runs through the third week of October, when sunset already occurs before 7 p.m. Under this bill, without DST, sunset on October 12 would be around 6 p.m. (CST). This significant loss of daylight would drastically reduce the time available for practices and games—especially in areas without field lights. The impact would be even more severe in eastern North Dakota, where Fargo and Grand Forks leagues would lose even more evening light.

Moreover, losing daylight directly correlates with colder temperatures. By late September, our practice times are already shortened due to fading light. With this bill, the situation would become untenable. Simply put, this bill would cripple our league. If passed, I am genuinely uncertain how our league—and many other youth outdoor sports programs—would be able to continue.

I urge you to consider the unintended consequences this bill would have on youth sports, which play a vital role in promoting physical activity, teamwork, and community engagement. Please vote against this bill to preserve the future of youth fall sports in North Dakota.

Thank you for your time and consideration.

March 27, 2025

**Senate State and Local Government Committee
North Dakota State Capitol
600 E Boulevard Ave
Bismarck, ND 58505**

Madam Chair and Members of the Senate State and Local Government Committee,

For the record, my name is Ryan Skor, and I reside in northeast Bismarck in the northern portion of District 8. I would like to express my strong opposition to House Bill 1259. HB 1259 proposes to eliminate daylight savings time in North Dakota. As a parent of two school-age children and a member of a household where both parents work full-time, I believe this change would be detrimental to families like ours who cherish outdoor activities, especially in the summer when the weather is as good as it gets here in the great state of North Dakota.

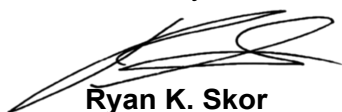
The current observation of daylight savings time provides an extra hour of daylight during the evening, which is crucial for working families with children. After a full day at work, this additional daylight allows us to spend precious time outdoors with our families, engaging in activities that promote physical health, mental well-being, and family bonding. Whether it's playing sports, going for a walk, gardening, doing yardwork, or simply enjoying the fresh air, this hour of evening daylight is invaluable and not something that would be replaced by an extra hour of daylight before the workday starts.

Eliminating daylight savings time would mean losing an hour of daylight after 5pm, significantly reducing the time we have to participate in these outdoor activities. For families with adults and children involved in outdoor activities, this change would disrupt our routines and negatively impact our quality of life. When considering the time spent at the baseball diamonds, golf courses, sand volleyball courts, or even our own backyards, the evening hours are often the only opportunity we have to spend time outdoors unwinding and connecting with our friends and loved ones. I feel taking away this opportunity would be a disservice to the hardworking families of North Dakota.

I urge you to consider the impact this bill would have on families and to recommend a Do Not Pass on HB 1259. Preserving daylight savings time is essential for maintaining the well-being and happiness of our community.

Thank you for your attention to this matter.

Sincerely,



Ryan K. Skor
Bismarck, ND

March 24, 2025

North Dakota Legislature 2025

To: Senate Committee - State and Local Government

From: Michael Potts

Regarding: Opposition to HB1259

Dear Senator Roers and Committee Members,

I am a resident of District 46 in Cass County and I am writing to respectfully express my opposition to House Bill 1259 which would require North Dakota residents to observe Standard Time throughout the year. I understand this bill has passed the House. I have communicated my opposition to the District 46 delegation and have urged the Governor to veto this bill if it passes the Senate. Let me explain why.

This change would create the equivalent of a statewide time zone changes for 238 days or over 65% of the year impacting all residents and especially those who live near bordering states. As an example, this one-hour time difference between North Dakota and Minnesota would create confusion and disruption for the thousands of residents, workers and companies along the border who need to cross to the other state every day for business, day care, work, shopping, medical appointments, school, sports and many other community events. Residents along the border or who need to connect with others outside our state would be required to continually clarify and convert meeting times to ensure people connect at the right time.

I work for a large company headquartered in Fargo and daily I need to connect with other employees, company partners and vendors for all time zones of the country and around the world. We are also heavily dependent on a local workforce that resides in the Red River Valley region, both in North Dakota and Minnesota. This change would introduce new challenges to daily work life and personal scheduling that could create obstacles for workers and companies that need to juggle the realities of work hours, daycare hours, business hours and other activities for 238 days per year. Even watching the evening news or other television programming would be disrupted. Program scheduling could be an hour earlier as television networks and local news would presumably still align with the respective time zone during day light savings time. The potential daily obstacles from this change would be significant. I also ask you to consider the cost of this change whether direct expenses, rescheduled activities or lost productivity.

I recall that Bismarck and Mandan used to be in separate time zones and the resulting confusion and disruption eventually resulted in a shift westward of the mountain time zone. I would expect residents in western or southern North Dakota may also have similar concerns with being in a different time than Montana or South Dakota for over six months. I encourage you to gather broad input as I would expect most residents will have an opinion about the trade-offs of eliminating a one-hour time change two days a year versus dealing with daily

realities mentioned above for 238 days per year.

I believe any perceived personal health benefits from eliminating the twice a year time change would be negatively offset by the mental stress and lost productivity of having to navigate between the equivalent of two different time zones for over six months of the year. Plus, as Northerners, we cherish the few warm months we can be outdoors in the summer and to give up an hour of evening sunlight would be a loss. North Dakota is vitally connected to its immediate regional neighbors, the rest of the nation and the world. I believe this change would create more challenges for us than it solves. North Dakota is not in same situation as Arizona where they experience significant afternoon summer heat and may prefer to shift outdoor work, recreation and events to earlier in the day.

I would anticipate challenges with passage of this bill and suggest the only way to potentially make this work is to implement on a national level rather than state by state. I don't believe this bill as written is good policy for North Dakota and respectfully urge a do not pass.

I appreciate you listening to my concerns.

Michael Potts

District 46
Cass County
Fargo, ND

Please do not approve HB 1259. Please do not eliminate daylight savings time.

As a constituent who lives in Fargo, a ND/MN border city, it would be nightmare having different times in Moorhead than Fargo.

Additionally, I enjoy being outside late in the summer evenings. Losing evening daylight would be terrible for most ND residents, limiting safe outdoor activity after work.

Please vote no on HB 1259.

Thank you,

Michelle Jennison
Fargo, ND

Intro:

- Mdm Chair, members of the committee, thank you for this opportunity to speak.
- My name is Mr Jay Pea
- President of the nonprofit Save Standard Time.
- Cochair of the Coalition for Permanent Standard Time, a group of 8 nonprofits for health/safety.
- Yes on HB 1259.

DST:

- Is a mandate to wake early, sleep less.
- Spring forward makes alarms earlier than Standard Time.
- It chronically deprives sleep, average of 19 minutes every night.
- Costs hundreds of lives and millions of dollars annually in the US.
- And permanent DST would cost more.
- Permanent DST would put ND sunrise past 8am (when most work/school starts) for 3-5 mos, as late as 9:50am.
- ND fought & won repeal of permanent DST in 1974.
- This is why permanent DST is federally prohibited.
- DST does not increase exercise or make days longer. Nature does that by changing seasons.

ST:

- Is the natural clock, set to sun, 12pm is high noon.
- What my grandfather taught me on the family farm.
- Balances morning and evening light.
- For kids, commuters, outdoor laborer, service personnel.
- Need morning light.
- For sleep, mood, health, safety, education, productivity.
- Endorsed by American Academy of Sleep Medicine, American Academy of Neurology, National Safety Council, Bloomberg editorial board, & more.
- AZ, HI, the 5 US territories, and most nations (including Mexico) use permanent Standard Time.
- More states have bills like these now than ever, including NE KS MO TX.
- Gallup finds half of Americans want permanent Standard Time, a quarter want permanent DST.
- Permanent Standard Time is federally pre-approved.

Closing:

- Thank author for amendments to ensure interstate coordination.
- Appreciate keeping permanent DST on table as compromise, as much as history and science warn against that.
- Most people want to end clock change.
- This bill can do so in the quickest way.
- Save lives and money.
- Vote yes on HB 1259.
- Thank all.



SAVE STANDARD TIME

2025 March 24

North Dakota Legislative Assembly
600 East Boulevard Avenue
Bismarck, North Dakota 58505

Re: **Yes on HB 1259.** Permanent Standard Time is federally approved, best for health, safety, education, economy.

Dear Honorable Legislators,

Please support HB 1259 (Maki) to ditch Daylight Saving Time (fast time) and restore permanent Standard Time (natural time). This is the quickest, safest, and most lasting way to end disruptive and deadly clock changes.

Permanent Standard Time is the only federally approved way to stop changing clocks. Gallup finds nearly half of Americans support permanent Standard Time, compared to only a quarter for permanent DST and a fifth for the status quo. Standard Time is the honest clock, set to the sun, known for this reason as natural time or God's time. Standard Time balances morning and evening sunlight fairly for everyone. Its benefits to circadian health naturally improve immunity, longevity, mood, alertness, and performance in school, sports, and work. Standard Time protects start times and preserves the morning sunlight that's essential for schoolchildren, commuters, outdoor laborers, and service personnel. It lets most people sleep naturally past sunrise most days, and it makes bedtimes easier for families. Permanent Standard Time has been observed without incident in Arizona, Hawaii, all five US territories, and most nations for decades. Most of Mexico restored permanent Standard Time in 2022. More states now have permanent Standard Time bills than ever before. Government should set clocks as objectively as possible, and let individuals and businesses choose their schedules from there.

Permanent DST is federally prohibited because it has continually proven to be worse than the status quo. It would delay sunrise past 8am (when most school/work starts) for 3–5 months, as late as 9:50am. It has failed repeatedly, sometimes with loss of life. DST is a fast clock, set an hour ahead of Standard Time. Moving clocks to DST acutely deprives sleep; leaving clocks on DST chronically deprives sleep. DST's circadian misalignment increases accidents, illnesses, and health costs. It decreases learning, productivity, and earnings. Permanent DST would mandate constituents to wake an hour early all winter in cold darkness. It would deprive sunlight from mornings, when it's needed most by working families. It would revert benefits of starting school later. It would increase residential heating and air conditioning. It would delay AM radio news broadcasts until most people begin work. It would disrupt sun-timed prayers. North Dakotans fought for and won its repeal in 1974. Any individual who wants DST can choose to wake him/herself earlier.

Scores of organizations and thousands of researchers, physicians, teachers, parents, and journalists on the right and left oppose DST and endorse permanent Standard Time. Among these are the Sleep Research Society, Society for Research on Biological Rhythms, National Sleep Foundation, American Academy of Sleep Medicine, American Academy of Neurology, American Thoracic Society, American College of Chest Physicians, National Safety Council, American College of Occupational and Environmental Medicine, editorial boards of *Bloomberg*, *Orlando Sentinel*, *Minnesota Star Tribune*, *Oregonian*, *South Florida Sun Sentinel*, *Daytona Beach News-Journal*, contributors to Daily Wire, PragerU, Human Events, Cato, *Breaking Points*, John Locke Foundation, and many more.

Please hear the nonpartisan consensus of history, science, and first principles. Save time, money, and lives. Ditch unsafe, artificial DST. Restore natural, healthful permanent Standard Time.

Sincerely,

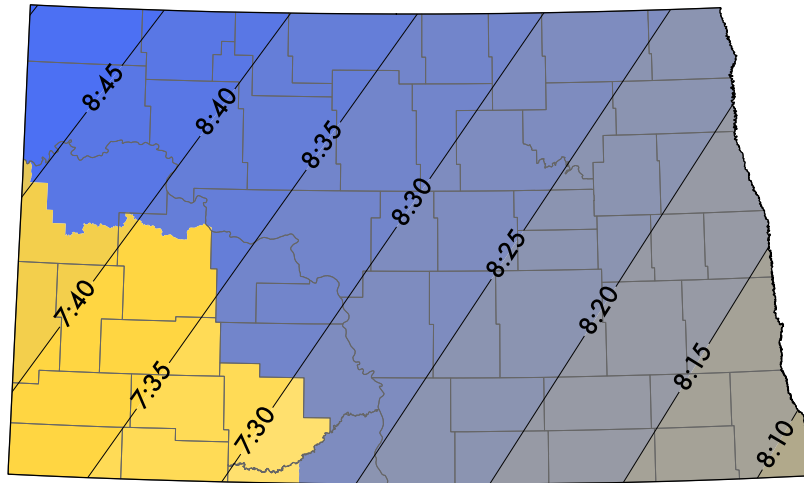
Jay Pea
President

jay@savestandardtime.com

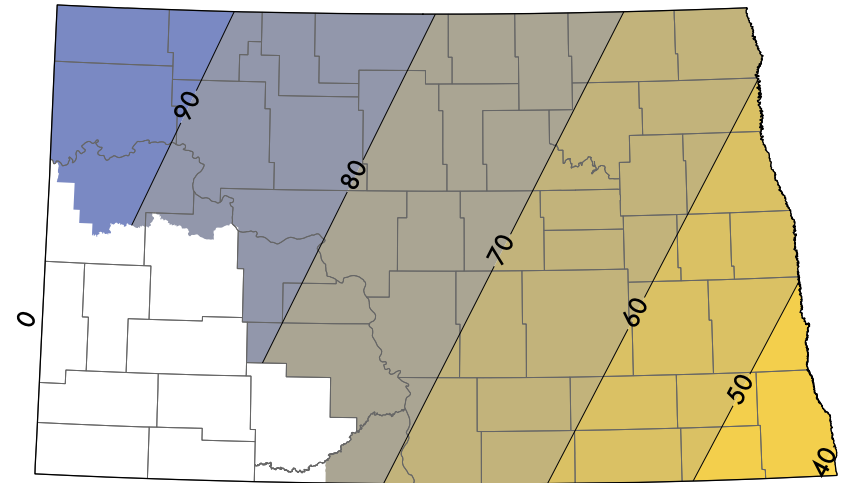
Citations: savestandardtime.com/summary

PERMANENT STANDARD TIME (NATURAL TIME) PRESERVES MORNING LIGHT

Time of Latest Sunrises

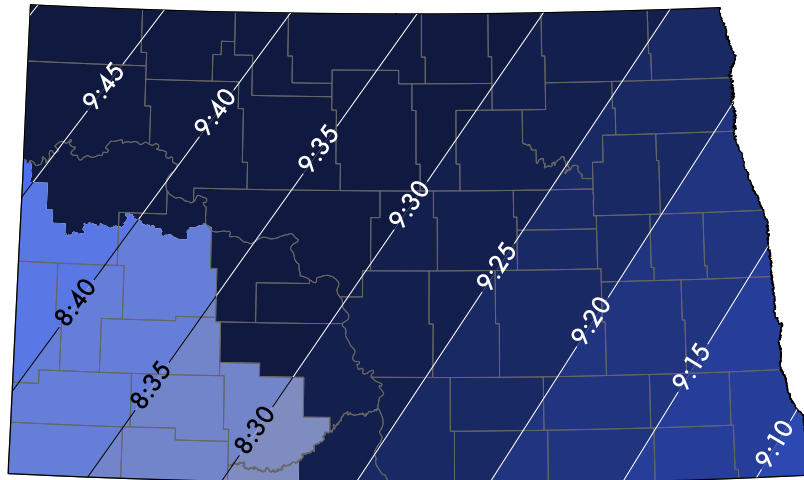


Days with Post-8am Sunrise

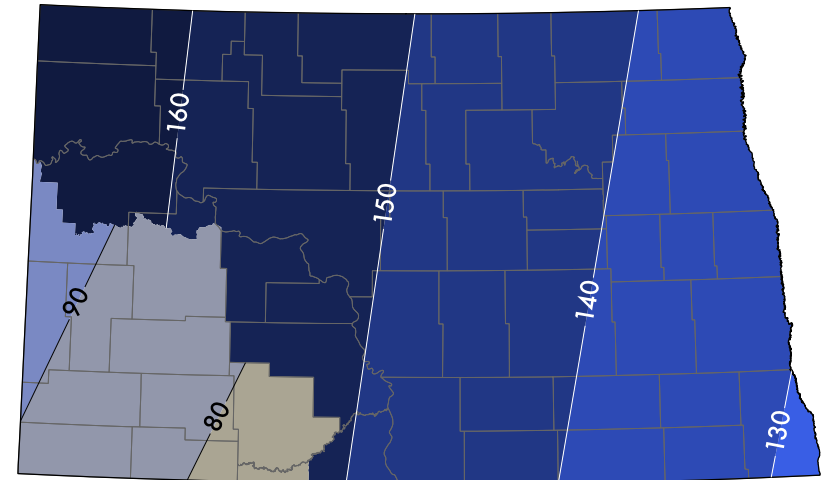


PERMANENT DAYLIGHT SAVING (FAST TIME) MAKES SUNRISE TOO LATE

Time of Latest Sunrises



Days with Post-8am Sunrise



Morning sunlight is essential to health, mood, safety, learning, and productivity.

Most work and school days in the United States start at or before 8am. Latest winter sunrises occur from late December to mid-January.



PERMANENT STANDARD TIME (NATURAL TIME) KEEPS SUNRISE BEFORE WORK/SCHOOL

Standard Time lets us sleep longer—for mood, health, safety, learning, and productivity.



PERMANENT DAYLIGHT SAVING TIME (FAST TIME) FORCES PRE-SUNRISE START TIMES

Daylight Saving Time is a mandate to wake an hour earlier than Standard Time every day.



PERMANENT DAYLIGHT SAVING TIME COST LIVES & MONEY IN 1974

Schoolgirl Hurt; Accident Blamed On Time Change

ARDMORE (AP) — Daylight Saving Time was blamed Wednesday for the injury of a 7-year-old girl. School superintendent Bill Ware said Patricia Gates was struck by a car as she ran across a street to catch a school bus at 8 a.m. The driver of the car said he didn't see the girl in the darkness.

Ware ordered classes started a half hour later beginning Monday.

The girl was reported doing well at a local hospital with head and arm injuries and a broken leg.

Bids to kill daylight time heard

By ALBERT SEHLSTEDT, JR.
Washington Bureau of The Sun

Washington—There were serious moves in Congress yesterday to repeal year-around daylight saving time, which went into effect only three weeks ago as an energy-saving measure.

Congressmen in both houses expressed concern over school children who have been injured on roads and highways during the dark morning hours of winter.

In Florida, a special case

Children's deaths spur bid to repeal daylight saving

DAYLIGHT, from Al one-day session solely to deal with the daylight saving time issue.

In the United States Senate, Marlow W. Cook (R., Ky.) rose in support of repealing the year-round daylight saving plan, cleared by Congress December 14, and cited the Florida deaths, plus a reported increase in sexual assaults on youngsters in Minnesota and problems in other states.

Representative Claude Pepper (D., Fla.), who, along with most of the Florida delegation, is supporting repeal, said last week that "the small savings in energy that we will make do not justify the loss of lives of our children nor the hardship placed upon our children and their parents."

"I regret for others their loss of benefit from energy that would be saved in the country and from extra time

Girl, 6, Critically Injured in Accident

A 6-year-old Tulsa girl was struck by a car and critically injured Wednesday as she neared a school bus stop at Virgin Street and Trenton Avenue in Daylight Saving Time dark.

Kelly Hines, daughter of Beverly Williams of 2133 N. St. Louis Ave., remained in the intensive care unit of Hillcrest

ago after two children were killed and two others injured by cars near Woods.

NEWSPAPER FILES AND Traffic Engineering Department records show that a 5-year-old boy was killed near the Trenton-Virgin intersection in May, 1972, and that there have been two other pedestrian accidents in the vicinity of

NORTH DAKOTA ASKS REPEAL OF PERMANENT DAYLIGHT SAVING TIME

Daylight Savings 'Unreasonable'

By BOB GUENTHER
Star Staff Writer

Minneapolis — Midwestern governors, including Nebraska's J. James Exon, Wednesday told federal energy administrator John Sawhill they approve of the fuel conservation measures his office has mandated — except for year-round Daylight Savings Time.

North Dakota Gov. Arthur Link told Sawhill, "Please, don't ask us to live with Daylight Savings Time again this winter. We've responded to all other regulations, but this one is unreasonable in the northern climates."

still supports year-round Daylight Savings Time; he estimated it cut the nation's fuel usage by .5% last winter.

Link doubted any savings resulted, since he noted that on cold, dark mornings this past winter many North Dakota parents drove their children to school instead of letting them wait for a bus.

Distributes Usage Sawhill defended the Daylight Savings approach, saying it distributes kilowatt usage more evenly over a day and cuts down on the need for power companies to use peak generating units.

governors and stated that Nebraska are not "sold" on year-round Daylight Savings.

The governors unanimously passed a resolution asking the federal government to abandon Daylight Savings during winter months.

The only concession made by Sawhill was a statement indicating he favors keeping the 55 m.p.h. speed limit more than Daylight Savings.

"The 55 m.p.h. speed limit should become permanent to save both lives and fuel," Sawhill said. He estimated that the 55 m.p.h. limit has saved 200,000 barrels of oil per day.

however, will remain in short supply, as will coal if a strike by the United Mine Workers materializes.

Nevertheless, Sawhill said the administration has no plans to continue mandatory fuel allocation beyond the February 28, 1975, expiration date.

The governors want to keep the allocation program. Iowa Gov. Robert Ray said, "It's our only method of solving emergency situations at the local level."

Sawhill replied, "We're not going ... to leave you without the tools to move fuel into critical areas ... We would renew allocations in the event of

School children, workers

Daylight saving move leaves many in dark

Darkness reigned for an extra hour this morning on the first work day under new daylight saving hours invoked Sunday to conserve the nation's energy.

For day-shift workers who normally rise at 6 a.m. to begin work at 7 a.m. there was little difference. Industries here reported no more than the usual Monday morning absenteeism and lateness.

Children, however, had to meet their school buses in darkness, confronting traffic still relying on headlights. School officials said there were no accidents, school buses were on time and their fears of trouble were unfounded—for today at least.

Robert W. Maroni, assistant superintendent of North Adams schools, said there has been an intensive safety campaign at all schools in preparation for the time shift because officials "are deeply concerned" about traffic dangers in the darkness.

Business at all the morning coffee shops was normal except at the Dunkin' Donuts shop on Union Street where a spokesman said, "It's been one of the worst days we've ever had."

So it seemed until he checked cash sales which were only slightly below normal rates for a Monday. He said,

nonetheless, that customers were fewer—especially young people. He saw even traffic at the busy intersection of Union and Eagle streets seemed below normal.

Business at the Capitol restaurant on the Wm. Tally House was only slightly less than normal. The only difference made by daylight saving hours was common grumbling about having to rise in darkness.

Business was usual at Nassi's professional pharmacy coffee bar where most customers said only that the time shift came suddenly for them. There

DST BRINGS SWITCH

Road Crews Start One Hour Later

The midwinter switch to Daylight Saving Time has forced county road-building crews to start their work one hour later than usual that daylight will be.

Commissioners Richardson and Lynch said Thursday morning crews began work later than usual working in the

dark. Richardson said his crews are starting to work at 8:30 a.m. instead of 7:30 as they have in the past.

Can't Work in Dark

Lynch said his men had come to work at 8 a.m. until Monday, but they now begin at 8:30.

"They can't work in the dark," Richardson said. "They work around heavy equipment and sometimes work in traffic."

"We don't want to get someone killed because a driver couldn't see them in the dark."

"And it's no good having them sit in the yards until it gets light. That costs the county money. So we just rescheduled their working hours," he said.

Employees Complain

Lynch said private road contractors will probably change the working hours for their employees also if they haven't already done so.

Lynch said many courthouse employees are complaining about driving to work in the dark also but



The People Speak

School Children Exposed to Danger

TO THE EDITOR:

Like most Americans, I can accept the restrictions to conserve our country's energies.

But for the life of me, I am unable to figure out how this daylight savings time can be of any benefit.

As a former student of the Oklahoma drivers training program, we were taught from the drivers manual that dusk-to-dawn driving is the most dangerous. This is a fact!

This time change has put many more drivers on the roads in the dark. These people, on the old time, drove in the full light in order to be to work at 8 or 9 a.m. This makes accident probabilities much higher.

Children are walking to school, or waiting for buses in the dark, thus exposing them to the danger of drivers. This adds one more worry for parents, who are burdened and worried with day to day living and jobs they may or may not be able to keep.

Why in the world does the time change have to be.

Praise Electricity

TO THE EDITOR: I'm sure there are a lot of folks just like me who are real thankful for our electric lights this morning. We can see our way to get around, what with this new time and all.

There's a school right across from my house and they have their lights shining brightly for the children. Then, too, our cars have their lights on bringing youngsters to school and that yard-long bus looks like a Christmas tree!

How the new time will help the energy crisis I don't know.

Hazel B. Caruthers, Cushing

Two Crises Exist

TO THE EDITOR: John Q. Public is accustomed to injustices. His motor vehicles have been swallowed up by emission control devices which not only reduce fuel consumption from 7 to 20 percent but in terms of dollars and cents cost him in the neighborhood

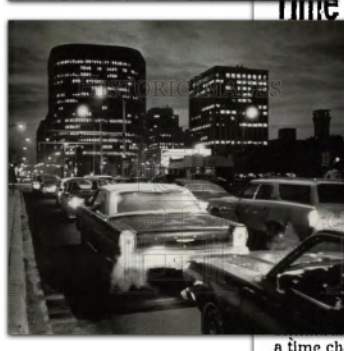
Change Backwards

TO THE EDITOR: It seems that our lawmakers in Washington have done it again. They have changed our clocks to fit their needs—protesting to save fuel. But as anyone knows, it is backwards. To start with we are turning our thermostats up an hour earlier each morning. This will use more fuel because it is always coldest from about 4 a.m. until 7 a.m. (Suntime).

Now everyone gets off work one hour earlier (by Suntime) so they have one more hour to drive around each evening before dark, using more fuel.

We are helping the energy crisis like a hole in the hand or as on California politician said a while back, "This time change causes the sun to shine on his lawn an hour longer each day."

Every politician should be voted out, and replaced with some hard working farmers who understand nature, and I believe we could get things straightened out in a few



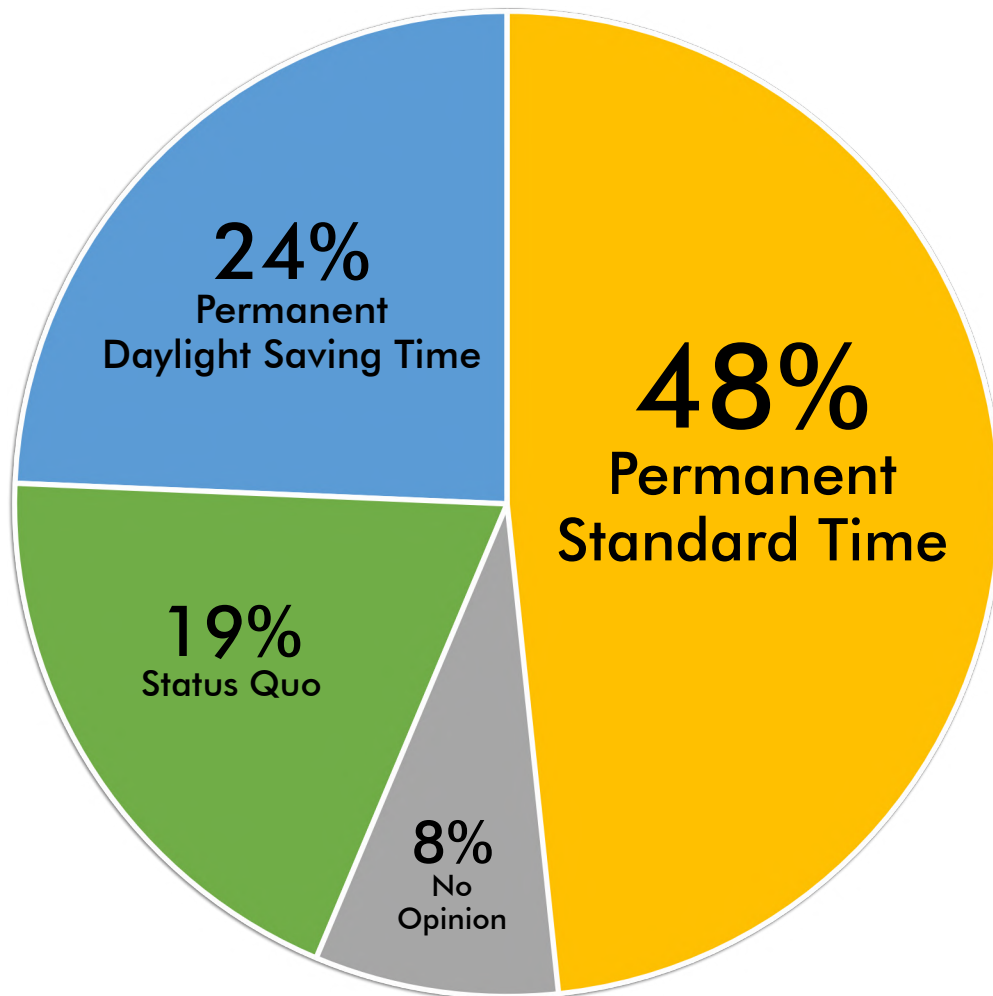
More at: newspapers.com/profile/savestandard



GALLUP

“The plurality of Americans prefer Standard Time the whole year, including summer.

Half as many, 24%, prefer Daylight Saving Time the whole year, including winter. The smallest percentage, 19%, prefer the status quo of switching between the two. This means 43% favor having Daylight Saving Time part of the year or year-round, only slightly less than the 48% who would prefer not to have it at all. But it also means 72% would prefer no clock changes each year.”



“Based on telephone interviews conducted January 21–27, 2025, with a random sample of 1,001 adults, living in all 50 states and DC. Margin of error $\pm 4\%$.”

<https://news.gallup.com/poll/657584/half-daylight-saving-time-sunsetted.aspx>





SAVE STANDARD TIME

POSITION STATEMENTS

American Academy of Sleep Medicine

The United States should eliminate seasonal time changes in favor of permanent Standard Time, which aligns best with human circadian biology... Evidence supports the distinct benefits of Standard Time for health and safety, while also underscoring the potential harms that result from seasonal time changes to and from Daylight Saving Time...

Bloomberg

Standard Time is better aligned with the position of the sun and human nature. It generally synchronizes waking with sunrise and bedtime with darkness, in accordance with circadian rhythms. It enables children and adults to go to school and work in daylight. Daylight Saving Time effectively does the reverse...

Canadian Sleep Research Consortium

Natural time, defined by the sun, is the best option for health, mood, safety, education, and productivity. Why abolish Daylight Saving Time and maintain Standard Time? The issue of time change is complex, but the evidence is clear: It is in the best interests of public health to abolish time change and maintain Standard Time permanently...

Canadian Sleep Society

Optimal sleep and optimal alignment of the human circadian clock with daytime activities is achieved with Standard Time. Not only does Daylight Saving Time induce sleep deprivation at its inception in the spring, but it enforces later darkness during the summer, favoring delayed bedtime, social jet lag, and more sleep loss...

Canadian Society for Chronobiology

Standard Time puts the social clock closer to our intrinsic body clock, our circadian rhythm, which is set by the dawn. Daylight Saving Time moves dawn later, and creates social jet lag due to mismatch between our biological drive to wake up near dawn and the social demands for us to stay up later...

The Minnesota Star Tribune

To make Daylight Saving Time permanent would be a mistake... Standard Time is the clear choice. It provides more early daylight and most closely aligns with the body's natural wake-work-sleep rhythms. Misalignment has been linked to "increased cardiovascular disease risk, metabolic syndrome, and other health risks"...

National Sleep Foundation

Daylight Saving Time forces biological clocks out of sync with the rising and setting of the sun. The link between our biological clock and the sun is crucial to health... Seasonal time changes are disruptive. Evidence supports permanent Standard Time because of its alignment with our circadian biology and relevance to sleep health and safety...

The Oregonian

For Oregonians, keeping clocks on Daylight Saving Time year-round would mean sunrise after 8am for 106 days each year... Make sure Oregon remains in Standard Time. The marginal benefit of an extra hour of light during a limited number of summer evenings is not worth spending a third of the year's mornings in darkness...

Sleep Research Society

Daylight Saving Time causes sleep loss, circadian misalignment, dysregulation of melatonin and cortisol, stress, altered metabolism, and inflammation. This would occur year-round if Daylight Saving Time were permanent. The evidence supports abolishing Daylight Saving Time and adopting permanent Standard Time...

Society for Research on Biological Rhythms

Based on comparisons of large populations living in Daylight Saving Time or Standard Time, or on western versus eastern edges of time zones, the advantages of permanent Standard Time outweigh switching to Daylight Saving Time annually or permanently... If we want to improve human health, we should not fight against our body clock...

South Florida Sun Sentinel

We agree Congress should end the twice-a-year annoyance of changing clocks. The loss of an hour from the shift to Daylight Saving Time is especially hard. The better change, though, would be to make Standard Time—what farmers once called "God's Time"—permanent. As experts pointed out, it's the natural way to go...

MORE AT [SAVESTANDARDTIME.COM/STATEMENTS](https://www.savestandardtime.com/statements)



SAVE STANDARD TIME

Endorsements of Permanent Standard Time as the Best Year-Round Clock

The following endorse permanent Standard Time (natural time), not permanent Daylight Saving Time (fast time), as the best way to end clock change. This list is non-comprehensive. More at: savestandardtime.com/endorsements

Health

Alabama Board of Medical Examiners & Licensure
Alliance for Headache Disorders Advocacy
American Academy of Cardiovascular Sleep Medicine
American Academy of Dental Sleep Medicine
American Academy of Neurology
American Academy of Otolaryngology–Head & Neck
American Academy of Sleep Medicine
American Association of Public Health Physicians
American Association of Sleep Technologists
American College of Chest Physicians
American College of Lifestyle Medicine
American Medical Association
American Society for Metabolic & Bariatric Surgery
American Thoracic Society
California Medical Association
California Sleep Society
Canadian Sleep Research Consortium
Canadian Sleep Society
Canadian Society for Chronobiology
Capitol Neurology
Dakota Sleep Society
Hampden District Medical Society
Illinois Sleep Society

Indiana State Medical Association
Kentucky Sleep Society
Kimmey Lab, University of California, Santa Cruz
Massachusetts Medical Society
Michigan Academy of Sleep Medicine
Missouri Sleep Society
Montana Sleep Society
National Sleep Foundation
Nebraska Medical Association
Northwest Noggin Neuroscience
Rhode Island Medical Society
San Diego Academy of Child & Adolescent Psychiatry
San Diego Psychiatric Society
Sleep Research Society
Society for Light Treatment & Biological Rhythms
Society for Research on Biological Rhythms
Society of Anesthesia & Sleep Medicine
Society of Behavioral Sleep Medicine
Southern Sleep Society
Tennessee Sleep Society
Wisconsin Sleep Society
World Sleep Society

Education & Families

Anne Arundel County Public Schools
Colorado Parent–Teacher Association
Florida Parent–Teacher Association
League of Women Voters of Delaware County

Maryland Association of Boards of Education
National Parent–Teacher Association
Regional Adolescent Sleep Needs Coalition
Start School Later

Safety & Labor

American College of Occupational/Environmental Med
Association of Canadian Ergonomists
B-Society
Daylight Academy
Good Light Group

National Safety Council
Nebraska State Grange
Solaris Fatigue Management
USA Weather, Dallas–Fort Worth, Texas

News Editorial Boards

Bloomberg Opinion
The Daytona Beach News–Journal
Minnesota Star Tribune

The Oregonian
Orlando Sentinel
South Florida Sun Sentinel

General

California Islamic University
Coalition for Permanent Standard Time
Cuyahoga Astronomical Association
International Alliance for Natural Time
Libertarian Party Mises Caucus

Ohio Bicycle Federation
Rabbinical Council of America
Rabbinical Council of California
Working Time Society
Yes Watch

Endorsement of permanent Standard Time policy is not endorsement of Save Standard Time Inc.

Permanent Standard Time Is Federally Approved

Permanent Daylight Saving Time Is Federally Prohibited

Any state can restore permanent Standard Time (natural time) by enacting state legislation for self-exemption from DST (fast time). Arizona, Hawaii, and all five US territories observe permanent Standard Time. Most nations, including Mexico, observe permanent Standard Time. More American states than ever are now considering permanent Standard Time. As with any legislation, the effective date of DST exemption can be delayed until neighboring states enact equivalent legislation, if desired. Permanent DST when tried has cost lives and disrupted business. Permanent Standard Time is the quickest, safest, healthiest, most-lasting way to end clock change.

“Uniform Time Act of 1966”

15 U.S. Code Subchapter IX – Standard Time

§ 260a. Advancement of time or changeover dates

(a) Duration of period; State exemption

During the period commencing at 2 o'clock antemeridian on the second Sunday of March of each year and ending at 2 o'clock antemeridian on the first Sunday of November of each year, the standard time of each zone established by sections 261 to 264 of this title, as modified by section 265 of this title, shall be advanced one hour and such time as so advanced shall for the purposes of such sections 261 to 264, as so modified, be the standard time of such zone during such period; however, (1) any State that lies entirely within one time zone may by law exempt itself from the provisions of this subsection providing for the advancement of time, but only if that law provides that the entire State (including all political subdivisions thereof) shall observe the standard time otherwise applicable during that period, and (2) any State with parts thereof in more than one time zone may by law exempt either the entire State as provided in (1) or may exempt the entire area of the State lying within any time zone.

<https://www.law.cornell.edu/uscode/text/15/260a>



HB 1259 – Senate committee hearing March 27, 2025

In opposition

I wish to provide testimony in opposition to HB 1259. My testimony is as a private resident, living in a border city. I know the chaos this will cause if passed. I live in ND and have family in MN, across the river. My daughter and her husband have worked in ND for years. It's already a challenge for these two adults to coordinate doctor and dental appointments, along with school drop-off/school pick-up and school activities while currently living and working in the same time zone. Being on different time zones is just not workable. Also, I can't imagine a work place accommodating to make this time zone change work for their employees. Will these adults then need to find new jobs in MN (they have good jobs in ND) or move to the bordering state? I don't believe there are realistic options if this passes and other bordering ND states don't change as well.

I'm also concerned how we will schedule family visits and back-up child care needs while living in different time zones. Again, already difficult to do while living in the same time zone.

I do agree that switching time zones every year is hard on people. I've been saying this for years. But, when your city is so intertwined with a border city, either they both need to make this change, or leave the time zone change as is until the federal government decides time zones should be either standard of daylight saving time for all states. This would be the cleanest and easiest enactment.

Please don't pass this bill.

Thank you.

Chase Angermeier

Resident of Mandan, ND

March 25, 2025

Opposition to HB1259

Good morning, my name is Chase Angermeier and I live in Mandan, North Dakota. I am writing today in opposition of the bill to implement Standard time year-round. This will greatly negatively affect the lives of workers and residents of North Dakota. Firstly, for residents, we are fortunate enough to have beautiful weather in the summer and fall months, which allows people to go outside and spend time with their friends and family. Going solely to standard greatly reduces the amount of time we will have sunshine in the day, reducing activities on lakes, parks, and the Missouri River. Many outdoor events such as sporting and recreation will be playing in the dark, which discourages residents from attending or participating. For workers, as someone who works with others from surrounding states, the time change greatly impacts the abilities of workers to work effectively with others living in the country as our state would have unique times that contradict with the surrounding states, our neighbors. Another factor to consider is that during the summer and fall months, many employees enjoy the extended sunshine and nice weather, but with this change, that would be reduced causing employees to leave work early and overall reduce productivity for North Dakota based companies. This change would also be changing our time zones to match that of a separate country to the north, whereas we should be focused on aligning with our American neighbors, the states.

I have tried to do my best to keep this testimony short, please consider keeping Daylight Savings Time in North Dakota as it provides many benefits to our residents and workers. Let's not try and be different, let's continue to be great.

Thank you,

Chase Angermeier

Not in support of the proposed HB1259. I think it's not a good fit for the east border of ND, and it's best to have more daylight later in the day.

Dale Heller

Testimony

March 4, 2025

Senate State & Local Government Committee

HB 1259

Mr. Chairman and members of the House Education & Environment Committee, my name is Russ Hanson, and I am with the Associated General Contractors of North Dakota (AGC of ND). The AGC of ND is the largest construction trade association in North Dakota who perform all types of commercial construction (highway/bridge, vertical commercial, water/utility). Our membership also consists of equipment and material suppliers and has been in existence since 1951. I appreciate the opportunity to provide opposing testimony to HB 1259.

North Dakota has one of the shortest seasonal construction seasons in the nation. Couple that with the vast number of critical infrastructure projects that need to be completed in that window of time has daylight hours at a premium. It would be severely detrimental to the completion of these projects if Daylight Savings time was eliminated. The two largest North Dakota communities have local ordinances not allowing construction to begin until 7 a.m. Eliminating daylight savings time would have a sunrise at around 4:45 a.m. much of the summer. Thus, losing many critical hours of daylight in the mornings and losing critical hours of sun in the evening. I would guess other communities have similar local ordinances with similar construction restrictions.

I appreciate the opportunity to present this testimony and the thoughtful consideration this committee utilizes when they address the legislation assigned to this committee. Please issue a Do Not Pass Recommendation to HB 1259.

Members of the Senate State and Local Government Committee,

Thank you for your time. My name is Karina Glander, and I am both an employee of North Dakota and a resident of Fargo-Moorhead. I am writing to express my opposition to ND House Bill 1259. The proposed elimination of daylight savings time in North Dakota presents significant challenges and barriers for our communities.

My family resides in Moorhead, MN, where our children attend school and daycare, while my husband and I work in Fargo, ND. As a working family, we already face difficulties in balancing our work schedules with our children's routines. If House Bill 1259 is enacted, we will need to make substantial adjustments to our lives. For instance, during the months Minnesota recognizes daylight savings time, our daughter would start school an hour after our workday begins, or we would have to leave work an hour early to pick up our youngest from daycare before it closes each day. This disruption is solely due to North Dakota's proposed decision to eliminate daylight savings time, making it only the second state in the United States to do so.

My ask of the committee is to strongly consider the unnecessary burdens this bill would place on North Dakota employees, students and individuals living and traveling through the Red River Valley and reject House Bill 1259.

Sincerely,

Karina Glander

3/25/2005

Chair Roers and Members of the State and Local Government Committee,

For the record, my name is Chad Brousseau, and I am a resident of Mapleton, ND. I am writing to respectfully urge you to **OPPOSE** HB 1259, which proposes the elimination of Daylight Savings Time in North Dakota.

While I understand the bill's intent and the inconvenience of adjusting clocks and our internal body clocks twice a year, the consequences of adopting a different time standard than our neighboring Midwest states would be far-reaching and far more disruptive than a twice-a-year clock change. Especially in communities near state borders where families may live and work in different states. This bill would cause confusion and unnecessary complications for scheduling, communications, and coordination across our region.

Our northern summer season is short, and I cherish the long summer daylight hours after work to spend time with friends and family enjoying the North Dakota outdoors, something me and my family do not want to lose. My family and I respectfully request that you vote NO on HB 1259 and keep Daylight Savings Time.

Sincerely,
Chad Brousseau
114 Lindsey Ct
Mapleton, ND 58059
701-866-5114

March 25, 2025

To: Senate Committee – State and Local Government

From: Maria Mack

Regarding: Opposition to HB1259

Chair Roers and members of the Committee,

I am writing to testify in opposition to HB 1259. If North Dakota were to stay permanently in Standard Time, I believe there would be many negative repercussions that would impact families, public and mental health, as well as local businesses and farmers.

I would first like to provide a map illustrating surrounding time zones during Daylight Savings (March-November) if North Dakota were to pass this bill:



The Southwest corner of our state would be set to the same time zone as California, totally separate from the areas surrounding it. And some of our most populated areas such as Fargo, Grand Forks, and Wahpeton would be in a different time zone than their Minnesota sister cities.

There are many people who work or go to school in North Dakota but live in Minnesota and vice versa. With a time difference for two thirds of the year, this could cause Minnesotans who work here to leave their jobs, pull kids from ND private schools and club activities, and take their children out of North Dakota daycares. It would also put a strain on North Dakotans who work or go to school in Minnesota as they would be on a different time table than the rest of their family.

This time difference could also put members of the public at risk. Minnesota's bars currently close one hour later than North Dakota's. Between Minnesota's 2:00am bar close and this bill's proposed time difference, that provides residents of Fargo and Grand Forks two additional hours of drinking. This has the potential to lead to more alcohol related incidents. Additionally, according to the National Safety Council, deadly traffic accidents are more likely to happen at night. Because this bill would reduce daylight hours in the evenings, it could potentially increase our rates of fatal car accidents.

Looking at the other side of the state, those in Mountain Time would also suffer. They already have an earlier sunrise and sunset due to the time difference. But this bill would mean their earliest sunrise would be 3:56am and their latest evening would be at 7:49pm. When it is time to harvest in the fall, their sunsets will be before 7:00pm. These early evenings will also hurt North Dakota's largest tourist attractions, Medora and Teddy Roosevelt National Park. Unless we expect tourists to wake at 4am, these shorter days will be a detriment to the park. Less time to hike and explore the loop and less time for outdoor activities in the town. It will also harm the Medora musical who would have to do their show entirely after sunset for the majority of their season.

Several 'In Favor' testimonies referenced studies indicating Standard Time increases our exposure to natural light. That may be the case in southern states as being closer to the equator provides more consistent sunrise and sunset times, but it is not the case for Northern states like North Dakota. If this bill were to pass, from the end of May through the beginning of July, North Dakotans would see a sunrise before 5am or before 4am for those in Mountain Time. Unless it is expected that everyone rises with the sun, this bill would cause North Dakotans to lose sunlight exposure, not gain it. And with our lack of sun in the winter, which puts us at risk for Seasonal Affective Disorder and Vitamin D deficiencies, I believe these long summer days are very important to our overall mental and physical wellbeing.

On a more selfish note, I think this is very inconvenient on a level that far outweighs the negatives of "losing an hour of sleep". It is inconvenient for booking flights, driving to other states, knowing what time TV events start, readjusting to a new time zone, losing an hour of sun in the summer, needing to invest in some *really* good light blocking blinds for those 5am sunrises, and *still* needing to keep track of daylight savings time because it would impact North Dakotans' lives, even if we don't observe it ourselves.

For these reasons and those mentioned by others, I urge you to oppose HB 1259. Thank you for your consideration.

/s/ Maria Mack



Subject: Request to Oppose HB 1259 – Protect Outdoor Recreation

Dear Senators,

On behalf of Dacotah Speedway in Mandan we strongly oppose HB 1259, which proposes to eliminate daylight savings time and move North Dakota to permanent standard time. We are concerned about the negative impact this will have on outdoor recreation and the well-being of North Dakotans.

Extended daylight hours are essential to our racing program. All our racing events take place from 7:00 pm to 11:30 pm. Permanent standard time will increase the demand for artificial lighting for an additional hour per event and will lead to higher utility costs.

We urge you to carefully consider the consequences of HB 1259 and request that you oppose the bill to preserve the benefits of daylight savings time for North Dakotans.

Thank you for your time and consideration.

Sincerely,
Herb Bargmann

Treasurer
Dacotah Speedway

Telephone 701-220-5962

Email: hbargmann@bis.midco.net



Dear ND Representatives,

My name is Seema Khosla and I am a sleep medicine physician. I support HB 1259 for permanent Standard Time. The science is unequivocal – Standard Time is aligned with our own circadian rhythms. This is the **best option for overall health**. It is the most natural time and helps our bodies sleep at night and be alert during the day. This is also the **safest option**, especially for children who wait outside for their school bus in the dark.

We have tried permanent daylight-saving time before – in 1974. It became extremely unpopular and was reversed within 6 months due to public backlash. Let's learn from history and choose permanent standard time.

As always, if you have any questions or concerns, please do not hesitate to contact our office at (701) 356-3000.

Sincerely,

Electronically signed

Seema Khosla, MD FCCP FAASM

Diplomate of the American Board of Sleep Medicine

Diplomate of the American Board of Internal Medicine

Permanent Standard Time needs to be observed all year.

For years we have been on this eight months on and four months off system, this has made this very annoying and hard to get used to. Some people adjust to the time changes in one day, some take almost a month to adjust. The current DST system is misaligned with the seasons. Does not follow either the summer or winter solstices, the "spring forward" occurs eleven days before the spring equinox and the fall back occurs roughly six weeks after the fall equinox and that is almost six weeks in front of the winter solstice. The reason for the late "fall back" in November, after Halloween was the candy lobby thought that DST was going to save trick or treating. We need to stay in Standard Time which is often referred to as "Natural Time" which is better for our health and well-being, we need to end the cycle of twice a year clock changes. This practice has been deemed obsolete by many. Also the claims that DST saves energy have also been disproven. As for Time changes with border states, this doesn't seem to be a problem with Arizona which ended this practice for years. North Dakota can lead the way by ending this unhealthy practice and encourage more states to opt out of this.

Dear representatives,

I am submitting testimony in opposition to HB 1259.

This would be a terrible idea for the state of North Dakota, with the reasons I will list as follows. First as a resident living in a border city with Minnesota March through October we would be in a different time zone as Minnesota for eight months of the year, causing a great inconvenience for residents and businesses on both sides of the border. It would affect those who work in North Dakotan businesses and those commuting to Minnesota for work daily. It would also affect businesses in North Dakota in a negative way who have employees who live in Minnesota, or who operate in both states. Businesses especially in the farming economy in the red river valley who rely on farming on both sides of the river would be affected, as well as the oil industry in the western portion of the state bordering Montana. When half of the state's population lives within twenty miles of Minnesota this does not make sense. This would also cause problems for other cities on the South Dakota and Montana border like Willison and Ellendale who rely on commerce in those states. It would also create a problem for the western part of the state in mountain time, essentially making three different time zones for eight months of the year. You would have mountain time in Montana, that would fall back an hour in the western part of our state, and then into central time, which would essentially put the western part of our state in pacific time for eight months of the year. I don't think it makes any sense for the western counties of the state to essentially be in the same time zone as Los Angeles for eight months of the year. It would also cause the western counties to have very early sunrises, The sun would rise in Dickenson at three forty five, and set at before eight on the longest day of the year. The same would be similar for Fargo, the sun would rise at four thirty and set before eight thirty. Most residents want the extra hour to come in the evening so that after work they can still spend time with family outside, or do outdoor activities like golf, fish, or maybe a quick pheasant hunt in October. This would also help kids be able to spend more time outside which is very important to the mental wellbeing of adolescents. Other neighboring states like Minnesota and Wisconsin already tried permanent standard time in the past and it was disastrous. I think everyone would agree that changing clocks twice a year is a headache, but it far outweighs the disadvantages that permanent standard time would bring. We should wait to see if the current federal legislation of the sunshine protection act is adopted before we make any changes.

Thank you for your consideration,
William Meyer,
Wahpeton ND

Jim Upgren, Bismarck

HB 1259 Testimony

Madam chairman, members of the committee. For the record, my name is Jim Upgren, I am a resident of Bismarck, and I am testifying as a private citizen in opposition to HB 1259.

If passed, HB 1259 would eliminate daylight savings time in North Dakota, meaning that we would be on standard time year round. I am opposed to the bill because I like daylight savings time, and I will discuss the reasons why.

First of all, I enjoy being able to do recreational activities later in the evening in the summer. For example, I can currently work a full day in the summer, and if I tee off at 5:30 pm, I can play an entire 18 holes of golf after work on a weeknight. Also, many outdoor youth sporting activities in the fall are held after school and might go into the evening. Sub-varsity contests are often held on fields without lights. I know that when my son played soccer a few years ago, practice started at 6:00 pm, and by the end of the season, sunset was at the exact same time that practice would get done. If HB 1259 passes, a 6:00 pm practice would not be possible in mid-October. In addition, even simple things like taking my kids to the park in the evening wouldn't be possible the same way that it is now. Last week, I took my boys up to the school playground one evening after supper. They saw a few of their friends from school, and played an impromptu game of soccer that lasted until it got dark at 8:00 pm. If we were on standard time, this would not have been possible to do after supper in late March the way that we were able to last week.

There would also be some logistical issues in our cities and towns in the Red River Valley. If HB 1259 were to pass, Grand Forks, Fargo, and Wahpeton would spend half of the year in a different time zone than cities in Minnesota (East Grand Forks, Moorhead, and Breckinridge respectively) that are essentially part of the same community area. Prior to 1960, Bismarck and Mandan were in different time zones, and from what I've heard, it didn't work well.

Another logistical issue arises when you account for the fact that the southwestern part of North Dakota is in the Mountain Time Zone. If HB 1259 were to pass, you could have a situation where it would be 10:00 am in Moorhead, 9:00 am in Fargo, 8:00 am in Dickinson, and then 9:00 am again once you get to Montana. You should not jump ahead an hour when traveling west into a new time zone, but that's would happen if HB 1259 passes.

I have also seen people argue (on daylight savings time in general) that the changing of the clock messes with their kids' bedtimes and sleeping schedules. I have an 8-year-old and a 6-year-old,

and in my 8 years as a parent, I have never once noticed a bedtime or sleep schedule disruption in my kids, so at least as far as I am concerned, that is a non-issue.

Madam chairman and members of the committee, that concludes my written testimony, and I ask that the committee give a Do Not Pass recommendation to HB 1259.

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.

3/25/25

Dear Legislative Council,

My name is Shandra Rosenfeldt, I support HB 1259 for permanent Standard Time.

I work in patient care, with an emphasis on dental sleep medicine and follow guidelines from the AASM (American Academy of Sleep Medicine).

“Permanent standard time helps synchronize the body clock with the rising and setting of the sun,” said Dr. James A. Rowley, president of the AASM. “This natural synchrony is optimal for healthy sleep, and sleep is essential for health, mood, performance, and safety.”

The position statement is approved by the AASM board of directors and endorsed by 20 medical, scientific, and advocacy organizations:

- American Academy of Cardiovascular Sleep Medicine
- American Academy of Dental Sleep Medicine
- American Academy of Otolaryngology-Head and Neck Surgery
- American Association of Sleep Technologists
- American College of Chest Physicians (CHEST)
- American College of Lifestyle Medicine
- American Society for Metabolic and Bariatric Surgery
- American Thoracic Society
- Dakota Sleep Society
- Michigan Academy of Sleep Medicine
- Montana Sleep Society
- National PTA
- National Safety Council
- National Sleep Foundation
- Sleep Research Society
- Society for Research on Biological Rhythms
- Society of Anesthesia and Sleep Medicine
- Society of Behavioral Sleep Medicine
- Southern Sleep Society
- World Sleep Society

I am in favor of permanent standard time, which aligns best with human circadian biology and reducing the potential harms that result from seasonal time changes to and from daylight saving time.

Sincerely,

Shandra Rosenfeldt, DDS, FAGD, D.AADSM

Dakota Sleep Society supports HB1259

The Dakota Sleep Society is a professional organization of sleep medicine providers, technicians, and scholars across North and South Dakota. We strive to promote sleep and circadian health among our communities by providing education and outreach. There is broad agreement, including support from President Trump, that seasonal time changes are problematic, resulting in increased health and safety risks as well as inconvenience and cost. Eliminating seasonal time change will require us to choose between permanent standard time and permanent daylight savings time. The Dakota Sleep Society supports HB1259 to move North Dakota to permanent standard time. More specifically, our support for permanent standard time is based on the following key points:

- Permanent daylight savings time would lead to long, dark mornings in North Dakota. In winter, sunrise may not come until after 9:30 am. In contrast, sunrise under permanent standard time would occur one hour earlier.
- The extended morning darkness under permanent daylight savings time increases the safety risk for the morning school and work commute. Motor vehicle and pedestrian accidents are less likely in light conditions compared to dark conditions.
- Standard time aligns better to our natural circadian rhythms. Exposure to sunlight earlier in the morning is an important cue for our bodies to begin the day. Extended light in the evening makes it more difficult to fall asleep, which can then reduce overall sleep time.
- Permanent daylight savings time has been implemented in our country before, and failed spectacularly. After less than a year, permanent daylight savings time was repealed due to public opposition (largely driven by the problem of the long, dark mornings).

In sum, the Dakota Sleep Society supports this bill to eliminate seasonal time changes in North Dakota. We endorse the move to permanent standard time, but would not support a move to permanent daylight savings time.

I'm asking the committee members for a Do Not Pass recommendation on HB 1259. Thanks

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

Members of the Senate State and Local Government Committee,

I would like to express my great opposition for HB 1259.

My name is Ashley Bruner, from Drake, District 6. As a citizen of North Dakota, I am greatly concerned for numerous reasons on why this bill should not pass.

When I saw this bill, making the change to always be Standard Time, to make sense of it I thought of it as "No Spring Ahead" and thought "would that really mean?"

No Spring Ahead would mean that on those savored nights in the middle of June and July when we enjoy being outside until 10pm because it's still light out, it won't be, because it'll actually be 9pm. Our limited ND summer nights will be cut short an hour, EVERY DAY, ALL SUMMER. That means...

Our softball league will only be able to get one game in, instead of 2 because we won't have enough daylight to play. Start the games earlier you might suggest? Just because the time change, our work schedules won't change, so we can't just start games earlier, people won't make it. This might not be a big deal to some, but I'd call this a mental health necessity for many across the state. That one night a week, for 10 weeks a year that many look forward to, to get outside and be active with friends – just one thing that makes these cold winters more bearable.

Our kids baseball and softball leagues (and other kids summertime activities) won't be able to get all their innings in because we'll run out of daylight. Not every facility has the option to just turn the lights on to keep playing. This will disrupt kids activities across the state as well.

The sun will rise BEFORE 5am the entire month of June. I realize there are some morning people out there who will love this, but do you want to be woke by your neighbor mowing the lawn at 5am?

Will work schedules adjust the work day to working 7-4 so we can have the same amount of outside daylight time? Or will we work the standard 8-5 and be shorted an hour of necessary vitamin D? Yes, we can choose to wake up earlier, but if our work day is the same on the clock, tell me how practical and beneficial it really is to wake up early, but still have the same work schedule. Are you going to wake at 5, mow your lawn, then go to work?

Many on the eastern side of the state will be even greater affected. How many people work/live in Fargo/Morehead, Grand Forks/East Grand Forks and will be affected, where most of the year your work/residence will be on different times? This seems a bit inconvenient. Inconvenient is one of the reasons some are for this bill, saying "it's inconvenient to have to change my clocks twice/year" is it really inconvenient, or are you just lazy? The inconvenience of changing your clock is greatly drowned in the reasons why this will negatively affect peoples work schedules.

I believe once upon a time, the time zone line was the Missouri River, to where Bismarck/Mandan were on separate time zones. It became so much of an inconvenience for many who commuted for work that they moved the time zone line further west so it was no longer an issue. Additionally, do I recall that there was another move of the time zone line further west in the Hazen/Beulah areas, because they were on separate time zones, but the plants ran on one time zone and so many people commuted between the two, they changed the time zone border so both communities and plants were all on Central Time? So now we're going to revert back to the same issue, only on the eastern border, the most populous area of the state, where ND and MN will be on different times for half the year?

How about this... picture a map of the state. ND stays on Standard Time. But we still have 2 time zones, Central and Mountain. Minnesota, Montana and South Dakota follow Daylight Saving Time. So, we stay, those states spring ahead. So to our east/southeast, Minnesota and South Dakota will be 12noon, Eastern/Central ND will be 11am, Western ND will be 10am, and Montana and Western SD will be 11am. Minnesota, Montana and South Dakota follow Daylight Saving Time. So, we stay, those states spring ahead. Dickinson will be 10am, but Morehead will be 12pm. The map of times would look quite ridiculous now wouldn't it? This too seems more of an inconvenience than changing my clock twice/year.

One testimony at the House Committee hearing was "other states do it, so we can too" or something like that. Correction: Hawaii is on Standard Time always, but they're literally on their own island(s). Arizona is the only other state that doesn't follow Daylight Saving time. And guess what, no one ever knows what time it is in AZ!

Another opposition didn't even seem to understand the bill as they were in favor of us staying Daylight Saving Time all the time. The opposition doesn't understand what this bill would truly do to our state!

We are limited to beautiful summer days, and to deal with the winters we do, we cherish every ounce of summer nights we can get. I'm no expert on health and all that, but I can only image there will be a negative impact on people's health if we lose this extra hour of summer nights.

The reason of "it's hard for my kids to adjust", or "I hate setting my clock" just aren't good enough in this debate. I'm a mom of 4 littles and no one in our house skipped a beat with the recent time change. But what we do know is the extra hour each night we're getting, and how wonderful it is to stay outside and play longer after school. That's right, our kids play outside, breath fresh air – they enjoy North Dakota for it's beauty. Don't cut that short for them!

I strongly oppose HB 1259 and encourage you to cast a DO NOT Pass vote from this committee.

Thank you for your time and consideration!

Ashley Bruner

Drake, District 6

March 26, 2025

Dear Senate Judiciary Committee Members,

Our names are Zachary and Krista Verlinde, we reside in rural Noonan, ND. We are testifying in opposition of HB 1259.

We believe there are several reasons to maintain Daylight Savings Time (DST) in North Dakota and want to highlight a few for you to consider as you determine if this is the best choice for our great state. A few of these reasons are summarized below for your review.

Farmers/Ranchers and Farm-Related Support Activities:

Nearly 24% of North Dakota workers are farmers and/or ranchers or are employed in farm-related support jobs. We both have grown up on working farms and Zach is a full-time farmer. We know the value DST has on our family farm and would estimate that many of the benefits we receive resonate with most farmers and ranchers and farm-related support workers throughout ND. Some benefits of DST to us include increased productivity – DST allows longer working hours in the evening typically resulting in more crop to be harvested during critical times. In addition – daylight hours later in the evening provide for time to complete other daily duties including chores, tending to our livestock herd, working on machinery, refueling for next morning activities, etc. An additional benefit of DST is reduced energy costs – longer working hours during daylight can be completed without the assistance of lit up areas including barns, sheds, fuel areas, along with fields where machinery or equipment is being moved, grain is being loaded, etc.

Undergraduate/Graduate Students, Professors & Related Support Activities:

North Dakota is fortunate to offer the ability for undergraduate and graduate students to take courses through the Metro College Alliance at any of these five institutions of higher education: North Dakota State University, Concordia College, Minnesota State University Moorhead, North Dakota State College of Science and Minnesota State Community and Technical College. Courses may be taken at one campus or any other campus at no extra expense to said student. This is a great opportunity for students in our state to take advantage of a variety of educational opportunities. We strongly feel that a change to DST would directly affect this agreement and disrupt the opportunity provided to all affected due to time differences within the ND and MN state line, causing difficulty during class scheduling and overlaps that could occur resulting in significant challenges for all involved.

Outdoor Physical Activities and Social Interactions:

North Dakota has endless opportunities for residents and non-residents both young and old to enjoy outdoor activities. A change to DST would result in reduced time to enjoy activities and sports which provide so many benefits beyond physical movement, including social connection time with family and friends, mental well-being, and disease prevention to name a few. Some great examples of these activities in ND include hiking, biking, fishing and hunting, boating and kayaking, camping, baseball, softball, golf, and swimming. ND is home to some unique spots including a National Park and several State Parks and Historic Sites that welcome residents and tourists alike.

In conclusion, we urge a “Do Not Pass” on HB 1259. We thank you for your time and consideration.



Zachary Verlinde
zverlinde@yahoo.com



Krista Verlinde
krista.verlinde@yahoo.com

March 25, 2025

I am writing to express my strong opposition to HB 1259, which proposes to make standard time the permanent time for North Dakota. While I understand that this bill may be motivated by a desire for uniformity, I believe it will have a negative impact on the quality of life for many residents, particularly those who enjoy outdoor activities during the summer months.

By limiting daylight hours for a majority of our working individuals, HB 1259 will significantly reduce opportunities for outdoor recreation in the evening. Many North Dakotans, particularly those with full-time jobs, rely on longer daylight hours after work to engage in physical activities like hiking, biking, or spending time with family outdoors. Shifting to permanent standard time will effectively shorten these precious hours during the summer, ultimately diminishing the well-being and enjoyment of our citizens.

The proposed change will have a significant effect on local golf courses and summer recreation softball and baseball leagues. Additionally, although I live in the western side of the state, I can only imagine the issues of border cities such as Fargo-Moorhead and Grand Forks-East Grand Forks.

I urge the legislature to consider the impact this bill will have on the daily lives of North Dakotans and to prioritize the flexibility of daylight savings time, which better aligns with the needs of our community.

Thank you for your time and consideration.

Sincerely,

Rick Hedberg
Minot, ND

HB 1259

Wednesday, March 26, 2025

Testimony in Opposition to House Bill HB 1259

Submitted by Cameron Dietz

Date: 3/26/2025

Members of the Committee,

I am writing to express my strong opposition to House Bill 1259, which proposes requiring the state to observe standard time year round in North Dakota. While I understand that there are arguments in favor of uniformity and consistency, I believe that this bill would have significant negative impacts on the residents of our state, particularly in terms of recreation, quality of life, and public health.

1. Impact on Outdoor Recreation and Summer Enjoyment

One of the most concerning aspects of this bill is the impact it would have on outdoor activities, which are an integral part of life in North Dakota, especially during the long summer days. Under the current system, we benefit from the extra daylight in the evening, which allows families, outdoor enthusiasts, and businesses to take full advantage of the warmer months. The change to standard time year-round would result in shorter daylight hours in the evening, curtailing opportunities for people to engage in recreational activities such as hiking, biking, fishing, and Golfing. This could significantly detract from the overall enjoyment of the summer season, especially in a state where outdoor activities are a key part of our lifestyle.

3. Economic Impact on Local Businesses

North Dakota's economy benefits from outdoor tourism and local businesses that thrive during the summer months. Restaurants, retail stores, and service industries see increased patronage in the evenings, when daylight lasts longer. With standard time year-round, businesses could see a decline in evening customers, particularly those who engage in evening activities. Additionally, farmers, ranchers, and others whose schedules are heavily tied to the daylight hours could be impacted by a change that doesn't account for the realities of their work.

4. Alignment with Neighboring States and Regional Coordination

North Dakota's time zone changes are consistent with those of neighboring states, and many of us have come to rely on the synchronization of time for interstate commerce, travel, and social interaction. The shift to a standard time year-round would disrupt this alignment, making it more difficult for people to coordinate activities and schedules across state lines. This disruption could also complicate business operations and travel for North Dakotans who frequently interact with people in neighboring states.

5. Lack of Sufficient Public Input and Consideration

Finally, I urge this committee to consider the voices of North Dakotans who value the benefits of daylight saving time and the additional daylight hours it brings. There has been little public engagement and broad-based discussion regarding this bill. Furthermore the public engagement that has been present has been uniformly in opposition. It is important that we take into account the diverse needs of our population, including families, farmers, small business owners, and outdoor enthusiasts, before making a significant shift in how we observe time.

Conclusion

In conclusion, I firmly believe that requiring the state to observe standard time year round, as proposed in House Bill 1259, would have detrimental effects on recreation, the economy, and overall quality of life in North Dakota. I respectfully urge the committee to reject this bill and consider alternative solutions

that support the well-being of our state's residents.

Thank you for your time and consideration.

Sincerely,
Cameron Dietz

Members of the Senate State and Local Government Committee. I am submitting testimony against HB 1259. I live in Fargo. My church is in Moorhead. I do business and attend events in all area of the Fargo-Moorhead metro area on both sides of the Red River.

Having two time zones for 6 months of the year would create challenges for individuals living on the border with Minnesota, but also the borders with Montana and South Dakota. Each day, there are countless individuals who cross the border with Minnesota to work in North Dakota and vice versa. There are college students in the border communities who live on one side of the Red River and attend college on the other side of the river. I believe older adults would find it very confusing and would miss appointments and events on the other side of the border with two time zones. Individuals would constantly need to be checking to see what time zone an appointment, activity or event take place. I also believe it would create challenges for the business community.

The twice a year time changes take a few days for our internal clock to adjust. In my opinion that is a much easier adjustment than wondering what time things are happening for 6 months of the year. I personally love having sunset later in the summer months and I believe that is common view for individuals throughout the state, not just on the border with Minnesota.

I ask you to vote no on the passage of HB 1259

Chairman Roers & Members of the Senate State & Local Government Committee,

My name is Shelley Cummings. I am the Human Resources Manager at Cash-Wa Distributing of Fargo. I am also a Minnesota resident, as are many of our associates. As such, I believe I have a good perspective on how HB1259 would affect businesses and citizens of North Dakota – and Minnesota residents who live within the employment and trade area of North Dakota.

First, from a business perspective, I believe that ND being on CST year-round would be very disruptive to our business. Our business is physically located in Fargo, but we have multiple domicile locations and associates living throughout our footprint, which includes all of ND, most of MN, and the eastern side of SD. For us to be on CST while our neighboring states are not will cause routing issues, delivery time issues, and order entry issues. Our customers would likely find the time difference very confusing, leading to communication issues. Many of our associates would be crossing time zone lines multiple times daily.

The disruption this could cause to our associates personal lives cannot be dismissed either. Schools in ND and MN would be on different time schedules, as would daycare facilities. Many working parents have carefully balanced schedules that encompass working hours, school/extracurricular activities, and daycare schedules. Disruption of these schedules would cause work/life balance issues, making daily life more difficult for working parents in particular, which in turn would likely affect their work life.

From a personal perspective, though I'm no longer a working parent, I would find this change very inconvenient to my daily life. As a cross-border resident, I have multiple relationships, both business and personal, on both sides of the border. Simply making a doctor appointment or planning to meet someone for lunch would become an exercise in confusion for many people. I can tell you unequivocally that I would do less business in ND if this bill were to pass.

I also personally believe that this issue should be dealt with on the Federal level, not the state. North Dakota has much more pressing internal issues that need to be dealt with in the current economic climate. I believe from both a business and personal perspective that the disruption passing this bill would cause is not worth whatever gain might be made.

Thank you for your consideration.
Respectfully Submitted,

Shelley Cummings, SHRM-CP, PHR, QBA

shelley.cummings@cashwa.com

701- 281-4433



GREATER NORTH DAKOTA CHAMBER
HB 1259
Senate State and Local Government
Chair Kristin Roers
March 27, 2025

Madam Chair and members of the Senate State and Local Government Committee, my name is Arik Spencer with the Greater North Dakota Chamber. GNDC is North Dakota's largest statewide business advocacy organization, with membership represented by small and large businesses, local chambers, and trade and industry associations across the state. We stand in **opposition to House Bill 1259**.

Eliminating Daylight Savings Time (DST) has significant economic implications, especially for our border communities, construction companies, and tourism-related businesses. These include:

- Disruptions to Interstate Commerce – North Dakota doesn't operate in a bubble. Keeping standard time while most of the country observes DST would throw off scheduling for industries tied to national markets, from finance to transportation.
- Diminished Workforce Efficiency – North Dakota's economy depends on seasonal work. Cutting two hours of usable daylight each day during peak construction season is a significant setback to construction companies limited by local ordinances regulating the time construction can begin in the morning.
- Border Town Confusion – Cities like Grand Forks/East Grand Forks and Fargo/Moorhead function as single communities, with residents and businesses moving seamlessly across state lines. If North Dakota stays on standard time while Minnesota observes DST, these cities will be split between two time zones for half the year—creating logistical headaches for businesses, consumers, and hours of operations.
- Impact on Tourism and Retail – When the sun sets earlier, people head home sooner. Restaurants, entertainment venues, and retail businesses thrive on summer evenings, and an earlier sunset could mean lost revenue and a competitive disadvantage.

Maintaining Daylight Savings Time is crucial for the continued success of our state and for ensuring that businesses can operate at full potential. We urge you to consider the negative impact this bill would have on our economy and daily life, and give HB 1259 a do not pass recommendation.



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

My name is Vincent Pelfrey. I live and work in Medora, North Dakota. I am offering this written testimony in support of HB 1259.

I have worked the midnight shift for just under nine years. The change to and from Daylight Savings Time affects those of us who work the graveyard shift in ways that does not affect other people. When one is working the graveyard shift on the Saturday nights when the time changes, time clocks have different ways of accounting for this. Sometimes, the time clock does not account for the change and one is paid for their normal eight hours, when they only worked seven hours and paid eight hours on the change back to Standard Time. When this happens, one must hope their employer will correct this and pay the nine hours. Another way is that the time clock does account for this and then to get one's full, normal pay for a week, one must use accrued paid time off. I am fortunate to have this option, I know that others do not. The time change inordinately affects those that must work at the time the clocks change, either in short pay or having to work without pay at some point during the year just because of a change in the clocks.

I have noted that the bill does not have an effective date, which, if I am correct, means that the act, if adopted, would take effect on July 1, 2025. Changing clocks at this time would cause great confusion and would adversely affect business and government throughout the state. While I eagerly await the end of Daylight Savings Time, I would encourage the Senate to make one amendment, which would delay the effective date of the act to when the time change would have occurred had the act not been adopted and then we can go forward without ever changing the clocks again.

I encourage you to favorably recommend HB 1259 for approval by the North Dakota Senate, with the one amendment I respectfully suggest to you.

Advocating for Permanent Standard Time: A Call to Prioritize Health, Safety, and Well-being

By Dr. Arveity Setty, Pediatric Sleep Medicine Specialist

As the only pediatric sleep medicine doctor in North Dakota, I have witnessed the profound influence sleep has on children and families. Every decision that impacts sleep rhythms ultimately affects physical and mental health, academic performance, and safety. Today, I advocate for adopting permanent Standard Time year-round—a choice rooted in scientific evidence and public benefit.

For children, this disruption is especially damaging. The transition during Daylight Saving Time can result in delayed bedtimes, shortened sleep durations, and groggy mornings that interfere with their ability to focus and thrive in school. Adolescents, whose circadian rhythms are already delayed during puberty, face compounded difficulties adjusting to abrupt time changes. Furthermore, families are burdened with the stress of realigning their daily routines twice a year, creating additional strain on already busy households.

The Importance of Ending Seasonal Time Changes

Most Americans agree that biannual time changes cause unnecessary disruption. However, we now face a critical decision: Should we adopt permanent Standard Time or permanent Daylight Saving Time? Permanent Standard Time is the clear, evidence-based solution, offering unmatched advantages for health, safety, and alignment with natural rhythms.

Why Permanent Standard Time Is the Best Option

1. **Health** Permanent Standard Time aligns most closely with the sun's natural cycles and our body's circadian rhythms. This alignment is essential for regulating sleep, mood, and overall biological functions. The disruption caused by Daylight Saving Time—especially its spring transition—leads to sleep loss, impaired cognitive performance, and increased risk of cardiovascular issues and metabolic disorders. Standard Time supports optimal health by preserving natural light in the mornings, when our bodies need it most.
2. **Safety** Morning sunlight plays a vital role in maintaining alertness and safety. Permanent Standard Time ensures safer morning commutes, with better visibility for drivers and pedestrians. In contrast, permanent Daylight Saving Time would delay sunrise significantly during winter, leaving children waiting for buses in the dark and increasing risks on the road.
3. **History** We have already experimented with permanent Daylight Saving Time in 1974, and the results were disastrous. Widespread public opposition quickly led Congress to reverse the policy within months. The extended morning darkness proved untenable, particularly for schoolchildren and commuters. History has taught us that Standard Time is the practical and beneficial choice.

Addressing Misconceptions About Daylight Saving Time

While some may favor Daylight Saving Time for longer evening daylight, this comes at a steep cost. It disrupts circadian rhythms by increasing evening light exposure, delaying melatonin production, and impairing sleep. During winter, it causes dangerously late sunrises, with cities like Fargo seeing sunrise as late as 9:30 a.m. Such conditions exacerbate seasonal affective disorder and create widespread safety hazards.

Conclusion: Science Supports Permanent Standard Time

As a representative of both the Dakota Sleep Society and the American Academy of Sleep Apnea, I stand alongside my colleagues in advocating for policies that promote restorative sleep and public health. Adopting permanent Standard Time is a simple yet profound step toward healthier individuals, stronger families, and thriving communities.

March 26, 2025

To: Senate State and Local Government Committee

From: Jesse Kist (Morton County resident)

Subject: Opposition to HB 1259

Chair Roers, committee members, & senators:

My name is Jesse Kist. I am a resident of Morton County and a lifelong resident of North Dakota. I urge a do not pass on HB 1259. Daylight savings time is currently observed 238 days annually, or 65% of each year. HB 1259 would replace 238 hours of usable evening daylight with early morning daylight that is of little use to most North Dakotans.

HB 1259 will result in:

- **238 fewer hours of warm season evening (after work) daylight hours annually.**
 - For those working until 5-6 pm, daylight savings time provides time to recreate, do outdoor chores, garden, hunt, fish, and enjoy fresh air after work. Under permanent standard time, the amount of daylight after work would become too minimal for many activities, particularly in the months of March, April, September, and October.
- **Unnecessary confusion and complications in our border cities, 65% of the year.**
 - This would unnecessarily impact scheduling, daycare coordination, after school functions, recreation leagues, and a multitude of other functions and activities in North Dakota's border cities.
- **Less time to recreate, impacting mental health and the recreation economy.**
 - The suggestion that people will be happier and healthier under permanent standard time is very frustrating for those of us who find health and happiness in our ability to recreate outdoors after work.
 - Having less daylight after work will impact recreation throughout North Dakota. Communities and park districts will suffer as sports leagues are negatively impacted, park use will decline as there becomes inadequate time after work to enjoy them in the spring and fall, operating costs will rise as artificial lighting becomes critical, and recreation-based economies will suffer (zoos, amusement parks, golf courses, boating, etc.).

Are we so sensitive to adjusting our clocks twice a year that we are willing to give up 238 hours of usable evening sunlight annually, create unnecessary confusion in our border cities, and compromise recreation throughout our state?

This is certainly a passionate topic, but after the long winters we endure, North Dakotans deserve (and the majority enjoy) the additional hour of evening sunlight provided by daylight savings time. After “springing forward” on March 9th, how many legislators have been disappointed to walk outside from a long day of work into daylight? How many have wished for it to be dark?

Until there is both consensus for change and a plan for consistency with our bordering states, please do not take away our evening sunlight. **I ask that you oppose HB 1259.**

Thank you,

A handwritten signature in black ink, appearing to read 'Jesse Kist', with a long horizontal stroke extending to the right.

Jesse Kist

2753 Lyons Road

Mandan, North Dakota

Aaron Thostenson
Regarding HB 1259
3/26/2025

In Opposition to HB 1259

My name is Aaron Thostenson. I was born and raised in North Dakota, and have lived in the Fargo/Moorhead metropolitan area for nearly 30 years. While I live in Moorhead, Minnesota currently, I continue to work in West Fargo as a public servant at an organization located only a few blocks away from the house that I grew up in. I am testifying to urge you to vote **DO NOT PASS** on HB 1259 because of how observing standard time year-round would negatively affect my daily life, and the lives of those living in the population center of North Dakota.

If this bill were to pass, it would be a hindrance to me daily. I commute from Minnesota to North Dakota for work, to visit family and friends, receive health care, attend social events, and shop. I live so close to North Dakota that it takes me five minutes or less to walk from my Minnesotan home into Fargo via the Veterans Memorial Bridge. **This means that if HB 1259 were to pass, for half of the year I would be living in two different time zones on a daily basis.** Here are some ways that this arrangement would negatively affect me:

- It would become harder for me to juggle scheduling work events and personal events
- It would become more confusing for me to plan around business hours to visit North Dakota in order to receive medical care and shop.
- It would make it more difficult for the organization I work for to plan events with Moorhead stakeholders
- It would become more confusing to plan visits with my friends and family in North Dakota

I believe these types of problems would affect all North Dakotans who live in areas that border Minnesota. For example, **Fargo is the most populous city in North Dakota, and its population combined with West Fargo is around 170,000.** I urge you to consider how this bill would encumber this huge amount of people. Please consider people who are:

- Families with children who have educational or extra-curricular activities in Minnesota
- College students who enjoy the benefits of the Tri-College University consortium of NDSU, Concordia College, and Minnesota State University Moorhead
- Minnesotans who travel to Fargo and West Fargo for shopping and amenities
- Fargo and West Fargo residents who work in Minnesota, or travel regionally to work
- Families where members live on both sides of the Red River

In summary, **this bill does not take into account the rich and multifaceted lives of citizens of North Dakota, and those who benefit from North Dakota's industry and culture.** For these reasons, I urge you to vote DO NOT PASS on HB 1259.

Thank you for your consideration.

-Aaron Thostenson



PO Box 1091 • Bismarck, ND 58502
701-355-4458 • www.ednd.org

Testimony of Laura Lacher
Economic Development Association of North Dakota
In Opposition of HB 1259
March 27, 2025

Chair Roers and members of the Senate State and Local Government Committee:

My name is Laura Lacher, I serve as the executive director of the Economic Development Association of North Dakota (EDND). On behalf of our statewide membership, which includes local and regional economic development professionals, I am here today to express our opposition to HB 1259, as currently written, which would require North Dakota to observe standard time year-round.

While we understand the intent to simplify timekeeping and avoid the twice-yearly time change, implementing this change unilaterally without alignment from surrounding states poses significant concerns for commerce, workforce, and economic development.

Our association represents economic developers who work closely with employers, entrepreneurs, investors, and out-of-state partners. Many of these interactions and relationships extend across state lines, particularly with Minnesota, South Dakota and Montana. If North Dakota were to adopt permanent standard time without those surrounding states doing the same, we risk creating confusion, disruption with national and regional businesses, complicating transportation, logistics, scheduling, and even virtual operations.

However, should the bill be amended to make this change contingent upon surrounding states also adopting year-round standard time, EDND would remove its opposition. We believe a regional approach is essential to avoid unintended economic disruptions and ensure consistency for businesses and communities alike.

We urge lawmakers to proceed with caution and consider the broader regional implications before advancing this legislation in its current form. Thank you for your time and I would be happy to answer any questions.

North Dakota Association of Builders

The North Dakota Association of Builders represents the professional building industry through legislation, information and education.



March 27, 2025

Testimony in Opposition of HB 1259

Senate State & Local Government Committee

Chair Kristin Roers

Chair Roers and Members of the Senate State & Local Government Committee,

My name is Brittney Roehrich and I'm the Chief Executive Officer for the North Dakota Association of Builders (NDAB). NDAB represents the professional building industry through legislation, information and education with 1,400 members statewide. We are also chartered with the National Association of Home Builders (NAHB). On behalf of NDAB, I submit this testimony in **opposition** to House Bill 1259.

Businesses across North Dakota would be affected especially those in border cities. We have many member companies based in these cities which would directly affect their business operations on a daily basis. This issue should be addressed at the federal level to reduce confusion and organizational burdens, along with economic disruption.

For half the year, residents, businesses, students and visitors traveling to and from border states would need to adjust their clocks consistently. If enacted, North Dakota would be the only Midwest state on Standard Time, further complicating workforce mobility. The workforce is already facing numerous challenges, and this change would add another barrier. Also, if this bill were passed it would shorten the seasonal workday which the construction industry heavily relies on.

In conclusion, the North Dakota Association of Builders urges the committee to **oppose** House Bill 1259.

Thank you for your consideration, and we look forward to working together to build a stronger, more resilient housing market for our state.

Respectfully submitted,

Brittney Roehrich, *Chief Executive Officer*

North Dakota Association of Builders

brittney@ndbuild.com

Chair Roers and members of the State and Local Government Committee,

I would urge a do not pass recommendation on HB 1259. While HB 1259 would provide a convenience of locking the clocks in standard time, it would create substantial unintended consequences.

This bill would establish standard time permanently in the state. Currently, daylight savings takes place eight months out of the year (second Sunday in March to first Sunday in November). By adopting permanent standard time, residents along state borders and time zone borders would face the most substantial consequences from this bill becoming law.

Permanent standard time would mean the portion of the state in central time would be an hour behind our neighbors in South Dakota and Minnesota while they are observing daylight savings time from March to November. For those in mountain time, they would be in a metaphorical bubble of observing their own time while daylight savings time is in effect. For example, in April, Hettinger would have a time of 9:30AM MST. Just two hours down the road in Mobridge, SD, they would have a time of 11:30AM CDT, thus creating a two hour difference while only being two hours away. Plus, those in mountain time in North Dakota would then be an hour behind those that observe mountain time in South Dakota and Montana during daylight savings time. For example, if you were in Dickinson, traveling one hour in any direction would mean you are an hour behind everyone else for eight months, whereas in the status quo, they are only behind those that reside in central time. This creates inconsistency of being on the same time or different time as our neighbors, depending on what time of the year is happening in that moment.

Another unintended consequence with this bill would be the impact on interstate commerce and the livelihoods of families along state or time zone borders. On the eastern side of the state, permanent standard time would have a great impact on the border cities of Grand Forks, Fargo, and Wahpeton. Many individuals live in North Dakota but work across the border in Minnesota or vice-versa. Permanent standard time would create an additional burden for these individuals during the eight months daylight savings time is observed federally. Individuals residing in North Dakota but take their business across the border would face the burden of having to plan their days an hour earlier or leave their workplaces an hour earlier if they have obligations they need to attend to that currently exist in the status quo. For example, a family lives in North Dakota but their kids enroll in school across the border. Currently, they could leave their home at 7:40am CDT to drop off their kids at school at 8:00am CDT. With this legislation, they would have to leave home at

6:40am CST as they would now be an hour behind the time in the border state. It would also mean the parents who are working in North Dakota would have to leave work an hour sooner than their routine in the status quo to pick up their kids from school, assuming they don't have other arrangements in place. The same impact for North Dakota residents would take place for those who work in a border state or go to college there, having to leave an hour earlier than they currently do for eight months out of the year. Border state residents who work in North Dakota would also be impacted where they may have to leave work early to attend to their obligations, especially if they have individuals to care for. Conducting business, scheduling doctors appointments, and other tasks would become more challenging during those eight months out of the year. Those that live in mountain time would also face challenges. For example, if someone living in Dickinson had a business call they had to make with a person in Moorhead at 8:15am CDT, the person in Dickinson would be on that call at 6:15am MST. This bill would also unintentionally reverse some of the reasons why the time zone line in North Dakota was pushed further west from Bismarck-Mandan a handful of years ago. The same issues addressed above were taking place before the time zone line was pushed further west. Establishing permanent standard time would bring about the same issues for those on the eastern side of the state and those in mountain time in the state, thus negatively affecting a greater number of individuals.

If our neighboring states were to simultaneously adopt a permanent time that aligns with North Dakota if the state were to move in that direction, that would alleviate some of the concerns this bill presents. However, if a neighboring state were to follow suit with North Dakota, it's very likely the neighboring state's neighbors would need to follow suit with them to avoid the issues provided, thus meaning the least impact on day-to-day lifestyles would have to come from the federal level of adopting a permanent time. While permanent standard time is allowable to be done on a state level, the consequences it creates would outweigh the benefit of keeping the clocks locked year-round. Thus, the status quo is the best option until neighboring states and/or Congress establishes a permanent time, whether it be standard or daylight.

For these reasons, I would urge a do not pass recommendation on HB 1259. Thank you for your time.

Thomas Muscha

Grand Forks

Dear State and Local Government Committee Members-

I am writing to express my strong opposition to HB1259. As one of the largest catering companies in the region, we conduct business on both sides of the Red River. The implementation of two different time zones would create significant complications for our operations.

We anticipate inevitable staffing challenges. As a substantial portion (approximately one-third) of our population lives and works in border cities, this bill creates additional challenges for businesses and for North Dakota's economic stability.

Thank you for considering my concerns. I urge you to recommend a "do not pass" vote on this bill in committee.

Sincerely,
Dan Hurder
President/CEO
Great Plains Hospitality



The Chamber of Commerce Grand Forks / East Grand Forks, representing 1,100 members, strongly urges a *Do Not Pass* on the elimination of daylight savings time.

This change would create a time zone divide between North Dakota and Minnesota for half the year, leading to confusion and significant disruptions—especially for border communities like Grand Forks and East Grand Forks. Our businesses, workforce, and families rely on synchronized time to function efficiently.

Workforce Disruptions: Many employees live on one side of the border and work on the other. A time difference would throw off work schedules, lunch breaks, carpooling, and bus routes. Employers would face constant scheduling issues, and workers might struggle to arrive at the correct time.

Family Challenges: Imagine leaving work in Grand Forks at 5 p.m., only to arrive home in East Grand Forks 10 minutes later—where it's already 6:10 p.m., and your child's baseball game has already begun. This kind of confusion would strain family schedules and activities.

Business Impact: The most affected would be appointment-based businesses—doctors, dentists, optometrists, hair stylists, and others. People would inevitably show up an hour late or early, leading to costly disruptions, lost revenue, and frustration for both professionals and clients. At a time when businesses are already dealing with workforce shortages, this unnecessary complication would only add to the challenge.

We've seen the consequences of divided time zones before. In 1991, Bismarck and Mandan found themselves in separate time zones due to a local decision. The result? Widespread confusion, scheduling nightmares, and a logistical mess. A year later, Morton County reversed course, reuniting both cities under one time zone.

Let's learn from history and avoid making the same mistake. We urge lawmakers to reject this proposal and keep our communities, businesses, and families on the same schedule.

Barry Wilfahrt
President & CEO
The Chamber Grand Forks / East Grand Forks

House Bill 1259
Senate State and Local Government Committee
Testimony in Opposition to HB 1259
March 27, 2025

Chairwoman Roers and Senate State and Local Government Committee members, my name is Jenifer Murray, District 37. I reside in Dickinson, ND, and am providing testimony opposing HB 1259's current engrossment.

It is commonly discussed that time changes have adverse effects, including schedule and sleep pattern disruptions. These can lead to behavioral and mental health issues, irritability and mood disturbances, decreased work productivity, and even increased risks of traffic incidents. Numerous polls have found that as many as 75% of Americans favor no longer changing clocks twice a year due to these issues and inconveniences. The inherent debate is whether to enact either permanent standard time or permanent daylight savings time.

The Uniform Time Act of 1966 prohibits states from observing permanent Daylight Savings Time without an amendment of the federal law. The Sunshine Protection Act has been introduced in Congress each term since 2018. The bill, which would make Daylight Savings Time permanent, passed the Senate in 2021 but has died in committee on all other attempts. Since 2018, 18 states have enacted legislation to provide for year-round Daylight Savings Time if Congress allowed such a change and, in some cases, if surrounding states enact the same legislation.

The Uniform Time Act does allow states to exempt themselves from observing Daylight Savings Time through state law. Passing HB 1259 would enact this exemption and permanently set the entire state of North Dakota on Standard Time. Although the prospect of not having to change the clocks twice a year is enticing, converting to permanent Standard Time would create significant daily challenges for those of us in the southwest corner of the state who live in the Mountain Time Zone.

If this bill were to pass, our region would essentially become an isolated time zone "island" when our bordering states observe Daylight Savings Time from March through November. For example, traveling 100 miles in any direction from Dickinson would be a one-hour time difference for 65% of the year. Southwest North Dakota would have a two-hour time difference from central and eastern South Dakota and Minnesota. This misalignment would create unnecessary complications for scheduling, travel, commerce, and overall coordination with our neighboring states. The benefits gained by not having to change clocks twice a year would be minimized or eliminated by dealing with the daily coordination, confusion, and stress of living in this time zone island.

Living in Mountain Time and doing business with partners in Central Time already results in shortened productivity. An hour is lost each morning, two hours are lost over lunch, and an hour is lost every afternoon because typical operating hours do not align. Residents on the borders would experience this reality and feel this frustration over the one-hour difference when our surrounding states change to Daylight Savings.

Additionally, adopting permanent Standard Time in our region would result in daylight (Civil Twilight) beginning as early as 3 a.m. during summer months and sunset occurring before 8 p.m. on the longest day of the year. While there may be scientific arguments for more morning daylight, the reality is that most people are not awake at 3 a.m. to benefit from it. However, many North Dakotans appreciate the extended evening daylight that Daylight Savings Time provides, allowing for outdoor activities and community engagement during warmer months. Enjoying the afternoon and evening warmth is a treasure during the few short summer months North Dakota experiences.

Arguments could be made that converting the entire state of North Dakota to the Central Time Zone would alleviate the issue of southwest North Dakota becoming an 'island' for most of the year. I do not favor being forced into changing to the Central Time Zone. Under the Uniform Time Act, the Department of Transportation (DOT) can move a time zone boundary. The DOT's guidance to begin the proceeding recommends an official request by the County Commissioners of the affected counties, the Governor, or the ND Legislature. Although a vote of the people is not necessary, the issue was on the ballot in Stark and Billings County in 2010. It was rejected by 74% of the voters in Stark County and 82% in Billings County, establishing that these counties prefer to remain in Mountain Time.

If eliminating seasonal time change is truly the desire, I propose adopting legislation establishing year-round Daylight Savings Time upon authorization by federal law. This type of legislation has already passed in Minnesota and Montana. Switching North Dakota to permanent Standard Time while our surrounding states continue to change their clocks will only create challenges that far outweigh the twice-a-year disruption to sleep.

Until our surrounding states also move to permanent Standard or Daylight Savings Time, this bill would create unnecessary confusion and inconvenience, especially for those in Mountain Time. I strongly urge you to consider a **DO NOT PASS** recommendation on HB 1259.

Thank you for your time and consideration.

HB 1259

To whom it concerns,

I am writing to express my opposition to the proposed bill HB 1259 to keep standard time year round.

As a lifetime farmer and enjoying activities in the spring and summer with more hours in the evenings, this would impact us significantly. We already have shortened time throughout the winter where we are not able to be outside as much. By staying with standard time you are robbing us of that time in the evenings. This I feel impacts our sanity and overall health as well as allowing time to get projects and other jobs completed.

I would ask that you please vote no on HB 1259 and keep day light savings time.

Thank you.

I am not in favor of eliminating day light savings time. I do not feel it is in the interest of the public to reduce the evening daylight in the summer months by an hour. Waiting an

The summer months already involve sunrise close to 5am. We do not need the sun rising at 4am. Most of the public also enjoys the extra hour of evening daylight during the summer months. Our summer months are short lived in North Dakota. It is nice to be able to make the most of the daylight hours while we have them.

I also do not believe this issue should be decided by a select chosen few of the legislature. If there is going to be a change, it should be decided by a ballot measure with the vote of the people of North Dakota. This would ensure proper representation of the public.

I am in opposition of this bill, I feel it is another detriment for those
In rural communities, most small communities do not have lights on their
baseball/softball fields and our children and even adults who have league
baseball/softball will not be able to play evenings before it gets to dark as
most working adults are working and unable to even start a game before 7pm.
That is just one of many reasons that this should be a No Vote! Thank You!!

Date: March 27, 2025

To: Senate State and Local Government

From: Jon Bell-Clement

Subject: Strong support for HB1259

My name is Jon Bell-Clement, and I'm a college biology instructor in the F-M area. I'm writing to urge the ND Senate to vote **IN FAVOR** of the HB1259 bill removing daylight savings time (DST). I implore legislators to make their decisions based on data as opposed to handfuls of personal stories and anecdotes, and in this letter I've provided research-based evidence for why overall, observing DST is NOT a good idea

Below is a list of reasons both for and against DST. Admittedly, while there are valid points for each case, they are NOT weighed equally. It may be enticing to observe DST to enjoy more recreation without artificial lighting, but **it comes at the cost of human life, physical health, and workplace efficiency**

Pros of DST:

- Outdoor recreational activities can resume for an additional hour
 - Citizens seem to prefer evenings to mornings for recreation
 - Reduces need for artificial lighting later in the evening
 - Less artificial lighting at night reduces light pollution
 - Golf courses and camp sites would have more hours (without artificial light) available to patrons
- Daylight does not start "too early," functionally before many workdays begin (usually around 5 or 6am for most industries)
 - The sun would rise around 4:15am, and in some industries, working is not allowed prior to 7am, making this additional hour of daylight pointless

Cons of DST:

- **Disrupts circadian sleeping rhythms in most people**
 - **Altered sleeping schedules increase safety risks especially when driving.**
 - **Car accidents are more common when drivers are impaired**
 - **Sleep deprivation has also been correlated with cardiovascular diseases, one of the leading causes of death in Americans**
 - Increased fatigue also affects work and school performance.
 - **Workers who are tired are more likely to make mistakes that can incur avoidable expenses on companies**

- Students who are tired perform worse academically and have thus have fewer career opportunities
- **Sleep is integral to brain development and improved mood. Observing DST may increase mood disorders and stunt brain growth**
- Increased fatigue may stress social interactions as people may be more irritable or skip out on social events to take naps
 - Also disrupts rhythms of livestock, pets, and working animals
 - May also disrupt rhythms of wildlife that live near urban areas
- **Energy saving is negligible**
 - **This practice DID save energy historically, but less so currently as light bulbs become more efficient**
 - **Savings in light energy may be offset by increases in air conditioning usage due to solar radiation**
- Inconsistencies with scheduling with other states and regions
 - Impedes national efforts to abolish DST to make scheduling more convenient
 - Even if ND is less affected by DST than other regions, adhering to a standardized schedule would make it easier to coordinate and correspond with other states

In short: if the choice comes down to an additional hour of recreation (without artificial lighting) or **human life and improved mental wellbeing, there should be no question about which should take higher priority**

I also urge you to consider the points made by Jay Pea. I have never met Jay, but upon reading his testimony on the website, it is evident that he is well-informed and has a broad, holistic view on the issue and is not biased by a local, narrow perspective

Here is a list of references for why observing DST is losing viability and should be abolished going forward, namely because of impacts on human health and road collisions as well as negligible energy savings. Thank you for your time and please vote **YES to this bill!**

1. <http://large.stanford.edu/courses/2021/ph240/segal2/#:~:text=Studies%20on%20Energy%20Saving&text=One%20meta%2Danalysis%20of%2044,and%20location%20of%20the%20study.>
2. <https://pmc.ncbi.nlm.nih.gov/articles/PMC7205184/>
3. <https://direct.mit.edu/rest/article-abstract/103/1/165/97763/Spring-Forward-Don-t-Fall-Back-The-Effect-of>
4. <https://bmjopen.bmj.com/content/7/6/e014319.short>
5. <https://link.springer.com/article/10.1007/s11739-018-1900-4>

6. <https://journals.plos.org/ploscompbiol/article?id=10.1371/journal.pcbi.1007927>
7. https://www.sciencedirect.com/science/article/pii/S0167268119303865?casa_token=QRXJMZSESNcAAAAA:zXF9G_aNc32uZqPfsNLNe4_HieltbfundDYqGOebV2jvdXJRkb2iyPWJlZVm6JXPHrRGEQaavDE

Professional Fire Fighters of North Dakota

Darren Schimke, President | 218-779-4122 | dschimke@wiktel.com

3/27/2025

Senate State and Local Government

Re: HB 1259

Madam Chair Roers and members of the Senate State and Local Government Committee.

My name is Darren Schimke, President of the Professional Fire Fighters of North Dakota (PFFND), representing 420 professional firefighters across the State of North Dakota. We appreciate this opportunity to provide testimony in opposition of HB 1259.

Admittedly, the passage of HB 1259 will not negatively affect all members of the PFFND. What it will do is effect multiple Locals along the North Dakota-Minnesota border. These effected Local memberships consist of 46% of the PFFND membership. Of those members, approximately 9% live across the North Dakota border in Minnesota. The passage of HB 1259 would negatively impact those firefighters. Impacts include commutes to and from their fire stations, sleep patterns, family lives, dropping and picking up their children from school/daycare, children's sporting events, doctor appointments. The list could go on and on.

From a larger point of view, taken from an article in the Grand Forks Herald, residents of Grand Forks, Fargo, and Wahpeton consist of 1/3 of the entire population of North Dakota. With those cities located right on the border, HB 1259 could have the above-mentioned negative impacts on a very large number of residents.

I may add, the PFFND would not be opposed to HB 1259 if all the surrounding states bordering North Dakota were to pass a bill with the same language contained within HB 1259.

The PFFND appreciates this opportunity and respectfully requests a Do NOT Pass recommendation from the Senate State and Local Government.

Thank you,

Darren Schimke

I would like standard time year round, we adjust a little each day to the world around us, and its natural, then we get hit with a one hour change in one day twice a year.

I would compare it slightly to exposure to the sun, you stay inside for days then go outside on a sunny day and get sunburned.

It takes awhile to adapt.

If you live in standard time you can adapt a little every day without the need for recovery.

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.

Dear Members of the Senate State and Local Government Committee,

I am writing to express my strong support for HB1259, which seeks to make permanent standard time in North Dakota. This bill is crucial for the health and well-being of our community, and I urge you to support its passage.

One of the key reasons for supporting HB 1259 is the significant health benefits associated with aligning our sleep-wake cycle with the natural rising and setting of the sun. As highlighted in Matthew Walker's book, *Why We Sleep*, maintaining a consistent sleep schedule that follows our natural circadian rhythms can greatly improve our physical and mental health. Walker's research emphasizes that our bodies are biologically programmed to wake with the sunrise and sleep after sunset, and disrupting this natural cycle can lead to various health issues[1].

Permanent standard time will help ensure that our daily schedules are more in sync with our natural circadian rhythms. This alignment can lead to better sleep quality, improved mood, enhanced cognitive function, and a stronger immune system[2]. Additionally, exposure to natural light during the day helps regulate our internal clocks, making it easier to fall asleep at night and wake up feeling refreshed[3].

The majority of people go to work between 6 and 8 AM, and getting exposure to sunlight in the morning is critical for health. Going to work in the dark is unhealthy and can disrupt our natural sleep-wake cycle[4]. Morning sunlight exposure helps regulate our circadian rhythm, boosts serotonin levels, and improves overall mood and well-being[3].

Furthermore, school start times are generally early in the morning, and it is critical for childhood brain development to get adequate sleep and sunlight exposure before going to school. Research indicates that later school start times correlate with improved mood, better attendance, and enhanced academic performance among students[5]. Adequate sleep and morning sunlight exposure are essential for the cognitive and emotional development of children[6].

I urge you to support HB 1259 and advocate for its passage in the Senate. Thank you for your attention to this important matter and for your continued dedication to the well-being of our constituents.

Sincerely,

Austin Cote, District 27

References

- [1] [Why We Sleep: Unlocking the Power of Sleep and Dreams: Walker PhD ...](#)
- [2] [Why your sleep and wake cycles affect your mood - Harvard Health](#)
- [3] [9 benefits of sunlight in the morning and how to get it - BetterUp](#)
- [4] [How Getting Sunlight in the Morning Can Improve Sleep - Verywell Health](#)
- [5] [Schools shift as evidence mounts that later start times improve teens ...](#)
- [6] [Preschool Isn't Prep—It's Prime Time for Brain Growth](#)
- [7] [8 Health Benefits of Sleep - Sleep Foundation](#)
- [8] [5 Scientifically Proven Benefits of Morning Sunlight for Sleep-Wake ...](#)
- [9] [Brain Development: Understanding the Five Stages of Early Childhood ...](#)



1401 32nd Street SW • Fargo, ND 58103 • Phone: 701-239-4151 • Fax: 701-239-4276

email: information@rrvsga.com

March 27, 2025

Chair Roers and members of the Senate State and Local Government Committee,

I am Brent Baldwin, a farmer from Saint Thomas, North Dakota and President of the Red River Valley Sugarbeet Growers Association. Our members are the sugarbeet grower-owners of American Crystal Sugar Company. Thank you for the opportunity to submit testimony in OPPOSITION to HB 1259.

American Crystal Sugar Company operates five sugarbeet factories in the Red River Valley in both North Dakota and Minnesota. The factories are in Moorhead, Hillsboro, Crookston, East Grand Forks and Drayton. American Crystal Sugar employs 1800 year-round employees as well as numerous seasonal laborers and various contractors/vendors. Many of these employees work in North Dakota and live in Minnesota, or vice versa.

This bill will still require many North Dakota residents to live and operate in two different time zones, even though the State will be operating under just one. This will be especially problematic for those that live or work in an adjacent state. Because American Crystal operates on both sides of the Red River, there will be many reasons why this bill will be troublesome for our Cooperative including: childcare for our employees, correct shift scheduling, vendor deliveries and sugar shipments. North Dakota is a leader in many things, but moving to Standard Daylight Time should not be one of them. North Dakota should wait until adjacent states also adopt similar legislation, so we do not create a patchwork of differing time zones.

This bill will be disastrous for our communities, commerce and the general well-being of North Dakotans. We encourage this committee to provide a DO NOT PASS recommendation on HB 1259.

Brent Baldwin – Farmer – Saint Thomas, North Dakota
President - Red River Valley Sugarbeet Growers Association

TESTIMONY IN OPPOSITION TO HOUSE BILL 1259
STATE AND LOCAL GOVERNMENT COMMITTEE
MARCH 27, 2025

Chair Roers and Members of the Senate State and Local Government Committee,

My name is Tara Felice, and I represent Mandan Baseball Club. I strongly urge you to reject House Bill 1259 and preserve daylight saving time in North Dakota.

With one of the shortest warm seasons in the country, every hour of evening daylight is essential. When we finally get a few months of warmth, we should maximize that time—not only for personal enjoyment but also for the many community activities that bring people together. Our long winters already limit outdoor recreation, and taking away an extra hour of evening daylight would further restrict the time families, athletes, and community members have to be outside.

Many organizations, including Mandan Baseball Club, depend on extended daylight hours for practices and games. Reverting to standard time would mean earlier sunsets, cutting into already limited outdoor opportunities. This would force leagues to reduce participation, shorten practices, or rely on costly artificial lighting—an expense many communities cannot afford. For example, when school is out, our programs run until 9:00–9:30 p.m. In the spring, when school is in session, our programs run until dark—often around 8:00 p.m. Losing an hour in the evening would have a profound impact on our ability to provide kids with the opportunity to play baseball.

Additionally, Mandan Baseball Club hosts tournaments that attract teams from across the region, bringing visitors who spend money at local hotels, restaurants, and businesses. These events generate tax revenue that directly benefits our community, contributing thousands of dollars annually to local businesses and city services. Losing an hour of daylight would limit the number of games we can schedule each day, which could reduce participation.

The impact extends beyond sports. Countless outdoor activities that foster community engagement would suffer, making it harder for families to stay active and connected. After enduring long winters, North Dakotans want to take walks, visit parks, garden, and spend evenings outdoors.

For these reasons, I urge this committee to reject HB 1259. Thank you for your time, and I welcome any questions.



Coalition Letter of Opposition – HB 1259

Thursday, March 27, 2025

Chair Roers and Members of the Senate State and Local Government Committee,

On behalf of the undersigned organizations, we strongly oppose House Bill 1259 regarding daylight saving time. This bill would negatively impact commerce across North Dakota, particularly in border communities.

While we understand the desire to eliminate daylight saving time, this issue should be addressed at the federal level. Our regions operate as unified bi-state economies, with thousands crossing the Red River daily for work and business. The proposed change would create confusion, administrative burdens, and economic disruption, placing North Dakota at a competitive disadvantage.

For half the year, Eastern North Dakota residents, businesses, students and visitors traveling to and from Minnesota would need to constantly adjust their clocks. If enacted, North Dakota would be the only Midwest state on Standard Time, further complicating commerce and workforce mobility. Businesses already face challenges attracting and retaining talent—this change would add another barrier to economic growth.

We encourage the committee to strongly consider the unintended consequences on border communities and the broader economy. This bill imposes unnecessary burdens and disrupts standard business operations. We, undersigned organizations, strongly oppose this bill and urge this committee to **OPPOSE** House Bill 1259.

Thank you for your consideration and dedication to North Dakota.

Sincerely,

The Fargo Moorhead West Fargo Chamber of Commerce, The Chamber Grand Forks/East Grand Forks, Wahpeton Breckenridge Chamber of Commerce and the undersigned organizations:

701 Ferber Inc (DBA Senior Helpers Home Care
of Eastern ND)
Aflac – Grand Forks
American Crystal Sugar Company
Balloons by Misti
Bergstrom Electric
Bethany Retirement Living
Boiler Room
Brew Catering
Bud and Ralph's Appliance Service Inc.
Building Industry Association of the Red River
Valley
Camrud, Maddock, Olson & Larson, Ltd.
Cardinal IG
Career Impact Academy
Cash-Wa Distributing of Fargo
Cass County Electric Cooperative

Chef's Table Catering
Concordia College
Cornerstone Bank
Countryside Insurance Agency
Dairy Queen – Grand Forks
Dance, etc!
Design Resources Group
Dow Services Inc
Downtown Development Association
Economic Development Authority of East Grand
Forks, MN
Edward Jones - Brian Fedje
Eide Bailly LLP
ESHARA (Ethnic Self-Help Alliance for Refugee
Assistance)
Express Employment Professionals
Fargo Jet Center

Fargo Post 400 Legion
Feed My Starving Children FargoPack
Flag Family Media
Flint Group
Flom Property Group
Fur Love of Fargo, Inc.
Gf Bin Cleaners DBA Clean it Crew
Grand Forks Public School District #1
Happy Harry's Bottle Shops
Healing Arts Chiropractic
Homeward Animal Shelter
Homewood Suites by Hilton Fargo
House of Bounce LLC
Immigrant Development Center
JLN Enterprises LLC DBA The Olive Barrel
Livewire Entertainment Media Services LLC
Marge's Diner
McKenna & Associates, PC
Memory Cafe of the Red River Valley
Microsoft Fargo
Minn-Dak Farmers Cooperative
MINT Brand Marketing
MJM Properties, LLC
Nexus Innovations, Inc.
Northern Expressions Laser Engraving &
Fabrication
Northern Plumbing Supply
Omdalen Chiropractic Clinic
Opp Construction LLC
Park Co Realtors
Principal Financial
PRO Resources

Red River R/C Flyers
Red River Valley Sugarbeet Growers Association
Right Choice Electric Inc
River Cities Speedway
Roers Construction Company, LLC
Ronald McDonald House Charities of the Red
River Valley
S&S Promotional Group
Senior Care Authority
Site On Sound Inc
Smartt Interior Construction
Spice Investment Group Inc
Steve Christian Business Group Inc
The Arc Upper Valley
The LISTEN Center
The Minnesota State University Moorhead School
of Performing Arts
The Rock Bottle Shop
Thompson Jorgenson American Legion
Thoreson Steffes Trust Company
Treat Play Love
United Valley Bank
Urban Foods Catering
Valley Vision Clinic
VanderHagen Commercial Real Estate
Vilandre Fuel & Heating Inc.
Vilandre Heating/AC/Plumbing/Electrical
Visit Fargo-Moorhead-West Fargo
Visit Greater Grand Forks
WE Ortho
Widseth Smith Nolting & Associates, Inc.
YHR Partners

Chairman Roers and Members of the Senate State & Local Government Committee:

I write in strong opposition to House Bill 1259. I have children and we love being outside night starting now in the spring and continuing through fall. Just last night my two oldest went outside at around 8 to shoot baskets as the light was fading from the sky. It was so fun to watch. I want them to be active and be outside. But this would not be as possible with staying on standard time. That night it would have been dark at 7 – I'm a working mom who gets home with the kids around 6 so by the time they eat supper its after 7 when it would be dark under this bill.

Additionally, my family farms and ranches. We are often out in the fields, checking cows, haying, etc. late into the evening. The additional safety provided by the daylight is very important and necessary to our farmers and ranchers.

Lots of sporting events (softball and baseball especially) would have to start earlier in the evening to get their games in. That means I have to leave work even earlier if I want to see my child play sports.

I'm a mom that had to help my kids through a time change twice a year and honestly it's a struggle for a day but then we all find a new routine. This trade off is nothing compared to the extra sunlight and time outside we spend during the spring, summer, and fall due to daylight savings time.

Please think about the children enjoying the time outside and the farmers/ranchers getting work done in those summer evenings and put a DO NOT PASS recommendation on House Bill 1259.

Thank you all for your service to North Dakota – it is appreciated.

Amber Fiesel
Powers Lake, ND

House Bill 1259
Andrew Alexis Varvel
March 27, 2025

**Madame Chairman Roers & Members of the
Senate State & Local Government Committee:**

My name is Andrew Alexis Varvel.

I live in Edwinton, also known as Bismarck.

I won't say that I like House Bill 1259. I love it.

If the North Dakota Legislature passes House Bill 1259, this would not be the first time when our state effectively got rid of daylight savings time. The Twenty-Eighth Legislative Session also did this in 1943. During World War II, President Franklin Delano Roosevelt imposed daylight savings time – called “War Time” during that era – onto the United States throughout the entire year.

Included is a copy of House Bill 220 from 1943. As of April 1, 1943, the Legislature put North Dakota on Mountain War Time for the duration of the war, after which we then switched back to Central Standard Time. This is implicitly referenced in section 1-01-43.

I don't really care whether North Dakota is on Central Standard Time or on Mountain Daylight Time, but I do care about keeping our time the same throughout the year. It is exasperating to have our clocks go back and forth, during every spring and every autumn.

I really like the idea of sharing half of the year with Minnesota and half of the year with Montana. This would be an expression of political equilibrium in our state, of being on the border between the West and the Midwest, where neither eastern nor western North Dakota becomes any more disadvantaged than the other.

Deciding on a time zone in North Dakota should be a local option. If counties in the southwest don't want to share their time zone with California during the summer, they should be welcome to adopt Central Standard Time and then call it Mountain Daylight Time.

If daylight time is wonderful for recreation, then let's have Mountain Daylight Time just like we did eighty years ago.

Ideally, I hope we can have a standard clock throughout our state. Personally, I think counties should have a choice between Central Standard Time and Mountain Daylight Time. I understand very well that being on Mountain Time is an expression of cultural identity.

What we shouldn't do is go onto Eastern Time or Atlantic Time just to ensure more sunlight in the evening. That would be too much like Xinjiang Province of Communist China – they're on Beijing Time.

When it comes to getting rid of daylight savings time, we have done it before, during World War II. We can – and should – do it again.

Please give House Bill 1259 a strong **DO PASS** recommendation.

Thank you for your time.

I am open for questions from this committee.

ing and disposing of said lands, not in conflict herewith or with other provisions of law.

§ 3. REPEAL.] All acts and parts of acts in conflict herewith are hereby repealed.

Approved March 26, 1943.

CHAPTER 206

H. B. No. 220—(Bolmeier)

STANDARD WAR TIME

An Act to provide a standard war time for the State of North Dakota, providing for its institution and continuance; repealing all acts in conflict therewith; and declaring an emergency.

Be It Enacted by the Legislative Assembly of the State of North Dakota:

§ 1.] Beginning at one o'clock a.m., United States Mountain War Time, of the first day of April, 1943, or as soon thereafter as this law goes into effect, the standard war time of this state shall coincide with that known and described as United States Mountain War Time, until the present War Time Proclamation of the President of the United States is no longer in effect.

§ 2.] On and after one o'clock a.m., United States Mountain War Time of the first day of April, 1943, or as soon thereafter as this law goes into effect, in all laws, statutes, orders, decrees, rules or regulations relating to the time of performance of any act by any officer or department of the state or of any county, city, township or district thereof; or relating to the time in which any rights shall accrue or terminate, or within which any act shall or shall not be performed by any person or corporation subject to the jurisdiction of this state, and in all public schools and institutions of the state, or any county, city, township or district thereof, and in all contracts made or to be performed within this state and in all decrees, orders and judgments of the courts of this state it shall be understood that the time intended, referred to or used shall be the Mountain War Time as provided in Section 1 of this act. When time in the United States returns to standard time as before this war, then this act shall no longer be in force or effect.

§ 3. REPEAL.] That all acts or parts of acts in conflict herewith are hereby repealed.

§ 4. EMERGENCY.] This act is hereby declared to be an emergency measure and shall be in full force and effect from and after its passage and approval.

Approved March 17, 1943.

Mandating standard time year-round is a necessary step to protect public health, productivity, and safety. The biannual clock changes disrupt sleep cycles, leading to measurable declines in cognitive function and workplace efficiency. Studies show that the spring transition to daylight saving time (DST) results in a significant increase in heart attacks, strokes, and workplace injuries due to sleep deprivation. Research published in the *Journal of Clinical Sleep Medicine* found that the shift causes a spike in car accidents, with fatal crashes rising by up to 6% in the days following the change.

The argument that DST "lengthens the day" is misleading. The length of daylight is determined by the Earth's axial tilt and orbit, not by human-set clocks. DST merely shifts human schedules, often forcing people into artificially early mornings that disrupt natural sleep patterns. Standard time aligns better with human circadian rhythms, reducing the health risks associated with chronic sleep loss.

Additionally, standard time is more astronomically accurate. High noon—the moment when the sun reaches its highest point in the sky—should occur close to 12:00 PM local time. Under DST, this shifts an hour later, disrupting the natural biological cues that have guided humans for millennia. Maintaining standard time year-round restores this natural alignment, improving sleep quality and overall well-being.

The evidence is clear: changing the clocks twice per year is an outdated and harmful practice. To promote better health, workplace productivity, and public safety, legislators should act to make standard time permanent.

To whom it may concern,

I ask, as a North Dakotan who loves to enjoy our long summer nights, that you vote "No" on HB 1259.

We spend a lot of time in North Dakota with less than favorable weather, but we are blessed with lovely summers. It would be a shame to lose an hour of useable daylight in the evening to an hour in the morning that, let's be honest, not many will be up to enjoy.

I believe that getting rid of Daylight Savings Time would be detrimental to so many individuals and businesses alike. Consider all the people who need to mow their lawns after work and dinner with their families, as well as the people who like to get in an extra round of golf or cruise around the lake. In addition, I imagine that our recreational and tourism destinations would be hurt by losing an hour of business--our State Parks and Medora come to mind. Another thing to consider are our towns and cities that border other states that will continue to observe DST, I imagine this could create a lot of unnecessary confusion.

I am a mother of 3, soon to be 4 children, so I understand the inconvenience of adjusting to the time change. However, I think a week of adjustment is a small price to pay for daylight hours that are better aligned to our use. After all, plenty of people jet off to warmer climates (in different time zones) for a few days each winter with no complaints about having to adjust to those time changes.

Thank you for your consideration,

Katy Drader
Bottineau, ND

To all that it may concern,

I hope that you are all doing well and find yourselves to be well-rested, though this may not be the case with many still “adjusting” to the government-mandated observation of Daylight Savings Time.

The shift to Daylight Savings Time compromises the health of North Dakotans by shifting sunset to an hour later, with Fargo sunsets not occurring until almost 9:30 PM in late June. This puts the far-red and infrared light of sunset, not present during normal daylight hours, out of reach for many North Dakotans, especially children. With over a quarter of all North Dakotans suffering from myopia (nearsightedness)¹, the utilization of the far-red and infrared light as a natural preventative treatment for pediatric myopia should not be overlooked, particularly with the robust literature supporting the efficacy of red light treatment for children²⁻⁴. In addition to HB1259 improving the health of North Dakotan children, improving access to the far-red and infrared light of sunset would serve to improve the health of all North Dakotans through the many beneficial effects of sunset exposure on humans^{5,6}.

While I hope that you put the health and well-being of North Dakotans at the top of your priorities, I do understand that many of you have concerns about the economic impact of this bill. Indeed, it is likely that you have heard claims that supporting this bill will put North Dakotans in the Red River Valley on a different time zone from Minnesota, leading to confusion. Fortunately, Minnesota’s Legislature is currently in the process of acting upon two different bills to enact permanent standard time across the entire state, MN HF 1944 and MN SF 2403. As these bills continue to gain further support in the Minnesota Legislature, voting **YES** on **HB1259** would keep us in line with Minnesota and other Midwestern states, such as Missouri which currently has five different bills in legislation for the establishment of permanent standard time.

Finally, I ask that you consider the natural state of humans in North Dakota, rising for work and going to bed by the rise and fall of the Sun. This has been the natural state for all of humanity for thousands of years, and permanent Standard Time is most in-line with this state. Daylight Savings Time forces humans to live life opposed to this natural cycle, eight months out of the year. You can support HB 1259 and support North Dakotans living as they naturally would. Alternatively, you can oppose HB 1259 and support the tyrannical wielding of government power to force citizens to live in a manner contrary to their most basic biological cycles. **Please, vote against government tyranny. Vote for liberty. Vote for HB 1259.**

Peter Beerbower M.Sc.

Doctoral Candidate

NDSU Genomics, Phenomics, and Bioinformatics

References

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- 2 Jiang, Y. *et al.* Effect of Repeated Low-Level Red-Light Therapy for Myopia Control in Children: A Multicenter Randomized Controlled Trial. *Ophthalmology* **129**, 509-519, doi:<https://doi.org/10.1016/j.ophtha.2021.11.023> (2022).
- 3 Qiu, K. *et al.* A retrospective study of cumulative absolute reduction in axial length after photobiomodulation therapy. *BMC ophthalmology* **24**, 191, doi:10.1186/s12886-024-03427-4 (2024).
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- 5 Avci, P. *et al.* Low-level laser (light) therapy (LLLT) in skin: stimulating, healing, restoring. *Seminars in cutaneous medicine and surgery* **32**, 41-52 (2013).
- 6 Hamblin, M. R. & Demidova, T. N. Mechanisms of low level light therapy. *Mechanisms for low-light therapy* **6140**, 614001 (2006).

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, you're 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 can't imagine navigating the time differences on a daily basis. Please, don't make this difficult for those residents living on the border.

Dr. Rachael Fix

Opposition of HB 1259

Chairman and members of the committee

I am writing to you today to respectfully request a Do Not Pass recommendation for HB 1259.

My name is Ryan Dralle, I live and work in Bismarck, North Dakota. I have two wonderful young sons and work 6 a.m. – 4 p.m. in Bismarck, Monday – Thursday, I also run a small grain farm outside of town. If we get rid of Daylight Savings Time we would lose our most precious asset of the summer months, our beautiful long evenings after work. During my busiest months in the spring, I will get off work then head out to the farm and work out there until 10 – 11 P.M. Having sunlight until 9-10 at night is beneficial for all farmers/ranchers. I also greatly enjoy being able to spend ample amounts of time outside in the evenings with my two sons and the neighbor kids playing after I get off from work and do not have to go out to the farm.

If HB 1259 passes the sunrise in the western part of the state (Dickinson) would be at 3:56 A.M. during the summer solstice. That means it would start becoming light at roughly 3:30 A.M. in the morning for over a month during the summer, this is completely unnecessary. Now plug these numbers into our central time zone locations (Bismarck, Minot, Fargo) and it would begin getting light at 4:30 A.M during our beautiful summers. This would benefit few, while it being light until 10 P.M. would benefit most of us so we can enjoy those evenings after work. I understand the difficulties of raising young children and the adjustment that takes place in their sleep schedule during the week following the time change, but this is more than made right by enjoying the next 7 months outside in the evenings playing with my boys. I understand and agree that the time changes are burdensome, annoying and unpopular. But this is probably something that should be done at the federal level and not the state level as well to avoid an issue in areas like Fargo/Moorehead. Remember when Bismarck/Mandan were in different time zones? The only two states that do not have Daylight Savings Time is Hawaii and Arizona, this works well for them I imagine as they are both much further south than us and do not have the wide variance of sunlight hours that we have. If passed this is going to completely deplete the time that North Dakota families can spend together outside after work/supper/chores/cleaning is done because it will start getting darker earlier in the evenings.

We **NEED** Daylight Savings Time in North Dakota.

Lighter for Later!

Please give HB 1259 a **DO NOT PASS**.

Thank you for your consideration,

Ryan Dralle



Letter of Opposition – HB 1259

Thursday, March 27, 2025

Chair Roers and Members of the Senate State and Local Government Committee,

My name is Cale Dunwoody, and I have the distinct pleasure of serving as the Vice President of Public Policy for the Fargo-Moorhead-West Fargo Chamber of Commerce (FMWF Chamber). On behalf of our more than 1,700 members, I respectfully offer testimony in opposition to House Bill 1259.

At the FMWF Chamber, our mission is to protect and promote business, inspire individuals, cultivate communities, and influence action. The passage of this bill will have negative effects on commerce throughout our state, with significant impacts on border communities.

We believe this matter should be handled uniformly at the federal level. With multiple states and provinces surrounding North Dakota, this bill would create burdensome delays, increased administrative costs, constant confusion, and potential economic loss. In the FMWF we operate as a dynamic, bi-state region with thousands of individuals living, working, educating and recreating on either side of the border every day. These residents, businesses, students, and visitors traveling between North Dakota and Minnesota, multiple times a day, would have to constantly adjust their clocks to accommodate this difference in time.

If enacted, North Dakota would be only the second state in the continental United States to make this change and would be the only state in the Midwest to eliminate daylight savings. For example, an individual traveling from Glendive, MT to Moorhead, MN, you would pass through four time zones (MDT, MST, CST, and CDT) within approximately 400 miles. Now imagine if you had businesses, employees and customers trying to operate in this scenario. This bill would drastically alter the lives of many North Dakotans and the operation of businesses throughout the state.

As this committee evaluates this change, we encourage you to thoroughly consider the unintended consequences this will have on communities like ours. This bill will place undue burdens on businesses and residents – disrupting standard business operations and societal practices across our great state. For these reasons, I respectfully ask this committee to **OPPOSE** House Bill 1259.

Thank you for your time and consideration of this critical matter.

Sincerely,

Cale Dunwoody
Vice President of Public Policy
Fargo-Moorhead-West Fargo Chamber of Commerce

Chairman and Members of the Committee.

For the record Roger Maki, District 26

HB 1259 is to stop the changing of the clock.

I have a difficult time when the clock is changed. It has messed my body up seriously all the years I was working shift work it would take me several weeks to get adjusted to the clock.

This affected my sleep life so much that I bought sleepers for all my trucks, I had because I had a very tough time staying awake right after changing the clock.

I did this because I didn't want anybody falling asleep trying to drive sleepy on the road. I thought it was better for drivers to take a nap, over getting in a wreck.

I've made amendments to this bill to make it coincide with the other states because of federal laws we can't change to daylight savings time and leave it there. We have to change it only to Standard Time to start with. When the federal government changes it's rules we can all go to daylight savings time then.

Please vote yes to put these triggers in when other states change we can change I would much appreciate this.

By passing this bill we are just putting triggers in when the other states go with us we would go to standard time first when then federal government would allow us to change to daylight savings time we all could go to daylight savings time. I think this would serve mankind very well.

Please vote yes to pass this bill to encourage the other states to pass the same type of legislation.

Thank you very much Chairman Beard and Committee Members.

PROPOSED AMENDMENTS TO HOUSE BILL NO. 1259

A BILL for an Act to create and enact a new section to chapter 1-08 of the North Dakota Century Code, relating to requiring the state to observe standard time year round, in coordination with contiguous states; and to repeal section 40-01-20 of the North Dakota Century Code, relating to daylight saving time.

BE IT ENACTED BY THE LEGISLATIVE ASSEMBLY OF NORTH DAKOTA:

SECTION 1. A new section to chapter 1-08 of the North Dakota Century Code is created and enacted as follows:

Year-round observance of standard time.

1. Under 15 U.S.C. 260(a), the state and all political subdivisions of the state are exempt from the establishment of daylight saving time and must observe standard time year round.
2. The official standard time for the portion of the state in the central time zone is six hours slower than Greenwich time, based on the mean solar time of the ninetieth degree of longitude west from Greenwich.
3. The official standard time for the portion of the state in the mountain time zone is seven hours slower than Greenwich time, based on the mean solar time of the one hundred and fifth degree of longitude west from Greenwich.
4. This section may not affect the standard time established by United States law governing the movements of common carriers engaged in interstate commerce or the time for performance of an act by an officer or department of the United States, as established by a statute, lawful order, rule, or regulation of the United States or an agency of the United States.

SECTION 2. REPEAL. Section 40-01-20 of the North Dakota Century Code is repealed.

SECTION 3. EFFECTIVE DATE. Sections 1 and 2 of this Act shall take effect and be in force from and after the first day of January in the first year following or coinciding with the effective date of exemption from daylight saving time in the states of Minnesota, Montana, and South Dakota.

Sixty-ninth
Legislative Assembly
of North Dakota

**PROPOSED AMENDMENTS TO
FIRST ENGROSSMENT**

ENGROSSED HOUSE BILL NO. 1259

Introduced by

Representatives Maki, Hauck, Heilman, D. Ruby, M. Ruby

Senator Magrum

1 A BILL for an Act to create and enact ~~atwo~~ new ~~section~~sections to chapter 1-08 of the North
2 Dakota Century Code, relating to requiring the state to observe standard time year round and
3 daylight saving time year round; ~~and~~ to repeal section 40-01-20 of the North Dakota Century
4 Code, relating to daylight saving time: to provide a contingent effective date; and to provide a
5 contingent expiration date.

6 **BE IT ENACTED BY THE LEGISLATIVE ASSEMBLY OF NORTH DAKOTA:**

7 **SECTION 1.** A new section to chapter 1-08 of the North Dakota Century Code is created
8 and enacted as follows:

9 **Year-round observance of standard time.**

- 10 1. Under 15 U.S.C. 260(a), the state and all political subdivisions of the state are exempt
11 from the establishment of daylight saving time and must observe standard time year
12 round.
- 13 2. The official standard time for the portion of the state in the central time zone is six
14 hours slower than Greenwich time, based on the mean solar time of the ninetieth
15 degree of longitude west from Greenwich.
- 16 3. The official standard time for the portion of the state in the mountain time zone is
17 seven hours slower than Greenwich time, based on the mean solar time of the one
18 hundred and fifth degree of longitude west from Greenwich.
- 19 4. This section may not affect the standard time established by United States law
20 governing the movements of common carriers engaged in interstate commerce or the

1 time for performance of an act by an officer or department of the United States, as
2 established by a statute, lawful order, rule, or regulation of the United States or an
3 agency of the United States.

4 **SECTION 2.** A new section to chapter 1-08 of the North Dakota Century Code is created
5 and enacted as follows:

6 **Year-round observance of daylight saving time.**

7 1. Under 15 U.S.C. 260(a), the state and all political subdivisions of the state are exempt
8 from the establishment of standard time and must observe daylight saving time year
9 round.

10 2. The official daylight saving time for the portion of the state in the central time zone is
11 five hours slower than Greenwich time, based on the mean solar time of the seventy-
12 fifth degree of longitude west from Greenwich.

13 3. The official daylight saving time for the portion of the state in the mountain time zone is
14 six hours slower than Greenwich time, based on the mean solar time of the ninetieth
15 degree of longitude west from Greenwich.

16 4. This section may not affect the applicable time established by United States law
17 governing the movements of common carriers engaged in interstate commerce or the
18 time for performance of an act by an officer or department of the United States, as
19 established by a statute, lawful order, rule, or regulation of the United States or an
20 agency of the United States.

21 **SECTION 3. REPEAL.** Section 40-01-20 of the North Dakota Century Code is repealed.

22 **SECTION 4. CONTINGENT EFFECTIVE DATE.** Sections 1 and 3 of this Act become
23 effective thirty days after the attorney general certifies to the legislative council that Minnesota,
24 Montana, and South Dakota have ceased observance of daylight saving time and are observing
25 standard time year round.

26 **SECTION 5. CONTINGENT EFFECTIVE DATE.** Sections 2, 3, and 6 of this Act become
27 effective on the thirtieth day after the attorney general certifies to the legislative council:

- 28 1. The United States Congress has amended 15 U.S.C. 260(a) to require states to
29 observe daylight saving time year round; and
30 2. Minnesota, Montana, and South Dakota each have commenced the observance of
31 daylight saving time year round as the standard time.

- 1 **SECTION 6. CONTINGENT EXPIRATION DATE.** If section 1 of this Act becomes effective,
- 2 section 1 of this Act is effective through the day before the date section 2 of this Act becomes
- 3 effective, and is thereafter ineffective.

2025 SENATE STANDING COMMITTEE MINUTES

State and Local Government Committee Room JW216, State Capitol

HB 1259
4/3/2025

Relating to requiring the state to observe standard time year round; and to daylight saving time.

9:37 a.m. Chair Roers called the hearing to order.

Members Present: Chairman Roers; Vice Chair Castaneda; Senators: Barta, Braunberger, Lee and Walen.

Discussion Topics:

- Minnesota, Montana, South Dakota

9:37 a.m. Chair Roers opened hearing up for discussion and submitted proposed amendment testimony #44579.

9:40 a.m. Senator Walen moved to adopt amendment LC #25.0767.02001.

9:40 a.m. Senator Barta seconded the motion.

Senators	Vote
Senator Kristin Roers	Y
Senator Jose L. Castaneda	Y
Senator Jeff Barta	Y
Senator Ryan Braunberger	Y
Senator Judy Lee	Y
Senator Chuck Walen	Y

Motion Passed 6-0-0

9:41 a.m. Senator Walen moved Do Pass as amended.

9:41 a.m. Senator Braunberger seconded the motion.

Senators	Vote
Senator Kristin Roers	Y
Senator Jose L. Castaneda	Y
Senator Jeff Barta	Y
Senator Ryan Braunberger	Y
Senator Judy Lee	Y
Senator Chuck Walen	Y

Motion Passed 6-0-0

Senator Walen will carry the bill.

Additional written testimony:

Jonathan Malaterre, citizen, submitted testimony in opposition #44575.

9:45 a.m. Chair Roers closed the hearing.

Susan Helbling, Committee Clerk

Sixty-ninth
Legislative Assembly
of North Dakota

**PROPOSED AMENDMENTS TO
FIRST ENGROSSMENT**

4/3/25 VC
1 of 2

ENGROSSED HOUSE BILL NO. 1259

Introduced by

Representatives Maki, Hauck, Heilman, D. Ruby, M. Ruby

Senator Magrum

1 A BILL for an Act to create and enact a new section to chapter 1-08 of the North Dakota Century
2 Code, relating to requiring the state to observe ~~standard~~ daylight saving time year round; ~~and~~ to
3 repeal section 40-01-20 of the North Dakota Century Code, relating to daylight saving time; and
4 to provide a contingent effective date.

BE IT ENACTED BY THE LEGISLATIVE ASSEMBLY OF NORTH DAKOTA:

6 **SECTION 1.** A new section to chapter 1-08 of the North Dakota Century Code is created
7 and enacted as follows:

Year-round observance of ~~standard~~ daylight saving time.

- 8
9 ~~1. Under 15 U.S.C. 260(a), the~~ The state and all ~~each political subdivisions~~ subdivision of
10 the state are exempt from the establishment of daylight saving time and must shall
11 observe ~~standard~~ daylight saving time year round as the standard time of the entire
12 state and each political subdivision.
13 ~~2. The official standard time for the portion of the state in the central time zone is six~~
14 ~~hours slower than Greenwich time, based on the mean solar time of the ninetieth~~
15 ~~degree of longitude west from Greenwich.~~
16 ~~3. The official standard time for the portion of the state in the mountain time zone is~~
17 ~~seven hours slower than Greenwich time, based on the mean solar time of the one~~
18 ~~hundred and fifth degree of longitude west from Greenwich.~~
19 ~~4. This section may not affect the standard time established by United States law~~
20 ~~governing the movements of common carriers engaged in interstate commerce or the~~

~~time for performance of an act by an officer or department of the United States, as
established by a statute, lawful order, rule, or regulation of the United States or an
agency of the United States.~~

SECTION 2. REPEAL. Section 40-01-20 of the North Dakota Century Code is repealed.

SECTION 3. CONTINGENT EFFECTIVE DATE. This Act becomes effective on the thirtieth
day after the attorney general certifies to the legislative council:

1. The United States Congress has amended 15 U.S.C. 260(a) to authorize states to
observe daylight saving time year round; and
2. Minnesota, Montana, and South Dakota each have commenced the observance of
daylight saving time year round as the standard time.

**REPORT OF STANDING COMMITTEE
ENGROSSED HB 1259**

State and Local Government Committee (Sen. Roers, Chairman) recommends **AMENDMENTS** ([25.0767.02001](#)) and when so amended, recommends **DO PASS** (6 YEAS, 0 NAYS, 0 ABSENT OR EXCUSED AND NOT VOTING). Engrossed HB 1259 was placed on the Sixth order on the calendar. This bill does not affect workforce development.

This Bill HB 1259 is a clear and present danger

Jonathan Malaterre

If this bill passes in the spring when everyone springs forward will be the same time (expect the Dickinson Bowman area) as Montana, Wyoming, Colorado, New Mexico parts of South Dakota, Nebraska, Kansas Utah and parts of Idaho and Oregon yes Oregon a west coast state.

1. Trains we have two major railroad BNSF Burlington Northern Santa Fe railroad and the CPKC Canadian Pacific Kansas City railroad. There is a sign behind the Minot public library that say for west bound train on the BNSF Burlington Northern Santa Fe railroad line that says (SOO TOWER BEGAIN MOUNTAIN TIME). Now I know were not changing time zones but the time will be the same in Montana from March to November but will switch back 1 hour in the fall November to March. My grandpa worked for BNSF and I know a few people that worked for BNSF and they told me it a sometimes a bear cat to let the BNSF dispatcher which is located in Fort Worth Texas. They have to tell them the time difference at soo tower heading west. Crew hour's paperwork and more. But now look at Bismarck heading west when they reach the Dickinson area they have to go back one hour and then when they cross into Montana they have to go 1 hour forward. I think that the major railroads should have had some input on what will go on with operations if this bill passes.
2. Airlines same thing we have about 5 major airlines in the state. Minot and Bismarck have a 5AM flight to Minneapolis now if this bill passes right now today if its 5AM in Minot and Bismarck its 6AM in Minneapolis so but the time the plane arrives it going to be 7:30 7:50. I fly we have to make a connection flight also and sometimes we have about 45 to just over hour to make your connection. So I believe the airline will have to adjust their schedule for the months of March to November possibly a 4AM flight. I also think the Denver would have to adjust as well. I think that the major airlines also should have had some input on what will go on with operations if this bill passes.
3. The biggest thing is in Grand Forks/East Grand Forks, FM Area and Wahpeton/Breckenridge. For an example if I owned a delivery business that is based in Fargo and we operate 8AM to 5PM North Dakota time. Now when everyone springs forward for the next 10 months. I get a call at 7:20AM from a business in Moorhead asking where is our delivery and telling me its 8:20AM but in Fargo it 7:20AM. Now I have to change my delivery schedule to accommodate the people in the Moorhead area and hiring more staff or extending hours just for the 10 months and switching back. Then also if a business in Moorhead that needed a part in Fargo in the morning for an emergency repair there going to have to wait until that business opens up. Also FEDEX, UPS and DHL are going to have to maybe adjust their delivery schedule as well. I know of one delivery business in Minot that he told me there semi-truck goes to Minnesota to a distribution center now they're going to have to leave Minot 1 hour earlier to keep their schedule delivery. Also business and companies in this USA and worldwide will have to adjust to our new standard.

4. There a saying two season winter and road construction in North Dakota. Now if this bill passes the construction will have less light in the evening to work. If this bill passes nautical twilight will be 3:03AM instead of 4:02AM Civil twilight 4:02AM instead of 5:02am and then sunrise 4:44AM instead of 5:44AM and sunset 8:49PM instead of 9:49PM and this is on June 21 the longest day. So Construction crew can't start sometimes until 7 or 8am depending on laws of the city or state so you already lost hours of daylight.
5. Now again with Grand Forks/East Grand Forks, FM Area and Wahpeton/Breckenridge when the bars close in Minnesota at 1AM there going to come over to North Dakota since it only 12 midnight and drink and have a good time for 2 more hours and head back over Minnesota. That is a recipe for a disaster (increases in DUIs and crashes).
6. We cherish our time in the summer the extra hour to go fish, go to the lake, golf, hunt and all recreation activity's kids are in school from end of August to end of May that only giving them 3 months to enjoy outside with their friends. My parents always said with the sun go down come home. Now kids will have to be in 7:10PM in August that is the time if this bill pass will be. Just the sun rise at 4:44AM most city have a curfew for kids underage so they will waste 4AM, 5AM 6AM.
7. All Business, cell phone companies, 911 centers, hospitals and everything that uses time to do business will have to send money to make sure standard time is permeant.
8. Finally all North Dakota citizens in this room and in the state even our Governor Armstrong we need to send a message to our US Senators Kevin Cramer and John Hoeven and US representative Julie Fedorchak and tell them to get congress to pass the sunshine protection act of 2025. There two bill H.R 139 and S. 29 theses are bills to make daylight saving time permeant standard time in the United State of America.

I request a DO NOT PASS on house bill.

Thank You

Jonathan Malaterre
Citizen

SOO TOWER

BEGIN

MOUNTAIN TIME

SHUNT

W

QZ

2

DA
DANGER
OF
RETRACING
R.R. AT
THIS
POINT

25.0767.02001
Title.

Prepared by the Legislative Council
staff for Senator Roers
February 19, 2025

Sixty-ninth
Legislative Assembly
of North Dakota

PROPOSED AMENDMENTS TO FIRST ENGROSSMENT

ENGROSSED HOUSE BILL NO. 1259

Introduced by

Representatives Maki, Hauck, Heilman, D. Ruby, M. Ruby

Senator Magrum

1 A BILL for an Act to create and enact a new section to chapter 1-08 of the North Dakota Century
2 Code, relating to requiring the state to observe ~~standard~~ daylight saving time year round; ~~and~~ to
3 repeal section 40-01-20 of the North Dakota Century Code, relating to daylight saving time; and
4 to provide a contingent effective date.

5 **BE IT ENACTED BY THE LEGISLATIVE ASSEMBLY OF NORTH DAKOTA:**

6 **SECTION 1.** A new section to chapter 1-08 of the North Dakota Century Code is created
7 and enacted as follows:

8 **Year-round observance of ~~standard~~ daylight saving time.**

9 ~~1. Under 15 U.S.C. 260(a), the~~ The state and ~~all~~ each political ~~subdivisions~~ subdivision of
10 the state ~~are exempt from the establishment of daylight saving time and must~~ shall
11 observe ~~standard~~ daylight saving time year round ~~as the standard time of the entire~~
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18 ~~hundred and fifth degree of longitude west from Greenwich.~~

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20 ~~governing the movements of common carriers engaged in interstate commerce or the~~

~~time for performance of an act by an officer or department of the United States, as
established by a statute, lawful order, rule, or regulation of the United States or an
agency of the United States.~~

SECTION 2. REPEAL. Section 40-01-20 of the North Dakota Century Code is repealed.

SECTION 3. CONTINGENT EFFECTIVE DATE. This Act becomes effective on the thirtieth
day after the attorney general certifies to the legislative council:

1. The United States Congress has amended 15 U.S.C. 260(a) to authorize states to observe daylight saving time year round; and
2. Minnesota, Montana, and South Dakota each have commenced the observance of daylight saving time year round as the standard time.