

March 10, 2021

Mr. Chairman and members of the committee:

Please consider my comments opposing HB 1371. I do not believe that staying on Daylight Saving Time year-round will solve any problems or bring any great benefits. As you are aware, when it is 6:00AM (CST) in most of North Dakota, it is 5:00AM in eastern Montana and in a portion of western ND (MST). If ND and Montana spring ahead an hour (DST) and then ND does not fall back an hour (CST) in November when Montana would do so (MST), it would be 7:00AM (DST) in most of ND, 6:00AM (DST) in far western ND, and 5:00AM (MST) in eastern Montana. The people who live in Montana and drive an hour to work in North Dakota will have to get up at 3:00AM, leave for work at 4:00AM to get to work in ND by 7:00AM. How is this helping them get a decent night's sleep? How is this not disruptive to their children's sleep?

Losing one hour of sleep once a year may be disruptive but consider some of the ways children may lose sleep numerous times within a year: upset stomach, fighting parents, fighting siblings, thunderstorms, anticipation of an upcoming big event, stress of an exam, barking dogs, nightmares, injuries/illnesses, and here in western ND, the ever-present oil field trucks with engine brakes, clanging and roaring of working drilling rigs and fracking jobs, 24/7.

Changing time twice a year does not seem as potentially dangerous as many of the things people do on a daily, weekly, or monthly basis—speeding, drinking, smoking, driving drunk, unhealthy diets, lack of exercise, drug use, not using seatbelts, passing on hills, running stop signs, trying to beat the train, etc.

If North Dakota stays on DST year-round, in western ND, the winter sun will rise mid-morning, around 9:40-9:45AM. Kids will not only be on the bus in the dark for the entire trip to school, but they will be in class while it is still dark outside.

Please give HB 1371 a Do Not Pass recommendation. Thank you.

Shelly Ventsch
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