

Submitter: Sandra McQueen

On Behalf
Of:

Committee: Senate Committee On Veterans, Emergency Management, Federal
and World Affairs

Measure: SB1548

I am writing in support of keeping standard time consistent throughout the calendar year in Oregon.

The way it's been with changing our time twice a year is confusing and unhealthy for us on many levels. It's disruptive to our sleep/wake cycles, unsafe for children walking to school, confusing for our animals and completely unnecessary and un natural for our lives. The days following forward/back manipulation creates accidents and malaise and it's time to cease.