

Submitter: Elizabeth Turner

On Behalf
Of:

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

Measure: SB1548

I'm in favor of stopping the changes in time two e a year. It's hard on everyone is a very physical way. Our bodies and those of all livestock are tuned into when we eat and sleep. It's far more upsetting to our digestive track, our sleep and alert patterns than understood.

It takes weeks st least to completely adjust to the forced change.

Seasons gradually change minutes a day. It highlights the need for gradual change in hours of light and darkness and our schedule. I think this stopping of abruptly forcing change will bring more harmony and peaceful bodies to everyone.

Happy people is a important factor of living whether your working or someone being cared for used to a schedule. It's a win for people and their livestock.or pets.

Thank you

Liz Turner