

To the Committee:

Please put this bill on the ballot. The changing of time every spring and fall is incredibly stupid, especially in light of the findings that heart attacks, domestic violence, and accidents increase significantly in the days after the change.

I myself was personally non-functional yesterday, the first Monday after daylight savings started. In a daze, I tripped over a barrier in a grocery store parking lot and fell flat on my face and breaking a half-gallon of apple juice and scraping my arm and knee.

I feel especially sorry for the children who have to go to school way earlier than they should be anyway. To take another hour from their sleep is so insane.

I say if Oregon leads the way, Washington and California will follow. We do not need to be doing this to ourselves and our future citizens. Have it take place next year. In Eastern Oregon, we already deal with time changes within our state, with Ontario being on Mountain time. Start a national movement. Stop the insanity!

Sincerely,  
Sandra Sorrels  
La Grande