

Arbitrarily changing time twice a year is an extremely antiquated practice which appears to serve to only cause disruption in our lives. On the days we switch, there are increased traffic accidents, late arrivals to work, and a general feeling of unease and distortion as the brain tries to adjust to a new schedule which is artificial in relation to the positioning of the sun. These disruptions are magnified in our small children, who exhibit aggravated behaviors, have trouble getting to bed "on time" or rising to get to school. It takes the kids at least a week to adjust. And for what?? Years of researching this online, and I'm still unable to find one reason to justify why the clock is still switched. It's time to throw out this idea and move toward a consistent clock.

Thank you for your consideration.

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Sincerely,

Reed Shumaker